



## A Sufi Message

### The Soul is the Spirit of God

Inspired by the Teachings of Hazrat Inayat Khan  
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It appears that the soul is the Spirit of God, and the Spirit of God lives within the shrine of the heart; this shrine can be closed or it can be open. There are some things in life that open it and some that close it. The things that close the heart are those which are contrary to love, tolerance and forgiveness, such as coldness, bitterness and ill-will, and a strong element of duality.

The world is more upset today than ever before; in many ways we seem to be going from bad to worse, and yet we think that we are progressing. It is not lack of organization or of civilization; both these things we have. What we often lack is the expression of the soul. We may close a door to another, by doing so we close the shrine of the heart and by doing so we are keeping God away from our self and others. Nation is set against nation, race against race, religion against religion. Therefore, today more than ever before there is a need for the realization of this philosophy. What we need is not that all religions should become one nor all races; that can never be. But what is needed is undivided progress, and making ourselves examples of love and tolerance.

By talking about it, by discussing and arguing it will not come, but by self-realization, by making ourselves the examples of what should be, by giving love, taking love, and showing in our action gentleness, consideration and the desire for service for the sake of God in whom we can all unite beyond the narrow barriers of race and creed.

**Practice:** **Ya Sabur** (yaa Şa-BOOR) **Ya Wadud** (yaa wa-DOOD)

- **Ya Sabur** is Divine Most Patience, Patiently-Enduring
- **Ya Wadud** is Divine Loving-Kindness, The Most Affectionate

Someone asked the Prophet for a definition of the soul, and he answered in one sentence: *“The soul is an action of God.”* There could be no more expressive words to explain this philosophy. It is the action of the inner or divine Life, and when this shows itself in any form it is the reaction to the action of God.

Absence of realization keeps the soul in despair. In the life of every poet, thinker, artist or scientist there come moments when ideas or words are given to them; they are given at that moment and at no other. This is the moment when unconsciously the soul has an opportunity to breathe. We do not usually allow our soul to breathe; the portal is closed up in the life of the earth. We close this portal by ignorance, we are absorbed in things of much less importance. So when the door opens and the soul is able to breathe even one breath, it becomes alive in that one single moment, and what comes out is beauty and joy making us express our self. In this moment heavenly beauty comes on earth.

The purpose of life is to become more living, to allow the soul to live more. Jesus Christ tells us to, *“Raise your light high.”* This means allowing the soul to express itself. It does not matter what your life is, what your pursuit is; to fulfill the purpose of life you need not be in a temple or a church. Whatever your life’s pursuit – whatever your occupation may be – you can be as spiritual as a priest or clergyman, always living a life of praise. Your

work in life must be your religion; let the soul express itself in every aspect and it will surely fulfill the purpose of life. The soul's life comes naturally if we open ourselves for the spirit to rise.

**Practice: *Ya Kabir*** (yaa ka-BEER) **Al-Kabir**, Divine Greatest, Divine Vastness, that allows the soul to breathe, and which IS the presence of God. **Al-Kabir** is vast consciousness into the spiritual world, the physical world, the metaphysical world; in every direction there is al-Kabir. You see the face of the Beloved in every drop of water, in every grain of sand. It is vast. It is wonderful. **Al-Kabir** is the station beyond time and space, beyond expansion and contraction. It is incomparable vastness. *"Is-ness"*

### **The Soul's Awakening**

One may ask what are the signs of the soul's awakening? The first sign of this awakening is just like the birth of an infant. From the time of its birth the infant is interested in hearing something, any sound that comes, and in seeing something, a color or light, whatever it be attracted to. And thus a person whose soul has awakened becomes awake to everything one sees and hears. Compared to that person everyone else seems to be with open eyes and yet not to see, to be with open ears and yet not to hear.

There are many with open ears, but there is rarely one who hears, and there are many with open eyes, but there is hardly one who sees. It is therefore that the natural seeing of the awakened soul is called "clairvoyance" and their natural hearing, "clairaudience." In English there is the simple word "seer" which explains that this person not only has eyes, but together with eyes has sight, which may be called insight.

The moment the soul has awakened, it no is longer a sleeping soul; it is awake and it begins to enjoy life to a fuller extent. It is this awakening of the soul which is mentioned in the Bible, *"Unless the soul is born again it will not enter the kingdom of heaven."* Being born again means that the soul is awakened after having come on earth, and entering the kingdom of heaven means that this world, the same kingdom in which we are standing just now, turns into heaven as soon as the point-of-view has changed.

Is it not interesting and most wonderful to think that the same earth we walk on is earth to one person and heaven to another? And it is still more interesting to notice that it is we who change it; we change it from earth into heaven, or we change it otherwise. This change comes not by study, nor by anything else, but only by the changing of our point of view.

I have seen people seek after truth, study in books about it, write many books on theology, and in the end they were in the same place where they were standing before. This shows that all outer efforts are excuses. There is only one thing that brings us before reality and that is the awakening of the soul.

All tragedy of life, all misery and inharmony are caused by one thing and that is lack of understanding. Lack of understanding comes from lack of penetration. The one who does not see from the point-of-view from which they ought to see becomes disappointed because they cannot understand. It is not for the outer world to help us to understand life better; it is we ourselves who should help ourselves to understand it better.

### **Soul's Further Awakening**

Then there is a further awakening which is a continuation of what I have called the awakening of the soul. The sign of it is that the awakened person throws a light, the light of their own soul, upon every person and every object and sees that object, that condition in this light. It is one's own soul which becomes a torch in the hand; it is our own light that illuminates our path. It is just like throwing a searchlight upon dark corners which one

did not see before, and the corners become clear and illuminated again. It is like throwing light upon problems that one did not understand at first; it is like seeing with x-rays persons who were a riddle before.

Since life becomes clear to the awakened soul it shows another manifestation: every aspect of life becomes communicative. The idea is that life is communicating, the soul is communicating, but they do not communicate until a person is awakened. Once a soul is awakened it becomes communicative with life.

**Practice:** **Ya Nur** (yaa NOOR), **Ya Alim** (yaa 'a-LEEM ), **Ya Hayy** (yaa HAIYY),

- **Ya Nur** is Divine Light, The Divine Illuminator, The Divine Revealer
- **Ya Alim** is The Divine All-Knowing
- **Ya Hayy** The Divine Living, The Divine Everlasting, The Divine Ever-Living

Murshid speaking tell us that: *“As a young man I had a great desire to visit the shrines of sages, of great teachers. With every desire of hearing something of them or of asking them something I always held my tongue back. I sat quiet in their presence and had a great satisfaction and felt a greater blessing by sitting quiet there than if I had discussed and argued and talked with them; for in the end I felt that there was a communication which was much more satisfactory than these outer discussions and arguments of people who know not what they discuss. It was enlightening, it was refreshing and it gave that power and inspiration with which one can see life in a better light.”*

Those who are awakened become lights, not only lights for themselves but also lights for others. These may not know it but their light, their presence itself helps to make the most difficult problems easy. This brings us to realize the fact that WE ARE light, as the Scriptures have said, a light whose origin, whose source is divine. And when this light is raised then life becomes quite different.

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