



**2019 Federation Gathering**  
**Tolerance, Forgiveness, Happiness**  
*Presented by Murshida Nuria Stephanie Sabato*

*The following serves only as an outline to this lecture.  
Numerous extemporaneous comments & antidotes are included in the audio file.*

**Thank you:** Planning Committee – Federation Council of Sufi Leaders & Representatives –  
Everyone in Attendance – Murshid Hidayat – Murshid Karimbakhsh.  
Hamida [memorial1921@gmail.com](mailto:memorial1921@gmail.com)

**Practice: Ya Ahad (yaa A-ḥad) / Ya Salam (yaa sa-LAAM)**

**Al-Ahad** means total and absolute oneness. Oneness is an essential characteristic of Allah. God is absolutely singular and unique. Al-Ahad is the unity that makes no distinctions between the different prophets of God. Each one of them is a complete entity of the whole. *Al-Ahad is the center of a circle without a circumference.*

**As-Salam** is peace itself. This divine quality is recommended as a greeting when meeting others, and is an antidote for disharmony in our relationships. One form of the root of Ya Salam means “to be safe.”

It is the divine energy that bestows peace itself on us, and it is the miraculous word that Allah speaks to our souls.

**Question?** As As-Salam is the antidote for disharmony in our relationships, what do you think the antidote or spiritual medicine for intolerance and the inability to forgive?

**From the Sacred Scriptures:**

- **The Upanishads:** Only by loving kindness is animosity dissolved.
- **The Dhammapada:** Love is a gift of one's inner most soul to another so both can be whole.
- **Holy Bible Old Testament, Leviticus 19:18:** Do not seek revenge or bear a grudge against anyone among your people, love your neighbor as yourself.

- **Holy Bible New Testament, Peter 4:8:** Above all, love each other deeply, because love covers over a multitude of sins. **John 13:34** Love one another. As I have loved you.
- **The Hadith:** You will not enter Paradise until you have faith and love each other.
- **Gayan:** Love which manifests as tolerance, as forgiveness, that love it is which heals the wounds of the heart.
- **Zenda Avesta:** Doing good to others is not a duty. It is a joy, for it increases your own health and happiness.

**Reading:** I wish to bring to the notice of my mureeds two great duties which every one of them must consider it most important to perform. The first duty is towards oneself, the second is towards God and humanity. The first and most important is towards oneself. It must be known and understood that this path of Sufism does not give particular principles, tenets, or dogmas; nor does it impose any particular belief. It leaves you free to make your lives really happy, that others may share your happiness. This happiness can be attained by thoroughly studying the nature of happiness, **finding out what it is that gives true happiness**, for so often in seeking happiness the soul is deceived and deluded and so remains unhappy. [Pause and Reflect].

The mureeds must take care that their bodies are strong, healthy, vigorous, and ready to work, that their minds are balanced, sound and clear, then they can have happiness and give it to those around them. *If in this time of great distress, every mureed would realize that they are a volunteer in an army, working for the peace of souls, a great work would be done.*

The second duty, towards God and humanity is to show devotion to the Sufi Cause, to Murshid, and to God, by some service. You ask, what service can you do for the cause? You can create an interest in the Message in those around you, in your friends, and so you will help the Movement, and by so doing, you may help humanity and the cause of God. [How?]

A person may attend classes for years, and yet not be useful, but the one who is desirous to serve can do much; for a cause like this needs all kinds of help; do not think that in order to create interest, you must have a certain authority. No, if the heart is blessed with the Sufi Ideal; if the Message is deep in your heart, you are certainly authorized by God, and you can do great service.

And, remember, that the more there are who will unite in this service, the more force there is for the furtherance of the Cause, and remember also, that there is no separation from Murshid, if he is miles away, once you are initiated, you are in the spirit always with your Murshid, no distance can separate, the blessing of Murshid is always with you; the more you are conscious of this, the more it will benefit your life, and the influence you receive, you can spread around you. - *Lecture to Mureeds, October 1922. Miss Salima Wiseman's longhand reporting*

**Gayan, Hazrat Inayat Khan** True happiness is in the love-stream that springs from one's soul, and the man who will allow this stream to flow continually, in all conditions of life, in all situations, however difficult, will have a happiness that truly belongs to him.

### **Sangatha I**

#### **Nasihah, Advice, Summer School**

When you will go in your countries, in different places, among your friends, what will you take with you from this Summer School? If you would allow me, I would suggest some patience, some endurance; trying to like, to love, and become friends with those who are repellent to you; hopefulness in the face of every possibility of failure; patient waiting for the good tidings to come. Tolerance must become your nature, knowing that human nature is full of faults. And how will you meet it? You will meet it with forgiveness.

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