

## Take Me As I Am Zikr

The image shows two staves of musical notation for the zikr. The first staff is in G major and contains the melody for the first line of the zikr: "La il la ha il allah, La il la ha il allah, La il la ha il allah, La il la ha il allah, La il la ha il allah". The chords indicated above the staff are A, bm7, A, bm7, and A. The second staff is in G major and contains the melody for the second line of the zikr: "Esus E D E A". The chords indicated above the staff are Esus, E, D, E, and A. The lyrics are written below the notes.

### Special Chords:

Dm7 = 5344xx      Esus=002220

1. La illa ha il allah, La illa ha il allah      (There is no reality but the one true reality)  
repeat 1.
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 il la ha il allah”, which can be translated as “There is no reality but the one true reality” is like God, or Allah, or existence standing before us humans and asking us to stop creating concepts around how we think reality should be, creating victims out of ourselves, and refusing to acknowledge the one true reality. Like the universe itself is asking us to “Take Me As I Am”

### Movements:

1. Rock in on right foot and back out to left foot (which is behind) twice, then sidestep for four beats  
Repeat 1
2. step back four steps, step in four steps.
3. Turn to the left on the estaferallah.

### Variations:

1. Brush your heart while turning on the estaferallah.
2. On parts one and two, instead of doing the rocking in and sidestepping movements. The circle can stand still, close together, and do the hadrat movement:
  - Bow heart in to the left
  - Bow heart in towards the right
  - Sweep from left to right while stepping right
  - Finish with lifting head up, and dropping to heart.