

Sufi Concentrations
James Burgess

Shema Israel

Words: Traditional Music: Nasrudin

She ma Is ra el A do nai El o hai nu A do nai E chad
She ma Is ra el A do nai El o hai nu A do nai E chad
A do nai E chad Shem-

1. *Shema Israel* (Hear O Israel)
Adonai Elohainu (The Lord our God)
Adonai Echad (The Lord is One)
2. *Shema Israel*
Adonai Elohainu
Adonai Echad
3. *Adonai*
4. *Echad*

- 1 3 grapevines to right, sidestepping on “sheMA”, on “echad” spin right.
- 2 As 1.
- 3 Do not hold hands, raise hands slowly above head on “Adonai”, together on “echad”, pointing to the One.
- 4 Very slowly bring hands down in prayer mudra (8 beats), during musical interval.

The Shem which is present throughout the universe, which in fact is the universe of God's name, is the shining-feeling-resonance of all vibration. Israel refers not only to the tribe of Jacob but can be interpreted as all of us who bring God into form. If Adonai Elohainu refers to God diversifying then Adonai Echad is God centring to a point.

Tune in!

You particles of divine light

Who embody ultimate radiance

This ubiquitous all-pervading multi-splendour

Is naught but a single I.