



Religious Gatheka – Hazrat Inayat Khan
8. Prayer

This Month's Concentration:

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

Reflect Daily on the Following Points in Gatheka 8

1. *If we can only know the joy of asking pardon even of our fellowman, when we realize we are at fault, however little it may be! And when we ask the Father of all to forgive our fault, joy beauty, happiness spring in the heart in a way unknown until it is experienced.*
2. *Think of the joy of asking forgiveness from God! Every moment of our life, if we can see wisely, contains some fault or error, and asking pardon is just like purifying the heart and washing it white. Only think of the joy of humbling yourself before God!*
3. *To humble your limited self before His Perfection, that is to deny yourself. Self-denial is not renouncing things, it is denying the self, and its first lesson is humility.*

Let us consider, and share our thoughts with each other over this month's lesson....

1. Do I experience joy "in asking pardon of [my] fellowman and the Father", as Hazrat Inayat Khan indicates in this lesson? Recollect how you experience joy in asking pardon. Recollect when you do not.
2. Ask yourself, "Do I feel that my heart is being purified and washed white when I ask for pardon?"
3. How do I experience self-denial? Do I believe it is renouncing things? Do I realize what it means to denounce the self on the path of humility?

With loving regards,

Nuria

Nuria Sabato, Moderator, Kansas City, Missouri, USA