

Muhammad Healing Zikr

Words traditional Arabic
 Music and Dance W. & A. van der Zwan

<i>Ya shafi anta ash-shafi</i>	<i>O Healer, You are the Healer</i>
<i>Ya kafi anta al-kafi</i>	<i>O Sufficient One, You are sufficient</i>
<i>Allah</i>	<i>The One</i>
<i>Hu</i>	<i>'He', from the sound meaning: through the breath we are connected (with each other & with the One)</i>

The first line is from a Hadith (saying of the Prophet Muhammad, here related by his wife 'Aisha):

Whenever Allah's Apostle paid a visit to a patient, or a patient was brought to him, he used to invoke Allah and say: 'Take away the disease, O the Lord of the people! Cure him as You are the One Who cures (ash-shāfi). There is no cure but Yours, a cure that leaves no disease.'

Both *shafi* and *kafi* are wasifas (the so-called Beautiful Names, qualities of the One) that cannot be found in the traditional lists of 99 Beautiful Names. They are generally called the healing wasifas.

Shafi means the Healer.

Kafi is generally translated as 'that part that is needed for me now', so the remedy of medicine. *Kafi* comes from the root كFY, which has the following connotations: to be enough, to be sufficient, to meet all requirements, to protect, shield from something, to save from something. This leads to translations as sufficient one, saving one, protector, shield.

In his prayers and Invocations to the Absent Healing Ritual, Hazrat Inayat Khan often uses sufficient or all-sufficient.

Dance description

Dancers hold hands in a circle.

1. Ya shafi
2. Anta ash-shafi Allah
3. Ya kafi
4. Anta al-kafi
5. Allah
6. Allah
7. Allah Allah Hu

1. Bow from the heart to the left on YA, come back to the center, focusing on the heart on SHA-, bow from the heart to the right on -FI (*hadrat movement*).
2. Make a sweeping circle like movement from the left to the right, again with the heart leading (*zikr movement*), coming up at SHA-, plunging into the heart at -FI and coming up again with ALLAH.
3. As in 1.
4. As in 2.
5. Release hands, stepping to the center (4 steps, starting with right foot), hands on heart level with palms up, raising hands as you go, receiving the healing blessing.
6. Stepping back into the circle, stepping out with right. Hands showering blessing, starting above the head and lowering
7. Turn to the right, palms facing out, sending the blessing

Repeat 5 – 7, turning counter clockwise.