



A Sufi Message

The Deeper Side of Life
The Cultivation of the Heart-Quality
Selected Teachings by Hazrat Inayat Khan
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Besides the training for various professions and occupations, there remains another capacity which is neglected in youth: the cultivation of the heart-quality. Today there is hardly one person in a hundred whose heart-quality has been cultivated. Although instinctively the heart-quality is always there, every effort is made to blunt it.

What is meant by the heart-quality? There is intuition, there is inspiration, and there is revelation. All these come from the culture of the heart, from the heart-quality. A person may be most cultivated, may have studied much, and yet may not be intuitive. A person may learn all the techniques of music and poetry without having the heart-quality. (Story inserted here in audio/video file about Suzuki school of music.)

Practice: Ya Wadūd, 99 Times: 33 zikr. 33 fikr. 33 fikr assir (silent)

- The Most Loving, The Most Affectionate, The Beloved, The Loving-Kindness
- The One who loves. The One who is the source of all love and loving-kindness.
- The One Love. The One who is most affectionate. The Beloved.

Heart quality is something which must be developed within oneself; and when no attention is given at the time of youth to developing that particular quality, what happens when a person is grown-up? They will be selfish, proud, mannerless and not ready to sacrifice. A person believes that these characteristics guard their interest best, and one says of such a person that they have common sense or that they are a practical person. But if everybody were like that, what could one expect of life except constant conflict as there is today?

Religion or the devotional side of a person's nature is also dying out for the reason that the heart-quality is lacking. Even if people go to church or to another place of worship, their piety is intellectual. People can only enjoy something intellectual. When there is a mathematical explanation of something it is wonderful; but when it comes to feeling blessed and uplifted, to feeling the raising of the consciousness towards the higher spheres, that they cannot experience for they live in their intellect.

What is generally known and experienced by the average person today is what is called sensation: all the beauty that one sees, of line or color, all that one sees with the eyes or that one tastes and touches. It is living in sensation that makes an individual material, and after some time such a person becomes ignorant of the spirit.

The soul can go through four different experiences which are all, in reality, the longing of the soul.

1. *Exaltation*: Exaltation, which is a greater bliss, a higher pleasure, and which makes an individual independent of the outer life for happiness, does not seem to be known by the majority. What is exaltation? The soul can go through four different experiences which are all in reality the longing of the soul.
2. *Knowledge*: Knowledge that can be learned by closing not only the eyes but also the mind from the outside world. Turning within. The Inner Life as Murshid calls it.
3. *Happiness*: The third thing one experiences in life and for which the soul yearns is happiness. That can be gained also by getting in touch within oneself. (**Note**: *Know Thyself*. These words were inscribed above the entrance to the temple of Apollo at Delphi, site of the sacred oracle. Elaborated in audio/video file.)
4. *Peace*: And the fourth thing is peace. It cannot be gained by outer means, by outer comfort and rest alone. It can only be gained when the mind is at rest.

Mistakenly a person does not seek those four experiences but instead one experiences something else. For instance, it is a constant yearning of the soul to experience happiness, and instead of that it becomes connected with what one calls pleasure; but pleasure belongs to sensation and happiness to exaltation. Pleasure is only the suggestion; happiness is reality.

Practice: Ishq Allah Mahbood Allah - [Click Here](#) for Singing Wazifa by Hidayat Inayat-Khan

- 'ishq = unconditional love, divine love;
- “Allah” and “God” refer to the ineffable reality, the essence of all things. Allah includes everything and depends upon nothing for existence. That absolute state is called dhat (often transliterated zat). That is the essence of all the Names. (Note: The Buddhist refer to this Zat as Beginningless and Endless time. There is a Catholic prayer and gives glorification to the trinity and concludes by saying: *as it was in the beginning and ever shall be, world without end. Amen.*)
- ma'būd = beloved, worshiped, adored.

- Allah

Purpose	Meaning	Quality	Element	Concentration	Colour
Seeking love	God is Love, Lover, Beloved	Radiance	Fire	Center of Forehead	Red

- Dedication of Merit
- Prayer Khatum
- Giving

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