

Zikr of Surrender

Words: traditional

Melody and movements: Shivadam Adam Burke

For open tuning: Cm

- 1) Bismillah er-Rachman er-Rahim (x2) *We begin in the Name of the One*
- 2) Bismillah er-Rachman er-Rahim *Who is Compassion and Mercy*
Bismillah er-Rachman er-Rahim

In circle, holding hands, step forward with R foot, very slightly diagonally, on "...llah." and touch L; then, forward L ("...man"), touch R. Step back, slightly diagonal to R ("...him"), touch L; then L, touch R.

The entire zikr follows these movements.

The contemplation is on the sacred phrase's inner resonance.

Our aspiration and intent to step ever forward may meet with a sense that sometimes we feel we have to take a step back, or it may feel as if we are moving backwards. When such feelings arise, a manifestation of ar-Rahim - of Divine Mercy itself - is the recognition that we can surrender to whatever arises with compassion and mercy for ourselves and others; when we step back, we step back *into that mercy* that envelops all, without boundary or exception. Moreover, we come to apprehend a deeper reality that, as the One is everywhere, there can be no step that is not toward the One.

Thinking in terms of a "path," we may have the experience that movement toward the One is rarely a direct, straight line, hence the somewhat diagonal movement of the steps in this zikr. Similarly, we may feel a sense of tenuousness with each step, here correlated with the step-touch, step-touch.

Care must be taken by the leader that this zikr maintains a very slow, spacious pace that does not speed up. Expression of the words may cycle through medium to very soft, and even spoken - leaving the melody aside - then coming back around with a full voice of affirmation with each new step forward: We begin with the One who is compassion and mercy.