



A Sufi Message
Excerpts from Sufi Message Volume 6, The Alchemy of Happiness by Hazrat Inayat Khan
Outer Life! Deeper Life! Sacred Union! Fall Camp 2021

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The whole purpose of life is to make God a reality. ~ Hazrat Inayat Khan

When we consider life deeply, we can divide it into two parts and call one the lighter side of life and the other the deeper. The importance of both these sides may at times seem equally significant. But then there are other moments which come in life, perhaps after suffering, or after a loss or some other experience, when a person suddenly awakens to a different realization of life; and when one is awakened to that the deeper side of life seems to have more importance than the lighter side.

Every blow in life pierces the heart and awakens our feeling to sympathize with others; and every swing of comfort lulls us to sleep, and we become unaware of all. Hazrat Inayat Khan

Therefore, if I would suggest a way, it is the way of esotericism, which means on the one hand studying, on the other hand practicing, and also meditating: doing these three things.

1. **Study:** One may ask, what should one study? There are two kinds of studies. One kind is by reading the teachings of the great thinkers, and by the study of metaphysics, psychology, and mysticism. And the other kind of study is the study of life. Every we have an opportunity for study; but it should be a correct study. We should **read human nature**, which is before us, people coming and going. If we would continue to do this, we would begin to read human beings as though they were letters **written by the divine pen**, which speak of **their past and future**. We should **look deeply at the heavens and at nature and at all the things** to be seen in everyday life and **reflect upon them with the desire to understand life better**. This kind of study is incomparably superior to the study of books.
2. **Practice:** Then there is **practice**, the practices which the Yogis and Sufis in the East have performed for many, many years; and they have transmitted their thousands of years of experience as a tradition from teacher to pupil: ways of sitting, ways of standing, of breathing properly, of being silent, ways of relaxing, of concentrating, of feeling inspired, joyful, or more peaceful. Of course, for such practices the help of a teacher is necessary.
3. **Meditating:** And the third thing is the practice in everyday life; to practice the **principles one has esteemed in life**, to uphold the ideal one has always held in one's heart. These things and many others besides, such as one's attitude towards others, one's manner with others, everything one does from morning till evening, all these things help one's development, till one arrives at a stage when one can see the deeper side of life naturally.

Practice: Ya Sami / Ya Basir

- **As-Sami'** opening to hear the sound of God's signs and hear all sounds as sacred.
- The essence of sound itself is discovered in the heart. The heart becomes an ear. With as-Sami' the true ears may be opened, the mystical ears, and we can hear the sound beyond all sounds.

- Ya Sami' is an antidote for those who, cannot hear what others are saying because they only hear the words but are unaware of the underlying meaning.
- **Al-Basir** is the eye of the heart.
- It is a divine seeing that is complete in understanding and realization.
- To see from the inside out and the outside in.
- Gives one a feeling on connectedness and interconnectedness.

It is our happy disposition, our favorable attitude towards one another, our desire to be kind, friendly, and sociable, which alone makes us understand one another, and which will help us to make one another happy; it brings us still closer together than destiny did. It is a little picture of life. When we consider the life of a community, a nation, a race, even of the whole world, what is it? It is like a large ship on which all are travelling, whether knowingly or unknowingly, all moving, all changing. (Interconnectedness)

In order to realize life it is not necessary for us to follow a certain religion. It is not necessary for us to be great or good, pious, or even spiritual. **The first and most necessary thing is that we become observant.** Look at life more keenly.

The deeper we look into life, the more it unfolds itself, allowing us to see more keenly. Life is revealing. It is not only human beings who speak; if only the ears can hear even plants and trees and all nature speak, in the sense that nature reveals its secret. (Third Sufi Thought: There is One Holy Book, the sacred manuscript of nature, the only scripture which can enlighten the reader). In this way we communicate with the whole of life. Then we are never alone, then life becomes rich and full and so worth living. *Ya Sami/Ya Basir*

- **Dedication of Merit**

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