



## A Sufi Message

### **The Divine Light and Life of Religion**

Inspired by the Teachings of Hazrat Inayat Khan  
Edited and Presented by Murshida Nuria Stephanie Sabato

The divine life has a certain capability to give life, and it gives this life as various sacred teachings to us, the children of earth. In the ancient Sanskrit language, the word for religion is dharma, which means duty. In this light, our daily life and duties if given the attention become our dharma!

Everyone is born in life a pupil, and every soul is born on earth a believer. It is only afterwards that we may turn into an unbeliever. Becoming an unbeliever may arise through out education when we take our studies in the most mundane and literal manner. We may take studies such science, math, and philosophy taking in the most literal manner, may challenge our spiritual beliefs. Why let these studies and our logic blunt our connection to the Divine? Instead gain all there is in our studies, and bring them into the Light of the Divine in order to experience the awe of the miracle of these studies.

Religions are many and different from one another, but only in form. For example, water is one and the same formless element, only it takes the shape of the channel which holds it and which it uses for its accommodation. For example, a bowl, a vase, a pitcher, or frozen it becomes ice. So it is with religion; the essential truth is one, but the aspects are different. For example the same formless essence of God is expressed in the scriptures and the prophets of Hinduism, Buddhism, the Zoroastrianism, Judaism, Christianity, Islam, and every religion and spiritual path whether known or unknown to us. The essence of these are to impart and infuse our life with Divine Light, Life, and Love. Those who fight about external forms will always fight, those who recognize the inner truth will not disagree, and thus will be able to harmonize people of all religions. *(Commentary)* For example, my dear friend and Hindu saint, Sri Karunamayee Ma, while a life long student of Sri Aurobindo and The Mother, took every opportunity to meet with the living saints in India of other spiritual orientation. When I asked my Buddhist Guru if I broke my Refuge Vows in the lineage by worshipping before Hindu Gods, Jesus Christ, and Christian Saints, His reply was, "There is only one true primordial wisdom and it is manifest in many names and forms." - Again emphasizing One Truth, Many Vessels.

When directed by the new spiritual inspiration, law, morals, education, and all areas of life come to renewed life and illuminated understanding. People mostly think that the spiritual message must be

something concrete and definite in the way of doctrines or principles, but that is a human tendency which does not belong to the divine nature. Divine Nature is unlimited life itself, and beyond conception. It is to be realized through direct experience not through concepts. In the scriptures of Matthew, Mark, and John we find chronicled Jesus' warns that His new message of grace and the Kingdom of God cannot be contained within the rigid, outdated structures of legalistic Jewish traditions. Jesus uses the metaphor that 'New wine requires flexible new wineskins' — meaning open hearts and minds—to accommodate its growth, preventing the ruin of both the message and the recipient.

Like the sun, the divine message does not teach anything, **but in its light we learn to know all things.** The sun does not cultivate the ground nor does it sow seed, but it helps the plant to grow, to flower, and to bear fruit. When we allow the light of God to shine in us we evolve new understanding is revealed and experienced.

Now, I would like to say a few words about The Sufi message, and what 'spoke' to my heart when I first encountering the Sufi Path. The Sufi Message struck a note and a promise that I somehow knew would guide me to the fulfillment of that purpose waiting to be revealed throughout my life, and this is an ever unfolding process. The Sufi Message was and is for me a blessing stream opening my heart to love and peace and joy. The Sufi Message gave me strength during the most difficult of times and challenges, which are inevitable in life, and cracked me open so little by little more light could shine through. The Sufi Message gave me the confidence to lead a more inclusive, loving, forgiving life. This is a revelatory path where one can understand more and more that the inner life is reflected in the outer life, and also our outer life is a reflection of our inner life. Great built in biofeedback system! The Sufi Path gave me the courage live through and also rise above the natural ebbs and flows in life, with faith and devotion to help me to called "surf upon the waves of life"! *[Commentary]*

I have found the Sufi Message to be a beautiful tapestry woven together to include people belonging to different religions, who have not left their religions, but who have learned to understand their own religion better, while increasing their love for God and humanity. I discovered that the principal work of the Sufi Message is to bring about a better understanding between East and West, and between the nations and races of this world. The note that the Sufi Message strikes in one's heart is to awaken to the divinity of the human soul. The Sufi Message teaches that my heart, your heart, and the heart of everyone is the temple of God; meaning that God is within every person's heart as a seed placed at birth to bring to fruition throughout our life. It is a gift of purpose in which God becomes realized and actualized on earth through us - each one of us.

My Sufi studies have revealed to me what is hidden under different sects and different religions, and again this is an ongoing revelatory process. In other words, truth and wisdom can neither be studied nor taught nor learned; but it is to be touched, it is to be realized; and it is to be realized by the unfoldment of one's own heart and soul. Just like we cannot taste food by reading a recipe.

A few weeks ago at Mass the priest said this: "The Heart of Jesus the destination to God, and the Beatitudes are the GPS to guide us there. The priest crafted his sermon from readings in the Holy Bible, The Book of Matthew 5-7 that chronicles the Jesus' incredible Sermon on the Mount.

Now as you know, The Sermon on the Mount comes after Jesus was baptized by John the Baptizer, and as Jesus began to traveling and teaching throughout Galilee. This is Jesus' longest and most popular sermon, and it includes the Lord's Prayer as well as the Beatitudes. The focus of the Sermon on the Mount and the Beatitudes in particular, as the priest said, are the GPS towards a life pleasing to God, and living and realizing the characteristics of spiritual discipleship. Of course the conventional meaning of GPS is Global Positioning System, but in the context of this sermon today let's think of it as GPS meaning "God Positioning System"! So let's orient ourselves now by listening to Jesus' words given to us in the Beatitudes.

