



**Religious Gatheka – Hazrat Inayat Khan  
16. The Message**

**This Month's Concentration:**

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

**Reflect Daily on the Following Points in Gatheka 16**

1. *There are three stages of action which the sincere followers of the message have to pass through, and the difficulty is that each stage has the tendency to keep back the followers of the Message from going on to the next stage. And the reason is that every stage that the sincere followers of the divine Message has to go through in his life has no end of interest and happiness in it.*

**Contemplate:** Can one recognize these three stages within oneself?

2. *Now these three stages may be called: 1) Receiving the Message, 2) Assimilating the Message and 3) Representing the Message.*

**Contemplate:** Assess for oneself how adept one is to “receiving the Message”, “assimilating the Message”, and “representing the Message”.

3. *One assimilates it by the power of contemplation, by pondering over the subjects that one hears, by practicing the teachings in one's life, by looking at the world from the point of view, which has been told, by observing one thing in its thousand different positions.*

**Contemplate:** Assess for oneself how adept one is remaining open, pliant, and observant things in the world a “thousand different positions”.

4. *A person who has seen something beautiful, who has heard something harmonious, who has tasted something delicious, who has smelt something fragrant alone, has enjoyed it, and yet not completely. The complete joy is in sharing one's joy with another.*

**Contemplate:** Assess for oneself how adept one is at “representing the Message” with equanimity and with a conscious transparency that allows the Message to be seen.

As always - with loving regards,  
Nuria