



Sufism: The Mystical Path of Inner Realization
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Sufism is a path of spiritual advancement. By a process of purification, Sufi practices allow light to enter our hearts and our faculties of perception in the same way that when you open a window to a dark room light floods in and you can suddenly see more.

The methodology and technology towards spiritual advancement include assigned practices such as: breath, sound, study, meditation, and contemplation. All these practices serve to aid in *“Polishing the Mirror of the Heart”*.

In the text, *Kashf Al-Mahjub* (meaning the Revelation of the Veiled), which is the Oldest Persian Treatise On Sufiism By Al-Hujwiri. There is a quote by Al-Hujwiri which reads: *The true Sufi is the one that leaves impurity behind.* (Entire text is translated by Reynold A. Nicholson, Lecturer In Persian, The University Of Cambridge, England).

What is meant by *“leave impurity behind”* is means to *“leave confusion behind”*.

In my Sufi tradition in order to clear away confusion we begin with a breath practice called the *Purification Breaths* or we could call it *Clarification* or *Clearing Breaths*. This practice is given to every student at the beginning of their journey on the path, and it is a practice that is performed daily throughout one’s entire life.

Purification Breaths: **Link to Instructions** given by Hazrat Inayat Khan to his students in 1925. The Purification Breaths can be your anchor every day to clarify and build your resilience.

The mystic poet and writer Hafiz, says *“Fear is the cheapest room in the house. I would like to see you living in better conditions”*.

Now I would like to offer this second practice as a way to further build our resilience and to begin ‘living in better conditions’. We shall repeat the name of a Divine Quality of God. These Divine Qualities are given in more ancient languages for the resonate and infused power of words spoken in prayers over thousands of years. We know that the world religions embrace these ancient languages such Sanskrit, Latin, Hebrew, Arabic, and so forth.

Through recitation of a word or phrase in an ancient language, we are tuning to the vibration to the prayers that have been on the tongues and in the hearts of many devotees, aspirants, Lovers of God throughout time. It also serves to bypass the ‘thinking, analytical mind’ that can often hinder our dissolving, our surrendering to the practice. We just tune to the resonate vibration of sound.

The purpose of invoking this Divine Quality to be enlivened in our atmosphere and to infuse our consciousness. The Divine Quality in Sufism is typically assigned from a Master (Murshid) to a student (mureed). In the Sufi tradition the practice is done in sets of 33 or 3 sets of 33. Why 33.

Mysticism of the number 33

- The number of deities in the Vedic Religion is 33.
- The second level of heaven in Buddhism is named Trā-ya-stri-ṃśa, meaning "of the 33 (gods)."
- The number of incarnations of the bodhisattva Avalokiteśvara, the Buddha of Compassion.
- The divine name Elohim appears 33 times in the story of creation in the opening chapters of Genesis.
- Islamic prayer beads are generally arranged in sets of 33. Such beads may number thirty-three in total or three distinct sets of thirty-three for a total of ninety-nine, corresponding to the qualities of God.

The particular Divine Quality we shall practice today it is an antidote to fear and a way to find inner strength and confidence that will lead to a state of ‘living in better conditions.’

Practice: ▣ **Ya Qawiyy** – The Divine Quality of Inexhaustible Strength

- The One who possesses unlimited strength and endurance.
- The One whose vigor and strength prevail.

- The One who is beyond all weakness.
- *Recite/Perform Practice*

These two practices, the Purification Breaths and the mantra/wazifah Ya Qawiyy

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