



Hu Are You? The Deeper Side of Life by Hazrat Inayat Khan
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Part 2: Knowledge of Thinking Faculty

When we go still further, we find that there is a being in us which we believe to be perhaps within our body or perhaps somewhere else. One cannot point it out, but it is there; and it is what we call mind. This thinking faculty has its seat in the physical body; but it is not limited by the physical body, it is independent of it. No doubt it functions in the organs of sense and in the nervous centers in order to perfect our experience; nevertheless it is independent of the physical body, it is a faculty that can exist without the physical body, as the eyes can exist without spectacles: the spectacles only help the eyes to see more clearly.

The mind is the surface of that part of our being of which the depths may be called heart. The mind thinks, the heart feels; the mind perceives, the heart reflects; the mind imagines, the heart enjoys. The thoughts of the mind are strengthened by the heart. Yet mind and heart are not two things; they are the two aspects of one thing, the surface and the depths.

Practice: **Ya Batin** (yaa BAA-ṭin) / **Ya Zahir** (yaa ḌHAA-hir)

- **Al-Batin** is the most hidden treasure, the secret of secrets.
- **Az-Zahir** is most outward and the most manifest.

4. Knowledge of Self

The fourth aspect of our being is beyond explanation. It is joy, happiness. We seek for joy, and when the circulation of the joy which belongs to the depths of our being is congested so that we cannot feel it, then we try to experience it in what we call pleasure. Pleasure is the shadow of happiness, something that passes away, that does not last. Being continually occupied in seeking the wrong thing instead of looking for the right thing, we lose hold on something that belongs to us: our happiness. We begin to look for it everywhere, wherever we think we can find it, but we may look for it all our life and yet it will always elude us. We think, "Now I have grasped it," and it is gone; we think, "Now I have got it," and it is lost; we think, "Now it is mine," and it is no longer there. For it is a shadow, and pursuit after a shadow is pursuit after nothingness. The joy becomes eclipsed because we do not know that our very being is joy, that our very self is happiness.

By looking for happiness, what does we seek after? We are seeking after our very self, though we do not know it. There is nothing so easily lost as self; in one instant a person can lose it, because we are

always accustomed to hold things that are in hand, and there is only one thing that we can never hold and that is self; it instantly slips from grasp. Naturally happiness is lost in the search for pleasure, and self becomes drowned in the pursuit of outer things. The way of the mystic is to find self in all its aspects, to learn and to understand the self within and without.

Closing:

- Closing
- Dedication of Merit
- [Link to Complete Text – Self Knowledge](#)

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