



Love Light Life!

2020 Ozark Spring Camp Presented by Murshida Nuria Stephanie Sabato
From Selected Teachings by Hazrat Inayat Khan

The Gathas III

Q: Can you tell something more of the time that God grants wishes?

A: God grants wishes at two times. One time is when your heart is free from every thought, or feeling, or emotion; in the most peaceful and tranquil condition; at that time every wish that is sown is just like a seed sown in fertile soil. If one had the patience to wait in the great power of God, whatever be the wish, it will certainly be granted. The other time when the wish is granted is when somebody is satisfied, has been made happy by you, and naturally, out of their heart, springs a kind of fountain which pours upon you a kind of blessing. It will be just like rain from above, which in time will bring its fruits and flowers. – Let's take a *Moment of Silence and Setting Intentions*.

The Healing Papers 25: The Divine Light

The mystical conception that all life is the divine light and the whole creation is made of that light, which is the light of God, has its evidence in all forms of creation.

At the source from which the rays of light start they do not start singly, separate from each other; but it is a collective light; at every step forward it separates, until at its end it takes the form of a separate ray.

Practice: Ya Nur (yaa NOOR)

An-Nur is the light of every soul and an inherent characteristic in every pore of [the] body. – [Physicians of the Heart](#)

In this pathway, we begin to see everything as radiant, alive, and intelligent. We recognize this light because, the Sufis say, our own image in the heart of the One at the moment of creation is still radiating light to us. Light recognizes light. In this sense, the "light" or intelligence of our senses, by which we see, hear, and sense things, comes to us not only from deep within us but also from a living past ahead of us that is still radiant and active today. – Douglas-Klotz, Neil. [The Sufi Book of Life](#)

Therefore the soul is that point of the collective light which stands separate and aloof from other points; but the withdrawal of each ray within naturally enables it to merge into that collective light and life.

Practice: From the [Purification Breaths of Hazrat Inayat Khan](#)

Breathe In Inwardly Repeating: *I Inhale Divine Light & Life*

Breathe Out Inwardly Repeating: *I exhale Divine Life & Light*

The Healing Papers

8: The Soul In Itself Alone

The soul in itself alone is no other than consciousness, which is all-pervading. But when the same consciousness is caught in a limitation through being surrounded by elements, in that state of captivity it is called soul.

The Chinese use the simile of a bee when describing the soul. It is symbolical, and really denotes the eye, the pupil of which is like a bee; in other words, the nature of the soul may be studied in the nature of the eye. All things exposed to the eye are reflected in it for the moment, and when the eye is turned away the reflection is in it no more, It had received it for the moment only.

Such is the nature of the soul. Youth, age, beauty, ugliness, sin, or virtue, all these are before the soul when they are exposed to it during the physical or mental existence; and the soul, interested in the reflection, may be for the time attracted and bound by the object reflected; but as soon as the soul turns away it is free from it.

Every experience on the physical or astral plane is just a dream before the soul. It is ignorance when it takes this experience to be real. It does so because it cannot see itself; as the eye sees all things, but not itself. Therefore, the soul identifies itself with all things that it sees, and changes its own identity with the change of its constantly changing vision.

The soul has no birth, no death, no beginning, no end. Sin cannot touch it, nor can virtue exalt it. Wisdom cannot open it up, nor can ignorance darken it. It has been always and always it will be. This is the very being of man/woman, and all else is its cover, like a globe on the light.

The soul's unfoldment comes from its own power, which ends in its breaking through the ties of the lower planes. It is free by nature, and looks for freedom during its captivity.

All the holy beings of the world have become so by freeing the soul, its freedom being the only object there is in life.

Practice:

- *I come from the Perfect Source and I am bound to the Perfect Goal.* (Inhale)
- *The Light of the Perfect Being is kindled in my soul.* (Hold)
- *I live, move, and have my being in God, and nothing of the past or present can touch me, I rise above all.* (Exhale)

The Healing Papers

16: The Experience of the Soul through the Heart

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 a momentary experience. When the influence of a particular element changes, the emotion has expired, and the soul is as pure as it was before. Nothing touches it. It is pure by nature and it always remains pure. If ten people in turn look in a mirror, the mirror shows everyone his 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.

Practice: Stilling the lake of the heart. Ask a question. See what arises.

Pir Vilayat quote: *A mirror is never tarnished by the images cast upon it.*

Murshida Nuria quote: *In this same way, your soul is untouched by the conditions of life.*

There are nine different emotions which the soul experiences through the heart, and these are influenced by corresponding elements.

There are nine different emotions which the soul experiences through the heart, and these are influenced by corresponding elements. (See chart below)

EMOTIONS	ELEMENTS
Humor	Air
Joy	Ether
Sorrow	Earth
Fear	Ether and Air
Pity	Water
Courage	Fire and Air
Indifference	Ether, Fire, and Earth
Passion	Fire
Anger	Fire and Air

Closing

- Donations: Facebook, Sufi-Message.org ([*Click Donate*](#))
- Dedication of Merit
- Khatum