



**Religious Gatheka – Hazrat Inayat Khan**  
**20. Christ**

**This Month's Concentration:**

Read and contemplate daily for the next several weeks  
Hazrat Pir-o-Murshid Inayat Khan's lecture: The Sufi Message  
Reflect Daily on the Following Points in Gatheka 20

1. *The omnipresent intelligence, which is in the rock, in the tree, in the animal. In man it shows its gradual unfoldment..... This intelligence shows its culmination in the complete development of human personality and in the personality such as that of Jesus Christ, which was recognized by his followers to be.*

**Contemplate:** Do I recognize my own gradual unfoldment? If so, how? If not, what prevents me for recognizing this about myself?

2. *Every person has his life destined beforehand and the light of the purpose, for which he was born and to accomplish in life, has already been kindled in his soul.*

**Contemplate:** Do I know my life's destined purpose? Am I living towards that purpose?

3. *Life itself is a phenomenon, a miracle. The more one knows about it, the more one lives conscious of the wonderfulness of life, the more one realizes that if there is any phenomenon or miracle, it is man's birthright.*

**Contemplate:** Do I recognize and I am I grateful that life is a miracle?

4. *And then the question of the forgiveness of sin. ... There is no end of faults in man's life and if they were all recorded and there was no erasing them, life would be terrible to live, impossible to live. The impression of sin in the terminology of metaphysics maybe called an illness, a mental illness, not physical. And as the doctor is able to cure illness, so the doctor of the soul is able to heal. If people have said that through Christ sins are forgiven that can be understood in this way: that love is that shower by which all is purified. No stain remains.*

**Contemplate:** Am I freed and healed of all stains and impressions of sin? If not, why am I carrying this cross? Can I experience the union with Christ that forgives all my sins so that I may be living more fully in the moment and in accordance with my life's purpose?

5. *What is then the meaning of the sacrament which is said to be symbolical of the flesh [bread] and blood [wine] of Christ? And what is bread and wine? The bread is that which is the soul's sustenance, and the soul's sustenance is the knowledge of God. It is by this knowledge that the soul lives the eternal life. And the blood [wine] of Christ is the love element, the love principle, the intoxication which is a bliss and if there is any virtue, it all comes from that principle.*

**Contemplate:**

With every morsel of food consider this thought/prayer: *"My soul's sustenance is the knowledge of God."*

With every sip of drink consider this thought/prayer: *"I drink as if partaking from the cup of Christ which overflows with the love element."*

6. *'Why Christ gave his life to save the world?' It only explains sacrifice: No man in this world going toward a goal will escape from the test to which life will put him, and that test is sacrifice. 'Why Christ gave his life to save the world?' It only explains sacrifice: No man in this world going toward a goal will escape from the test to which life will put him, and that test is sacrifice.*

**Contemplate:** Do I recognize challenges and difficulties as tests and sacrifices that are signs that I am moving towards my life's goal?

As always - love, only love....

Nuria, Hazrat Inayat Khan Study Circle Moderator