



Inayatiyya

A Sufi Path of Spiritual Liberty

A Sufi Message of Spiritual Liberty

CLASS # 5 NOTES

SUNDAY, 5th November 2023

Attunement:

Ya 'Aliyu 101x

Ya Ruh ar-Ruh 33x

As-salam 'alayka ya Melchizedek 11x

I honor the bread of the knowledge of the One 5x

I honor the wine of the love of the One 5x

Amaan 101/301/501x

Practice:

Amaan 101, 301 or 501x

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 # 5: *Pearls from the Ocean Unseen*

General information

Published by the Sufi Publishing Society, London, in 1919

A volume in the “Word of Inayat” series, compiled and edited by Zohra Mary Williams

Stylistic aspects

An emphasis on sayings from the Gospels, but Qur’anic verses also present

Summary

Sufism

Sufism is not a religion, but may be called a super religion

Sufism is a change of outlook, like looking down from a plane

The Sufi is in the world but not of it

The Sufi views life doubly: from above and below

The Sufi’s God is the Only Being

The stages of Sufism are absorption in the teacher, absorption in the Messenger, and absorption in God

The Purpose of Life

Some are spectators, others students

Humans are created for kindness

“Blessed Are the Poor in Spirit” (Matthew 5:3)

This means “blessed are the mild in ego,” mild-natured, *halim tiba’*

Air is softer than fire, fire softer than water, water softer than earth

Waking in the night

Ego must be crushed (cf *Love, Human and Divine*, where the ego is described as a seed-pod decaying in the ground due to the effect of love)

“Blessed Are They That Mourn” (Matthew 5:4)

Thought is like land, feeling like water

The bringers of joy are the children of sorrow

Tragedy is deeper than comedy

Serious-minded people repent of straying from their ideal

“Repent Ye, for the Kingdom of Heaven Is at Hand” (Matthew 3:2)

The Kingdom of Heaven is the “perfect possession of anything”

Repentance has a melting effect

Cause

There is an innate desire for knowledge

The hidden causes of all things are with God

The light of the soul answers every question

Higher Attainment

The higher spiritual attainment is the realization of unity

Worship

Some worship God above, some worship God in the world, and some worship God within

The Prayerful Attitude

For a Sufi, daily life itself becomes prayerful

Prayer

“Man is not God, but man is not apart from God”

Prayer remains, even when desires are left behind

Islam

Religion is a means, not a goal

The God-ideal was taught gradually

“None exists save God” gives the message of the prophets in the plainest words

The Effects of Deeds

One’s actions affect one’s inner being

Actions may be of the nature of sattva (controlled activity), rajas (balanced activity), or tamas (intense activity)

Balance

What makes one lose one’s balance is wrong, and what keeps it is right

Balance of activity and repose is necessary

The Seen and the Unseen

Praise of God is important, but attainment of God is essential

The Other Side of Death

Death is a transition to the life of the mind plane, absent the physical

The Alchemy of Happiness

Happiness must be made within, like alchemical gold

Love and reason need to be kept in balance

Wisdom and Ignorance

The wise carefully watch their thoughts, words and actions

Qaza’ and Qadr

The Divine Will works through all, but the individual has the responsibility to carry it out

God the “Perfect Self”

The Philosophy of Resurrection

The self is a house of seven stories

The Murshid

Murshids are like gardeners and physicians

They put greater stress the murid's approach to life than on
punctuality in assigned practices

Some Key Passages

As high as the ideal of a person, so high that person rises in life. Then they see in the end that each ideal was made by themselves.

Humans are created that they may awaken within themselves humanity, sympathy, kinship, love, and kindness for their brothers and sisters.

Riches and power may vanish because they are outside of us, but only that which is within can we call our own.

The heart of every person, both good and bad, is the abode of God, and care should be taken never to wound anybody by word or act. We are only here for a short time; many have been here before, and have passed on, and it is for us to see that we leave behind an impression for good.

The bringers of joy are the children of sorrow.

Everybody in life has an ideal, and that ideal is the religion of their soul.

The Kingdom of Heaven means the perfect possession of anything, when the thing possessed is self-sufficient. ... The Kingdom of Heaven is in the hearts of those who realize God. ... When our limited kingdom is lost from our sight, we inherit the Kingdom of God.

It is when one has lost the idea of duality and feels oneself at one with all creation, that one's eyes are opened and one sees the cause of everything.

There is a light within every soul. It only needs the clouds that overshadow it to be broken for it to beam forth.

If we look at our five fingers, we realize that all the power in them comes from one arm. ... We must come to the realization of the One Life running through all.

For those whose prayer is one of praise, if their whole life is to assume a prayerful attitude, they must carry this praise and gratitude into the smallest details of life, to feel grateful for the slightest act of kindness done to them by anybody.

Before praying for the mercy of God, one must first learn to recognize God in all that is around one, in the care and protection one receives from all; God's mercy shows its hands and eyes everywhere in nature, so one must try and imitate it in one's own life. One then will attract the mercy of God to oneself.

There are some people who have reached the stage where they are beyond all desires, both earthly and heavenly, but they still continue to pray, because prayer brings them still closer to God in their limitation, and they expand from the state of limitation to the state of unlimited being. This is the highest meaning of prayer.

Religion is a means of getting to the goal, not the goal itself.

Our deeds have a great effect on our inner being.

A study of life is the greatest religion.

Our minds need to be dusted and swept as much as our houses.

In our dealings with those with whom it is difficult to keep peace, a constant effort to do so has a great effect.

The wise ones ... carefully watch their every thought, word, and action, and thus ever progress on the spiritual path. They may at times have a setback, but they know how to profit even by their falls, and use them as stepping stones to higher things. There is no real happiness in life where there is a lack of understanding.

The murshid is one who is passive to the word of God from within, who is illuminated, and who holds communion with God.

Practice

“Our minds need to be dusted and swept as much as our houses.”

Exhaling *la ilaha*, inhaling *illa'Llahu*, sweep out the heart.

Upcoming Events & Links

Sufi Healing Service for the World

Wednesday, November 8th, 2023

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

The Sufi Tarot

Wednesday, November 8th, 2023

<https://inayatiyya.org/event/the-sufi-tarot-readings-reflections/>

Zikr – Swimming in Divine Remembrance,

Thursday, November 9th, 2023

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

Hurqalya Weekly Attunement

Thursday, November 9th, 2023

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

A Night of Turkish Sufi Mystic Music with Latif Bolat

Thursday, November 9th, 2023

<https://inayatiyya.org/event/a-night-of-turkish-sufi-mystic-music-with-latif-bolat/>

The Ziraat Papers – Insights and Reflections

Friday November 10th, 2023

<https://inayatiyya.org/event/the-ziraat-papers-insights-and-reflections/>

Music and Mysticism

Saturday, November 11th, 2023

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

All rights reserved. Inayatiyya 2023