

Peace is Power

1. *Murshid says, quoting Edna St Vincent Millay "The world stands out on every side, no wider than the Heart is wide"*
2. So, your heart, your world is just as big as what you care about, as what you carry in your Heart
3. And if you look at what your Heart is carrying right now, and you breathe the Fikr in it and out of it, where your breath is right now,
4. Coming into the breath ...
 - a. **Feeling and holding everything that is in our Heart, that we care about** ... not reacting to it ... holding the whole of what it is that is there for us when we truly look in ... and not say "I ought to feel like I'm connected to the whole universe and I want to hold on" ...
 - b. Just what's there for you, and what really comes up, and then without worrying about it or trying to shape it, or doing anything but holding it and breathing in it in this way ...
 - c. **Feel how the Peace shapes it, how that works through the power inside,** it becomes, it's held in a powerful way such that it produces Harmony within that sphere you're holding ...
5. **(01.20.31 standing)**
So, for me **I think a good way to get into this is to connect with Murshid SAM ... this was his path of Mastery ...** (*and beginning to walk the room ...*)
 - a. You're not going to see a lot when somebody's doing this because it's very ... it's non-reactive
 - b. But by walking, by movement, one overcomes that sense of separating out that often happens when you're sitting
 - c. But what you're doing is you're carrying with you what you... all the conflict within that area ... **everything that's within that including the conflict,**
 - d. and **you're carrying it with you in this place of powerful containment ..**
 - e. connecting with this teacher who is so close to us in our Lineage ...
 - f. Why do we develop all of our inner Powers?
 - i. It's not enough just to want ... to have it all for yourself ... that only takes you so far ...
 - ii. You want to be of benefit, you want to connect, you want to somehow ... offer ... it to ...
 - g. Power's intoxicating ... if you can hold it ... all the surgings of Power are in this container of Infinite Peace that is moving with your breath
 - i. You're an instrument of Peace ...