



## A Sufi Message

### **The Relationship Between Will Power and God Power**

Selected Teachings by Hazrat Inayat Khan

*Edited and Presented by Mursbida Nuria Stephanie Sabato*

As today is Saint Patrick's Day, I would be remiss to not mention this precious Saint. Did you know that Saint Patrick was a fifth-century Romano-British Christian missionary and bishop in Ireland. And further did you know that according to the autobiographical Confession of Patrick, when he was about sixteen, he was captured by Irish pirates from his home in Britain and taken as a slave to Ireland. There he worked as a shepherd, outdoors and isolated from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian.

Patrick lived as a slave in Ireland for six years before escaping and returning to Britain. Upon his return to Britain, Patrick had a revelatory experience where an angel visits him in a dream and tells him to return to Ireland as a missionary.

Soon after, Patrick began religious training, a course of study that lasted more than 15 years. Ordained as a priest, he was then sent to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

Surely Patrick's reliance and faith to surrender to God's Will was great. It could not have been an easy for Patrick to return to Ireland. After all Patrick had been enslaved in Ireland during his youth. Nonetheless Patrick aligned his will with God's Will as had been revealed in the dream by an angel. He did return to Ireland, and in doing so he became a servant of God and the people of Ireland. Patrick is now known as the Patron Saint of Ireland, and is venerated till this day, March 17<sup>th</sup>, the date of his death in the year 416. Here I wish to share a small portion of The Prayer of Saint Patrick's Breastplate.

*I arise today through God's strength to pilot me,  
God's might to uphold me, God's wisdom to guide me,  
God's eye to look before me, God's ear to hear me,  
God's word to speak for me, God's hand to guard me,  
God's way to lie before me, God's shield to protect me.*

The prayer is rather lengthy, but here you get the essence of complete reliance and faith Saint Patrick had to the Will of God.

According to Hazrat Inayat Khan: Will is not power, but it is all the power there is. How did God create the world? By will. Therefore, what we call 'will power' in us is in reality 'God power,' a power that increases by our recognizing its potentiality and proves to be the greatest phenomenon in life. If there is any secret behind the mystery of the world of phenomena that can be learned, it is will power. It is by will power that all

we do, physically or mentally, is accomplished. It is not the body that makes us stand upright, it is our will power. It is not the strength of body that makes us move about, it is will power that is holding the body and making it go.

Man has been able to accomplish tremendous things by will power. Success and failure are its phenomena. It is only the phenomenon of will; that will bring one to success; and when will fails, however qualified and intelligent the person is, the person fails. Therefore, it is not a human power, it is a divine power in us.

Now, coming to the question of what willpower is made of, in poetic words, will power is love; in metaphysical terms, love is will power. If one says, 'God is love,' this means that God is will. **The love of God manifests after the creation, but the will of God caused the creation. So, the most original aspect of love is will.**

In the Holy Quran we read, 'We said, 'Be,' and it became.' This is a key to the world of phenomena. This phenomenon does not only belong to the origin of things, but it also belongs to the whole being of things, to the whole process of manifestation. We find this same teaching in the Holy Bible in Genesis, Chapter 1, "In the beginning God created the heaven and the earth."

#### **Practice: Kun Bismallah**

- Kun means 'Be'. Kun *is the act of manifesting, existing or being.* Kun is used in the Holy Qur'an (2:117) saying: *The Originator (God) of the heavens and the earth. When God decrees a matter, God only says to it, 'Be', and it is.* Ask yourself, "What is God manifesting through you?" If you don't know, allow the Kun of this practice to open you to the providence of your purpose here on earth.
- Bismallah means, *'In the name of God, the merciful and compassionate.'*
- By saying Bismillah we invite and welcome blessings and the help of God to bless our every thought, word, and deed. It is the intention of commencing each task, however significant or minor, with the remembrance of God, seeking God's guidance and blessings.

We are apt to look at this whole creation as a mechanism, and we do not stop to think how a mechanism can exist without an engineer [the engineer being God]. What is mechanism? It is only an expression of the will of the engineer [God] who, for convenience, made the mechanism. [Pir Vilayat saying]. But as we do not see the engineer [God] before us and only see the mechanism, we involve ourselves in the laws of the working of this mechanism and forget the engineer [God] by whose command this whole mechanism is going on.

A part of that Will we inherit as our own divine heritage, **and it is our consciousness of it that makes it greater.** If we are not conscious of it, then it becomes smaller. **It is the optimistic attitude towards life that develops the will. The pessimistic attitude reduces it, robs it of its great power.** Therefore, if there is anything that hinders our progress in life, it is our own selves. It

is proven a thousand times over that there is no one in the world who can be a worse enemy to us than ourselves, for at every failure we see ourselves standing in our own light.

The earth holds the seed, and the result is that a plant springs out and bears fruit. So, it is with the heart. **The heart holds the seed of thought, and there also, a plant springs out and brings the fruit of fulfillment.** [Example of advice given by Khamtrul Rinpoche regarding the formation of the Jamtse Tsokpa Foundation.] But it is not only the thought, it is the power of holding the thought that is of very great importance. **Therefore, the factor of the heart, a factor which holds the thought, is of very great importance for the fulfillment of life's purpose.**

The mind is just like a restive horse. Bring a wild horse and yoke it to a carriage. It is such a strange experience for the horse will kick and jump and run and try to destroy the carriage. So, it is a weight for the mind to carry when you make it take one thought and hold it for a while. It is then that the mind becomes restless because it is not accustomed to discipline. **There is a thought that the mind will hold by itself, a thought of disappointment, pain, grief, sorrow, or failure.** The mind will hold it so fast that you cannot take it away from its grip, the mind holds it by itself.

When once the mind is disciplined by concentration, by the power of will, then the mind becomes your servant. Once the mind has become your servant, then what more can you wish? Then your world is your own, you are the king [queen] of your kingdom [queendom].

Discipline has a place in our life. Self-discipline, however difficult and tyrannical to us it may seem in the beginning yet is that which in the end makes the soul the master of self. It is not in vain that the great sages and adepts led an ascetic life; there was a purpose in it. It is not necessarily something to follow, **but something to understand** – what use they made of it, **what they accomplished through it. It was self-discipline, it was the development of will power.**

All the lack that we find in life is the lack of will, and all the blessings that come to us come by the power of will.

### **Practice: Ya Qaza, Ya Qadr**

- These are Sufi terms, and they represent two aspects of life. Qaza is the unlimited aspect of life, and Qadr is the limited aspect.
- Qazā, the divine force that is working through all things and beings, and Qadr, the free will of the individual.

When these two powers, the Qaza, or universal, the Qadr, or individual, are working harmoniously, things come right. But when they clash, that which is thought right by Qaza will happen without regard to what Qadr may think right or wrong. Those who know this, and harmonize their will with Qaza, the universal Will, begin to experience divine impulses, and they begin to feel every time what

is and what is not harmonious in the Qadr also. To such as these there come fewer failures in life. Life is easier because they swim with and not against the tide.

As Sri Karunamayee Ma told me: *“When you feel like you are breaking bricks in life you can be assured you have lost your contact with the Divine.”* (Tell stories here)

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