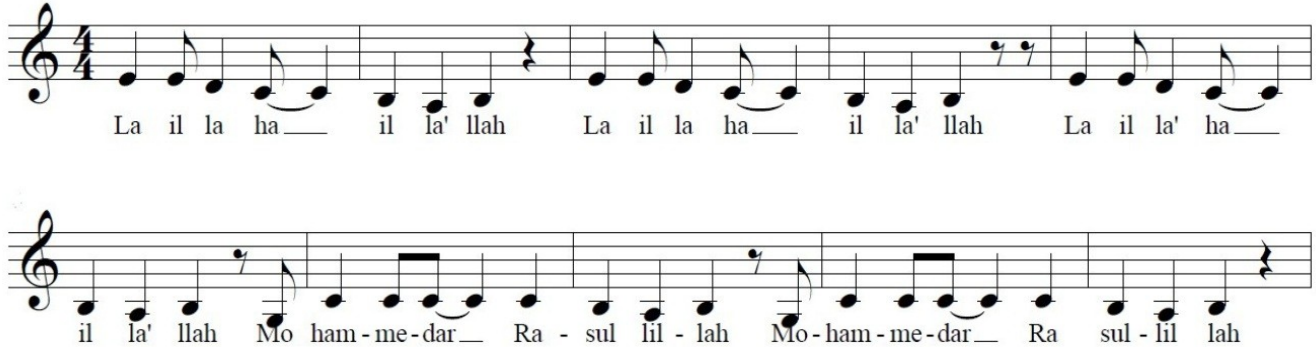


Joyful Zikr

Words: traditional
Melody and movements: Shivadam

For open tuning



La il la ha___ il la' llah La il la ha___ il la' llah La il la' ha___
il la' llah Mo ham - me - dar___ Ra - sul lil - lah Mo - ham - me - dar___ Ra sul - lil lah

- 1) La illaha ila'llah (x3)
- 2) Mohammedar Rasul-illah (x2)

Choose “suns” and “moons” (requires even number of dancers).

- 1) In circle, all do hadrat: L then back, R then back, swinging arms gently, joyfully;
- 2) Rotating upper body side to side from waist, suns pivot first turn to right, moons first to left (movement is like the spindle of a washing machine in the “wash cycle,” rotating side to side at hips along vertical spinal axis, an authentic zikr movement), such that eyes meet with those on each side, allowing each to gaze momentarily, eye-to-eye, with fellow “rasouls.”

The feeling of this zikr is honoring the heart's awareness that nothing exists except the One, and that each is a potential messenger of that One; or from another point of view, each is a manifestation of the Message in Nature. Share the heart's joy in connecting hands-to-hands, eyes-to-eyes.

At end, leader may elect to remain on Movement 1, and after singing “La illaha...” for a while, bring in other voices to sing the “Mohammedar...” part, simultaneously. In any case, fading out to very soft works well to conclude.



**Originator-approved write-up collected by
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