



Sufi Newsletter

South African Newsletter 010
September to November 2015

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“The angels were made to sing the praises of the Lord; the jinns to imagine, to dream, to meditate; but man is created to show humanity in his character.

By Hazrat Inayat Khan

A note from the Editor

Over the last while I have wanted to understand more about the angelic qualities of those that I am fortunate to have surround me, and of course had to look no further than the Sufi volumes.

I have captured a few thoughts in this newsletter. I hope that these excerpts will too lead you to the Sufi volumes.

May you always be surrounded with love and light!

Caroline

An extract from The Sufi Message

The Teaching of Hazrat Inayat Khan. Vol. 1, The Soul, Whence & Wither?

The souls in the angelic heavens are all goodness; and this shows that goodness is natural, and what is contrary to our nature we call evil. Souls in the angelic heavens are innocent; this also shows that innocence is the natural condition of the soul, and the lack of innocence is a foreign element which the soul acquires after coming upon earth. In the angelic spheres the souls are happy; this shows that unhappiness does not belong to the soul. It is something which is foreign to it; therefore in the experience of man the discomfort coming out of life gives unhappiness. Souls on the earth retain something of the angelic quality; therefore they readily respond and are attracted without resistance to the innocence, happiness, and goodness of another person. If they knew that it is because this is the original quality of the soul they would develop the same in their own being. As Rumi has said, "People are drawn towards me, and they shed tears with my cries, and yet they know not what it is in me that attracts them."

Seeking after goodness, innocence, and happiness helps the angelic qualities to develop in a soul. Spirituality, therefore, is the development of the angelic quality; and love of spirituality is the longing for the angelic heavens; it is homesickness.

The soul may be likened to a ray of the sun; so the souls of the angels, being not adorned with a physical garb, are as flames themselves. The scriptures therefore say that the angels are made of Nur or light; Nur is specially that light which comes from the divine Sun, the spirit of God. All souls are made of that essence which is the essence of the whole manifestation; and the quality of that essence is that it absorbs all that is around it, and in time develops so that it will emerge into its own element, which is the divine.

The Sufi Volumes are available for purchase at the Sufi centres around the country.

Perhaps the next three months you could spend reading & exploring the Sufi Volumes that capture how we as humans can recognize and understand angelic nature, here are a few excerpts that may guide you:

Vol. 4, Mental Purification - The Control of the Body

A Hindustani poet says, "If the purpose of creation could have been fulfilled by the angels, who are entirely spiritual, God would not have created man."

Vol. 1, The Soul, Whence And Whither? - Towards Manifestation

Angelic souls on the earth-plane are inclined to love, to be kind, to be dependent upon those who show them love. They are ready to believe, willing to learn, inclined to follow that which seems to them for the moment good, beautiful and true. The picture of the angels that we read of in the scriptures as sitting upon clouds and playing harps is but an expression of a mystical secret. Playing the harp is vibrating harmoniously; the angels have no actual harps, they themselves are the harps; they are living vibrations; they are life itself.

Vol. 1, The Soul, Whence And Whither? - Towards Manifestation

The Hindus call the angels Suras; Sura also means breath and breath means life. Suras, therefore, means pure lives, lives that live long. In the Hindu scriptures there is another word used: Asura, meaning lifeless; in other words, not in tune with the infinite. Man may retain angelic qualities even in his life on the earth as a human being; and it is the angelic quality which can be traced in some souls who show innocence and sympathy in their lives. This is not necessarily weakness; it only shows the delicacy of a flower in the personality, together with fragrance.

Vol. 1, The Soul, Whence And Whither? - Towards Manifestation

One can see in a person who is vibrating harmoniously that his presence becomes the inspiration of music and poetry. The person whose heart is tuned to the pitch of the angelic heavens will show on earth heavenly bliss; therefore the wise seek the association of spiritual beings. And sitting on clouds means that the angels are above all clouds; clouds are for the beings of the dense earth; the angels are free both from transitory pleasures and from constant spells of depression; clouds do not surround them, for they are above clouds. Such souls, who are in direct touch with the spirit of God, and who have no knowledge of the false world which is full of illusion, who live and know not death, whose lives are happiness, whose food is divine light, make around "Arsh, the divine Spirit, an aura which is called the Highest Heaven.

