



Health and Balance: Body, Heart, Soul • Teachings by Hazrat Inayat Khan
Ozark Fall Camp, Lake of the Ozarks, Missouri USA
October 2013 | Prepared by **Murshida Nuria Stephanie Sabato**

Day 1 • Audio File 1

Reading

Sufi Message Volume 8, Health and Order of Body and Mind Spiritual Healing

Let us see to it that our hearts and minds are tuned to the higher vibrations, so that only those things that are good, pure, holy, and of good report can enter and dwell there. [Read More](#)

Practice: Ya Rafi' (yaa RAA-fi') Source: [Physicians of the Heart](#)

Ar-Rafi' allows you to transcend lower states, opinions, prejudices, and even to overcome obsession. [Read More](#)

Reading

Sufi Message Volume 8, Health and Order of Body and Mind Spiritual Healing

One may ask: is pain always an evil thing? – And I would answer: far from it. Sometimes pain comes to us as a kindly warning.

If suffering can develop in us the blessed gift of sympathy, then surely we have not suffered in vain; we may well thank God for every pang, which we have endured.

[Read More](#)

Practice:

Ya 'Alim (yaa 'a-LEEM), Ya Hakim (yaa ḥa-KEEM)

Source: [Physicians of the Heart](#)

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 God.

Al-Hakim is the universal manifestation of healing wisdom. It is the essential wisdom that brings all experience into balance and harmony, and it is the one whose wisdom is manifested everywhere. It is the heart of diamond-like clarity that gives you access to an active spirit of guidance.

Closing Prayer: Khatum

Day 2 • Audio File 2

Reading:

Sufi Message Volume 8, Health and Order of Body and Mind Spiritual Healing

What of the pain endured by all the great Saviors and Masters of humanity? We feel here that we are touching a most sacred mystery which words cannot express – but may we not reverently believe that, by taking to themselves the burden of pain of all the world, they transmuted it by the process of alchemy, and sent it out as a fountain of love and power springing up into everlasting life?

Practice: Ya Rafi' (yaa RAA-fi') Source: [Physicians of the Heart](#)

Practice: Ya Hakim (yaa ḥa-KEEM) Ya Hakam (yaa ḤA-kam)

Source: [Physicians of the Heart](#)

Reading:

Sufi Message Volume 8, Health and Order of Body and Mind Spiritual Healing

Therefore constant and habitual contemplation of the perfect ideal, dwelling in thought upon the attributes of divine beauty, keeping the heart tuned to the note of love and harmony, and making this the practice of daily life, the mind still and calm, the heart pure and open so that it can reflect the perfect Will – this should be the aim of life of the one who aspires to serve humanity as a spiritual healer. [Read More](#)

Practice: Ya Rafi' (yaa RAA-fi') (See Day 1) Source: [Physicians of the Heart](#)

Practice: Ya Hayy (yaa ḤAIYY) , Ya Qayyum (yaa Ḳaiy-YOOM)

Source: [Physicians of the Heart](#)

Al-Hayy is the life that is beyond the cycle of life and death as we know it. It is what everyone is longing for. Al-Hayy expresses the everliving, the always-living. What is called the cycle of life and death fades away into that reality

Al-Qayyum's root means to stand, instead of falling down or falling apart. The nature of al-Qayyum, is beyond the passage of time

Closing Prayer: Khatum

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