



A Sufi Message

Marathon Zikar 2022

Teachings by Hazrat Inayat Khan

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As we come to the end of the month of Rumi, and we have just passed the Winter Solstice, Hanukkah and Christmas this is a pivotal time of recognizing the Nature of Light both without and within. I begin the Du'a an-Nur, The Prayer of Light. It is said that this was recited every morning by Mevlana Jelaluddin Rumi.

Du'a an-Nur

O God!
Grant me Light in my heart,
Light in my grave,
Light in front of me, Light behind me,
Light to my right, Light to my left,
Light above me, Light below me,
Light in my ears, Light in my eyes,
Light on my skin, Light in my hair,
Light within my flesh,
Light in my blood, Light in my bones.
O God! Increase my Light everywhere.
O God! Grant me Light in my heart,
Light on my tongue,
Light in my eyes,
Light in my ears,
Light to my right,
Light to my left,
Light above me,
Light below me,
Light in front of me,
Light behind me,
Light within myself; increase my Light.

Mevlana encouraged us to see and experience and know that with this Light we can witness the deep Spirit within everything.

Pir-o-Murshid Inayat Khan taught us in the Ten Sufi Thoughts, Number 3:

There is one Holy Book, the sacred manuscript of nature, which truly enlightens all readers.

Pir-o-Murshid Inayat Khan taught:

Sufism, being the essence of all religions and philosophies, looks upon both the opposite aspects of nature. They look upon all names and forms as the means of realizing the One, the only Being. Realizing this one reality is called *Sifat Allah* [meaning the Attributes of God]. For nature suggests to the soul the endless and unlimited Being hidden behind it all. (*From A Sufi Message of Spiritual Liberty, Worship, Ecstasy by Hazrat Inayat Khan*)

From Nature Meditations, The Chapter on God by Hazrat Inayat Khan

Let every movement of life (breathe in)
whisper Thy name to my ears. (breathe out)

Rumi tells us in the [Mathnawi V:297, 298]

Be like an eye. Feed on the Light. Make glorification of God your food.