

## **Leilah Be on Zikr and the Dances of Universal Peace**

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On Behalf Of Leilah

Sent: Tuesday, March 09, 2010 7:18 PM

To: InTheGarden@yahoogroups.com

Subject: Understanding similarities and differences between DUP and Zikr

Beloveds of the Heart,

I now have time to jump into this conversation. I do so not as an authority, but as one who has a great love for both the Dances and Zikr.

It stands out to me that this conversation began as "zikr vs the dances of universal peace". . . that is unsettling to my heart.

The practices of zikr and the dances are not opposing. The difference between these two forms are not like night and day. I am so grateful that we have both and that they are now sometimes hard to distinguish from one another. In fact, they can melt into each other's blessing field.

Yet the Dances of Universal Peace training/mentorship, in my opinion, is not to be considered a venue for "learning how to" or receiving permission to lead a zikr circle.

Each form is a way of attuning to and merging with a vibration that brings our attention, our hearts and minds back "home" to our True Nature, to L O V E. They are soul food. Awakening medicine.

However, I understand that there is a request to find the contrast of these two practices. The mind so wants to categorize things. It needs to, for its safety, although it works overtime. I suppose in this instance, some clarification is needed for a training that is organized to inform and mentor.

Over the years the outer differences of zikr have been fading, so it is understandable that the question is now arising from people who were not in the zikr circles 25-40 years ago.

Zikr is done in Arabic, though chanting in Sanskrit or another language is also a remembrance; a concentration practice spoken or sung, using a sacred phrase. I have occasionally included a few English phrases, though many people who lead zikr prefer solely Arabic.

Traditionally, zikr would have a tone of deep humility and surrender, which may lead to ecstasy. It seems to me, from my limited experience, that our zikr circles have also blossomed into celebratory aspects, as well.

When I was introduced to the zikr (then called Hadrat) 32 years ago, the movements (if there were movements, as it was often done sitting) were composed of bending left and right while standing in place, or moving in one direction for the whole meeting.

Due to the care of the body, many leaders have changed this, so this distinction is also not so apparent anymore.

The chanting, which was usually utilizing 1 to 3 notes, gave one more of an occasion to have to deal with one's mind in a way to bring it back from its wanderings and preferences. I remember that there was an aspect of boredom that arose for many people.

I think that the newer form, though exquisite, gives us less opportunity for this mind training. Many of the zikrs have become beautifully melodic and one is more naturally enraptured.

My experience is, when leading the Dances of Universal Peace, one is of necessity, needing to access one's left brain. There is more instruction to give. There is often more guidance needed for attunement to the dance, particularly with the changing vibrations of the different languages and religions.

So, the dancers are also having to use left brain more, to listen to and follow instruction, to try to grasp the attunement through the words and atmosphere of the leader.

There are also partner dances (which are beautiful and wonderful, yet rarely done in a zikr context) that introduce other aspects; personality, distraction or triggered responses from cellular memory from one's past (i.e., partner reminds you of former lover, parent, etc.) Or perhaps unworthiness, superiority, etc, that are all great gifts to receive as our psychological exploration and unwinding.

Anyway, here tends to be lots more to assimilate from the outer plane.

Perhaps then in the zikrs, there is more spaciousness to assimilate more subtle things. Though people still have to grapple with their mind's preferences.

If you saw the amazing film of the women who had a stroke <http://www.ted.com/talks/view/id/229> you will know that the left brain has a job to

do, to keep the person SAFE and ALIVE, and the right brain knows that it is One with Everything and that ALL IS WELL.

Therefore, fight or flight is not activated when we can really let go into Right Brain dominant mode. This is a great reason for dances to go on a long time, so that the "dropping in" to right brain dominant can take place.

With the zikr, one stays with the frequency of the Arabic, and the attunement of "Nothing exists, except, only Allah"" simply translated as "All is One and One is All."

The droplet in the Sea, is the Sea, not separate, so Union!

To realize a similar energy field during the dances, I have sometimes enjoyed grouping dances together, for instance a whole set of Buddhist dances, or Hindu, or Jewish. It feels really wonderful to me to dive deeply into a language and resonant stream of vibration, impressions and teachings.

The point was brought up about something at the end of the dance meeting sounding and looking like zikr. I find this a beautiful placement for a "zikr dance".

Maybe this idea of a zikr dance standing on its own, within the context of the meeting, frees up the discussion in some way. Some dancers will like it, others will not, just like all the other dances.

It takes a great deal of attunement to lead a zikr circle.

One would want to immerse oneself in a personal practice of zikr for an extended time before launching into guiding a zikr circle.

One would definitely want to have the blessing of their sufi guide. Without a guide, I do not think it is advisable to lead other than the occasional "zikr dance" within the DUP format.

It is a very powerful practice which can open people in ways that make it imperative for the person leading to be fully grounded and in the L O V E.

I am talking about overflowing, naturally arising C O M P A S S I O N and some deep abiding wisdom.

There needs to be an emphasis on listening to the Spirit of Guidance, deep intuitional attunement. Consequences can contain more detriment than benefit..

Please do not imagine that I have an opinion that ZIKr is better than the dances.

I embrace The Dances of Universal Peace vision and manifestation that Murshid Samuel Lewis brought through as having a magnificent and deeply significant influence upon the World.

Zikr is not a resonant match for everyone.

Blessings to all of YOU - - dance leaders and aspiring dance leaders !!

with love Leilah

May all beings find deep contentment in the simple treasures of life.

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