



A Sufi Message Awakening of the Soul

Inspired by the Teachings of Hazrat Inayat Khan
Sufi Message Volume V, Spiritual Liberty, Part VI: Metaphysics, The Journey to the Goal
Edited and Presented by Murshida Nuria Stephanie Sabato

*As the light of the sun helps the plant to grow,
so the divine Spirit helps the soul towards its perfection.*

– Hazrat Inayat Khan –

Here at the beginning, I would like to offer two examples, one is symbolic act and the other symbolic visualization.

Has anyone been to a Hindu temple and offered coconuts to the deity? While living and traveling in India, this was a common experience. Outside every temple one is giving the opportunity to buy coconuts to offer inside the temple. The coconuts are given to the temple priest who takes them and smashes them on the ground until they break open before offering it to the deity. Why?

- The hard outer shell of the coconut represents the human ego, with its negative emotions such as pride, anger, and attachment to worldly things.
- The act of breaking the coconut symbolizes shattering or surrendering this ego and negative qualities before the divine.
- The pure, white inner flesh and the sweet, sterile water inside the coconut symbolize purity, devotion, and the soul. The water is collected and then poured over the deity.
- The act of offering the coconut is believed to purify the individual, cleansing the heart and soul

There is symbolism presented in this teaching by Hazrat Inayat Khan. This example comes from *Sufi Message Volume V, Spiritual Liberty, Part VI: Metaphysics, The Journey to the Goal*. The heart of every 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, but sometimes the globe obscures the light. When this radiance shines out, it shows itself through our countenance and expression, and even in our 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. When we understand life better; there is less confusion; the secret of life and the nature of things is revealed to us.

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. [Like the coconut] Every blow, opens a door in the heart allowing this

soul-power to come 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. Even the atmosphere speaks, though it is difficult for everyone to experience this.

[Another example] The heart may be likened to soil. Soil may be fertile or a barren desert, but the soil which is fertile is that which bears fruit. It is that which is chosen by living beings to dwell in, while many are lost in the soil of the desert, and lead in it a life of grief and loneliness. We have both in us. We may let our heart be a desert where everyone abides hungry and thirsty, or we may make our heart as a fertile and fruitful land where food is provided for hungry souls, the children of the earth, strong or weak, rich or poor, who always hunger for [spiritual food] love and sympathy [or we could say love and compassion].

A person whose soul has awakened becomes awake to everything one sees and hears. This is a different [and deeper] kind of seeing and hearing. It is **hearing with the ears of the heart** and **seeing with the eyes of the heart**. That is why the seeing of the awakened soul is called insight or intuition or inner knowing.

The moment the soul has awakened the soul can appreciate [life] in a deeper way. The soul is no longer a sleeping soul, it is awake, and it begins to enjoy life to a fuller extent. It is this awakening of the soul which is mentioned in the Bible: unless the soul is born again it will not enter the kingdom of heaven. For the soul to be born again means that it is awakened after having come on earth; and entering the kingdom of heaven **means entering this world in which we are now standing, the same kingdom which turns into heaven as soon as the point of view has changed**. It is both interesting and wonderful to think that the same earth that we walk on is earth to one person and heaven to another. It is still more interesting to notice that it is we who change it from earth to heaven. This change comes not by study, nor by anything else but **by the changing of our point of view**. We have all known people who seek after truth, study books about truth, even write many books on philosophy and theology themselves, and in the end, they were standing in the same place as before. This shows that there is only one thing that brings us face to face with reality, and that is our awakened soul.

All the tragedy of life, all the misery and disharmony, are caused by lack of understanding; and lack of understanding comes from lack of insight. When one does not look at life from the point of view that one should, then one is disappointed because one cannot understand. It is not for the outer world to help us to understand it better, it is we ourselves who should help ourselves.

There is a further continuation of the awakening of the soul. The sign of this awakening is that the awakened person throws a light, the light of the soul, upon every creature and every object, and **sees that object, person, or condition in this light**. It is our own soul which becomes a torch in the hand; it is our **own light that illuminates our path**. It is just like directing a searchlight into dark corners which one could not see before, and the corners become clear and illuminated; it is like throwing light

upon problems that one did not understand before, like seeing through people who were a riddle before. [This is true sympathy ... a sympathetic quality that can tune to any circumstance or person.]

As soon as life becomes clear to the awakened soul, it shows another phase of realization, and this is that every aspect of life communicates with an awakened person. Once a soul is awakened it begins to communicate with life. By sitting quietly, for a time every day and listening, one can get in touch with our soul power. It is enlightening and refreshing, and it gives us power and inspiration with which we can see life in a better light [because we are looking with the light of the soul].

Those who are awakened become guiding lights not only for themselves but also for others. And by their light, often unknowingly, their presence itself helps to make the most difficult problems easy. This makes us realize the fact that WE ARE light, as the scriptures have said, a light whose origin, whose source, is divine.

This is the gift of the divine spark within each one of us. Let's let our light shine bright and beautiful in all circumstances. We've heard it said that, "When life gives us lemons, make lemonade." Well I say, "Turn you love light one and up and 'shine, shine, shine!"

Points to Remember as closing meditation

1. If we feel stuck, unclear, misunderstood, or if we ourselves misunderstand a person or situation, sit quietly and using the breath contemplate the polishing of the dust from globe over the heart so that the radiance of the light of the soul can shine upon any situation and ask for guidance.
2. Remember! Using the light of the soul is like throwing light upon problems that we did not understand before, like seeing through people and situations that are confusing.
3. Let the light grow brighter, allow yourself to feel enlightened and refreshed. Bathing in the light gives us power and inspiration so that we can see life in a better light.
4. Remember the offering of a coconut. We are always trying to reach the sweet nectar inside the hard-shelled coconut so that we can be refreshed from this nectar and that we may offer it to others. And this is the light of our soul.

Musical Meditation: Return Again, <https://www.youtube.com/watch?v=ZWnUvguSzfc>

Reference for this teaching:

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