

God is in every drop of water



Capo 3 am F G am Repeat x4

Ya Ka - bir Ya Mut - ta-ka-bir Al - la - hu Ak - bar.

am F G am am F G am

Al - lah Hu Ak - bar. Al - lah Hu Ak - bar.

1. Ya Kabir Ya Muttakabir Allahu Akbar x 4
2. Allah Hu Akbar
3. Allah Hu Akbar
4. Allah Hu Akbar
5. Allah Hu Akbar

1. Hold hands in circle, sidestepping right, first step on YA + head moves down into the heart, on Ka -BIR left foot closes + head + hands from elbow move up, 4 steps per phrase.
2. Holding hands, step out 8 steps + hands move high up.
3. Step in 8 steps + hands move down and on AKBAR hands move quickly high up
4. Turn on your own until the last AKBAR when you face the partner and take their hands high up
5. Change places with partner, finish facing centre + holding hands high.

Ya Kabir is the oldest in time and largest in space. You can go into the spiritual world, physical world, the metaphysical world, but in every direction, in every world, what you face there is Beloved.

It is in every drop of water, in every grain of sand. It is vast. It is wonderful. There is no escaping it.

Ya Muttakabir is always moving beyond the limitation of the present experience, whatever it is, always transcending our understanding of any experience. It is the path to vastness. It is going beyond, constantly beyond limitations, just as the Buddhist Heart Sutra says Gate Gate Paragate Parasamgate Bodhi Svaha. When you reach an apparent boundary, it always goes beyond.

Ya Muttakabir also means the one who exceeds the actions of all others in goodness or excellence, so repetitions of this is a good medicine for those who have a very low self-image, who feel insignificant or enmeshed in limitations, or those who feel absorbed in the denseness of the earth.

Whatever we think of God, in thinking we set a boundary.

Allahu Akbar opens up the boundaries of our ego self defence system, it allows us to become aware of and engage with our deficiencies in an open and undefended way. This wazifa does not leave you helpless, it offers a powerful protection in all circumstances. The ultimate aim of this practice is the dissolution of the entire defending structure in the personality, which means that sooner or later the you will encounter the absolute. It can be a medicine for artificial inflation of the ego and also a medicine for feeling small and insignificant. There is a deflated way of being grandiose. To think 'I am the least of the least' is very grandiose. These wazifas can be used to overcome pride.

Music and movements: Dakini