

Allahu Akbar

♩ = 60

Music and movements by Tansen Philip O'Donohoe

Capo fret 3

Am Fmaj7 Am Fmaj7 Em Am Dm
Cm Abmaj7 Cm Abmaj7 Gm Cm Cm Fm

1.3. 2. 4. 5.

Al - lah - hu Ak - bar, Al - lah - hu

Am Dm Am
Cm Fm Cm

6. 7.

Ak - bar, Al - lah - hu Ak - bar,

Am Em Am Dm Em Em7 Am
7. Cm Gm Cm Fm 8. Gm Gm7 Cm

Al - lah - hu Ak - - bar,

Movements:

This Dance is with partners. The tempo is quite slow.

- Allahu - Dancers face line of direction anti-clockwise hands on heart one hand on top of the other. Beginning on the Right foot they take 4 steps. R Foot on Al, L foot on LA, R foot on HU, L foot on UU.
- Akbar - Carry on walking 4 more steps at the same time the hands slowly lower to end with the palms facing the ground. On "Bar" dancers face the centre of the circle as they take the 7th step with the Right foot. The 8th step brings the Left foot together with the Right foot. Palms still facing the ground.
- Allahu - Holding hands with people in the circle dancers side-step 4 steps clockwise arms are down at the sides. L Foot on Al, R foot on LA, L foot on HU, R foot on UU.
- Akbar - Dancers continue to side step clockwise, still holding hands as they slowly raise the hands bending at the elbows. On "Bar" dancers hold the position with elbows still bent. The arms are now perpendicular to the earth with a sense of peacefulness and power.
- Allahu Akbar- Facing first partner. Partners clasp Right hands at heart level still with elbows bent. Dancers' Left hands are touching their hearts. Slowly they turn clockwise passing each other as in the first part of a grand right and left taking 4 steps.
- Allahu Akbar - Facing second partner. Partners clasp Left hands at heart level with elbows bent. Dancers' Right hands are touching their hearts. Slowly they turn anti-clockwise passing each other as in the second part of a grand right and left. Taking 4 steps they progress past this partner ready to meet a new partner next time around.
- Allahu - Dancers facing circle hold hands with those on either side as they take four steps towards the centre raising arms. On the fourth step as they sing the second note of HU they let go of hands allowing the arms to fully raise into the air.
- Akbar - Dancers take four steps out as they slowly bring their hands to their own hearts. On "Bar" the hands touch the hearts.

Dance repeats.



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Notation by wayne Rollack

Notes and Attunement:

When he was Pakistan Murshid Samuel L. Lewis visited the Dargah of the 17th Century Sufi Saint, Hazrat Mian Mir in Lahore a number of times. Through deep attunement to the being of the saint Murshid received the directive “Peace is Power” or “In peace there is power” in relation to this wazifa, Allahu Akbar. Hazrat Mian Mir was clearly of some significance to Murshid as he referred to him as his “spiritual guide” in one of his letters.

Hazrat Mian Mir is revered to this day as a saint by both Muslims and Sikhs. Guru Arjan Dev Ji, the fifth Sikh Guru, gave his friend Hazrat Mian Mir the great honour of laying the the foundation stone at the Golden Temple in Amritsar.

Allahu Akbar is often translated as “God is the Greatest” or as Saadi Neil Douglas Klotz translates the phrase “Unity is all the power there is”.

There is an interpretation of Allaho Akbar, which is to say, “Peace is Power.” Allah is the full living peacefulness, the internal energy out from which all external activities proceed. The more one cultivates this inner peacefulness the greater one’s growth in both strength and equi-mindedness. One does not have to condemn anybody or anything. One’s own contemplation will be the center of one’s life’s activities and from one’s aura will radiate the blessedness which increases through one’s endeavors.

Murshid SAM



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