



Sufi Message Volume XIII - The Gathas
Part V, Saluk: Morals, GATHA III.I
Manner of Friendliness

November 2012 | Lesson Prepared by Murshida Nuria Stephanie Sabato

Play Audio File 1

Opening Music

Prayers: Sufi Invocation

Reading: Sufi Message Volume 13, Gathas, Morals, 3.1, The Manner of Friendliness

Play Audio File 2

Meditation: On different aspects of the manner known by the Sufis as *'ilm-i Adab*:

Practice:

- Reside in the breath.
- Feel your heart soften.
- Feel a sense of “friendliness” fill your heart. A serene sense of genuine openness.
- Feel your connection to the Divine Source of Light and Love.
- Feel within the vibration and expression of each of the qualities listed below.

Musical Meditations:

- Pachelbel's Adagio in G Minor
- Barber's Adagio
- Pachelbel's Canon in D Major

- Adab = Respect
- Khatir = Consideration
- Tawazeh = Hospitality, or welcome
- Inkisar = Humility, or selflessness
- Khulq = Graciousness
- Matanat = Seriousness
- Halim = Tenderness of feeling
- Salim = Harmoniousness
- Wafah = Fidelity, loyalty, constancy
- Dilazari = Sympathy
- Kotah Kalam = Moderation in speech
- Kam Sukhun = Sparing of words
- Mutabar = Self-respect, keeping one's word, proving trustworthy in dealings.
- Buzurg = Venerability
- Ghairat = Honor, or pride
- Hay = Modesty
- Bravery
- Experience
- Generosity
- Forgiveness
- Large-mindedness
- Tolerance
- To take the side of the weak
- To hide the faults of others, as one would one's own, out of sympathy and respect for another.

Closing Prayer: Khatum

Dedication of Merit

Donations are gratefully received and support these online classes in service to the Message.
Click here to make an offering by check or credit card.

You may also make an offering using PayPal by clicking the Donate button below.



NOTE: Gold text is clickable links to references.