



A Sufi Message

Tuning the Heart – Taming the Mind

Inspired by the Teaching of Hazrat Inayat Khan

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Fall Ozark Sufi Camp on the Theme / Wider Circles: Expanding the Heart of Compassion

There are five different aspects of spiritual attainment, which are all attained by the tuning of the heart. *Sufi Message Volume 8, Sufi Teachings, The Tuning of the Heart.*

The Heart Affected by Environment

Many will object, 'But does not our heart depend also upon our everyday environment, on the circumstances of life? If the environment is not agreeable, how can we make it right?' Indeed, the first stage of our development depends upon environment and circumstances; but there is nothing in this world which we cannot try to improve. There are many things that we can help and improve, if we would only try. Sometimes it is difficult, but often we think it is difficult while it is not really so.

The greatest difficulty is loss of patience. When patience is exhausted things cannot be made better, and then they remain in the same condition; but when one really wants to make one's environment better and sacrifice all one can in order to do so, then one can. Too often one expects from others more than they are able to give, and that makes one helpless and dependent.

Once a person has become so independent that without the help of others one can keep one's feelings untouched, one becomes like the sun which burns without oil; and in that it differs from lamps which burn with oil, for when the oil is finished then their light goes out.

Practice: Ya Sabur (yaa şa-BOOR) Physicians of the Heart

- Sabur is the divine power that will always see things through to the end.
- At the human level, it means to maintain inner equanimity through all trials and circumstances and to persevere to the end of the test.
- A physical-plane variation of its root means to endure and to stop complaining.
- Invocation of Ya Sabur is a remedy for all who lack patience, especially on the spiritual path, and it is recommended for those who find it difficult to defer judgment or forgive. [\(Excerpts from Physicians of the Heart\)](#)
- In Sabur, we enclose the knowing and illumination we have received within us so that it can grow brighter. Seldom do we find ourselves in what we might consider ideal conditions for our own spiritual growth.

- Perhaps life is calling you to hold on a bit longer. While this pathway counsels patience, its real message is this: Now is not the time to disperse your light; that is, the deep knowing of yourself and others that you have received from the One. Don't hurry. Let things cook for a while. ([Excerpt: Douglas-Klotz, Neil. The Sufi Book of Life \(p. 271\). Penguin Publishing Group, Kindle Edition](#))

Heart Influences Nature

If we go still deeper into this subject, then we shall find that not only with human beings, but even with nature, with the atmosphere, with the weather, with the climate, there also is the tuning of the heart. Even flowers feel it. Many people can keep flowers in their hand for a long time, while with others, no sooner have they touched a flower than it fades. The fading of the flower means that it becomes out of tune.

There are stories of sages in the East, who after having left a place of rest and peace where they were staying, perhaps under the shade of a tree or in a village, came back after ten years and found the place in a bad state; but the moment they returned it became fertile again and the place flourished. What does it mean? That they were in tune.

Sympathizing with All

There is a still higher stage of our development, and that is the attitude of going forth and sympathizing with all we meet. This comes by understanding; the more understanding we have of human nature the more sympathetic we become. Even for those who do not deserve it we should have sympathy. In this way sympathy, which is symbolically like water, spreads in time; it will expand like the water of the ocean. It becomes an everlasting spring that rises and falls.

In order to teach this the wise of India turned the river Ganges and the river Yamuna into places of pilgrimage and called them sacred. These rivers rise in the same place on the top of the Himalayas, and from there they divide and descend, becoming larger streams; and the place where they join, near Allahabad, is a place of pilgrimage. Those who go there are purified from all sin.

Its symbology is this, that the water which rises from the top of the Himalayas is like a spring of love coming from the heart. That which rises from the heart is the first place of pilgrimage. Then it goes on like the holy rivers Ganges and Yamuna, and the place where these rivers meet is called Sangam, which means 'sympathy'; and where the river reaches the sea it is called the 'Unity with God'. It is a beautiful picture of life which one can observe in that symbolic form.

(Listen to audio file for commentary on the symbolic meaning of Ganges and Yamuna)

If interpreted rightly we could have the sacred pilgrimage to the Ganges here and everywhere; the sacred river is the sympathy coming out of our own heart, and the reaching towards God is the perfection, the spiritual attainment.

Practice: 'ishq allāh ma'būd allāh

'Ishq allāh ma'būd allāh also be described as an ascending hierarchical order: natural love, intellectual love, and divine love.

'ishq = unconditional love, divine love. 'Burning love for God'. Murshid Sam in today's Bowl of Saki Commentary asks: *And what is Ishk? It is the essential quality which characterizes the personality of God, so that God is not only emptiness but also absolute fullness.*

Allah = God, Divine Presence

ma'būd = beloved, worshiped, adored

Allah = God, Divine Presence

Poetically interpreted by Hazrat Inayat Khan as: God is love, lover and beloved.

Closing Prayer and Dedication: Pope Francis' [First Encyclical Letter On Care For Our Common Home](#) given in Rome at Saint Peter's on 24 May 2015. Note: The Third Encyclical Letter of Pope Francis, [The Brotherhood And Sisterhood Of Every Human Being And Social Friendship](#) was signed in Assisi on October 3rd 2020.

*God of love, show us our place in this world
as channels of your love for all the creatures of this earth,
for not one of them is forgotten in your sight.*

*Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good, advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.*

*O Lord, seize us with your power and light, help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom of justice, peace, love and beauty.*

Praise be to you! Amen.

- [Link to Complete Text – Tuning the Heart](#)

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