

Steady on the Path

Key of C minor
Open tuning

Music and movements: Maitreya Jon Stevens

♩ = 90

Cm B♭ Cm A♭ B♭ Cm Cm B♭ Cm Cm A♭ B♭ Cm

Muq-ta-dir, Ya Qa-dir, Ya Ma - tin Hu Al-lah Al-lah Al-lah Al-lah Hu Al-lah

Attunement:

May we open to *Al-Muqtadir*, the one that brings the ability to actualize the divine purpose of our soul, and puts us on a particular path to God. While we realize that the path we have walked and will continue to walk is our purpose, may we ask Allah how we may be of service to the manifestation of *Al-Qadir*, the limitless power moving the universe toward a specific destination. *Al-Matin* helps us develop the strength to be steady and grounded under all circumstances, so that we may nurture our relationships with *Al-Qadir* and *Al-Muqtadir* and offer ourselves as channels of real purpose and strength.

1. *Muqtadir, Ya Qadir, Ya Matin Hu Allah* - Take hands in the circle and walk to the right, stepping on each beat (R L R L R). On the rest after *-tin*, close with L foot and face center, standing still. Bow to center on *Hu Allah*.

Repeat 3 more times.

2. *Allah, Allah, Allah Hu Allah* - Step in toward center, two steps per measure starting with your R foot on the downbeat (R L R L). With every step one moves their heart toward Allah. So when stepping right, the upper body turns slightly to the right, and with each left step slightly to the left.

On the second time the phrase is sung, walk back out continuing the same movement pattern.

Then repeat the above sequence while singing the phrase for the third and fourth times.



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