



A Sufi Message

Clearing the Dust, Polishing the Lamp, Part 5

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Sangitha I, Tasawwuf, Metaphysics, Purpose

The heart is a window between mind and soul, for the soul to send its light to the mind, and for the knowledge of the mind to be reflected on the soul.

Therefore, when the heart is closed the communication between soul and mind is closed also.

The heart of a spiritual person vibrates continually; the more alive it is the more it responds to every reflection of beauty on every plane of existence.

Sufi Message Volume 5, A Sufi Message of Spiritual Liberty The Heart and Soul Man's Heart is the Throne of God

The heart is not only a physical organ but is also the function of feeling, placed in the midst of the body and soul.

The heart of flesh is the instrument which first receives the feeling of the soul and transmits its effect through the whole body.

There are four aspects of the heart:

- **Arsh** is the exaltation of the will. Arsh is the canopy over the highest heaven. Arsh, the divine Spirit, an aura which is called the Highest Heaven. Only the great prophets have reached this realm. If angels were to visit this realm their wings will burn. (Note: Likened to Moses climbing Mount Sinai, and remember that this is near to where God appeared to Moses in the burning bush some six years earlier ...)

Practice: Ya 'Aliyy (yaa 'A-leeyy) The Highest, The Exalted

Al-'Aliyy is the exalted, beyond form. It is purely transcendent. Al-'Aliyy means absolutely above, totally beyond, and beyond this point there is nothing. It is a vision of the highest, like the vision of the Heart Throne of God suspended above oceans of infinite mercy.

- **Kursi** is the seat of justice and distinction. Kursi is the throne of God. The exalted realm of tremendous knowing. (Note: Moses received Divine Revelation from God.)

Practice: **Ya 'Adl** (yaa 'ADL) The Just, The Equitable

The essence of al-'Adl is a fluid, merciful quality that mediates and brings all that exists into true balance and harmony. It is the balanced and the balancer, as well as the harmonious balance of all things. Al-'Adl balances all the Names of beauty and the Names of power.

- **Lawh** is the fount of inspiration. Lawh rising, appearing, shining; being manifest; tablet, signboard. (Note: Moses receives the tablets with the Ten Commandments inscribed with the finger of God.)

Practice: **Ya Zahir** (yaa ḌĤĀĀ-hir)

Az-Zahir is the most outward and the most manifest. Like the Sun at its height, it is so evident, so bright, that you may not even notice its existence. Allah's quality of being most manifest is hidden in plain view.

- **Kalam** is the source of intuition: Kalam means "speech, word, utterance". Kalam Allah is the one who communicates with God. (Note: The Divine Message is delivered by Moses to the people.)

Practice: **Ya 'Alim** (yaa 'a-LEEM)

Al-'Alim is the omniscient knowledge of God. Its ultimate meaning is all-inclusive. It includes inner knowledge and outer knowledge of the unseen and the seen. Al-'Alim means the emanation of knowledge that reaches everything without exception. Considering all of its various forms, al-'Alim is mentioned in the Qur'an more than any other single attribute of Allah

PRACTICE: Ya 'Aliyy, Ya 'Adl, Ya Zahir, Ya 'Alim

Breath keeps body, heart, and soul connected. It consists of astral vibrations and has much influence upon the physical and spiritual existence.

The first thing a Sufi undertakes in order to harmonize the entire existence, is the purification of the heart.

Practice: **Purification Breaths**

- **Dedication of Merit**
- **Khatum**
- **Donations**
- **Dedication of Merit**
- **Note:** gold lettering indicates clickable link

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