

# Allah Ho Akbar

Music and movements: **Munir Peter Reynolds**

Al - lah ho ak - bar, Al - lah ho ak - bar, Al - lah, Al-lah, Al - lah, Al-lah, Al - lah, Al - lah, Al - lah, Al - lah, Al - lah, Al - lah, Al - lah.

Hands on shoulders in circle. Move to the right throughout "Allah ho akbar" repetitions. Take hands and step back four steps, beginning on the right foot, on the first four "Allah"s, bowing slightly, and take four steps in on the next four.

This dance develops considerable power and should be taken at a very slow tempo.

The dance leader indicates with body movement and voice the increasing intensity, masculine (jela) aspect of the first four measures, and then the softening, receptive, feminine (or jema) aspect of the next four. The balance of jela and jema is kema, a transformative, creative potential.

The Arabic "Allah Ho Akbar" is traditionally translated "God is great." Murshid Samuel Lewis often translated this phrase "Peace is power." In this dance we may find that the place within ourselves that is completely at peace or rest is the source of all the energy that is needed to perform the dance. The dance arises from that place. Dancers are encouraged to open their mouths wide when singing and allow the sound to resonate all the way down to their hara centers, just below the navel.

