



A Sufi Message

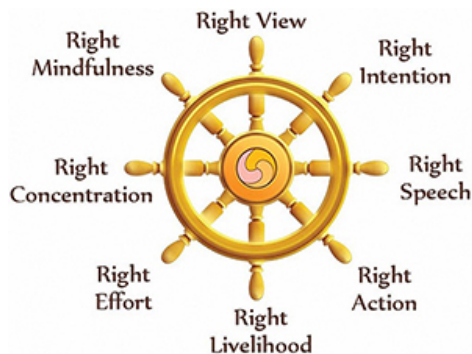
Trust in God's Hidden Hand

Inspired by Teachings of Hazrat Inayat Khan
Edited and Presented by Murshida Nuria Stephanie Sabato

Put your trust in God for support, and see God's hidden hand working through all sources.
– Hazrat Inayat Khan –

There is a well-known saying in Hindustani, "If the attitude is solid the path becomes easy." This is the literal translation, a better translation, or interpretation, will be, "A right attitude leads to success." **And the more we think of this the more we shall find in this saying a precious treasure of wisdom.** Health, happiness, success, harmony, to all these things in life the attitude shows the way. Also, if a wrong attitude turns virtues into sins, a right attitude may turn what is called sin by people into virtue. As I have always said, virtue or sin are not actions; it is the attitude that is the condition of virtue or sin. Therefore, have a right attitude. There is no greater virtue than that, to think aright, to speak aright, to act aright; and there is a sure success.

SIDE NOTE: Right Attitude relates to the Buddha's Noble Eightfold Path: right (or wise, or skillful) view, intention, speech, action, livelihood, effort, concentration, and mindfulness. The dharma wheel is a sacred Buddhist symbol that represents the Buddha's teachings and the path to enlightenment.



The hub of the dharma wheel, also known as the dharmachakra, represents moral discipline and is essential for progress on the path to enlightenment.

Here are some other parts of the dharma wheel and their meanings:

- Outer Rim: The outer rim symbolizes the cycle of birth, death, and rebirth(samsara) and the possibility of liberation from this cycle.
- Inner Rim: Represents meditative concentration and mindfulness
- Spokes: The number of spokes on the wheel can represent different things, such as the Eightfold Path, the Four Noble Truths, or the Twelve Links of Dependent Origination
- Swirls: The three swirls in the hub represent the Three Jewels of Buddhism: the Buddha, the Dharma, and the sangha
- Round shape: Represents the perfection of the dharma
- The dharma wheel is also a symbol in Jain and Hindu traditions.

If you say, "Several times I thought that something was right and it turned out wrong in the end," I will say you were not sure. Perhaps your mind doubted if it were right or wrong. Perhaps you were dependent upon other people's advice. Perhaps preconceived impressions influenced your determination of right and wrong. If it simply came from the bottom of your heart and you accepted it and went on with courage through life, then it would be successful. And if it met with failure, the failure would become the stepping-stone to success.

You must remember that God never misleads sincere followers. Those who follow the advice of the God within are always protected by God, for their affairs God is responsible. Only, what is necessary is an open discrimination for what you wish to do. You must ask yourself,

- Is this impulse coming from my real feelings?
- Is this impulse telling me to do it?
- Is my sense of justice satisfied with this decision?
- Is my reasoning in accordance with my actions?
- Is my deepest feeling in harmony with this direction?
- Is there any conflict with myself, or is the way all smooth?

If all is smooth within all is smooth without, the way is open, it is all clear.

Then you only must have faith, trust and courage to go forward in the strength of the goodness of God. And remember, it is not your strength, or your experience, or your knowledge that can give your success. No, it is God. That is what is meant, symbolically, by the story of Arjuna and Krishna, that when Krishna consented to drive the chariot of Arjuna's heart, Arjuna was free from worry and anxiety. The path was clear because God [manifest as Krishna] was with him. It is nothing material which can assure success. Those seeming things give a seeming success; true success is God alone and all other things added. [*As it is taught in the bible, Matthew 6:33. Seek ye first the Kingdom of God ... and all these things shall be added unto you.*]

There is prayer that I say at the conclusion of my daily prayers, and it seems appropriate to share it here: It goes like this.

