

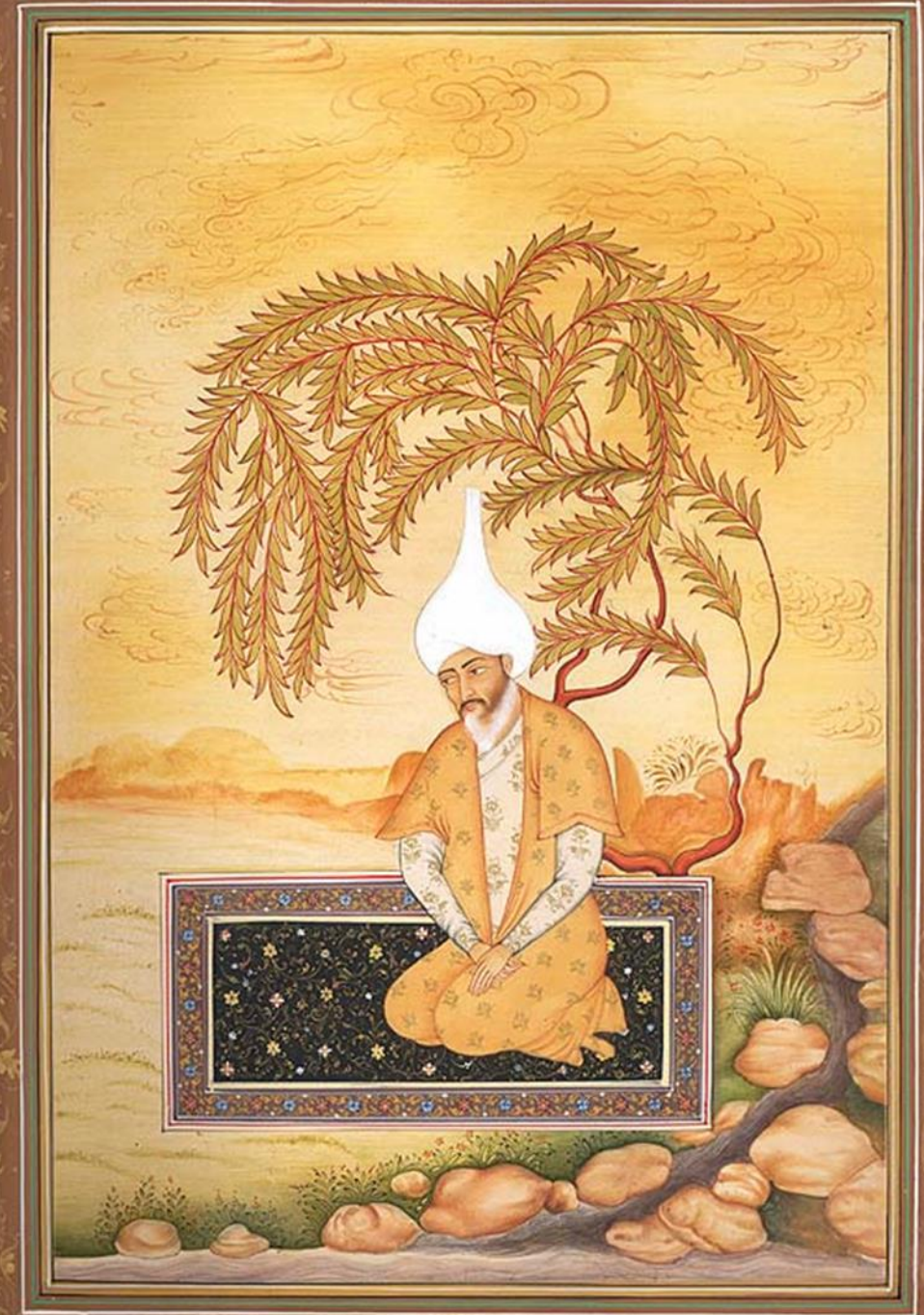
The Sufi Path of Self-knowledge

Lecture One

Marifah



chicago gnosis



Allah says, "I was a hidden treasure, and I wished to be known, so I created a creation (mankind), then made Myself known to them, and they recognized Me."

