

Crescent And Heart Zikr

♩ = 127

Music and movement by Tansen Philip O'Donohoe

Capo fret 3

1. 5.

Am Cm Em⁷ Gm⁷ Am Cm Em⁷ Gm⁷ Am Cm Em⁷ Gm⁷

La - il - la - ha il - al - lah hu, La - il - la - ha

Am Cm A⁷ C⁷ F A^b C E^b G B^b

3.

il - al - lah hu, La - il - la - ha il - al - lah

F A^b C/G E^b/B^b G B^b

4.

hu, La - il lah - ha - il - al - lah hu.

Dance Directions:

In a circle holding hands arms by the sides, side stepping to the right. Throughout this dance the arms remain loose by the sides and are not lifted. As people step in the dance the shape of a crescent moon is described.

1. The first step with the right foot is on the down beat before one sings the first note of the melody. The second step with the left foot is on **La** (in bold) in *la ill **la** ha*. The third step with the right foot is on the downbeat before one sings **IL** in *il al lah hu*. The fourth step with the left is on **Hu**.
2. Still stepping right this sequence repeats for the second line on the melody.
3. On the third line of the melody people step diagonally into the centre four steps. Arms stay down. As before the first right step is always on the downbeat. The diagonal movements also replicate the crescent. Step forwards diagonally right with right foot on the downbeat. Left foot joins the right foot **La** (in bold) in *la ill **la** ha*. Step diagonally right again right foot on the **IL** in *il al lah hu*. Left foot joins the right foot on **Hu**.
4. Step backwards diagonally left with left foot on the downbeat. Right foot joins the left foot **La** (in bold) in *la ill **la** ha*. Step diagonally left again left foot on the **IL** in *il al lah hu*. Right foot on **Hu**.
5. As the melody begins again the circle moves to the left in exactly the same though opposite way. On the third part of the melody the steps into the centre of the circle are also in reverse. Step L first then R L R. Stepping out step R first then L R L as above.

It is called the Crescent and Heart Zikr as there is a concentration on the symbol of the crescent moon in the heart while feeling this image in one's own heart space. After setting up the melody and the movements it's generally a good idea to have people concentrate for a few minutes on the crescent in the heart.

Murshid Samuel I. Lewis says of this concentration before a zikr that among other things it increases the light from within without bringing too much stimulation or intoxication. This brings calmness and sense of peace. Good for those with fixed habits that may get in the way of progress along the path and for argumentative persons who have stood in their own light. Increases the sense of responsiveness to the teachings and one's teachers. Good for those with failing memories or those with irregular habits. As Murshid says "People who want to be shown everything need to be shown this."