

There Is a Secret One Inside Us

CAPO 3

Words: Adapted from a Poem by Kabir

Music: Main melody unknown, other parts Kate Schein

Movements: Kate Schein

The musical score is written for three staves (1, 2, and 3) in a 4/4 time signature with a key signature of two flats (B-flat and E-flat). The score is divided into three sections: (a), (b), and (c).
 Section (a) starts with a circled 'a' and a chord diagram for Am/Gm. The lyrics are: "There is a se-cret one in-side us, All the stars and".
 Section (b) starts with a circled 'b' and a chord diagram for Am/Gm. The lyrics are: "Ishkh Al- lah ma- boud- li- lah Al- lah, Ishq Al- lah ma-".
 Section (c) starts with a circled 'c' and a chord diagram for F/Ab. The lyrics are: "La il-la- ha i Al- lah etc. (spoken) all the gal- ax- ies run through her hands like beads boud li- lah Al- lah, Al- lah, Al- lah".
 The score ends with a D.C. (Da Capo) instruction.

1. a. Dancers in groups of five move clockwise in line of direction, right hand crossed over left over heart. Begin with right foot, stepping right on beat before "there".
- b. Continue in clockwise direction, reach toward center with right hand and hold wrist of person in front of you, thereby forming a star. Left arm reaches out and up, palm up facing heavens. Step right on "all".
- c. Release right hands, follow left arm and spin out, toward left.
(The circles of five are the stars and galaxies twirling through the universe.)

2. Dancers (mixed group, preferably women) with arms raised in a crescent moon position, hands crossed at wrist level, circle around the circles of five, first outside the circles, then interweaving with them.
(This line of dancers, moon-like, reflects back the energy being created by the circles of five and is like a container holding them.)

3. Inner Zikr circle (mixed group, preferably men) is seated, holding hands, and holds the Zikr concentration by speaking the Zikr phrase with traditional movements: head moves from right to left on "la illaha" in a negating fashion and goes down on "il Allah" in an affirming way.
(The inner circle holds the concentration and center of the dance, providing that firm anchor that holds the space for the stars and galaxies to twirl and spin through the universe.)