The angelic spheres, the highest heavens, are the spheres of light which are called Nur; and that current of power which runs through the divine Sun causes rays to spread, each ray being an angel or a soul. It is the divine current which is really Nafs, the breath, or the ego. Breath is the ego, and ego is the breath. When the breath has left the body, the ego has gone. The nature of this current, which spreads as a ray and which is a life-current, is to collect and to create. It collects the atoms of the sphere through which it is turning; and it creates out of itself all that it can create. Therefore in the angelic heavens, which is the sphere of radiance, the soul collects the atoms of radiance. A Sufi poet of Persia has given a most beautiful expression of this idea in a verse: "A glow garbed with a flame came." Before the angels were conceived by artists in the form of human beings they were symbolized as burning lamps; from this comes the custom of lighting candles in religious services, showing thereby to some extent what the angels were like before they became human souls.

Social Gathekas - The Path of Discipleship - The Lesson of Consideration

We inquire within for the purpose that we have come on earth. Why have we become human beings? Perhaps it would have been better to remain angels: why this human body? The answer certainly comes to the wise from their own heart: we are here to experience a fuller life and to become fully human. That human fullness is in consideration. Every action done with consideration is valuable; every word said with consideration is precious. The whole teaching of Christ. "Blessed are the meek and the poor in spirit," culminates in one thing: consideration. Although it seems simple, it is a hard lesson to learn. The more we wish to act according to this ideal, the more we realize that we fail. The further we go in the path of consideration, the more delicate the eyes of our perception become. We feel sorry for the slightest mistake.

If you would like to share what you find please do and I will put it into the next newsletter.

Sufi Inner School

**Programme for Wednesday evenings at the Sufi Temple in Cape Town.
These meetings are for mureeds or by invitation:**

All meetings start at 19h30.

September 2015

02 Sep	Confraternity & Teachings for mureeds
09 Sep	Healing & advanced meditation
16 Sep	Confraternity & Message evening
23 Sep	Healing & advanced teachings
30 Sep	Healing & Confraternity

October 2015

07 Oct	Confraternity & Teachings for mureeds
17 Oct	Healing & advanced meditation
21 Oct	Confraternity & Message evening
28 Oct	Healing & advanced teachings

November 2015

04 Nov	Confraternity & Teachings for mureeds
11 Nov	Healing & advanced meditation
18 Nov	Confraternity & Message evening
25 Nov	Healing & advanced teachings

This programme will be up on the notice board in the Sufi Temple.

To find out more about the Sufi Inner School and if anyone is interested in attending these Sufi Order (=inner school) meetings please chat to either:

- Waldo on 083 555 5002 / essen@bucknet.co.za
- Louis on 083 271 3797 / info@therippleeffect.co.za
- Magda on 082 449 8058 / itsmagda@iafrica.com
- Frances on (021) 671-8807
- Nisa on 082 200 6751



“The Sufi thinks that a person was not created to live the life of an angel, nor was one created to live the life of an animal. For the life of an angel, angels are created, and for the life of an animal, there are animals. The Sufi thinks the first thing necessary in life is for one to prove to one's own conscience to what extent one can be human.”

From Social Gathekas

By Hazrat Inayat Khan



Events & news from the Western Cape

Cape Town

In memoriam

On the 6th June there was a full Sufi funeral in Pringle Bay for the untimely passing of a couple with their 10 year old daughter. The whole town rallied with support and it was attended by hundreds of people.

Yvonne Hodgson. There was a Sufi Memorial Service for Yvonne Hodgson on 12 June. Yvonne had been a regular at Wednesday evenings and at Universal Worship longer than anyone can remember, until eventually her health prevented her from doing so. After many decades of living independently she had to move to a care home some years ago, where she lived until her passing, which one hopes will have been a blessed release for her. She will be remembered for her loyalty, fine sense of humour, her beautiful diction, her friendliness and support. We wish her well in her further journey, and extend warm sympathy to her family.

Knysna

An update From Tina and Eugene Weeks in Knysna:

"We were fortunate to have been able to participate, in part, in the Urban Retreat which was held in Cape Town, at the Sufi Temple, during April, and were delighted to meet up with some Sufi friends whom we had not seen for some time. Congratulations to the Cape Town Sufi Group for having organized such a wonderful Retreat.

