



A Sufi Message

Clearing the Dust, Polishing the Lamp, Part 3

Selected Teachings by Hazrat Inayat Khan

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*Love brought us from the world of unity to that of variety,
and the same force can take us back again to the world of unity from the world of variety.*

Bowl of Saki, February 9, by Hazrat Inayat Khan

Points from Previous Class:

- **From the Gathas:** The heart is the principle center, not the heart in the body, but the heart which is the depth of the mind, for the mind is the surface of the heart. The heart and mind are as one tree: the root is the heart and the branches, fruits, flowers, and leaves represent the mind. The heart is at the bottom of thought, imagination, and all. Feelings always belong to the heart, thought to the mind.

‘Plainly speaking, the depth of mind is heart, and the surface of heart is mind. Mind is a receptacle of all to which it is exposed. It is like the photographic plate; and therefore, all conditions, happy or unhappy, all actions, good or bad, all that is beautiful or void of beauty, become impressed upon the mind. Its first impression is on the surface, and as the impression is retained in the mind so it reaches the depth of the heart. It is like a photographic plate; once it is developed, the impression becomes clear and deeply engraved.

Meditation: Breathe into your heart with the intent of removing all impressions that are unhappy, bad, void of beauty. Breathe in all that is good, wholesome, beautiful.

PRACTICE: Al-‘Afuw

- The quality of ‘Afuw is to blow away anything you don’t need that is sitting on the surface of your heart, like blowing away imprints in the sand of a vast desert.
- ‘Afuw initiates and resolves complete removal or obliteration of that which needs to be rescripted. transformed, renewed, healed, changed.

- Perhaps this is the essence of our spiritual journey, our search to reconnect to recognize this great light within and without. The Great Namaste. The Great Nur. This longing, this nostalgia of our souls is for this light, from which we originate and of which we are a part.
- We seek a pathway to draw us into an aura or halo surrounding what is known as the Throne of the King of Kings, in doing so we come in contact with the knowledge we are indeed part of this Great Being of Light.

PRACTICE: Nur al-Anwar

Nur means "luminous". Al-Anwar "a collection of lights"

- **Khatum**
- **PSA Donations**
- **Dedication of Merit**

We pray this teaching resonates and benefits YOU!

Gratitude is expressed through Generosity!

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