



Inayatiyya

A Sufi Path of Spiritual Liberty

# A Sufi Message of Spiritual Liberty

CLASS # 3 NOTES

SUNDAY, 22nd October 2023

Spiritual Liberty Volume V, The Sufi Message of Hazrat Inayat Khan Centennial Edition includes the following six books:

*A Sufi Message of Spiritual Liberty*

*Aqibat: Life after Death*

*The Phenomenon of the Soul*

*Love, Human and Divine*

*Pearls from the Ocean Unseen*

*Metaphysics*

## **Class # 2: *The Phenomenon of the Soul***

### **General information**

Published by the Sufi Publishing Society, London, in 1919

A volume in the “Voice of Inayat” series, compiled and edited by Sherifa Lucy Goodenough

### **Stylistic aspects**

Recorded discourse or table talk

References to the Qur’an and the Gospels, occasional traditional stories, extensive philosophical exposition

## Summary

### The Philosophy of the Soul

The soul is atman, ruh, “an activity of God,” a ray of the Divine sun

The soul does not change its location, but takes in everything as an eye takes in a panorama

The soul is a portion of the whole consciousness that the body and mind have confined

The soul is a mirror that holds the reflection of earthly conditions

The soul and the body are the same essence, one finer and the other grosser

The body is the glasses of the mind, the mind the telescope of the soul

Mind sees body, soul sees mind and body

The sleep of the soul is experienced by mystics

All food and drink has an intoxicating effect

Hal or samadhi is wakeful deep sleep

The soul is not part of God; the whole consciousness is behind it

### Manifestation

Trinity of spiritual states: soul conscious of surface life (atma), soul conscious of inner life (mahatma), soul conscious of the absolute (parmatma)

Creation is created from consciousness

Four stages: intelligence ('ilm), love ('ishq), vehicles (wujud), fulfilment (shuhud)

Light & shade, time & space create variety

Polarities: expression & response, purpose & accident, attraction & repulsion

The first manifestation of consciousness is universal spirit

Evolution leads from mineral, vegetal and animal states to the human being

The souls three garments—angelic, jinnic, and human— consist of impressions

An incarnation soul attracts its parents to each other

A soul generally chooses the time and place of its birth  
Divine activity awakens the feeling of aliveness  
We breathe because God breathes  
The human being is the seed of the universal tree

## The World of the Angels

Dev is related to deus, divine  
In the angelic heaven there is purity, but not perfection  
Angels have longer lives, luminous bodies  
To conceive an angel's face one must become an angel  
Every atom has a soul  
Animals and plants have spiritual development  
Insofar as animals have collective souls, so to do humans  
Five archangels: Jabril, Israel, Israfil, Azazil, Azrail

## The Soul's Experience

The soul does not like what is wrong for us  
Souls continue their preoccupations in the hereafter  
Meeting death with peace shows true wealth  
Souls who have passed on benefit from loving thoughts, not  
grasping  
The higher body is formed from the lower body  
The path of the jinn is the path of beauty

## The Law of Heredity

The soul is not the mind  
The soul does not reincarnate, but takes on impressions  
Inheritances from parents may be accepted or thrown off  
The path of truth leads beyond heredity

## Reincarnation

Some find consolation in thinking they will come back to Earth  
again

Origin of the idea from the devatas  
Theory of reincarnation supports the caste system  
Karma is problematized by God's love and forgiveness  
Story of Moses, the pious man, and the sinner

## The Human Being, Seed of God

The whole manifestation is a tree sprung from the divine root  
Where is the self? Molecules are replaced, the mind is a world  
The soul is the "I"  
Everything returns to its matrix  
Soul is like an arrow that rises and falls  
Personality is an agglomeration of thoughts and impressions  
Revelation is limited by encircling globes from the "objective"  
world

## **Some Key Passages (TBD)**

Joy is something that belongs to us, but it is aroused by a certain emotion, a certain action; so this whole creation, which is an action, brings to God the satisfaction for which it was created.

