



A Sufi Message *Love Life Live!*

Selected Teachings by Hazrat Inayat Khan

Bringer of the Sufi Message to the West in 1910

Edited and Presented by Murshida Nuria Stephanie Sabato

*"God is love" - three words which opens up an unending realm for the thinker who desires to
probe the depths of the secret of life.*

– Quotes by Hazrat Inayat Khan –

Sufism simply put is a mystical path that is experienced in life through the vehicle of LOVE! Not a sentimental love, but the kind of love expressed in the New Testament of the Holy Bible. We are told that the Holy Spirit forms in us as the first fruits of eternal glory. There are twelve of these fruits known as: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. - All expressions and variations of love! And we will return to these fruits again later.

Regarding Sufism, Hazrat Inayat Khan teaches us, "If anybody asks you, "What is Sufism? What religion is it?", you may answer, "Sufism is the religion of the heart, the religion in which the most important thing is to seek God in the heart of every person."

Inayat Khan further teaches us that there are three ways of practicing the Religion of the Heart:

The first way is to recognize God in every person, and to care for every person with whom we come in contact, in our thought, speech, and actions. The human personality is very delicate. The more living the heart the more sympathetic the heart is. The person whose heart is not sympathetic is without feeling; their heart is not living. In that case the divine spirit is **buried** in their heart.

The next way of practicing this religion the Religion of the Heart is to think of the feelings of the person who is not with us at the moment. One feels for a person who is present, but one often neglects to feel for someone who is out of sight. One speaks well of someone to their face, but if one speaks well of someone in their absence, that is greater. One sympathizes with the trouble of someone who is before one, but it is greater to sympathize with one who is far away. [This teaches us expansion of the heart space. To reach out with compassion and love to those in need who are both far and near.]

The third way of realizing the Sufi principle is to recognize in **one's own feeling as the feeling of God** and to realize **every impulse that rises in one's heart as a direction from God**. Realizing that love is a divine spark in one's heart, and as one blows on that spark [through the medium of breath and mindfulness], a flame may rise to illuminate the path of one's life. [Illuminating the 'direction of God' and the message that is constantly being given to us from within. Are we quiet enough to listen?]

The Sufi Message awakens in humanity the spirit to being part of the human family with tolerance for another's religion. It teaches thoughtfulness and consideration thereby creating and maintaining harmony in life. Sufism

teaches service and usefulness, which alone can make life in the world fruitful, and in this fruitfulness lies the satisfaction of every soul.

Sufism teaches us that: Every kind of power lies in this one thing which we call by the simple name: love. Charity, generosity, kindness, affection, endurance, tolerance, and patience—all these words are different aspects and different names of only one thing: love. Whether it is said, "God is love", or whatever name is given, all the names are the names of God; and yet every form of love, every name for love, has its own unique scope. Love as kindness, as tolerance, as generosity, as patience; and all the fruits of the Holy Spirit are indeed various forms of love as different manifestations, which distinguish themselves and have different purposes.

But how do we come to this kind of depth of love and the realization that God is Love? We come to this realization through the development of what Hazrat Inayat Khan calls, "our inner life". He describes this development and the attainment of the Inner Life in 5 steps. His guidance is clear and lucid if we are willing to follow it, and I may add one does not have to be Sufi for follow this advice.

1. **Unlearning:** To become a receptive vessel and becoming a good student is the first step.
2. **A Spiritual Guide:** To be a good student we need to have a good teacher – a guide, a mentor. Someone in who we have confidence in and someone that arouses sympathy in our heart that culminates in a feeling of devotion. Hazrat Inayat Khan teaches that: *The spiritual guide performs the role of Cupid in bringing the seeking souls closer to God.*
3. **Receiving Knowledge of the Inner World:** This is different than the knowledge gained in the outer world. This knowledge is beyond not mere logic or reason. Knowledge of the inner world emerges and ripens through openness and faith.
4. **Meditation.** It is advised that one has a fixed time and regular practice. The next step is to think of moments of meditation throughout the day and night thereby attaining what is called 'right meditation'. [Bringing this into our everyday life.]
5. **Loving Life.** The fifth necessity in the spiritual path is the loving of the everyday life. There are no strict morals which a spiritual guide enforces upon a person, for that work has been given to the outward religions. The essence of morals practiced by those treading the spiritual path are:
 - The first moral principle is constantly to avoid hurting the feelings of another.
 - The second moral principle is to avoid allowing we ourselves to be affected by the constantly jarring influences which every soul meets in life.
 - The third moral principle is to keep our balance under all situations and conditions which upset the tranquility of the mind.
 - The fourth principle is to love unceasingly all those who deserve love, and to give forgiveness to the who we consider undeserving.
 - The fifth moral principle is detachment. By detachment it is not meant separation, or that we don't care. By detachment is only meant **rising above** that which bind us and keep us back from the **journey towards the goal**. The **Goal is an inner Union with God and remembering that the shrine of God is the heart of every person.**

Succinctly put, **Love** is the divine spark placed in our heart. Blowing upon this divine spark a flame arises illuminating the path of our **Life**. In this awareness we **Live** a life filled with love and respect for others [and ourselves]. A life in harmony and balance and attentiveness to what really matters to have a full and rich inner and outer life.

Meditation

1. Focus your awareness on your heart space. Remember love is a divine spark in your heart. With the medium of breath become more aware of this heart space. Use your breath to blow on this divine spark. Notice that as you breathe, this heart space becomes more illuminated. Allow this light to grow into a beautiful, gentle light filling your heart and expanding to also include your body and mind. So that sensations, thoughts, and feelings become illuminated.
2. Invite those you love, those who inspire you and those who uplift you into this heart space. Let the glow of your spark and your love touch them with your Love Light.
3. Now see if there is enough Love Light to invite in a challenging situation or person into this space.
4. Continue to breathe slowly filling with more light and love.
5. As you continue to breathe, are there any insights that may arise about this person or situation. Don't try to find any answers. Just continue to breathe into your heart space with the intention not so much of 'fixing' anything but seeing this as an opportunity to grow in understanding, forgiveness, and reconciliation. Have no expectations from another. Use this situation an opportunity to grow in harmony and balance within yourself.
6. Trust that a great understanding and insight will come, and trust that whatever may be arising is a gift – a 'direction from God' guiding you towards a greater understanding unconditional love without attachment to outcomes. God's direction is God's gift that teaches you to awaken to this opportunity to grow in love and joy in good times, and helps us grow in resilience, understanding in challenging times. Everything is an opportunity grow in gratitude and love of God. Contemplate this! Understand this! Realize this! Use this beautiful gift of God's direction that is constantly coming from within!
7. Remember this heart space and this divine spark are always there to guide you. Practice this gift of the 'direction of God'. Use this gift 'direction of God'. Become still and listen from within. Take time to realize the inner life that will have a beautiful and astounding influence on our day-to-day life.
8. Now slowly come back into your day-to-day awareness allow these words and images to bathe your heart with more love.

What the World Needs Now is Love, Dionne Warwick <https://youtu.be/xfqND7qROOQ?si=kcA9MO019wa8cha4>

We pray this teaching resonates and benefits YOU!

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