



A Sufi Message
Love Life Life

Selected Teachings By Hazrat Inayat Khan

Edited and Presented by Murshida Nuria Stephanie Sabato

Knowledge without love is lifeless.

(From Bowl of Saki)

Every kind of power lies in this one thing which we call by the simple name: love. Charity, generosity, kindness, affection, endurance, tolerance, and patience -- all these words are different aspects of one; they are different names of only one thing: love. (From Sufi Message Volume VII)

In the New Testament we are told that the Holy Spirit forms in us as the first fruits of eternal glory. These are twelve perfections known as charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

"God is love" -- three words which open up an unending realm for the thinker who desires to probe the depths of the secret of life. (From Bowl of Saki)

The Sufi in the East says, and we also say, 'Ishq Allah Ma'bud Allah meaning: It is God who is love. It is God who is lover. It is God who is beloved. **Note:** This is another way of describing the Holy Trinity. Traditionally known as "The Father, The Son, and The Holy Spirit". And like the fruits of the Holy Spirit, the prayer 'Ishq Allah Ma'bud Allah draws us closer and closer to the mystical revelation of Absolute Unity.

When we hear the stories of the miraculous powers of mystics, of their great insight into the hidden laws of nature, of the qualities which they manifested through their beautiful personalities, we realize that these have all come from one and the same source, whether one calls it devotion or whether one calls it love. (From Sufi Message Volume XI)

"God is love" -- three words which open up an unending realm for the thinker who desires to probe the depths of the secret of life. (From Bowl of Saki)

But how do we come to this depth of love and this realization that God is Love? How do we really begin to live it! We come to this realization through the development of an inner life. Hazrat Inayat Khan describes this development of the inner life in 5 steps. Pir-o-Murshid's guidance is clear and lucid. These are the 5 steps.

1. The first step is “Unlearning”: Unlearning is becoming a receptive vessel, becoming a good student. Becoming empty. A full pot cannot have anything else poured into it. If we want to receive the teachings, receive the transmission, we must empty of ourselves.
2. The second step is have or find “A Spiritual Guide”: In order to be a good student we need to have a good teacher – a spiritual guide. Someone in who we have confidence, someone we can look up to, someone that arouses sympathy in our heart that culminates in a feeling of devotion.
3. The third step is in “Receiving Knowledge” of the inner world: This is different and not necessarily adaptable to the knowledge received in the outer world. It requires openness and faith not logic. If you find yourself saying, ‘but that doesn’t make sense try to turn yourself around to further unlearning, faith in the guide, and trust that understanding will be revealed.
4. The fourth step is ‘Meditation’. At first meditation may seem mechanical. It is advised that one have a fixed time and a regular practice. Next, we evolve towards thinking of meditation at other times of during the day. As we evolve still further we naturally continue meditation throughout the day and night thereby attaining right meditation. Think Mindfulness!
5. The fifth step is “Loving Life”. What is meant by this is the loving of the everyday life. There are no strict morals which enforced upon a person, for that work has been given to the outward religions. It is to the exoteric side of spiritual work that the outer morals belong, however, the essence of morals is committedly practiced by those treading the spiritual path.
 1. The first moral principle is to constantly strive to avoid hurting the feeling of another.
 - **Affirm;** Allah Hu to Harmlessness/Ahimsa
 2. The second moral principle is to avoid allowing ourselves to be affected by the constantly jarring influences which every soul must meet in life.
 - **Affirm:** AllahHu x 2 for Peace/Shanti
 3. The third moral principle is to keep our balance under all different situations and conditions which upset the tranquil state of mind.
 - **Affirm:** AllahHu x 3 for Equipoise
 4. The fourth moral principle is to love unceasingly all those who deserve love, and to give to the undeserving our forgiveness. This is to be a continually reinforced practice.
 - **Affirm:** AllahHu x 3 for Love and Forgiveness
 5. The fifth moral principle is detachment amidst the crowd. Detachment does not mean separation. Detachment is only meant rising above those bondages which bind us and keep us back from our journey towards the goal.
 - **Affirm:** AllahHu x 5 for Loosening the bonds of Ego. Wisdom!

How beautiful are the words of the Prophet (PBUH): *'The shrine of God is the heart of man.'* How true that is! God is not to be found in the houses that have been built for worship. These are only schools for children, and their playgrounds. Children like playing with toys, and yet they are preparing themselves for something else. When we come to know the real beauty of God, we will find that it dwells only in one place: in the heart of man. God is love, and God is found in the heart of man. (From Sufi Message Volume VII)

Practice: 'ishq allāh ma'būd allāh

'Ishq allāh ma'būd allāh can be described as an ascending hierarchical order: 1) natural love, familial love 2) intellectual love/platonic love a bond of special emotional and spiritual relationship between people, and 3) divine love, universal, unconditional love.

'ishq = divine love, universal, unconditional love. It is a 'Burning love for God'.

Allah = God, Divine Presence

ma'būd = that which is the beloved, the worshiped, the adored

Allah = God, Divine Presence

"God is love" -- three words which open up an unending realm for the thinker who desires to probe the depths of the secret of life. (HIK)

- Closing Prayer - Khatum
- Dedication of Merit

We pray this teaching resonates and benefits YOU!

Gratitude is expressed through Generosity!

Donations Welcomed