



## The Healing Papers

### Magnetism by Hazrat Inayat Khan

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1. One of the aspects of personal magnetism is physical magnetism, which has three kinds of attraction.

- One kind comes because the mechanism of the body is working properly, regularly, when the circulation of the blood is right and when proper care is taken of the body.
- The next depends on the attractiveness of the form and features with which a person is born.
- The third is caused by harmonious movement.

The person who lacks any of these three things will naturally lack magnetism. As there is the blossoming of the trees, so there is the time in a person's life when he or she blossoms, a time which is called youth, when this magnetism expresses itself in its fullness. It comes as a season and it goes as a season.

#### Practice: Ishq (Ishk)

*Ishq Allah Mahbood Allah also be described as an ascending hierarchical order: natural love, intellectual love, and divine love. Where are you on this hierarchical scale?*

In Urdu, Ishq is used to refer to fervent love for any object, person or God. However, it is mostly used in its religious context.

The term Ishq is used extensively in Sufi poetry and literature to describe their selfless and 'burning love for God'.

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2. The second aspect of magnetism is the magnetism of mind. A person of thought and wit, one who is quick to grasp something and apt in expressing ideas to others, naturally has magnetic power.

*Ishq Allah Mahbood Allah also be described as an ascending hierarchical order: natural love, intellectual love, and divine love*

**Practice: Allah** (Al-lah)

All the Divine Names are contained in one Name, Allah. The Divine 99 Names are manifestations of the qualities of Allah.

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3. The third aspect of magnetism is the magnetism of heart. It is more powerful than the magnetism of mind, for the latter touches the surface whereas the magnetism of heart touches the depths of a person. The heart can be best described as a glowing fire if it is living, but when it is dead it is like frozen snow. Magnetism of heart needs no expression, for a person with a loving heart is certainly magnetic. Therefore no one should profess to love, for love speaks for itself; it needs no words. The fire does not cry out, "I am burning!" The heat of the glow is felt without words.

The magnetism of the heart can also be divided into three kinds.

- One is the heart that receives love. It has the magnetism of the moon; the cooling effect of the moon is seen in the beloved soul.
- Then there is the heart that loves, and this has a more powerful magnetism, a magnetism which can be likened to the sun, which is powerful and which shines.
- And the third kind of love is greater, finer, and more subtle than the two mentioned above: it is developed when the love becomes a continually springing fountain, which rises as a stream and falls as many drops. It is the love of souls who cannot help but love, the love of souls who only know love, not hate; the love of souls who are no longer the possessors of love but who have become love itself. Their magnetism spreads in a wider horizon and lasts longer than one could ever imagine.

Ishq Allah Mahbood Allah also be described as an ascending hierarchical order: natural love, intellectual love, and **divine love**.

**Practice: Mahboob** [Arabic] meaning “the one who is the object of love”

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4. The fourth and highest aspect of magnetism is the magnetism of the soul. The soul that is born again, the soul that has begun to live, the soul that has opened its eyes to the world,

that soul not only attracts the wise and the virtuous, but also those who are devoid of wisdom and who lack virtue.

- The presence of souls who have awakened is itself a magnetism; it draws people walking on the earth and it draws souls that are not seen on the earth. It not only draws the living beings, the lower creation, but also the trees and plants are drawn to it.
- The atmosphere that an awakened soul produces lives for centuries in this world, unbroken and unpolluted. The sky takes care of it and preserves it for generations, in order to experience and enjoy this atmosphere produced by the illuminated souls.
- And the third way in which the illuminated soul shows its magnetism is in words and acts, so that every word becomes dynamic, in Biblical terms a tongue of flame; and everything this soul gives to the world remains; it lives and never dies.

### Practice: Ishq Allah Mahbood Allah

Mystics of all ages have not been known for their miraculous powers or for the doctrines they have taught, but for the devotion they have shown throughout their lives. The Sufi in the East says Ishq Allah Mabud Allah which means 'God is Love, God is the Beloved'; in other words it is God who is Love, Lover, and Beloved. When we hear the stories of the miraculous powers of mystics, of their great insight into the hidden laws of nature, of the qualities which they manifested through their beautiful personalities, we realize that these have all come from one and the same source, whether one calls it devotion or whether one calls it love.

The irresistible desire to obtain possession of the beloved, expressing a deficiency that the lover must remedy in order to reach perfection (kamāl) [balanced stillness].

This conception of love acquired further dimensions from the Greek-influenced view that the notions of Beauty, Good, and Truth "go back to one indissoluble Unity [Ahad].

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### Closing:

- Prayer Khatum
- Dedication of Merit
- [Link to Complete Text: The Healing Papers, Magnetism](#)

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