

*Sufi Concentrations*  
James Burgess

*Gate*

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*Words: Traditional Music: Nasrudin*

Ga - - - te Pa ra ga te Pa ra sam ga te Bo dhi Sva ha



1. *Gaté, gaté* (Gone)
2. *Paragaté* (Gone beyond)
3. *Parasamgaté* (Gone beyond the beyond)
4. *Bodhi* (To Buddhahood. So be it!)
5. *Svaha*

- 1 *Walk left, gesture of humility with hands, no strong rhythm in walk.*
- 2 *¼ turn to face centre, hands open to receive.*
- 3 *Hands make gesture of circular movement coming up and together, representing the uniting of two halves.*
- 4 *Bow to the Buddha.*
- 5 *Hands come up together and then open, going down in a circle (symbolizing unity).*

The whole idea in Buddhism is that this world is Maya, illusion. Gaté is what is beyond all of that, beyond the illusion that we call life. The only defeat of Maya is in the state of Buddha, in the realisation of total consciousness. This chant is pointing to that. If we go beyond the depths, as far as we can reach - then we go beyond that, further still, we're moving out of this sense of being caught in the phenomenal world of desire, towards the sublime state of Buddhahood.