- Blessed are the poor in spirit, for theirs is the kingdom of heaven. (The Quality of Humility)
- Blessed are those who mourn, for they will be comforted. (Sympathy)
- Blessed are the meek, for they will inherit the earth. (Gentleness)
- Blessed are those who hunger and thirst for righteousness, for they will be filled. (Integrity)
- Blessed are the merciful, for they will be shown mercy. (Reciprocity)
- Blessed are the pure in heart, for they will see God. (Innocence)
- Blessed are the peacemakers, for they will be called children of God. (Harmony)
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. (Patience)
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. (Forbearance)

In Hazrat Inayat Khan teachings we find these words: *"Prayer is the greatest virtue, the only way of being free from all sin."* In Buddhism, mantra is used. As we know mantra is a word or sound repeated to aid concentration in meditation, to still the mind from random activity. The same could be used for any prayer or directing one's thought by observing the breath. In the book of daily meditations titled, *Glimpse After Glimpse* by Sogyal Rinpoche we find this description, *"A meditation technique used a great deal in Tibetan Buddhism is uniting the mind with the sound of a mantra. The definition of*

*mantra is "that which protects the mind." That which protects the mind from negativity, or which protects you from your own mind, is mantra."*

The Beatitudes of Jesus powerfully demonstrate the power of word, and when concentrated upon the words becomes integrated into us as our own thoughts, and our thoughts over time become our reality. It is so important to mindfully tend to our inner dialogue – our thoughts. Like the Beatitudes, we find in Sufism a body of teachings titled the *Mysticism of Sound*. Within that text there is a chapter titled, *The Power of the Word*. That chapter comprising a series of phrases that Hazrat Inayat Khan gave to his Sufi students according to the needs of each person. Some phrases have the quality – or note – of a **petition** or **request** before God. Other phrases carry the note of **affirmation**. The phrases are at once very personal and yet universal. One or more of these phrases may resonate with you, and if so I would encourage you to use the phrase as your personal mantra or prayer. In all there are 26 phrases. For the purpose of brevity I have selected only 5 phrases; however all the phrases are within this document that will be available on the Sufi Message website. ]

1. Bless, Lord, my life with Thy divine blessing.
2. **I am well and happy in the life and light of God.** (Affirmation)
3. Guide me to the purpose for which I am born on the earth.
4. My balance is secure in the hands of God.
5. **Grant me, Lord, Thy wisdom, joy and peace.** (Petition)
6. Providence has blessed me.
7. Success is my birthright.
8. Bless my life with every bliss.
9. Help my life to fulfill its purpose.
10. Complete my life by the grace of Thy divine perfection.
11. **My body, heart and soul radiate the healing spirit of God.** (Affirmation)
12. Balance my life, that I may know and act aright.
13. May my life become powerful and harmonious.
14. I seek my supply in God.
15. Grant me to have all power and wisdom, that I may best fulfill my life's purpose.
16. Give me, Lord, Thy divine influence which I may spread among my dear ones.
17. Help me to serve Thy cause.
18. O Spirit of Guidance, throw Thy divine light on my path.
19. Open my heart, that Thy spirit it may reflect.
20. **My life is changing and taking a better turn.** (Affirmation)
21. My mind is still, my thought is steady, my sight is keen, my life is balanced.
22. Harmonize my soul, Lord, with all people and with all conditions.

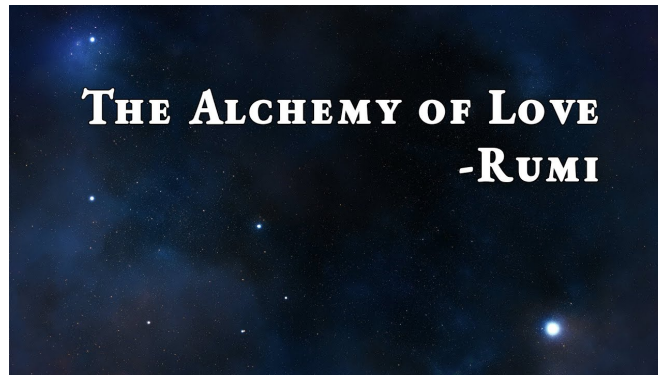
23. My body is healed, my mind is fortified, and my soul is illuminated by the grace of God.
24. Fortify my heart.
25. Give me a new life and new inspiration, that I may see in life Thy divine inspiration.
26. **Make my heart Thy divine temple.** (Petition)

We have been given by Hazrat Inayat Khan The Universal Worship Service. In this service readings are shared from the holy books of various religions. Selected readings are thematic, and help us to understand this “God is One”, albeit uniquely revealed through the various religions.. This emphasizes what I said earlier, and that is: “Religions are many and different from one another, but only in form.” At the conclusion of the Sufi Universal Worship Service there is a Benediction given by the presiding minister (called a Cherag, meaning “Light Bearer”). The Cherag raises his or her hands and says:

### **Closing Meditation**

May the Blessings of God rest upon you,  
May God’s Peace reside in you,  
May God’s Presence illuminate your heart,  
Now and forever more.

**Musical Offering:** *The Alchemy of Love*, Words by Jelaluddin Rumi, 13thC Persian Mystic Poet, written in love and devotion to and for God.



**Donations Gratefully Received**

### ***References***

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*Sufi Message Volume 9, The Unity of Religious Ideals, Religion, Dharma*  
*The Holy Bible, The Book of Matthew 5-7*  
*Sufi Message Volume 2, The Mysticism of Sound, The Power of the Word*  
*The Alchemy of Rumi (www.youtube.com/watch?v=mIQHrHy6ED0)*

