



## **The Alchemy of Happiness by Hazrat Inayat Khan**

Edited and Presented by Murshida Nuria Stephanie Sabato

### **Introductory Readings**

Bowl of Saki, July 20, by Hazrat Inayat Khan: *Every blow in life pierces the heart and awakens our feelings to sympathize with others; and every swing of comfort lulls us to sleep, and we become unaware of all.*

Glimpse After Glimpse, July 20, by Sogyal Rinpoche: *Our task in life is to practice this merging with the wisdom mind of the master again and again, so that it becomes so natural that every activity—sitting, walking, eating, drinking, sleeping, dreaming and waking—starts to be increasingly permeated by the master's living presence. Slowly, over years of focused devotion, you begin to know and realize all appearances to be the display of the wisdom of the master. All the situations of life, even those that once seemed tragic, meaningless, or terrifying, reveal themselves more and more transparently to be the direct teaching and blessing of the master, and the inner teacher.*

We often confuse happiness with pleasure; but pleasure is only an illusion, a shadow of happiness; and in this delusion we may pass our whole life, seeking after pleasure and never finding satisfaction. There is a Hindu saying that the person who looks for pleasure and finds pain. Every pleasure seems as happiness in outward appearance; it promises happiness, but it is the shadow of happiness, and just as the shadow of a person is not the person – though representing their form – so pleasure represents happiness but is not happiness in reality.

The more we study life, the more we realize how rarely there is a soul who can honestly say, "I am happy." Almost every soul, whatever their position in life, will say they are unhappy in some way or another. The person who is really happy is happy everywhere, in a palace or in a cottage, in riches or in poverty, for that person has discovered the fountain of happiness which is situated in their own heart; as long as a person has not found that fountain, nothing will give real happiness.

Happiness cannot be bought or sold, nor can you give it to a person who has not got it. Happiness is your own being, your own self, that self that is the most precious thing in life. All the wise ones have in some form or another given a method by which the individual can find that happiness for which the soul is seeking. Sages and mystics have called this process alchemy.

As for the question of how this method of alchemy is practiced, the whole process was explained by the alchemists in a symbolical way. They said gold is made out of mercury. For those who have the consciousness of reality, gold stands for light or spiritual inspiration. Gold represents the color of light, and therefore an unconscious pursuit after light has made humanity seek for gold.

The real interpretation of this process is that mercury represents the nature of the ever-restless mind. The nature of mercury is to be ever-moving, but by a certain process the mercury is first stilled.

When by a method of concentration, one has mastered the mind, one has taken the first step in the accomplishment of a sacred task. Prayer is concentration, reading is concentration, sitting and relaxing and thinking on one subject are all concentration. Stilling the mind a special method is necessary which is taught by the mystic. [Like a mirror in the heart.]

When the mind is under perfect control and no longer restless, one can hold a thought at will as long as one wishes. This is the beginning of the phenomena.

### **Concentration Practice Stage 1 - Stilling the Mind: Mirror of the Heart**

**Ya Nur** (yaa NOOR)/ **Ya Wadud** (yaa wa-DOOD)

*Use of wazifah to focus and concentrate the mind.*

- An-Nur is the essence of light, luminosity itself.
- An-Nur is the light of every soul and an inherent characteristic in every pore of your body.
- Enlightenment!
  
- Al-Wadud is divine love's most intimate manifestation. It is the constant embrace of the affectionate, loving universe.
- Ya Wadud is an antidote for all who have difficulty achieving intimacy with others.
- Al-Wadud offers an avenue for seeing divine love in challenging situations and in difficulties. It consciously uses the densest elements of a situation as an inner impetus to turn toward God.

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The silver must be heated before it can melt, and with what? With love, tolerance, sympathy, service, humility, unselfishness, in a stream which rises and falls in a thousand drops, each drop of which could be called a virtue, all coming from that one stream hidden in the heart: the love element; and when it glows in the heart, then the actions, the movements, the tone of the voice, the expression, all show that the heart is warm. The moment this happens a person really lives; and have unsealed the spring of happiness which overcomes all that is jarring and inharmonious, and the spring has established itself as a divine stream.

### **Concentration Practice Stage 2 – Warming the Heart – Silver into the fire**

**Practice: Ishq** (Ishk)

In Urdu, Ishq is used to refer to fervent love for any object, person or God. However, it is mostly used in its religious context.

The term Ishq is used extensively in Sufi poetry and literature to describe their selfless and 'burning love for God'.

*Devotion is proved by sacrifice.* ~ Gayan, Hazrat Inayat Khan  
[surrender, self-sacrifice of the small self]

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After the heart is warmed by the divine element, which is love, the next stage is the herb, which is the love of God. But the love of God alone is not sufficient; knowledge of God is also necessary. Knowledge of God strengthens one's belief in God, throws light on the individual and on life. Things become clear; every leaf on a tree becomes as a page of a holy book to one whose eyes are open to the knowledge of God.

When the juice of the herb of divine love is poured on the heart, warmed by the love of his fellow-men, then that heart becomes the heart of gold, the heart that expresses what God would express. When this happens, then verily everything that comes from such as the person becomes a pure expression of God.

**Side Notes:** References from other spiritual traditions to 'juice of the herb of divine love':

- Sat Chit Anand -"truth, consciousness, bliss", and is a description for the subjective experience of the ultimate.
- Amrit is a word that literally means "immortality" and is often referred to in ancient Indian texts as nectar.
- Patanjali explains that Samadhi is a state of meditative absorption, attained by the practice of Dharana (focused attention) and Dhyana (effortless meditation) when the True Essential Nature is known, without the distortion of the mind. It can be thought of as the culmination of your meditation process. Samadhi is the mind in its most concentrated state and can be compared to normal thought as a laser beam can be compared to normal light.

### **Concentration Practice Stage 3 – Pure Expression and Search Union With God**

#### **Practice: Ishq Allah Mahbood Allah**

The irresistible desire to obtain possession of the beloved, expressing a deficiency that the lover must remedy in order to reach perfection (kamāl) [balanced stillness].

This conception of love acquired further dimensions from the Greek-influenced view that the notions of Beauty, Good, and Truth "go back to one indissoluble Unity [Ahad].

Ishq Allah Mahbood Allah also be described as an ascending hierarchical order: natural love, intellectual love, and divine love. *Where are you on this hierarchical scale?*

**Closing:**

- Prayer Khatum
- Dedication of Merit
- [Link to Complete Text – The Alchemy of Happiness](#)

We pray this teaching resonates and benefits YOU!

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