



Sufi Message Volume XIII - The Gathas
Part V, Saluk: Morals, GATHA III.3
"Adab | Respect 2"

2013 July | Lesson Prepared by **Murshida Nuria Stephanie Sabato**

Audio File 1

Opening Music: Heart of Perfect Wisdom, Robert Gass

Musical Meditation: Introduction by KarimaGita Erickson

Prayers: Sufi Invocation

Reading: Sufi Message Volume 13, Gathas, Morals, 3.2, Adab (Respect 2)

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.
- Practice: Ya Ra'uf / Ya Rahim
 - There are two divine Names that Allah specifically bestows upon the human being, and they are ar-Ra'uf and ar-Rahim. We see this quite specifically in the Qur'an: "A Messenger has come to you for your nafs" which means he has the quality of embodying this kind of extraordinary extreme of respecting people. And it then says, "Ra'uf, Rahim," describing the Messenger with these two divine Names.
- Reflection: *"Respecting someone does not only require a desire to respect but an art of respecting. One ignorant of this art may express respect wrongly."*
- Reflection: *"It is self-respect, which makes one inclined to respect another."*
- Reflection: *"The one who has no respect for oneself cares little if he respects another or if respect is at all necessary in life."*
- Reflection: *"There are three different expressions of respect. One is when the position or rank of a person commands one to respect, whether one be willing or unwilling, and under the situation one cannot help having respect, which is nothing but an outer expression of respect."*
- Reflection: *"The second expression of respect is when a person wishes to please another by his respectful manner.... By this expression one has two objects in view: One, to please another, and the other to please oneself by one's way of pleasing."*
- Reflection: *"The third way is the true feeling of respect, which rises from one's heart, and if one tried to express it one could not express it enough. If one were not able to express it fully it can always be felt, because it is a living spirit of respect."*
- Practice: Ya Ra'uf / Ya Rahim
 - There are two divine Names that Allah specifically bestows upon the human being, and they are ar-Ra'uf and ar-Rahim. We see this quite specifically in the Qur'an: "A

Messenger has come to you for your nafs” which means he has the quality of embodying this kind of extraordinary extreme of respecting people. And it then says, “Ra'uf, Rahim,” describing the Messenger with these two divine Names.

Closing Prayer: Khatum

Dedication of Merit

Donations are grateful received and support these online classes and 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.