



A Sufi Message

Kansas City Thursday Sufi Class
The Turning of the Seasons, The Turning of Breath
Selected Teachings by Hazrat Inayat Khan
Edited and Presented by Murshida Nuria Stephanie Sabato

The Supplementary Papers / Class For Mureeds 8 / The Breath

The breath is what connects us with God, and the breath connects us also with manifestation.

Sufi Message Volume 2, The Mysticism of Sound

Nature's Music

When we pay attention to nature's music we find that every thing on the earth contributes to its harmony. The trees joyously wave their branches in rhythm with the wind; the sound of the sea, the murmuring of the breeze, the whistling of the wind through the rocks, hills and mountains, the flash of the lightning, and the crash of the thunder, the harmony of the sun and moon, the movements of the stars and planets, the blooming of the flower, the fading of the leaf, the regular alternation of morning, evening, noon and night - **all reveal to the seer the music of nature.**

Universal Harmony

The existence of land and water, the land for the water and the water for the land, the attraction between the heavens and the earth - all demonstrate a universal harmony. The attraction of the sun and moon to each other, the cosmic order of the stars and the planets, all connected and related with each other, moving and working under a certain law; the regular rotation of the seasons; the night following the day, and the day in its turn giving place to the night; **the dependence of one being on another; the distinctiveness, attraction and assimilation of the five elements - all prove the universal harmony.**

The Healing Papers, 2,2: the Spirit In the Flesh, 1: Our Physical Constitution

Those five elements, earth, water, fire, air, and ether, as spoken of by the mystics, do not only compose germs, but can also destroy them, if one only knew how one could make use of those five elements to purify one's body with them and also one's mind. As there is need of sun and water for plants to grow, so there is need of the five elements for a person to keep in perfect health.

The Tibetan Seed Syllable HUNG

Hung means unity and something that cannot be torn apart. It represents the unshakeable force that holds together knowledge and altruism. The purity that we want to develop can only be achieved by the indivisible harmony of method and wisdom.

PRACTICE: Ya Nur / Ya Hayy

Ya Nur (yaa NOOR) – An-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.

Ya Hayy (yaa HAIYY) – Al-Hayy is the perfection of everlasting life, and the only one who truly lives. It is the life principle that never dies, and it is inside every being. A-Hayy lives in everything.

Al-Hayy is filled with vitality; it is the inner life of the heart. Repetition of Ya Hayy arouses a kind of life energy and freedom.

The Supplementary Papers / Class For Mureeds 8 / The Breath

The breath is what connects us with God, and the breath connects us also with manifestation.

1. **Earth:** skin, flesh, and bones show.
2. **Water:** blood, perspiration, and saliva.
3. **Fire:** The heat in the body and the digestive fire in the system.
4. **Air:** breath and its inner work within the body, which enable us to stretch and contract, and the power of movement.
5. **Ether:** controls our activities and gradually consumes all other elements.