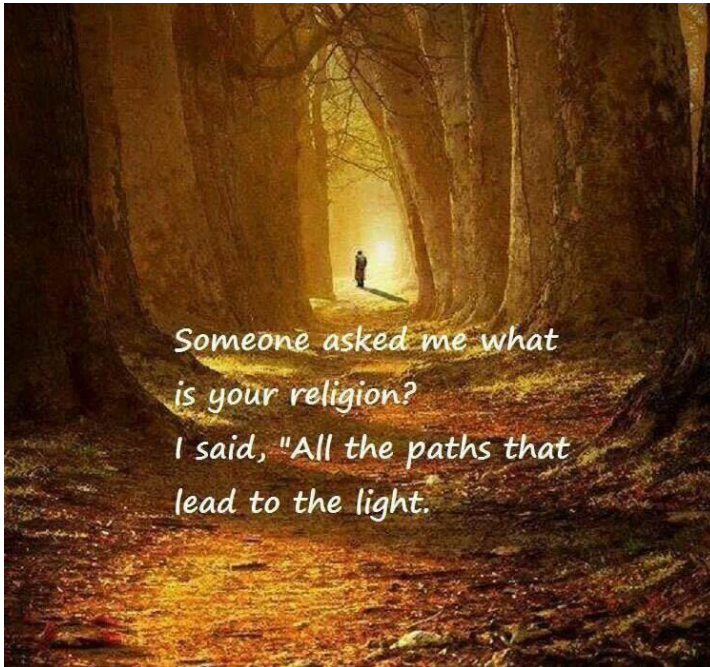
After having moved from Johannesburg, two years ago, to this beautiful part of the Garden Route, and not knowing many people here, we were fortunate to have made contact with, and are still getting to know, a number of like-minded people who live in the area, and who, although not Sufis in the strict sense of the word, are involved in spreading the message of love and light through their own small groups.

We started off by inviting some of these people to our home, where we held informal Sufi Services, and had coffee or lunch afterwards. This proved so popular, that we decided to join forces with the Self Realization Fellowship (Paramahansa Yogananda followers), and make use of the facilities at the local Premier Hotel's conference room, to organize a gathering, as we could only accommodate up to fifteen people at a time in our house.

Our first gathering drew 35 – 40 people, and we had representatives of the local Zen Buddhist Group, Satsangis, Christian Meditation, Hara Krishna, Self Realization fellowship and ourselves, as Sufis, all doing a reading from our specific following. This was followed by prayer, Sanskrit chanting and a silent meditation. This received some wonderful feedback, and we realized the need for fellowship amongst ourselves, and decided to make this a regular event.

We held our second gathering on the 24th May and this drew up to fifty people (which is a lot for this small area) with some coming from Plettenberg Bay, Sedgefield and even further afield! We had all of the above participants again, as well as a representative of the Philippine Master, Choa Kok Sui (Pranic Healing). We opened the gathering by saying the Sufi Invocation and lighting a candle representing "all those who have held aloft the Light of Truth through the darkness of human ignorance", followed by readings, Wesak Prayer (May was the month of Wesak), Sanskrit Chants and meditation. We were delighted to have Hanna (Latifa) Grotepass join us this time, who also contributed a Sufi based reading. Our next Gathering was on 21st June, which was officially Yoga Day, as declared by UNICEF! We celebrated the Unity of all Religious Ideals (the word Yoga representing the union of Body, Mind and Spirit)!

Our Intention is to organize similar gatherings every second month, and, as we are three Sufi Cherags here (Eugene, Tina and Hanna) we intend to start holding Sufi Services on alternating months to the above gatherings, and by doing so, hope to draw people who are specifically drawn to the Sufi Message of our Murshid. We will keep you updated!"



"The ideal alone is heart's deity,

A constant yearning its life.

The heart's not concerned with life or death,

The heart stands firm through all strife.

Beauty is heart's only object,

Its inspirer, its all.

The heart is all power that there is,

The angels attend its call."

An extract from Nirtan: Dance

Hazrat Inayat Khan

Remember that we have a brand new website!

Please take a look: <http://sufimovement.co.za/>

Universal Worship Dates
for Cape Town
10h30 to 11h30

September 2015

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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27	28	29	30			

October 2015

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11	12	13	14	15	16	17
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25	26	27	28	29	30	31

November 2015

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Contact

If you would like to give some feedback on the newsletter, or contribute to this newsletter please contact Caroline at sufinews1@gmail.com