



## Sufi Message Volume 4

### Mental Purification – Unlearning, Part 3 by Hazrat Inayat Khan

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#### 3. Identify With What You Are Not

The third field of mental purification is to identify oneself with what one is not. By this one purifies one's mind from impressions of one's own false identity.

I will give an example. Once I was trying to help a person who was ill, who had rheumatism for twenty years. This woman was in bed; she could not move her joints. I came to her and told her, "Now you will do this and I will come again in two weeks' time." And when after two weeks I came, she had already begun to move her joints. And I said, "In six weeks I will come back." And in six weeks she got up from bed and had still greater hope of being cured. Nevertheless her patience was not so great as it ought to have been.

One day she was lying in bed and thought, "Can I ever be cured?" The moment she had that thought she went back to the same condition; because her soul had identified itself with a sick person. For her to see her own well-being was impossible, she could not imagine that she would ever be quite well; she could not believe her eyes that her joints were moving; she could not believe it.

People can be well in their bodies but not in their minds. Very often they hold on to an illness which they could get rid of. And the same thing happens with misery. People who are conscious of misery attract miseries. Misfortune does not choose people; people choose misfortune.

Therefore, the third aspect of mental purification is to be able to identify oneself with something else. The Sufis have their own way of teaching it. Very often one holds the idea of one's spiritual teacher or a spiritual ideal; and with that idea one gains the knowledge and inspiration and power of the spiritual teacher or the spiritual ideal. It is just like a heritage.

The person who cannot concentrate so much as to forget oneself and go deep into the subject on which one concentrates, will not succeed in mastering concentration.

**Practice:** Ya 'Alim (All-Knowing) / Ya Wasi' (Infinitely Present)

Ya 'Alim (yaa 'a-LEEM) ::: *May my mind unite with the Mind of God.*

- to have knowledge
- to have intuitive knowledge
- to have certainty
- to be thoroughly informed
- *The greatest learning and knowing is knowledge of the self. As the companion of Muhammad, Imam Ali, said, "Whosoever knows oneself, knows the One."*
- *Alim refers to the ability to know and understand all the worlds of form. The classical Sufis refer to two essentials of the spiritual path as Ilm (divine intelligence, related to Alim) and Ishk (divine passion). Head and heart balance each other in the way of transformation. – Douglas-Klotz, Neil. The Sufi Book of Life (p. 52). Penguin Publishing Group.*

**Ya Wasi'** (yaa WAA-si') The All-Embracing, The All-Sufficient, The All-Pervading, The Boundless

- The One who is ample-giving, all-embracing and all-pervading.
- The One whose power, knowledge, mercy and generosity are boundless.
- Release old boundaries.
- Antidote rigid habitual boundaries.
- *If life calls us to a greater capacity to feel deeply, we have two choices: stretch or break. – Douglas-Klotz, Neil. The Sufi Book of Life (p. 122). Penguin Publishing Group.*

## 5. Relax the Mind

And the fifth way is to be able to repose one's mind. In other words, to relax the mind.

Simple as it seems to be, very few know the resting of the mind and how wonderful it is in itself. And what power, what inspiration, comes as a reaction from it, and what peace does one experience by it, and how it helps the body and mind! The spirit is renewed once the mind has had its rest.

The first step towards the resting of the mind is the relaxation of the body. If one is able to relax one's muscular and nervous system at will, then the mind is automatically refreshed. Besides that, one must be able to cast away anxiety, worries, doubts, and fears by the power of will, putting oneself in a restful state; this will be accomplished by the help of proper breathing.

Great magnetism is produced by having stilled and purified the mind.

**Reading:** We are the picture of the reflection of our imagination; we are as large or as small as we think ourselves. – Hazrat Pir-o-Murshid Inayat Khan

Commentary from Hazrat Murshid SAM (Sufi Ahmed Murad Chisti, Samuel L. Lewis):

So long as our thought is centered around our concept of a limited self, we are limited by the power of thought; when we rise to the fullness of life in the Cosmic Unity, finding that God Alone is and is the True Self, we are no longer limited. And what was it that limited us? It was nothing but our own thought. Just as thought can obtain all knowledge of matter, so can spirit gain all knowledge of thought, and so can God-attainment give all knowledge of spirit.

Closing:

- Prayer
- Dedication of Merit
- [Link to Complete Text – Unlearning, Part 3](#)

We pray this teaching resonates and benefits YOU!

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