

Estafurallah al Azim

Es ta fur al lah al a zim

Es ta fur al lah ha al a zim

es ta fur al lah es ta fur al lah es

ta fur al-lah es ta fur al lah

Music Yasrozable. Adapted and additional music W. & A. van der Zwan
 Lyrics traditional Arabic
 Movements W. & A. van der Zwan

Estafurallah al Azim I seek forgiveness from the One the Magnificent or Exalted (wazifa 33)



Estafurallah or *estaferallah* is the short version of the Arabic *astaghfirullah*, often used in Turkey. The word is a compound of *astagfur* and *Allah*. In the longer transliteration, the root of *estafur* (*ghafur*) can be seen clearly. *Ghafur* is one of the *wazifas* (Qualities of the One) for forgiving.

This makes *Estafurallah* the Arabic equivalent of the Christian *Kyrie eleison*. As Islam knows no original sin, forgiveness is asked for the human flaw of forgetfulness. This vice makes us forget our divine inheritance and makes us focus more or even only to the earthly side of our being. The antidote to this forgetfulness is *zikr*, Quranic Arabic for both reminder and remembrance.

According to some Hadiths (tradition, sayings of the Prophet Muhammad), the Prophet was wont to say *astaghfirullah* seventy or a hundred times a day.

On a human level, *estafurallah* means that by forgiving ourselves and others, we purify ourselves. As an example, at the start of the Jewish Sabbath on Friday, family members forgive each other the petty sins of the past week so they can enter the Sabbath-Saturday cleansed and purified.

Estafurallah is used in a similar way as form of purification, like at the beginning of a meditation, Sufi practices, or a Dance session.

The addition of *al Azim* shows how we by forgiving can climb the ladder of our soul-self (*nafs*) and dive deeper into our heart to bring our humanity to a more magnificent and exalted state.

By adding *al Azim*, the phrase stays away from the colloquial use of *estaferallah* as a way of saying 'sorry' or 'pardon me'.

Movements

1. Estafurallah al a-
 2. zim
 3. Estafurallah al a-
 4. zim
 5. Estafurallah (4x)
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1. Side step to the right (2x), hands on the heart, massaging the heart by turning the heart and upper-body to the right on the sidestep on the movement of the right foot and back into the center on the left foot closing by.
 2. Step into center with right (right in, left by), raising arms in receiving gesture to open for the strength of *azim*. Step back (right out, left by) in same rhythm, hands returning to original position on the heart
 3. as 1.
 4. as 2.
 5. Hold hands on e-, lean to the left on *-staf*, back into the center on *-feral-*, to the right on *-lah*, (hadrat movement, heart leading). Movement continues until the very end, even after the circle may have stopped singing.