

Rising Allah

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Am Dm Am Dm Am Em Am

A a a a llah Hu A a llah Al lah Hu u A a llah

9 Am Dm Am Dm Am Em

La il la ha il al lah La il la ha il al lah La il la ha il al lah La il la ha

16 Am

il al lah

This is a 2-part zikr that can be done in harmony.

Allah, Hu Allah, Allah, Hu Allah

Allah the everything and nothing

La illaha il Allah 4x

There is nothing but the one

Movements:

Through both parts: Four steps in, four steps out, eight sidesteps to the right.

The La illaha chant is the trickiest for people to get, so it's good to start with that. Begin by chanting the rhythm for people without dropping down to that low E. Then explain that the low E isn't really a note, it's more like dropping down into your guttural throat on the rhythmic melody.

You can then start the dance on the chant. After a while go on the breath, then come in singing the rising Allah part. Join people in. Then at leader's discretion can get low voices on one part, and high voices on one part, then join them together. Then switch parts.

A circle that knows the low part could start on the fly with the rising Allah part.