

# Beloved Zikr

(Standard tuning, capo at 3rd fret, chords D and G, with a drop D on the 6th (low) string; don't play the 6th string on the G chord.)

**Words: Traditional Sufi**

**Music and Movements: Grace Marie**

♩ = 105

1 F Bb 2 F Bb 3 F Bb F Bb

Ishq Al - lah, Ma'-boud Al - lah, Ishq Al - lah Ma'-boud Al - lah.

9 4 F Bb F Bb 5 F Bb F Bb

Love, lo - ver and be - lo - ved \_\_\_\_ Love, lo - ver and be - lo - ved \_\_\_\_

The dance honors the Beloved “I AM” within, the Beloveds surrounding, seen and unseen, meeting new Beloveds with each partnership with the realization and affirmation that each of us is a Beloved. The English words simply translate the Arabic phrase.

Establish partners.

1. Face center, arms crossed, right over the left, with fingertips touching shoulders, bowing to the center, feeling your Beloved “I am”.
2. Coming up from the bow, opening your arms out to waist level, looking around the circle, honoring all the Beloveds, seen and unseen.
3. Face partner, take hands at waist level and make a half turn clockwise.

Repeat 1 – 3.

4. Face center. With arms behind the persons on both sides of you, right foot starting with the word “Love”, walk into the center for 8 steps, embracing the circle as a whole Beloved, with you as part of the whole, and each individual as part of the whole.
5. Stepping back for 8 steps, right foot starting, expanding the energy of the Beloved.

Spanish translation for Love, Love and Beloved: Amor, Amante, y Amado.

This song can be heard on the All My Relations CD.