



A Sufi Message

Peace and Balance! Perfected Activity and Control of the Will

Selected Teachings by Hazrat Inayat Khan

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*Peace is perfected activity; that is perfect which is complete in all its aspects,
balanced in each direction and under complete control of the will.*

– Hazrat Inayat Khan –

Last month we read in the teachings of Hazrat Inayat Khan: *Will is not power, but it is all the power there is. How did God create the world? By will. Therefore, what we call 'will power' in us is in reality 'God power,' a power that increases by our recognizing its potential and proves to be the greatest phenomenon in life.* (Contemplate this!)

If we consider the conditions of life today, we see that, however much one thinks one has progressed, certain aspects of life are neglected in the way of health, repose, balanced thinking, and in the way of kindness and love to one another. All these things are lacking, and the spirit of the present time seems to be going in quite the opposite direction. Selfishness seems to be so much on the increase; real religion, the spirit of forgiveness, generous giving, regard for old age, refinement, culture – all seem to be disappearing. Humanity in general, does not know even if there is a God or Truth. If this is the spirit, how can we expect to find that harmony, peace, and love which make heaven on earth? [*Here Murshid is giving us a clue how to redirect our inner compass and outer manner in order to 'make heaven on earth.'*]

It is useless to discuss the peace of the world. What is necessary just now is to create peace in ourselves that we ourselves become examples of **love, harmony, and peace**. That is the only way of saving the world and ourselves. Let us try to become more considerate of others; let's ask ourselves, 'Of what use am I in the world? Am I born for a certain purpose?', and then try to train ourselves in self-control by the mystery of breath, the best means for accomplishing that purpose. [*Here Murshid is emphasizing the importance of the given breath practices.*] (Note: The practice of the Purification Breaths are given below. See the last page of this document for detailed written instructions.)

Inhalations and exhalations are done rhythmically in a restful, quiet manner, slower than the usual breath, yet slightly fuller. It is important to discover the natural rhythm of one's breath. While inhaling and exhaling one's thoughts are focused on receiving and radiating the Divine Power in Space which purifies and revivifies, and which inspires and enables the soul to unfold. The thought to be kept constantly present in the mind as to us given by Hazrat Pir-o-Murshid Inayat Khan in his own words:

Inhaling repeat silently: **I inhale Divine Light and Life**

Exhaling repeat silently: **I radiate Divine Life and Light**

The secret behind the whole manifestation is vibration; vibration which may be termed movement. It is the differences of vibration, which when divided by lines, form planes of existence, each plane being different in the rhythm of these vibrations. When we take life as a whole, we can draw one line, the beginning and the

end, or spirit and matter, or God and us. And we shall find that the rhythm which begins the line is fine and without disturbance, and the rhythm which is felt at the end of this line is gross and disturbing. **And these two rhythms may be named the life of peace and life of sensation.**

Peace is independently felt within oneself. It is not dependent upon the outer sensation. It is something that belongs to us, something that is our own self. Peace is not a knowledge, peace is not a power, peace is not a happiness. Peace is all these. Peace is productive of happiness. Peace inspires one with knowledge of the seen and unseen, and in peace is to be found the Divine Presence. **It is not the excited one who conquers in this continual battle of life. It is the peaceful one who tolerates all, who forgives all, who understands all, who assimilates all things.** [This is the quality of Ya Ra'uf.]

To Illustrate: The remembrance of Columbine High School mass shooting was covered on the Today Show. The actual event took place on April 20, 1999. (Listen audio files)

PRACTICE: Ya Ra'uf (yaa ra-'OOF)

- Ar-Ra'uf is the quiet, loving peacefulness that appears within the context of difficulties, and lovingly relieves the suffering of others.
- Ar-Ra'uf, is serenity (spiritual confidence) that allows us to overcome hostility, anger, and hate.
- Ar-Ra'uf is a quiet, gentle expression of love to very hateful people right into the depth of their soul. A place of having no aversion or reaction to the extremity of their condition. One comes from a place of deep-rooted indifference other words, a place of equanimity].
 - *[Note: Equanimity is a state of psychological stability and composure which is undisturbed by the experience of or exposure to emotions, pain, or other phenomena that may cause others to lose their balance of mind. The virtue of equanimity is praised and advocated by major religions and ancient philosophies.]*

- Khatum
- Dedication of Merit
- Giving

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Ref:

Sufi Message Volume I, The Purpose of Life, Chapter 6. The Desire for Peace

Sufi Message Volume 8, Health and Order of Body and Mind, The Mystery of Breath

Sangitha I, Tasannuf, Metaphysics, Spirituality

The Healing Papers, 1,4: Insight, 10: Different Qualities of Mind

Physicians of the Heart, A Sufi View of the Ninety-Nine Names of Allah, Sufi Ruhaniat International ([Click fo Pronunciation Guide](#))

NOTE: See Next Page for the 20 Purification Breaths Instructions.



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Love, Harmony, and Beauty

The 20 Purification Breaths

The basic Purification Breathing Practice, also called the 20 Purification Breaths, consists of four breaths done as 5 inhalations and exhalations as described:

This is done before breakfast, standing in a relaxed position preferably in the open air or in front of an open window. The feet are stable on the ground, and the knees, shoulders, neck, and jaws are loosened.

Inhalations and exhalations are done rhythmically in a restful, quiet manner, slower than the usual breath, yet slightly fuller. It is important to discover the natural rhythm of one's breath. While inhaling and exhaling one's thoughts are focused on receiving and radiating the Divine Power in Space which purifies and revivifies, and which inspires and enables the soul to unfold.

This practice can be done standing, lying or sitting. If one is ill or feeling weak, this exercise can be done sitting or even lying down.

In the case of delicate breathing organs or of any other internal problem, or if required for the purpose of improving the health, this practice is done twice a day, morning and evening; or even three times a day if necessary.

The thought to be kept constantly present in the mind is the following one, given by Pir-o-Murshid in his own words:

Inhaling repeat silently: **I inhale Divine Light and Life**
Exhaling repeat silently: ***I radiate Divine Life and Light***

- first breath: in through the nose out through the nose NN (nose/nose)
- second breath: in through the nose out through the mouth NM (nose/mouth)
- third breath: in through the mouth out through the nose MN (mouth/nose)
- fourth breath in through the mouth out through the mouth MM (mouth/mouth)