

Sunshine Zikr

The musical score is written in 4/4 time and consists of three staves. The first staff has a key signature of one flat (Bb) and a common time signature of 4/4. The lyrics are: Hu Al - lah, Hu Al - lah, La i-la-ha. The second staff has a key signature of one flat and a common time signature of 4/4. The lyrics are: il Al - lah, il Al - lah Al - lah Al-. The third staff has a key signature of one flat and a common time signature of 4/4. The lyrics are: lah Al - lah, Al - lah Al - lah x x x. The chords are: F (C), A (E), Bb (F), 1. C (G), 2. C (G), Dm (Am), C (G), Bb (F), 1. A (E), 2. A (E).

Words: traditional

Music and dance: W & A van der Zwan

<i>HU Allah</i>	<i>We can embody Unity through our breath</i>
<i>La ilaha il Allah</i>	<i>There is no reality but the Reality</i>
<i>Allah</i>	<i>Unity</i>

This dance came when the going was tough. We knew that then the tough get going, but the inspiration of this dance, which came as cooked as it is now, surprised us as much as did the major chords and its overall sunny and optimistic atmosphere. Hence the title. Given the circumstances, this dance reminded us of one of the saying of Inayat Khan from the Bowl of Saki (January 29):

Self-pity is the worst poverty; it overwhelms you until you see nothing but illness, trouble and pain.

To this Murshid SAM adds as commentary:

This is a concentration upon nufs [nafs], the cause of all disharmony. When one concentrates upon God, nothing but love will be found, but when the attention is centered around the thought of self, all ugliness, pain and illness

will rise. Of course in a certain sense they were always there, but this concentration gives them more life. It deprives the body and mind of the usual life which is naturally bestowed upon them by the Grace of God. It feeds the elementals who derive their potency from the excrescences of us, and these elementals in turn increase our trouble. Concentration upon darkness does not increase the darkness, but it does impede the opportunity for light and health to reach the place of sickness.

<i>Hu</i>	The sound of the breath, the embodiment of the divine (Arabic, literally 'he' or 'it'). One of the sacred sounds in the Middle East.
<i>Allah</i>	Arabic for 'God' or 'the One' and as such similar to our concept and word 'God'. Arabic speaking Christians also use the word Allah for God. Often translated as 'Unity' or 'Reality'.
<i>La ilaha il Allah</i>	First part of the Islamic creed (westernized), meaning 'no god but God'. More expanded or experiential translations include: 'There is no reality outside <i>the</i> Reality' or 'Only God (or Truth) exists'.

Movements

Dancers face center, holding hands in a circle.

1. *Hu Allah Hu Allah*
2. *La ilaha*
3. *Il*
4. *Allah*
5. *Allah*
6. *Allah*
7. *Allah*
8. *Allah*

1. Hadrat movement on place: from the heart lean left on HU, back to the center on ALLAH, right on HU and back to the center on ALLAH.

2. Zikr movement: make a crescent moon with the heart from left to right while sidestepping to the right.
3. Stand in place, bowing head into the heart.
4. Raising the head up again

Repeat 1 – 4

- 5 open arms from the heart towards the center and bring them back to the heart.
- 6 turn $\frac{1}{4}$ to the right and make the same hand movement to the right.
- 7 make another $\frac{1}{4}$ turn, making the same hand movement to the outside.
- 8 make another $\frac{1}{4}$ turn, making the same hand movement to the left.

On the repetition:

- 5 – 6 go to the center (right on AL-, left on -LAH, repeat). The arms are down with palms facing center. Raising arms while stepping in.
- 7 – 8 step back, lowering arms, ending with hands on the heart.