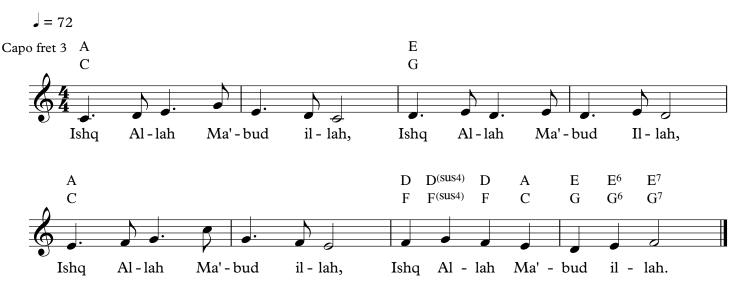
## Ishq Allah Mabud Illah

## Ceremony of the Heart

Words: traditional

Music and movement by Tansen Philip O'Donohoe



Ishq Allah Ma'abud Lillah – God is all aspects of love.

- 1. Ishq Allah Ma'bud Lillah.
- 2. Ishq Allah Ma'bud Lillah.
- 3. Ishq Allah Ma'bud Lillah.
- 4. Ishq Allah Ma'bud Lillah.

## Dance Directions:

Stand in a circle and determine starting partners.

- 1. Partners facing each other ready to embrace hands on or around their partner's shoulders. Partners embrace heart to heart leaning to left side returning to the central position at the end of the phrase. This is not a full hug as such but hearts do touch and it's not stand-offish in any way. It's very tender in feeling and body sense.
- 3. Hold hands at waist level with partner and make a half turn.
- 4. One circle all facing centre. Left hand with open flat palm is one one's own heart centre at front of chest. One's right hand with open flat palm is on the back at the level of the heart centre of the person on one's right. Circle connects together hands to heart. Circle side-steps to the right RLRL.
- 5.Dance repeats with further partners.

Originally I did a version of this dance based on Murshid SAM's movements for an unfinished, heart-shaped dance which is outlined in the old Manual for Teachers of Spiritual Dance. Dancers actually moved as a heart-shape rather than a circle. No melody was given. After adding a melody and trying the dance out this way for about a year it was clear that it didn't work so well. This being the case and as the melody I had put to Murshid's dance seemed fine I came up with some different simpler movements. The 4<sup>th</sup> movement is based on one of Murshid's original movements for the dance.

## Guitar notes

Key of C. Works well with A shape for C chord, capo on third fret. Or with G shape for C chord on 5th fret. Arpeggio style.