



## A Sufi Message

### The Deeper Side of Life Life! An Opportunity to Accomplish and The Power of Feeling

Selected Teachings by Hazrat Inayat Khan  
Edited and Presented by Murshida Nuria Stephanie Sabato

*Every moment has its special message.*

– Hazrat Inayat Khan –

If we only understood that every moment in life, every day, every month, and every year, has its particular blessing, if we only knew life's opportunity! But the greatest opportunity that one can realize in life is to accomplish that purpose for which we have been sent on earth. And if we have lost that opportunity, then whatever may have accomplished in the world, whether we have gathered wealth, possess much property, or have made a great name, we will not be satisfied. Once one's eyes are opened and a person begins to look at the world, they will find there is a greater opportunity than one had ever thought before.

One is as poor as one is, as limited as one is, as troubled as one is; yet there is nothing in this world which could not be accomplished if only one knew what thought can do. [*In the Bowl of Saki, January 17th, Murshid teaches: "Thought draws the line of fate."*] It is ignorance which keeps us from what we ought to accomplish. A person should know how to operate their thought, how to accomplish certain things, how to focus one's mind on the object that should be accomplished. If one does not know this then one has not made use of their mind but has lived like a machine.

**Practice:** Ya-Jabbār (yaa jab-BAAR)

The Restorer, The Repairer, The All-Compelling, The Irresistible [Uncontrollable]

- The One who irresistibly compels things to be set aright.
- The One who compels each and every thing according to divine will,
- To be irresistible compelling.
- To confer a benefit

In The Sufi Book of Life, Neil Douglas-Klotz writes:

*Perhaps something in your life, inner or outer, needs repair or restoration. Life is calling you now to take action and take yourself in hand. Instead of being afraid that you can't do it, allow yourself to feel the One Being acting through you. This pathway of the heart asks for concentrated, creative energy.*

*Traditional translations of this quality include "the compeller" and "the irresistible." The root JB indicates the creative power of the One, enclosed and working within the organic limits of nature and of creation itself. This power heals wounds, repairs bridges, and closes circles that want to come full, all in the right time. The*

*same root appears in the Arabic word jabara, meaning to restore (or set) a broken bone. The second half of the word, -BAR, shows that this restorative and creative power gives birth through the divine light and intelligence. We naturally bow to this power. In this sense, Jabbar is also what compels us to wonder at Allah's creation and to surrender to the power behind it.*

If we knew the power of feeling and realized that the power of feeling can reach anywhere and penetrate anything, we could achieve whatever we might wish.

Today we have forgotten the great power there is in feeling. It can break rocks. There is nothing that cannot be accomplished by the power of feeling. But generally, there is no feeling; feeling has become drowned, it no longer exists.

To realize the power of feeling and to express it is a great opportunity which life offers; but a still greater opportunity of life is to free oneself from the captivity of limitations. Everyone is a captive in some form or other; life is limited in some form or other; but one could get above this limitation by realizing the latent power and inspiration of the soul.

Kabir, the great poet of India says, *"Life is a field and you are born to cultivate it. And if you know how to cultivate this field you can produce anything you like. All the need of your life can be produced in this field. All that your soul yearns after and all you need is to be got from the field, if you know how to cultivate it and how to reap the fruit."*

**Practice:** Ya-Fattāh (yaa fat-TAAH), The Opener, The Revealer, The Granter of Success

- The One who lifts veils and who opens the heart.
- The One who unties the knots and softens that which was hardened.
- The One who opens the door to success.
- The One who holds the keys to victory and success.
- The One who reveals the solution to all problems.

But if this opportunity is only studied in order to make the best of life by taking all that one can take and by being more comfortable, that is not satisfying. We must enrich ourselves with thought, with that happiness, which is spiritual happiness, with that peace which belongs to our soul, with that liberty, that freedom, for which our soul longs; and attain to that higher knowledge which breaks all the fetters of life and raises our consciousness to look at life from a different point of view.

Once a person has realized this opportunity one has fulfilled the purpose of Life.

**Practice:** Ya-Fattāh (yaa fat-TAAH) In Physicians of the Heart, we read:

It is an enlightenment that keeps happening. Al-Fattah brings great power to clear the way of obstacles and open the path of your life for success. It is the one who opens the heart to love and ecstasy.

Al-Fattah means to open something with something else, a key. It is the key to opening the heart to Allah, the key to finding the God within. Reciting Ya Fattah is a very powerful practice because, even in the midst of despair, it brings the possibility of awakening to love and ecstasy. Its activity in us is opening up the veils of darkness over the heart to uncover the light within.

**Practice:** Ya-Fattāh (yaa fat-TAAH) / Ya-Jabbār (yaa jab-BAAR)

- Dedication of Merit
- Prayer Khatum
- Giving
- References on next page.

We pray this teaching resonates and benefits YOU!

Gratitude is expressed through Generosity!

**Donations Welcomed-Click to Donate**

Ref:

*Sufi Message Volume 6, The Alchemy of Happiness – Life, An Opportunity, The Opportunity to Accomplish*

*Sufi Message Volume 6, The Alchemy of Happiness – Life, An Opportunity, The Power of Feeling*

*Sufi Message Volume 6, The Alchemy of Happiness – Life, An Opportunity, Free from Captivity*

*Physicians of the Heart, A Sufi View of the Ninety-Nine Names of Allah, Sufi Rubamat International*

*The Sufi Book of Life, Neil Douglas-Klotz, Penguin Publishing Group*