



**Sufi Message Volume XIII - The Gathas**  
**Part V, Saluk: Morals, GATHA III.2**  
“Adab | Respect 1”

2013 February | Lesson Prepared by [Murshida Nuria Stephanie Sabato](#)

**Audio File 1**

**Opening Music:** The Zikar of Hazrat Inayat Khan

**Musical Meditation:** Introduction by KarimaGita Erickson

**Prayers:** Sufi Invocation

**Reading:** [Sufi Message Volume 13, Gathas, Morals, 3.2, Adab \(Respect 1\)](#)

**Audio File 2**

**Practice:**

- Reside in the breath.
- Feel your heart soften.
- Feel a sense of “sincerity” fill your heart. A serene sense of genuine openness.
- Feel your connection to the Divine Source of Light and Love.
- Feel within the myriad vibrations and expressions of respect.
- Reflection: “... *respect creates respect, disrespect re-echoes in disrespect.*”
- Reflection: “*One form of respect is to consider another person better than oneself...*”
- Reflection: “... *another form of respect, which is to recognize another person's superiority in age, experience, learning, goodness, birth, rank, position, personality, morality, or spirituality.*”
- Reflection: “*He who deserves respect is entitled to it, but when one does not deserve it and yet you respect him it shows your graciousness.*”
- Reflection: “*If man only knew that, in life, what he gives he receives, only sometimes the return does not come immediately, it takes time.*”
- Reflection: “*Those who reach a spiritual realization will only give respect generously, without thinking for one moment of getting it in return.*”

**Closing Prayer:** Khatum

**Dedication** of Merit

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