



## RELIGIOUS GATHEKA

### 1. Religion of the Heart

#### **This Month's Concentration**

Read and contemplate daily for the next several weeks  
Pir-o-Murshid Hazrat Inayat Khan's lecture  
Religion of the Heart

Pir-o-Murshid Hazrat Inayat Khan in the lecture says:

*There are three ways of seeking God in the human heart.*

1. *The first way is to recognize the divine in every person and to be careful of every person with whom we come in contact, in our thought, speech and action.*

**Concentration:** How can I make these “ways of seeking God in the human heart” a living expression in my life?

2. *The next way of practicing this religion is to think of the feeling of the person who is not at the moment before us. One feels for a person who is present, but often neglects to feel for someone who is out of sight. One speaks well of someone to his face, but if one speaks well of someone when he is absent, that is greater.*

**Concentration:** What are the ways that I express these teachings now in my life?

3. *And the third way of realizing the Sufi principle is to recognize in one's feeling the feeling of God; to realize every impulse that rises in one's heart as a direction of God; realizing that love is a divine spark in one's heart as a direction from the flame may rise to illuminate the path of one's life.*

**Concentration:** What are the ways I do not express these teaching in my life, and what measures can I take to more fully practice this teaching in my daily life?

Please feel free to openly share your thoughts, inspirations, and challenges within our Hazrat Inayat Khan Study Circle.

Go to [http://groups.yahoo.com/group/HazratInayatKhan\\_StudyCircle/messages](http://groups.yahoo.com/group/HazratInayatKhan_StudyCircle/messages).

Click on “Post” under “Messages” in the left column navigation bar.

With love and in service to the Message,  
Nuria