

Take Me As I Am Zikr

Connie Zareen Delaney

A Bm7 A Bm7 A

La il la ha il Al lah La il la ha il Al lah La il

10 Esus E D E A

la ha il Al lah E sta fer Al lah

Special Chords:

Bm7 = xx5430 to xx5435 (add pinky)

Esus = 020200

1. La illa ha il Allah, La illa ha il Allah (There is no reality but the one true reality)
2. La illa ha il Allah
3. Estaferallah (Make me pure enough to see it)

Attunement:

This zikr uses the same chords as Take Me As I Am, a hymn from the Iona community that was put into a dance by Talia Marcus. It occurred to me, while leading that dance, that the zikr phrase “La illa ha il Allah” is like existence standing before us and asking us to stop creating concepts around how we think reality should be. Like the universe itself is asking us to “Take Me As I Am.”

Movements:

1. Row, rocking in on right foot and back out on left foot (which is behind) twice, then sidestep for four beats on the final “lah.”
2. Step back four steps, step in four steps.
3. Turn to the left brushing the dust of the heart.