



## A Sufi Message

### New Year! New Inspiration!

*Teachings of Hazrat Pir-o-Murshid Inayat Khan  
Edited and Presented by Gemma Erickson*

#### **Prayer Pir** by Hazrat Inayat Khan

*Inspirer of my mind,  
Consoler of my heart,  
Healer of my spirit,  
Thy presence lifteth me from earth to heaven.  
Thy words flow as the sacred river,  
Thy thought riseth as a divine spring,  
Thy tender feelings waken sympathy in my heart.  
Beloved teacher, thy very being is forgiveness.  
The clouds of doubt and fear are scattered by thy piercing glance;  
All ignorance vanishes in thy illuminating presence;  
A new hope is born in my heart by breathing thy peaceful atmosphere.  
O inspiring guide through life's puzzling ways,  
In thee I feel abundance of blessing.*

#### • **Inspirer of My Mind** •

In order to receive inspiration, in order to acquire spiritual knowledge, in order to prepare one's heart for the inner revelation, one must try to make one's mentality pliable, like water rather than like a rock.

*(Sayings, Nirtan: Dance, Aphorisms)*

Inspiration is a higher form of intuition...Inspiration is a stream, a stream of wonder and bewilderment.

*(Vol. 2, Cosmic Language, 13. Inspiration)*

In the emblem of the Sufi Order there is a heart in the center as a sign for the Sufi that from the heart the stream rises, the stream of divine knowledge & inspiration. *(Social Gathekas, 30. Sufi Initiation)*

It is by focusing [one's] mind to the divine mind that, consciously or unconsciously, [one] receives inspiration. This phenomenon is so great and so wonderful that its joy is unlike any other joy in the world...It is an upliftment. One feels that one is raised from the earth when one's mind is focused on the divine mind - for inspiration comes from the divine mind. *(Vol. 2, Cosmic Language, 13. Inspiration)*

#### **Practice:** *Ya Nur – Ya Alim*

*Ya Nur – Divine Light:* The One who is the all pervading luminosity that is in every cell and atom of creation. The divine consciousness that is our soul.

*Ya Alim – Divine Inspirer:* The One who is the supreme all-knowing consciousness. The source of inner knowing and outer knowing. The knower of the seen and unseen.

#### • **Consoler of My Heart** •

One sees that those in the world who have really suffered, who have been disappointed, who are broken-hearted, do not wish to tell anybody about their experiences, they do not want any company but wish to be alone. And then it is as if there were someone waiting with open arms, waiting for such a soul to come as a child comes to its mother. This shows that there is somewhere a consoler greater than any in the world, a friend dearer than anyone else, a protector stronger than any earthly one. Knowing that the world

is not to be depended upon, the one who has gone through all this looks for that great one in their self. (Vol. 6, *The Alchemy of Happiness, Purity of Life, The Journey to the Goal* (2))

The Sufi looks upon the struggle as unavoidable, as a struggle through which [they have] to go. They see from the mystical point of view that the more they take notice of the struggle the more the struggle will expand; and the less [they make] of it the better [they] will be able to pass through it. When one looks at the world what does one see? One sees everybody with their hands before their eyes, looking only at [their own struggles, which are as big as their own palm. A person may think, "Shall I also sit down like this, and look at my struggles? That will not answer the question." The work therefore is to engage in the struggle of others, to console them, to strengthen them, to give them a hand; and through that one's own struggle dissolves and this makes one free to go forward.

(Vol. 6, *The Alchemy of Happiness, The Struggle of Life* (1), *Struggle with Conditions*)

**Practice:** *Ya Ra'uf, Ya Rahim*

*Ya Ra'uf – Divine Compassion:* The One who is profound loving peacefulness that overcomes struggles within our self. A calm inner fortitude that can soothe others who are struggling and suffering.

*Ya Rahim – Divine Mercy:* The One who is Love and compassion with the disposition to forgive and to reach deeply into one's heart or the heart of a situation.

#### • Healer of My Spirit •

When this spirit is lacking, intelligence, joy and rest are lacking; and when there is this spirit, there is hope, there is joy, there is rest, because it is the nature of this spirit to hold together the body of atoms and vibrations. Comfort lies in its being held, discomfort when that spirit is not sufficient to hold the body intact. Thus it is the lack of this spirit that is the cause of a great many diseases.

(The Healing Papers, 1,5: Spirit, 12: Spirit)

By the development of this spirit in oneself the healer can give a part of their spirit to another, and that becomes the best source of healing.

**Practice:** *Ya Nur–Ya Hayy, Ya Hayy–Ya Nur*

*Ya Nur – Divine Light:* The essence of light, all pervading luminosity that is inherent to our being.

*Ya Hayy – Divine Life:* Everlasting Life, infinite and transcendent. The vitality of this life force is a remedy for sadness, grief and despair.

#### • A new hope is born in my heart by breathing thy peaceful atmosphere •

Peace is not a knowledge, peace is not a power, peace is not a happiness; yet peace is all these. Besides, peace is productive of happiness, peace inspires one with knowledge of the seen and unseen, and in peace is to be found the Divine Presence. (*Sayings, Nirtan: Dance, Aphorisms*)

**Practice:** *Ya Jami–Ya Quddus*

*Ya Jami – Divine Gatherer:* The One who gathers all parts into a whole; who gathers all the qualities of the Divine Ideal we have invoked returning us to wholeness, to our true self.

*Ya Quddus – Divine Purity:* The One who purifies our consciousness of ego nature, returning us to the deep inner peace that is our true home. The ideal of perfection where there is no separation, only unity.

By attaining the inner peace healing can be brought to suffering of humanity. It need not be sought - it comes of itself through treading the path to God. (*Githa III, 9, Synopsis*)

If there is anything that makes a bridge between God and man, it is the ideal. Naturally optimism comes when there is an ideal. Pessimism vanishes when there is an ideal. A new hope springs, and that hope

brings a new life, when there is an ideal. And when there is a hope, willpower naturally develops. There is no hope without desire, and there is no desire without a will. All things change in one's life as soon as one has placed before oneself an ideal. (*The Message Papers, The Message*)

**Practice:** *Give me a new life and new inspiration, that I may see in life Thy divine inspiration.  
(Phrase to be recited and repeated, Hazrat Inayat Khan)*

We must not leave our meditation and prayers just to those fixed times when we do, because that is only the winding of the thing. But in our everyday life we ought to bring the sense of it into our action, in everything we do at home or outside. We must use that latent power and inspiration aroused by our meditations; we should make use of it. By practicing to make use of it we shall benefit ourselves and others by all we are doing. (*The Message Papers, Five Things Necessary for a Student, Application*)

**Prayer for the New Year** by Hazrat Inayat Khan

*O Thou, who abidest in our hearts,  
most merciful and compassionate God,  
Lord of heaven and earth  
We forgive others their trespasses  
and ask Thy forgiveness of our shortcomings.  
We begin this New Year  
with pure heart and with clear conscience, with courage and hope.  
Help us to fulfill the purpose of our lives under Thy divine guidance.  
Amen*

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