

# Zikr of Purity

The musical score is written in 4/4 time with a key signature of two flats (Bb and Eb). The melody is on a treble clef staff, and the guitar accompaniment is on a bass clef staff. The lyrics are in Turkish and are written below the melody. Chords are indicated above the staff, with some chords in brackets indicating they are for guitar capo III.

Chords between brackets are for guitar capo III

Words traditional Turkish  
 Music W& A van der Zwan  
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Estafferallah The One is all-forgiving *or* Forgiving is the way to Purity

ESTAFERALLAH or ESTAFRULLAH is the Turkish form of the Arabic ESTAGHFUR ALLAH, based on GHAFUR, one of the Beautiful Names of Unity (Allah), meaning 'the All-forgiving'. This makes estafferallah the Arabic equivalent of the Christian Kyrie Eleison.

Sufi mysticism tells us that God created us in order to be known (in the sense of 'being loved'), so human beings were given the capacity to know or love the One. As love cannot be forced, we also were given a free will. As the Quran says: In the religion is no compulsion (2: 256).

But this free will also enables us *not* to love, to forget. The Quran knows no original sin, but we do have a flaw: forgetfulness. As we are so forgetful, forgiving is the most often named quality of the One in the Quran. So it all balances out, but we need to remember that we shouldn't forget. The Arabic for remembrance is *dhikr* or *zikr*. That's why we do zikr!

The level of our capacity to forgive is often the ceiling of our spiritual station, as forgiving is one of the foremost spiritual practices of cleansing the soul. For this reason Estafferallah is generally translated as 'God is pure' or – more active – 'I surrender to the Purity of the One'. Hence our interpretation 'Forgiving is the way to Purity'.

## Dance movements

Dancers hold hands in a circle, facing center.  
 All movements start from the heart.

1. Estafferallah (2x)
2. Estaffer-
3. -allah  
 Repeat 1 – 3
4. La ilaha illa'llah  
 Repeat 3 – 4
5. Estafferallah

1. Lean with heart to the left on –STAF–, coming back on –LAH in one flowing movement. Then continue in the same flow to the right for the second ESTAFFERALLAH, leaning to the right on –STAF– and back on –LAH. The movement ends on the last ESTAFFERALLAH with the heart facing center. This is the so-called *hadrat movement*. ‘Hadrat’ or ‘hazrat’ is Arabic for ‘presence’. Traditionally ‘hadrat’ is the part in a zikr where the presence of the Prophet Muhammad is invoked.
2. Sidestep to the right. Right foot steps to the right while moving the heart and upper body in a crescent from left to right (the so-called *zikr roll*). Left foot closes by on the –FER. The movement starts on the silent downbeat, symbolizing the letting go and surrendering of this movement.
3. Stand on place. Upper body bows, movement starting again from the heart, coming up on –LAH.  
The combined movement of 2 and 3 is a traditional zikr movement, where the body traces a crescent and the *zakhir* (the one who performs *zikr*) plunges into the heart. The crescent moon is the symbol of Islam, as the word ISLAM means ‘to surrender’.
4. Step out with left, right follows on LA ILAHA, in with right on ILLA’LLAH.
5. Turn left, arm to the side with palms facing out in receptive mode. End facing center, holding hands, ready to start from the top with the hadrat movement.