



A Sufi Message

Clearing the Dust, Polishing the Lamp

Selected Teachings by Hazrat Inayat Khan

Edited and Presented by Murshida Nuria Stephanie Sabato

The heart of person is like a globe over the light of the soul. When the globe is dusty, naturally the light is dim. When it is cleaned, the light increases. In fact, the light is always the same. It is the fault of the globe when it is not clear.

The heart is as a globe covering the light of the soul, and its different emotions are different colors of this globe. Every emotion is produced by a certain element. While experiencing life through the heart, the soul at that moment thinks: I am sad, or glad, or afraid, or humorous. In fact, it is its momentary experience. When the influence of a particular element is changed the emotion has expired and the soul is as pure as it was before. Nothing touches it. It is pure by its nature, and it always remains pure. If ten people in turn look in a mirror, the mirror shows every ones face reflected in it and it is clear enough to take every other reflection. In the end the mirror is as clear as before; no face that has ever been reflected in it has left an impression on it. (Link: [The Healing Papers, 2,2: the Spirit In the Flesh, 16: The Experience of the Soul through the Heart](#))

When this radiance shines out, it shows itself not only through the countenance and expression of a person, but even in the person's atmosphere. The soul-power, so to speak, freely projects outward, and the surroundings feel it. The radiance of the soul is not only a power, but it is an inspiration too. A person understands better; there is less confusion; and if one is absorbed in the contemplation of something, be it art, science, music, poetry, or philosophy, one can get inspirations clearly, and the secret of life and nature is revealed.

Practice

Let Thy light be my torch (Breathe In)
through the darkness of mind. (Breath Out)

As every light needs fuel, so does the Light, which is ours, which is our self, needs fuel also. The fuel for the physical part of our life is what we call food, but for the life of the mind intellectual sustenance is necessary. If the body is fed and the mind is not, then naturally that light becomes less. The sustenance of the soul is the divine ideal, which is both love and light. If the soul does not receive that nourishment which is necessary for it, then the soul is starved. The body may be

nourished, but it is not sufficient. That is why we see before our physical eyes many famine-stricken souls, but if we saw with the spiritual eyes we would see still more famine in humanity.

What do we learn in Sufism? We learn in Sufism that mysticism which teaches us how to collect the fuel which is necessary not only for the body, but for our mind and soul. By concentration, by meditation, by all other ways of contemplative practices, the purpose accomplished by the Sufi is that purpose which is the longing of every soul.

PRACTICE: Nur al-Anwar

The Verse of Light is the 35th Verse of the 24th Surah of the Quran (Q24:35) renowned for its remarkable beauty and imagery, and it is said that perhaps more than any other verse it lends to mystical or esoteric interpretation.

Allah is the Light of the heavens and the earth.
The example of Divine light is like a niche within which is a lamp,
The lamp is within glass, the glass as if it were a pearly [white] star,
Lit from [the oil of] a blessed olive tree,
Neither of the east nor of the west,
Whose oil would almost glow even if untouched by fire.
Light upon light.
Allah guides to the Divine light whom Allah wills.
And Allah presents examples for the people,
and Allah is Knowing of all things.

Ya Nur is the essence of light, luminosity itself. A Qur'anic verse says, "Allah is the light of the heavens and the earth." An-Nur is the light of every soul and an inherent characteristic in every pore of your body.

al-Anwar means "luminous, "a collection of lights"

Love is the best means of making the heart capable of reflecting the soul-power -- love in the sense of pain rather than as pleasure. Every blow, it seems, opens a door in the heart whence the soul-power comes forth. The concrete manifestations of the soul-power can be witnessed in the depth of the voice, in the choice of words, in the form of a sentence or a phrase, in every movement, pose, gesture, and especially in the expression of a person. Even the atmosphere speaks, though it is difficult for everyone to hear it. ([Link: Sufi Message Volume 5, Different, The Radiance of the Soul \(2\)](#))

PRACTICE

YA Nur / Ya Munawwir

Ya Nur (yaa NOOR)

An-Nur is the essence of light, luminosity itself, the light of every soul.

Munawwir means "to shine", "enlightening", "light-emitting", "radiant".

Whatever way we may turn, we see the all-pervading light of an-Nur. Even the darkness shines from within it.

What continues to live on in God when we die is also a legacy of light.

- Closing Prayer - Khatum
- Dedication of Merit

We pray this teaching resonates and benefits YOU!

Gratitude is expressed through Generosity!

Donations Welcomed • [Click to Donate](#)