

THE NAYAZ DANCE

Cm (Am) Eb (C) Ab (F) G (E) Fm (Dm) Eb (C)

Be- lo- ved Lord All- migh- ty God Through the rays of the Sun

Fm (Dm) Eb (C) Fm (Dm) Eb (C)

Through the waves of the Air Through the all per- va- ding Life in Space

Cm (Am) Bb (G) Eb (C) G (E) Cm (Am) Eb (C) Bb (G) Eb (C)

Pu- ri- fy and re- vi- ve- fy us And we - - pray -

- Cm (Am) Ab (F) Bb (G) Eb (C) Bb (G) Eb (C)

Heal our Bo dies, Hearts and Souls - - Bo- dies, Hearts and Souls -

Words Hazrat Inayat Khan
 Music & Dance A&W van der Zwan
 Chords in brackets are for guitar with capo on III

This dance was inspired when in the Crimea, Ukraine, September 2008. We stayed in Efpatoria for several days, preparing for a Sufi Retreat in the local Mevlevi tekke with Russian Sufi students. We heard the call of the minaret and every evening joined the Muslim community in breaking the daily fast for Ramadan. This gave us a deep attunement to the Muslim aspect of Hazrat Inayat Khan's teachings and his Healing Prayer, the Nayaz. The prayer movement with the hands on or above the knees is Islamic. Hazrat Inayat uses the same movement of deep surrender in trust for his prayers.

MOVEMENTS

The dance has a Saturn feeling (Saturn being the Planet of the Prophets), combined with awe for the greatness of the One.

The Planets for this dance would be Saturn (the slow progress of the Prophet), Neptune (the subtle attunement to the divine, the feeling of Subhan Allah) and Pluto (here the sense of awe and wonder). Hazrat Inayat Khan has these three Planets close together in his second house (in the earth sign Taurus).

1. Beloved Lord
2. Almighty God
3. Through the Rays of the Sun
4. Through the waves of the Air
5. Through the all pervading Life in Space
6. Purify
7. And revivify us
8. And we
9. Pray
10. Heal our Bodies, Hearts and Souls
11. Heal our Bodies, Hearts and Souls

1. Hands cupped before the heart, stepping in four steps (R-L-R-L) while opening and raising arms.
2. Stepping back four step (R-L-R-L), keeping hand high, palms facing center, ending with arms high and leaning back, hands behind so palms face 'the heavens' in awe for the Almighty.

Repeat 1. and 2.

3. Turn to the right in four steps, the first step in the silence before singing, arms still raised, palms facing out (Sun spin)
4. Same to the left, arms still raised, palms inward in a more receptive spin, opening for attunement to the vibrations around us.
5. Holding hands in circle, walk anti clockwise, first step again in silence before singing.
6. Still walking, drop hands and bring them cupped before the navel (right hand carrying the left hand, the *Subhan Allah* mudra).
7. Face center, take hands and make side step (two steps, R – L closes – R – L closes). First step again in silence before singing. Raise arms in one quick revivifying movement to bent elbows, hands on shoulder height.
8. Stand in place, hands folded on Heart
9. Bow to prayer position with hands on or slightly above knees
10. Come to standing position, palms up on heart level, turn clockwise in eight steps, starting with right

Repeat 8 and 9, ending with:

11. As 10, now turning anti clockwise