*May I seek God with a sincere heart knowing that it will profit me nothing if I gain the whole world yet lose my soul.
So, help me to see Your good and gracious purpose in all my trials.
Help me to see Your blessings in every day and help me to love You more.
Thank You, God, for everything! Amen.*

Practice: Ya Wakil (yaa wa-KEEL)

In Farsi/Urdu the "w" is commonly transliterated as "v", as in al-Vakīl (yaa Va-KEEL)

Al-Vakil, is our Divine Trustee and Advocate

- Ya Vakil the only one who is worthy of complete trust in every aspect of our life.
- Ya Vakil is reliable protection, steadfastness, gives resilience.
- Ya Vakil is a remedy for those of us who may have issues with being able to trust.
- This same root w-k-l is also the root of the word tawakkul, which indicates submitting to God, relying upon God, putting one's trust in God. [I call it "*Lean into God.*"]
- One's trust in God should not be allowed to breed laziness or lack of care, but rather one must always do one's own personal best, and then leave the rest to God, as indicated by the Prophet Muhammad when he said: "*Tie your camel, then put your trust in Allāh.*"

One person imagines God, another person realizes God; there is a difference between these two persons. The one who imagines can hope, but he or she cannot be certain. The one who realizes God, is face to face with God, and it is such a person who depends upon God with certainty. It is a matter of either struggling along on the surface of the water, or courageously diving deep, touching the bottom of the sea.

- **Note:** Also in the Bible, Exodus 14:26, God's command to Moses is to *stretch out his hands*. This is God's invitation to come to closer and receive God's mercy and compassion and support. It also symbolizes the trust, faith, and hope that Moses had in God, and that God's solutions are bigger than our thinking.

There is no greater trial for a person than dependence upon God. What patience it needs, besides the amount of faith it requires, to be in the midst of this world of illusion and yet to be conscious of the existence of God!

NOVEMBER 11 (*Jesus Calling*® © 2004, 2011, 2012, 2013 Sarah Young)

DO NOT LET any set of circumstances intimidate you. The more challenging your day, the more of My Power I place at your disposal. You seem to think that I empower you equally each day, but this is not so. Your tendency upon awakening is to assess the difficulties ahead of you, measuring them against your average strength. This is an exercise in unreality.

*I know what each of your days will contain, and I empower you accordingly. The degree to which I strengthen you on a given day is based mainly on two variables: the difficulty of your circumstances, and your willingness to depend on Me for help. Try to view challenging days as opportunities to receive more of My Power than usual. Look to Me for all that you need and watch to see what I will do. As your day, so shall your strength be. (*Jesus Calling*® © 2004, 2011, 2012, 2013 Sarah Young)*

Note: The writing above is inspired by a Letter of Paul to the EPHESIANS 1:18–20 *I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of God's calling, what are the riches of the glory of Divine Inheritance in the saints, and what is the surpassing greatness of God's **power** toward us who believe. These are in accordance with the working of the **strength** of God's **might**.*

Contemplate: the three words in the above scriptural reading: **power**, **strength** and **might**. *What do they mean to you?]*

If you will trust anyone, trust in God; if you will depend on anyone, depend on God; if you will confide in anyone, confide in God; if you will revere anyone, worship God. Death is not the end of this life; death is the bridge that unites friend with friend. Therefore, when doing the duties honestly in this world, we must think of that life also, which is to come. [*The Sufi says: "Die before death", meaning to control one's ego. To illuminate this point we turn to Mevlana Jelaluddin Rumi for advice. Apropos as Rumi's Urs day is upon us.*]

When Rumi speaks about the annihilation of the false ego, that is the most uplifting philosophy that one could hear. He first says that your heart is like a mirror. What generally happens is that this mirror becomes dusty. You have to wipe it to take the dust off it. In the esoteric or mystic path, the teacher shows their pupils the way of wiping this mirror so that the reflection may become more clearly. Rumi points out the, your worst enemy is hiding within yourself, and that enemy is your nafs or false ego. It is very difficult to explain the meaning of the word "false ego". The best I can do is to say that every inclination which springs from disregard of love, harmony, and beauty and which is concerned with oneself and unconcerned with all others is the false ego.

When your object is, or seems to be, in a mist, do not cover yourself with clouds because your object seems far off; if you do, everything will become dark before you. But if you keep your light clear, then the ray shooting from your own soul will in time clear the mist. But if you yourself are in confusion whether to have this object or that object or no object, then there is no hope for you. For you must ever bear in mind that the light and the life that goes out from you to the object are as important as that light which comes to you from the object. Therein lies the great mystery of the trinity in all things: the knower, the thing to be known, and the power, light, and knowledge which connects them. *[This is the power of the phrase used on the swing of the breath during the Daily **Purification Breath Practice**, "I inhale Divine Light and Life" (receiving the light and life of our object (or quality) to be obtained. "I radiate Divine Life and Light". (Keeping you light radiating from you soul to clear the mist that may be enveloping the object, bring the life of the object (or quality) closer and clearer. It can also be interpretation of Isbq Allah Mahbood Allah.]*

If the way seems closed, it will be opened. If the means are lacking, they will be given, they will be attained. If the object is far off and beyond your reach, it will be drawn to you, if only you can hold fast to the rein, the rope of hope, with complete faith and trust in God, the Giver of all things, the Possessor of all things.

Lord, I know that you even hear the secret prayers of my heart.

I will trust in everything, Lord.

~Saint Mother Teresa~

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