



A Sufi Message

Clearing the Dust, Polishing the Lamp, Part 8

Selected Teachings by Hazrat Inayat Khan

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Purifying the Mind, Heart and Soul through Zikar

The Healing Papers

1,6: Purity

19. Foreign Element in The Mind

Two rules make one understand the process by which the mind could be nourished and purified. The mind is nourished by thoughts and impressions that are harmonious and productive of beauty and which result in satisfaction, for harmony is the nature of the soul, beauty is its source and goal, and by harmony and beauty the mind is nourished as it is made of harmony and beauty. And the same elements are needed to purify the mind of all undesirable thoughts and impressions, harmony as water and beauty as soap, purifying the mind of all thoughts which are void of harmony and beauty.

The first thing in purifying the mind is to be able to discern the foreign element there. As all that is foreign to the body does not agree with the body, making it ill, so all that is foreign to the mind disturbs the peace of the mind, and it is that which proves that it does not belong to the mind. Such things are worry, anxiety, fear, sorrow, or any sort of disturbance that takes away the tranquility of the mind, preventing it from experiencing that joy and peace for which it longs, and in which alone is its satisfaction.

And the way one can manage it can be said in a few words: to throw away disharmony by the power of harmony and to wash away all that lacks beauty by preserving the great power of beauty within oneself.

PRACTICE: La El La Ha El Allah Hu (As Hazrat Inayat Khan pronounced the words of Zikar)
(Notes: *Fana/Baqa, Jemal/Jelal/Kemal, Left=Limited Self and Right=Unlimited Self, Moving from the limited to the Unlimited; returning with knowledge and healing.*)

An ordinary person will only take it as words that belongs to a certain language. But such words have belonged to mystics. They never belong to any language. The languages have taken them; people have used them, expressing different things; however, the mystics have gathered them together just like a chemist would collect herbs and drugs and different things together in order to use them for medicine.

Mystics have collected such words, words of great power and revelation, in order to produce desired effects.

PRACTICE: EL (Il versus El)

The most essential part is “El”, the central word, which has an action, an influence upon the solar plexus, when rightly done. If rightly done, one will profit in six weeks.

The action strikes upon the nervous center, which is then put to action - joy arises, not dependent on outer things. It comes from the heart. One can put the hand there and feel the action. Every day for 5 minutes say the word [EL], then the center is awakened, inspiration comes, healing becomes easy, tuning a person’s life becomes easy - others too can be tuned - because on the inner plane we are connected like a telephone central station.

PRACTICE: HU

Another word is HU - This exercise must be produced from the depth of the being; it, releases the Solar Plexus from all gases and the center, becomes clearer; intuitive faculties become clear; it takes away confusion, congestion, depression. Do for 3 minutes. Nerves of the Solar Plexus are very fine. In this physical center the highest spirit functions. It seats - The Throne of God.

In Zikar we may become able to arrange the atoms in order and rhythm and harmony. When mureeds chant in groups, they often magnify the power of the atoms. Zikar awakens the soul so as to produce alertness or even ecstasy.

So Zikar may be called the finest thought expressed in the finest material form with the highest spiritual purpose. It becomes the perfection of the sounds uttered by the tongue.

Sufi Message Volume 5, A Sufi Message Of Spiritual Liberty, The Heart and Soul

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: La El La Ha El Allah Hu

The words of this Zikar are “*La El La Ha El Allah Hu*”. Act/Prayer of Remembrance...

Through the recitation of Zikar, and God's grace and blessings, we come to the realization that everything comes from One Source and that everything is developing towards One Goal. We begin to see that the source and the goal are God. It's a cycle. It's a circle. Then the world of variety is no longer variety but is experienced as Unity. Experiencing this unity is the source of deep, abiding happiness. (Notes by: Nuria Sabato)

In Zikar, when one reaches upward on the right side of the circle, which one is visualizing, and while chanting the words, "La El La Ha" one is absorbing through the thought and the breath the subtle energy of the Divine Presence. Then, while tracing the circle downwards on the left side and chanting the words "El Allah Hu" one pours the subtle energy of the Divine Presence into the heart by way of the thought and the breath. One stays down on the left side, resting upon the heart during one beat, making sure not to rise again until the next repetition of the Zikar begins. (Notes from Hidayat Inayat-Khan)

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