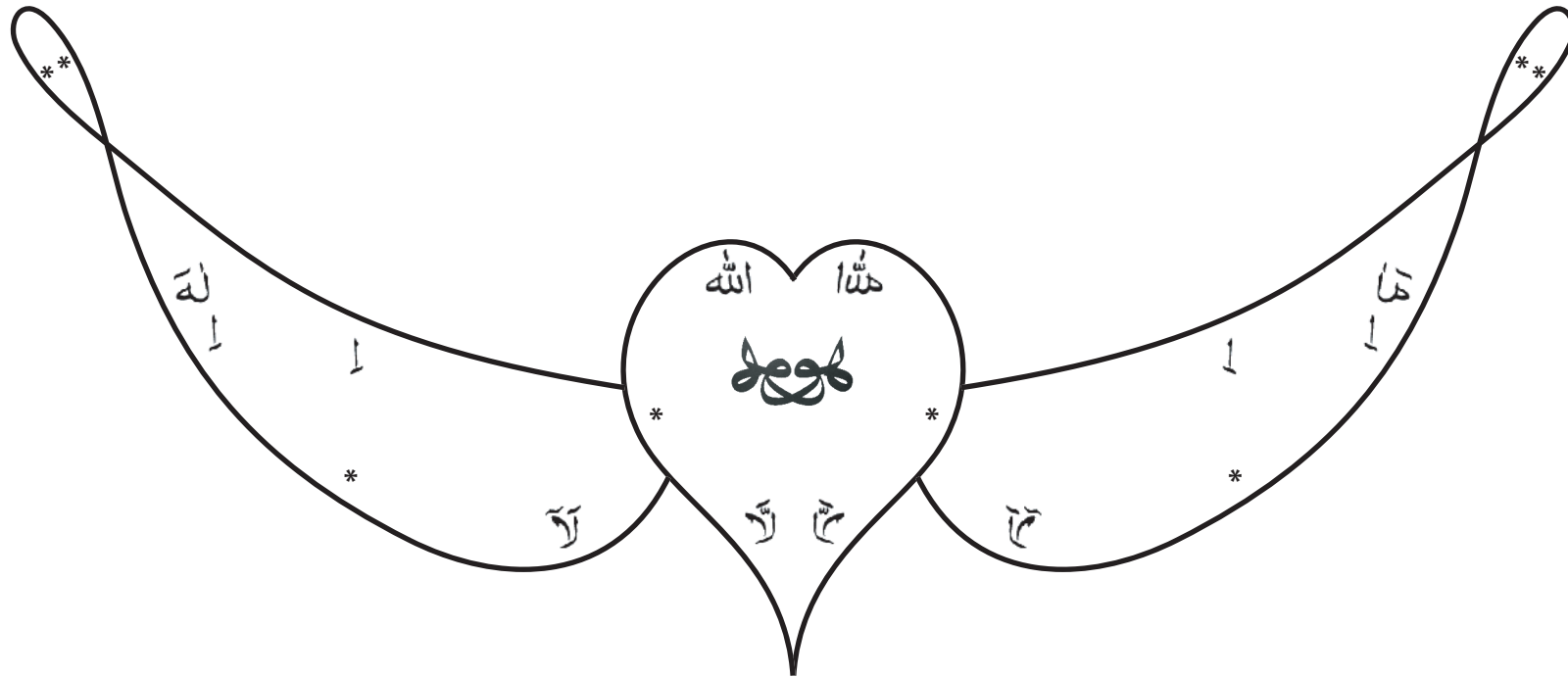


Devoted Flying HU Heart Fikr



This is inspired by, and dedicated to, Murshid Samuel Lewis and Hazrat Inayat Khan. The Arabic phrase لا إله إلا الله (transliterated: La illaha illa Allah) means "There is no God but God". Start at the bottom of either wing, at the لا; in a slow 6/8 rhythm exhale "la" 1.5 beats, "i" .5 beat, "La" 1 beat, "ha" is beats 4 + 5 at **. The top ل ("il") is an *empty breath hold* on the 6th beat (and the head moves quickly). Start a 3 beat inhale at the هو ("la") in the heart (nearest the wing begun on) and end with الله (Allah). Hold breath for the remaining 3 counts with هو (Hu). Repeat with the other wing and side of heart. The melody of the Samuel Lewis's Devotional Zikr may be added internally (which will require repeating both wings again). The single *s in the heart are a .5 duration downbeat extension of the لا "la" sound, to 1.5 beats. There is a .5 upbeat "a" before the final full "llah" downbeat in الله (Allah).