

Wali Ali's Commentary on Class 3 Reading Selections:

Class 3 Readings, Page 3: Murshid SAM's Commentary on the Gathas, Naqshibandi (Symbology), Series I Number 5: The Symbol of the Dove
In reference to the **Descent of the Dove breathing visualization practice**

He referred folks to the first selection in the readings PDF for more details about the symbology and meanings of the Dove (or pigeon, turtle dove, etc) and its connection with the Divine Spirit, or Holy Spirit from the Christian Tradition

Class 1 Readings, Page 5, 4th Paragraph: Murshid SAM's Commentary on the Githas, Dhyana (Meditation), Series I, Number 4 A:

"One going to their meditation feeling, "God is my Teacher, I have something to learn, I will listen attentively," will be rewarded with the greatest blessing, receiving in the Silence and Meditation that which they are capable of understanding, and by this gradually their purpose of life will be unfolded."

He re-emphasized that this approach is our primary focus in this course, to expand our awareness of and skill with watching the breath, in that gentle, refined manner that Ar-Raqib (Loving Attention) is pointing towards; and our skills with connecting the breath to whatever we choose to connect it to ... ultimately to The All Pervading Life in Space, the One and Only Being.

Class 3 Readings, PDF Page 5, Paragraphs 3, 4, 5 and Page 6, Paragraphs 1, 2 and the end of 3: Hazrat Inayat Khan's Githas, Amaliat (Psychology), Series II, Number 8: **Development of Power Through the Breath**

HIK: *"The secret is the breath that is purified and developed becomes a stream of nectar. In the first place, breath is life, and when its current is attached to the inner life, the life eternal, it becomes more radiant life and it gives life to all mortals."*

WA: This is our goal. We're breathing the All Pervading Life in Space, that power that is there, All Pervading, in Space. And at the same time, trying to deeply draw from the Source of it All, the Life Eternal, the Absolute, Ever Living Being.

If we can connect our living breath to that Reality through our inner sympathy for it, attunement with it, and our harmony with it in our Souls, then we become a vehicle of tremendous power.

HIK: *"It cures illness, because illness is caused by lack of life. It takes away depression, for it is light; when it is arisen, it takes away the clouds of depression. In the East, people seek the presence of a spiritual person, and often among them are such who never speak or teach or argue or discuss."*

WA: They just are They just breathe. They just bring their atmosphere. That's all of us, we all bring our atmosphere. You don't have to look for some role to play, to be someone who's offering blessings and teaching and opportunity. It comes from this place.

HIK: *"There are some who do not even utter a word of blessing, and yet their contact gives life to the lifeless, takes away depression and sorrows, clears away confusion and heals all maladies, for it is life that they radiate, and those in contact with them are benefited. It is an evident phenomenon that needs no proof. The atmosphere that a spiritual person charges with their magnetism is the testimony of his power. People call it psychic power, and yet psychic power without spirituality is a lame power and a blind power. When the psychic becomes spiritual, or when spiritual people develop psychic power, they become the fountain of life, continually flowing in this mortal world."*

Muiz: The underlined portion above reminds me of the wording of HIK's prayer Pir. As we become skilled in the mysteries and powers of the Breath, we too begin, more and more, to radiate these same qualities, and benefits. We become channels of blessing, and healing, and comfort, just in our atmosphere, just by breathing, just by being:

*Inspirer of my mind, consoler of my heart, healer of my spirit,
Thy presence lifts me from earth to heaven,
Thy words flow as the sacred river,
Thy thought rises as a divine spring,
Thy tender feelings waken sympathy in my heart.
Beloved Teacher, Thy very being is forgiveness.
The clouds of doubt and fear are scattered by Thy piercing glance.
All ignorance vanishes in Thy illuminating presence.
A new hope is born in my heart by breathing Thy peaceful atmosphere.
O inspiring Guide through life's puzzling ways,
in Thee I feel abundance of blessing.
Amen.*

WA: So if you're just trying to use the power of mind through concentration and will, it's going to be a lame force, from the standpoint of force, compared to the one who's breath and intention and atmosphere is touching the Ever Living, the One and Only Being. That makes it lame and it's blind

because if you don't have your ego-self out of the way, in order to see clearly, you're groping in the dark with your power. You're not necessarily going to be able to accomplish anything that's meaningful.

The development of powers is called the *siddhis* in the yoga tradition. It's a 2 edged sword, it's very tempting. The use of power, the development of siddhis for power is very beautiful and beneficial when it's exercised in a way that's wise.

HIK (from Series III, #3, paragraph 1):

"The use of psychic power is allowable to those who have insight into the law of nature; but without this knowledge the use of psychic power would be most harmful. By psychic power one can heal oneself and another, one can construct one's own affairs as well as the affairs of others, one can acquire riches and position; also, one can destroy things. The difficulty is in this question: What is really beneficial? For our fancies in life change at every moment, and what at one moment we think good and attainable at another moment we think useless; at one moment we think a certain thing profitable and the same thing after more reflection begins to seem disadvantageous.

For instance, by psychic power people attract wealth and perhaps the same may have become harmful to their children, or desired a position and occupied it by psychic power and situated themselves in a position where there was danger to life. One always sees this by deep study of life, that one gain causes a loss of a certain thing and one loss brings about a gain of a certain kind. And this is the necessary thing in life; there would not be a balance if it were not so.

The first thing that is desirable, or that which is most desirable in life, is wisdom. The next is power. As a foolish person would not be able to make good use of their wealth, so a person with psychic power without wisdom is apt to harm themselves with their own power rather than to do any good. Every atom in this world has its peculiar charm and attraction, and humankind, so attracted by things that seem for the moment attractive, whether wealth, power, position or a friend, does not necessarily know the outcome of their attainment."

WA: So caught up ... power is intoxicating. This is why spiritual schools for the most part don't begin by teaching the techniques to develop power, because the first thing is to develop wisdom.

HIK (last 2 sentences from that same section): *"The nature of power is to cover the eyes and hide from one's sight the true nature of the things he*

wishes to attain. When power leads and wisdom follows, the face of wisdom is veiled and one stumbles; but when wisdom leads and power follows, then they arrive safely at their destination."

WA re-read this point several times, then moved to a 2 part practice:

1. Concentration on the words from the prayer Saum, "Use us for the purpose that Thy Wisdom chooses",
Changed to "Use me for the purpose that Thy Wisdom chooses"
See if we can really OWN these words, willing to give over our own power and will, so we're able to be in touch with that Wisdom

Breathe, finding our relationship with that, accept that, or notice if there is any resistance to that, and gently ask why?

Then when grounded in this concentration, move on to part 2

2. repetition of the pair of Divine Names – Hakam and Hakim (HAA-kam, Ha-KEEM) 33 times

Ya Hakam = The Source of All Wisdom, immersed in the boundless, silent absolute Life. Feel it entering through the crown, connected to Source,

Ya Hakim = The manifestation of Discerning Wisdom which is Healing. Bring the essence of the Hakam down into the Heart, as the embodied manifestation of Wisdom.

Able to discern and see clearly and able to see what is, from all that is available what is going to be the healing way of presenting it – not just the "right" way from our mind's perspective.

Finish with blowing the sound Hu into the Heart.