

Sufi Concentrations
James Burgess

Flying Bird

Words: one of Ramakrishna's disciples Music: Nasrudin

1. *You are to me, Lord*
2. *What wings are to a flying bird*
3. *You are to me, Lord*
What wings are to a flying bird
4. *You are to me, Lord*
What wings are to a flying bird
5. *You are*
6. *You are*

Define partners.

- 1 Face partners. Hands are raised very slowly using all the time available. The eyes are raised from the Earth to the Heaven, briefly making contact with partner's.
- 2 On "wings" simultaneously hold hands with your partner above your heads and step left to begin a half turn together. On "Flying" spin right alone 1 ½ time to a new partner – finishing with hands lowered.
- 3 Repeat with new partner and this time end facing centre.
- 4 Repeat this movement facing centre and spinning alone, end facing centre hold hands above.
- 5 Simply stand in place holding hands with neighbours' above head.
- 6 Lower hands ready to face new partner to begin again.

There's a lot of arm-raising in this one, so the tendency to keep it going a long time needs to be moderated. Be careful to demonstrate the raising of eyes – they do not linger long upon the shared glance and continue towards the heavens. Very spacey.