There are many beings, but at the same time there is one, the only Being. Therefore objects such as streams and mountains are also living, but they only exist separately to our outer vision. When our inner vision opens, then the separation is shown as a veil; then there is one vision alone, and that is the immanence of God.

Not only angels, jinns, and human beings, but even animals, birds, insects, trees, and plants all have a spiritual development in their lives. No creature ever born on earth will be deprived entirely of spiritual bliss.

Not only the earth but even hell could be turned into heaven, if only the soul attained the perfection that is its only goal.

To create happiness for oneself and others—therein lies the whole of religion and the whole of philosophy.

The joy of life is the joy of the journey. If one could close one's eyes and be put immediately on top of the Himalayas, one would not enjoy it as much as the one who climbs and goes from one peak to another, and sees the different scenery and meets the different people on the way.

In a way there is a difference in the degree and experience of happiness of the soul going toward manifestation, and of a soul returning; but the difference is like that of notes in music. This applies particularly to the souls returning to the goal, who have acquired something from the earth or from the sphere of the jinns that has influenced the tone and rhythm of their being; and therefore they—so to speak—tell the legend of their past in the music they make in the heaven of the angels.

The higher body of the soul is formed from the lower body of the same soul; there is no break. It is a continuation. Something is taken, although not everything can be taken.

It is our thoughts and feelings that change our appearance, and if we had control over them we should develop that appearance that we wish to develop.

In our dreams all the inhabitants of our mind resurrect, forming a world within ourselves. We see in the dream things and beings, a friend, a foe, an animal, a bird, and they come from nowhere, but are created out of our own selves. This shows that the mind of an individual constitutes a world in itself, which is created and destroyed by the conscious or unconscious action of the will, which has two aspects, intention and accident

I first believed without any hesitation in the existence of the soul, and then I wondered about the secret of its nature. I persevered and strove in search of the soul, and found at last that I myself was the cover

over my soul. I realized that that which believed in me, and that which wondered in me, that which persevered in me, and that which found in me, and that which was found at last was no other than my soul. I thanked the darkness that brought me to the light, and I valued the veil that prepared for me the vision in which I saw myself reflected, the vision produced in the mirror of my soul. Since then I have seen all souls as my soul and realized my soul as the soul of All, and what bewilderment it was when I realized that I alone was, if there were anyone, and I am whatever and whoever exists, and I shall be whoever there will be in the future, and there was no end to my happiness and joy. Verily, I am the seed and I am the root and I am the fruit of this tree of life.

## Practice

“Close your eyes and let your breath become deep, slow, and fine. As you inhale, feel as though you are slowly moving backward in space. Midway into your inhalation, assume the form of your own image divested of matter. At the culmination of your inhalation, further behind your physical form, cease to identify with your image and experience yourself as a formless light made of pure awareness. For a brief moment, pause in that experience. As you exhale, return from formlessness to form, and then from form to materiality. Sense how your breath serves as a link between all three conditions of your being. Relax and notice your state.”  
(*Immortality*, p. 68)

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## Upcoming Events & Links

**Sufi Healing Service for the World**

**Wednesday, October 25th, 2023**

<https://inayatiyya.org/event/sufi-healing-service-for-the-world/>

**Zikr – Swimming in Divine Remembrance, Thursday,**

**October 26th, 2023**

<https://inayatiyya.org/event/zikr-swimming-in-divine-remembrance/>

**Hurqalya Weekly Attunement**

**Thursday, October 26th, 2023**

<https://inayatiyya.org/event/hurqalya-weekly-attunement/>

**Music and Mysticism**

**Saturday, October 28th, 2023**

<https://inayatiyya.org/event/music-and-mysticism-fall-2023/>

**Food & Climate**

**Saturday, October 28th, 2023**

<https://inayatiyya.org/event/food-climate/>

**Sama**

**Sunday, October 29th, 2023**

<https://inayatiyya.org/event/sama-fall-2023/>

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