



A Sufi Message

The Secret of Happiness!

Inspired by the Teachings of Hazrat Inayat Khan
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Day 3: Singing Wazifa Ya Quddus followed by explanation.

Sufi Message Volume 7, In an Eastern Rose Garden, Silent Life

The secret of happiness is hidden under the veil of spiritual knowledge. And spiritual knowledge is nothing but this: that there is a constant longing in the heart to have something of its origin, to experience something of its original state, the state of peace and joy which has been disturbed, and yet is sought after throughout its whole life, and never can cease to be sought after until the real source has at length been realized. What was it in the wilderness that gave peace and joy? What was it that came to us in the forest, the solitude? In either case it was nothing else but the depth of our own life, which is silent like the depths of the great sea, so silent and still. It is the surface of the sea that makes waves and roaring breakers; the depth is silent. So the depth of our own being is silent also.

And this all-pervading, unbroken, inseparable, unlimited, ever-present, omnipotent silence unites with our silence like the meeting of flames. Something goes out from the depths of our being to receive something from there, which comes to meet us; our eyes cannot see and our ears cannot hear and our mind cannot perceive because it is beyond mind, thought, and comprehension. It is the meeting of the soul and the Spirit.

Therefore, the idea of understanding the spiritual ideal is to attain to that state of being, of calm and peace and joy and everlasting happiness, which neither changes nor ceases to exist....The bliss found in solitude is hidden within every human being; has been inherited it from our divine origin. In mystical words it is called the all-pervading light. Light is the source and origin of every human soul, of every mind.

The Sufi looks upon life as one life, upon all religions as their own religion: call a Sufi a Christian and we are that, call Sufi a Muslim or a Hindu and we are that; call a Sufi whatever you like, we do not mind. A Sufi does not think about what people call them. Cats and dogs do not declare their names; it is we that give them a name. If you call yourself "New Thought", it will be made into the name of a new sect some day; if you call yourself "Higher Thought", that will be a sect one day; call yourself what you will: philosophy, theosophy, religion, mysticism, it is only the one thing, it is nothing but the constant longing of the soul of the human being. After experiencing all the different aspects of the life of activity, the longing to attain to that state of peace or calm seems in the end to be the only object that the soul wishes to achieve.

PRACTICE; Al-Qawiyy can be translated as divine strength or omnipotence. Al-Qawiyy can also be understood as a strength that comes from emptiness, a strength that arises from total peace, absolute silence. It is rooted in the place of no place. *Ka=lid of heart. Wee=fire from which rises a brilliant illuminating light.*

Sufi Message Volume 7, In an Eastern Rose Garden, Mind, Human and Divine

The mystic is guided by their own mind. That which we seek in life we must give to another; if it is kindness, give it; if goodness, give it; if service, give it. The whole secret of happiness in life lies in this. When we seek happiness in the kindness of another, it means that we depend on the kindness of another person to make us happy; and as long as we look to another to make us happy, we keep expecting that which we ought ourselves to have given. Not till then do we know what justice is.

The mystic develops their own mind in this manner, purifying it by pure thought, feeling, and action, only following this one line of thought. Pure means free from sense of separateness. Whatever difference in principles of right and wrong religious faith may show, no two individuals will ever differ in this one natural principle. Every soul seeks after beauty; and every virtue, righteousness, good action, is nothing but a glimpse of beauty.

Let us make our action, our thought beautiful, and let others profit by it.

The world is a dome, where every action is the echo of another. Do good: it will come back; if not from one person, it will come from another. That is the echo. You do not know from which side it will come. It will come a hundredfold more than you give.

Sangatha I, Saluk, Morals

Appreciation the only secret of happiness is to develop how to appreciate our privileges in life. If we cultivate that sense of appreciating, we shall be thankful, we shall be contented; and we shall offer our thanks every moment to God, for God's gifts are many and enormous. When we do not see them, it is because our wants cover our eyes from seeing all with which we are blessed by Providence.

No meditation, no study, nothing can help in that direction except one thing, and that is to keep our eyes open to appreciate every little privilege in life; to admire every little glimpse of beauty that comes before us; to be thankful for every little love or kindness or affection shown to us by young or old, or rich or poor, by wise or foolish; and in this way to continually develop the faculty of appreciating life; and to devote one's life in thanksgiving. By doing so we arrive at a bliss which no words can explain, a bliss which is beyond imagination; and that bliss is when we find ourselves having already entered the kingdom of God.