



**Hu Are You? The Deeper Side of Life by Hazrat Inayat Khan**  
**Sufi Message Volume 11.13 Mysticism, Self-Knowledge**  
Edited and Presented by Murshida Nuria Stephanie Sabato

**Part 3:** As long as we remain ignorant of the self, one cannot study human nature properly. Often we hear people say, "I am so disappointed in my friends," "I am so disheartened by my neighbors," "I have lost my faith in mankind," "I can bear animals, I can stand trees and plants better than human beings; I always try to avoid places where there are people." Why do these thoughts come? Where do they come from and what causes them? It is the lack of understanding of oneself. The more one understands oneself, the more one finds that everything that is lacking in others is also lacking in oneself. Does a person become less by finding faults in oneself? No, we become greater, for we not only find that all the faults which are in others are also to be found within, but that all the merits of the others are also our own merits. With our faults and merits, we become more complete; we do not become less.

What a great treasure it is when we realize that in our self are to be found all the merits and all the faults which exist in the world, and that we can cultivate all that we wish to cultivate and cut away all that should be removed! It is like rooting out the weeds and sowing the seed of flowers and fruits. One finds that all is in oneself, and that one can cultivate in oneself what one wishes. A world opens for those who begin to look within.

**Only self-realization can give us full independence.** It would be no exaggeration to say that by self-realization that our heart becomes greater than the universe. The saints and sages, the illuminated souls who have brought light to others, have been the self-realized ones.

One might ask, then where is the place of God, if self-realization brings one to perfection? The answer is that God is a steppingstone to self-realization. The godly one is not always self-realized, but the self-realized one is godly. All the different ways that lead to God, different religions, faiths, occult schools, mystical paths, all these bring one in the end to the same goal, and that is self-realization.

There are four different ways by which one can attain to the knowledge of this truth.

One person has been told that self-knowledge is the guide to perfection, and says, "Yes, it must be so." Such a person knows no more than that.

There is another person who has read in this or in that book that it is self-knowledge which leads to perfection; and that person thinks it must be true because it is written in a book.

There is a third person who has reasoned it out; and by reasoning, by synthesizing, comes to the knowledge that it is one which has become many, that this variety is again gathered into one, and that this one is to be found in oneself. No doubt the more such a person's reason helps support their belief, the more that person will be consoled.

But then there is a fourth person who realizes this truth within, not by reason but by experience, and that is the way of the mystic.

How does the mystic proceed to experience it? By the mystical process of turning the eyes within, by shutting out the outside world for a moment and going into meditation, and by realizing one's existence as a life, as a magnetism, as an energy. Meditation then lifts the consciousness. And as one goes still higher, we see that we are happiness our self as well as the creator of happiness.

**Practice: Ya Shahid (yaa sha-HEED) / Ya Khabir (yaa ḳḥa-BEER)**

**Ash-Shahid** (The Witness, The Testifier) is the quality that expresses God's witnessing all things without limitation. It is the quality of actively witnessing God in all possible aspects within the globe of the heart. Witnessing through the senses without judgement.

**Al-Khabir** (The Inner-Awareness, The Reality-Knower) is deep insight that penetrates through appearances and the senses. Its inner meaning involves being tested to get to the depth of the secret.

It is by this process that one arrives at and experiences the happiness which is in oneself and which does not depend upon anything outside. As long as that happiness is not attained, all else that is taken as a substitute for it must disappoint sooner or later; and therefore, if there is any knowledge which can be said to be the only knowledge worth attaining, it is the knowledge of self.

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*Maulana Sayyed Javed Ali Naqshbandi (Khashif), New Delhi*

There was a bird who lived in a desert, very sick, no feathers, nothing to eat and drink, no shelter to live in. One day a Dove was passing by, so the sick unhappy bird stopped the Dove and inquired "where are you going?" it replied " I am going to Heaven".

So the sick bird said "please find out for me, when my suffering will come to an end?" The Dove said, "sure, I will." and bid a goodbye to the sick bird. The Dove reached Heaven and shared the message of the sick bird with the Angel in charge at the entrance gate.

The Angel said, "For the next seven years of its life the bird has to suffer like this, no happiness till then."

The Dove said, "When the sick bird hears this he will get disheartened. could you suggest any solution for this."

The Angel replied, "Tell him to recite this verse "Thank you Allâh for everything." The Dove on meeting the sick bird again, delivered the message of the Angel to it.

After seven days the Dove was passing again passing by and saw that bird was very happy, feathers grew on his body, a small plant grew up in the desert area, a small pond of water was also there, the bird was singing and dancing cheerfully. The Dove was astonished. The Angel had said that there would be no happiness for the bird for the next seven years. With this question in mind the Dove went to visit the angel at Heaven's gate.

The Dove put forth his query to the Angel. The Angel replied, "yes it is true there was no happiness for the bird for seven years but because the bird was reciting the verse "THANK YOU ALLÂH FOR EVERYTHING" in every situation, his life changed.

When the bird fell down on the hot sand it said  
"THANK YOU ALLÂH FOR EVERYTHING"

When it could not fly it said, "THANK YOU ALLÂH FOR EVERYTHING".

When it was thirsty and there was no water around, it said, "THANK YOU ALLÂH FOR EVERYTHING"

Whatever the situation, the bird kept on repeating, "THANK YOU ALLÂH FOR EVERYTHING" and therefore the seven years got dissolved in seven days.

Adopt this verse in life. WHATEVER the situation reciting this verse "THANK YOU ALLÂH FOR EVERYTHING".

The purpose of sharing this message is to make all of us aware of how powerful the attitude of gratitude is. It can reshape our lives. Let's recite this verse continuously to experience the shift in our life. So be grateful and see the change in your attitude. Be humble, and you will never stumble. ~ Writer Unknown

**Practice:** REMEMBER! "THANK YOU ALLÂH [God] FOR EVERYTHING".

Closing:

- Closing words
- Dedication of Merit
- [Link to Complete Text – Self Knowledge](#)

We pray this teaching resonates and benefits YOU!

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