

# Muhammad Kemal Zikr

The musical score is written in 4/4 time with a key signature of two flats (Bb and Eb). It consists of four staves of music. The lyrics are written below the notes, and chord symbols are placed above the staves. The lyrics are: "La i - la - ha el il Al - lah Hu - mu - ham - ma - da Ra - sul - lil - lah La i - la - ha el il Al - lah Hu - mu - ham - ma - da Ra - sul - lil - lah". The chord symbols are: Cm (Am), Bb (G), Cm (Am), Bb (G), Fm (Dm), Cm (Am), Bb (G), Cm (Am), Bb (G), Gm (Em), Cm (Am), Gm (Em).

Music: Loudivikos, arranged W & A van der Zwan  
 Words: traditional  
 Dance: W & A van der Zwan

*La ilaha el il Allah Hu*                      *There is no god but God*  
*Muhammada Rassulillah*    *Muhammad is the Messenger*

We learned this enchanting melody from the Greek singer and mandolin player Loudivikos, who composed this lament in memory of his mother (*Loudovikos ton Anoyion: The colours of Love, Network 34.209*). We slowed the melody down, added some bars and fitted it to the words of the full zikr phrase as used by Murshid SAM. He is reported to have learned this version in Egypt. It may not be grammatically correct Arabic, but it sure is powerful! Honoring the background, we were inspired to use a simplified version of Greek folk dance movements.

We still felt something was missing, so we put the dance aside for a number of years, until Wali Ali led us in the *kemal* walk of the Prophet Muhammad. We could not feel the walk as a combination of planets or elements, as the walk went beyond these concepts. Immediately this dance made sense and we have led it since, renaming it the Muhammad Kemal Zikr.

## Archetype

In the Dances of Universal Peace we often sing about qualities and we learned that by doing so, we invoke these qualities within and try to awaken them, so we can tune into them and use them to further our purpose in life.

The same is true for singing the names of Gods and Prophets. On one level we can honor them as (historical) beings outside of us, on another level they live in us as archetypal qualities for healing (Jesus), responsibility (Ram), joy and love (Krishna) and so forth. As with the qualities and mantras we sing, these archetypes also are no one dimensional, cardboard figures from a soap opera, but have depth and many different facets. The Prophet Muhammad for instance is a Prophet (Messenger) with the job to proclaim his visions and inspiration, a spiritual warrior (as Moses, as Krishna in the Bhagavat Gita and as most of the Prophets before him), a businessman (which gave him the name *Ameen*, the trustworthy), to name but a few qualities. In this dance we focus on him (and on this quality in us) as the *insan kemal*, 'the perfect human being'.

### **Insan Kemal**

The Prophet Muhammad said: "Call me the Messenger (*rassul*), call me the servant (*abdullah*)". In keeping with his message that there is only one God, he fervently was against being worshipped – as had happened to the Buddha and Jesus before him. However, in the years after his death in 632, Muhammad reached a non-human status as the primordial being and light (*Nuri Muhammad*, comparable with Adam Kadmon in the Jewish tradition) and as the archetype of the perfect being, the *insan kemal*. *Kemal* means 'balance' and as such Muhammad is honored as having the perfect balance in the inner and outer world. He combined such impossible tasks as being a statesman, legislator, spiritual guide and judge for the first Islamic community in Medina, leading them also in the wars against Mecca. Throughout he kept being a channel for divine inspiration, as well as being a partner to his wives and a father to his children.

Being in balance is really our 'natural' state. The fact that we hardly ever are in this balanced state, shows how difficult it is to be 'a perfectly normal human being'. So in this dance we go from the grapevine into a sway, trying to balance the outer and inner world, the hidden and the manifest, and all these other divine qualities that paradoxically seem to contradict each another as a way to express Unity beyond words.

The dance has a very Saturn feeling, as Saturn is the planet of the Prophets, whose work almost by definition is slow work, done in deep trust that every new step is in the certainty of the inspiration of the One, unclear as it may be for the community ('a Prophet is not honored in his/her home country') and for the Prophet him/herself.

### **Movements**

From the write-up, the movements for this dance may seem complicated, but they are easy to pick up.

In this dance we are invited to remember three aspects of our reality on earth as our way of working toward a human being in perfect balance:

- Doing our work on earth
- Doing our work in attunement to the One and each other
- Creating space in our lives for light, insight and inspiration

The search for our balance is expressed in the grapevine, which at some points alters into a rocking and swaying movement forward and back. We start the grapevine to the right, indicating we do our work on earth by taking initiative.

All face center, holding hands.

1. La i-
2. -laha
3. el il
4. Allah

5. Hu
6. Muhammada Rassulillah

Repeat

1. Start grapevine with sidestep to the right. The left foot crosses behind (symbol of surrendering) on the prolonged note of i-.
2. Side step to the right.
3. Left crosses in front
4. Step with right foot into the center and rock forward.
5. Rock back on left foot, again forward on right and back on left.
6. Very slow turn to the right (8 little steps) with the palms up in the attunement to open up for inspiration, light and insight.