



Bless All That We Receive In Thankfulness

Offered by Murshida Nuria Stephanie Sabato

We can never be too thankful. If we can appreciate the privileges of life, there are endless gifts from above which we never think about and we never value. If we think of them thankfully, naturally a tenderness is felt; and it is that tenderness which is worth having. A pure, thankful, useful life, a constant thought of appreciating things and avoiding blaming things and people and conditions, all these help to keep away the germ of insanity. *(Ref: Sufi Message Volume 4, Mental Purification, 3. Unlearning, 2. Look for the Right in the Wrong and the Wrong in the Right)*

Practice: Ya Shakur Allah – A moment of gratitude. May these sacred names give a feeling of returning to the Source for as Murshid says, ‘the privilege of life and the endless gifts we have received’.

God's goodness is something that one cannot learn to know at once; it takes time to understand it. But little actions of kindness which we receive from those around us we can know, and we can be thankful if we want to be. In this way we develop gratefulness in our nature, and expresses it in our thought, speech, and action as an exquisite form of beauty. *(Ref: Sufi Message Volume 3, Character and Personality, 1. Character-Building, Gratefulness)*

Practice: Dhul-Jalal-wal-Ikram / Dhul-Jemal-wal-Ikram – These sacred sounds open us to such an abundance of power and beauty that we can only be humbled in the recognition that these are gifts of the Divine Being reside in our soul awaiting to be awakened and actualized.

Therefore the wise are thankful when they see anybody with a more or less friendly inclination towards them, and make the best of the opportunity by gaining three benefits from it: the first, that by being friends with someone a person develops in oneself the spirit of friendliness; the second, that one adds one more to the circle of one's friends; and **the third, the joy of exchanging love and kindly feelings, which is greater and better than anything in the world.** There is nothing but benefit in widening one's circle of friends, and there is nothing but loss when one loses a friend from one's circle. *(Ref: Sufi Message Volume 3, Character and Personality, The Law of Beneficence, 5. Our Dealings with Acquaintances)*

Practice: Ya Wali - Reflect on the gifts of friendships in your life. Not all friendships are external to oneself. Remember to turn to and tune to the inner friend – which we could call The Spirit Of Guidance.

We must be able to see the pain in pleasure and the pleasure in pain; the gain in the loss and the loss in the gain. What generally happens is that one is blunted to one thing and that one's eyes are open to another thing; that one does not see the loss or that one does not see the gain; if one recognizes

the right, one does not recognize the wrong. Mental purification means that impressions such as good and bad, wrong and right, gain and loss, and pleasure and pain, these opposites which block the mind, must be cleared out by seeing the opposite of these things. Then one can see the enemy in the friend and the friend in the enemy. When one can recognize poison in nectar and nectar in the poison, that is the time when death and life become one. Opposites no more remain opposites before one. That is called mental purification. And those who come to this stage are the living sages. (Ref: Sufi Message Volume 4, Mental Purification, 3. Unlearning, 2. Look for the Right in the Wrong and the Wrong in the Right)

Personal Story Inserted Here: See/Listen on recording at 00:24:23.

In closing I would very much like to share a Sufi tale with all of you. The title of this tale is, "Thank You God For Everything!" This story has been graciously translated from Urdu and shared with me by my friend, Sheikh Syed Kashif Ali, the son of Maulana Pir Syed Javed Ali Naqshbandi residing in New Delhi, India.

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:

- Repeat: *May Gratitude Change My Attitude.*
- Repeat: *By Being Humble I Will Not Stumble.*