



Hu Are You? The Deeper Side of Life by Hazrat Inayat Khan
Sufi Message Volume 11.13 Mysticism, Self-Knowledge
Edited and Presented by Murshida Nuria Stephanie Sabato

Part 1: The knowledge that the mystic seeks after is self-knowledge, the knowledge of one's self, within and without, the only knowledge that is worth attaining. It is contrary to the general tendency; which is to always want to know what is before one, and that is why one sees more faults in another and less in oneself. A person may think that if anyone is wrong it is the other, because they are less conscious of their own mistakes.

Self-consciousness is something quite different from self-knowledge. The self-conscious one is never conscious of the real self; only being conscious of the reflection received from others. "Does this person hate me?" "Does that person speak against me?" That is the thought of the self-conscious. If it is not that then one pities oneself: "I am poor," "I am so wretched," "I am so miserable."

Practice: Ya Quddus (yaa kud-DOOS) Al-Quddus is the ever-purifying one.

- To cease clinging to in order to experience intimate union,
 - Transcend the lower self and keep going toward the one Source of All,
 - Constantly cleanses the conceptual mind,
 - Purifies experiential world drawing inward towards intimacy and union,
 - A variation of the root of this Name means to return home to one's village.
- *Return again, Return again, Return to the Land of Your Soul, Return to the Land of Your Soul. Return to What You Are, Return to Who You Are, Return and Return Again.* (Rabbi Shlomo Carlebach)

1. Knowledge of Body

Self-knowledge can be divided into four kinds (Knowledge of the Body, Knowledge of the Breath Systems, Knowledge of the Thinking Faculty, Knowledge of the Self) of which the first is knowledge of this physical vehicle which we call our body: this vehicle (the body) has again two aspects, the head and the body, the former for knowledge (for all the special organs of perception are situated in the head), the latter for action. Knowledge of the physical body does not end with the knowledge of anatomy; in this body there are also centers which are the organs of intuition. In so far as science recognizes them, they are nervous centers, but what a mystic sees in them is the subtle power of perception. And therefore, to a mystic the human body is a more perfect instrument than a wireless

receiver, for that is a dead thing compared with the human body; the body is a living wireless receiver if it is prepared for that purpose.

And if one asks why it is necessary that one should prepare it for that purpose, this would be like asking if it is necessary that we should see with the eyes we have. The very fact that we have eyes means that we must see with them; and because of the very fact that the intuitive centers are situated in the physical body, it is necessary that we should be intuitive as well as intellectual, Besides to be intuitive and to be intellectual are not essentially two different things; they are just like the two ends of the same line.

Practice: Ya Quddus (yaa kud-DOOS) Al-Quddus is the ever-purifying one.

2. Knowledge of Breathing Systems

The next aspect of our being is the breathing system, which in reality is not physical. Breath as it is understood by science is the air which one inhales and its action on the lungs and other organs. But according to the mystic the breath is a formation of with us, it is magnetism/charisma, it is an ethereal aspect of our being which is not only situated in the body, but which is also around the body. It is by the power of this breath that we are able to stand and walk on this ever-moving world. The moment this energy, which is breath fails, we can no longer stand on the ground, even if the whole mechanism of our physical body is in perfect condition. Thus, there is a part of us living on the ethereal magnetism of the breath and that gives energy and radiance.

Practice: [Link to Purification Breaths, As Given by Hazrat Inayat Khan](#)

Closing:

- Toward the One, Towards the One, Towards the One
- Blessing
- [Link to Complete Text – Self Knowledge](#)

We pray this teaching resonates and benefits YOU!

Gratitude is expressed through Generosity!

[Donations Welcomed](#)