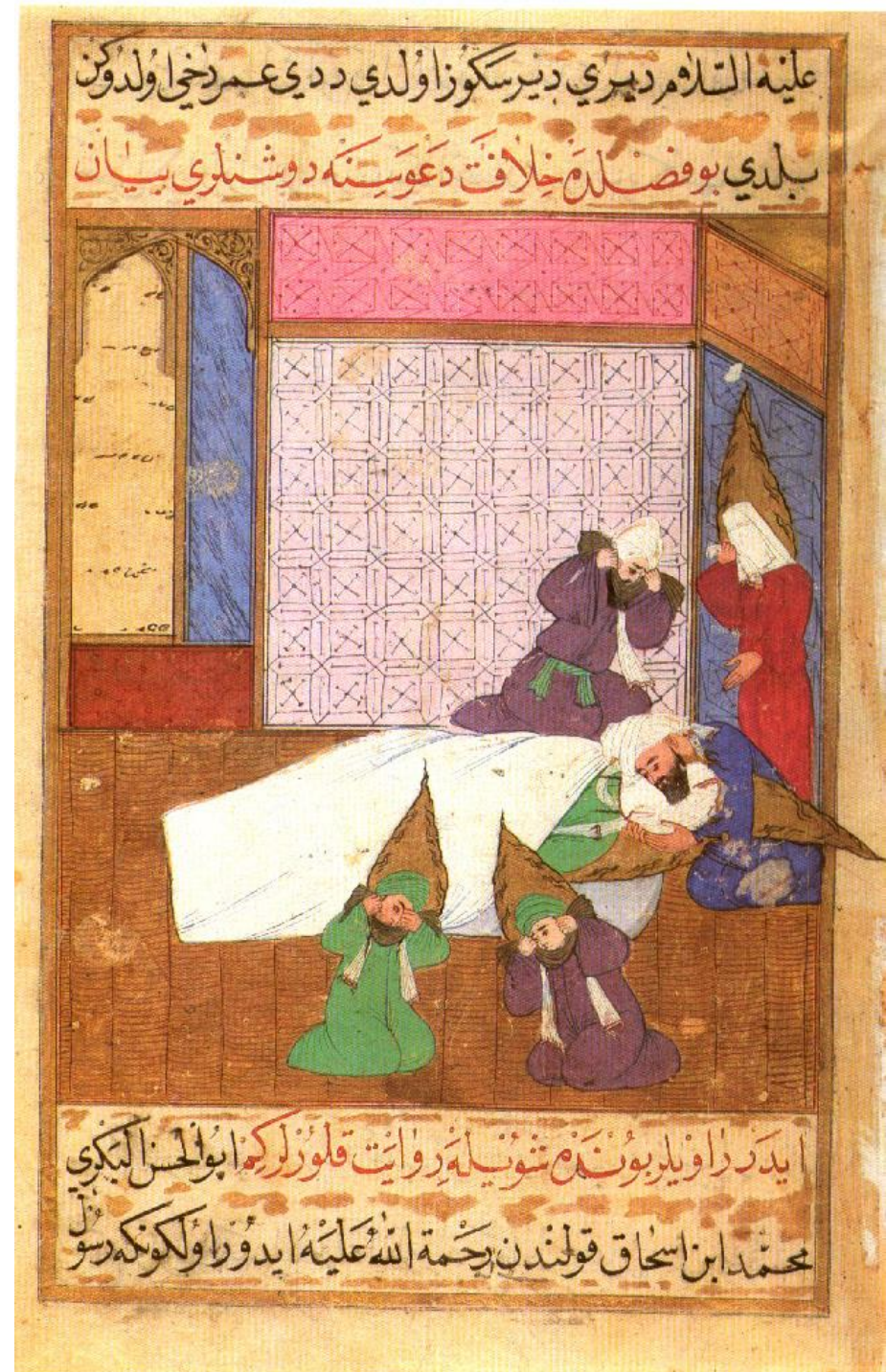
–*Hadith Qudsi*

"He who knows himself knows his Lord."

–*Sufi Proverb*

On the authority of Abu Abbas Abdullah bin Abbas: "Be mindful of Allah, and you will find Him in front of you. Recognize and acknowledge Allah in times of ease and prosperity, and He will remember you in times of adversity."

–*Hadith Nawawi 19*





Knowledge and comprehension are different. Knowledge is of the mind. Comprehension is of the heart.

–Samael Aun Weor, *Treatise of Revolutionary Psychology*

An hour of contemplation is better than a year of prayer.

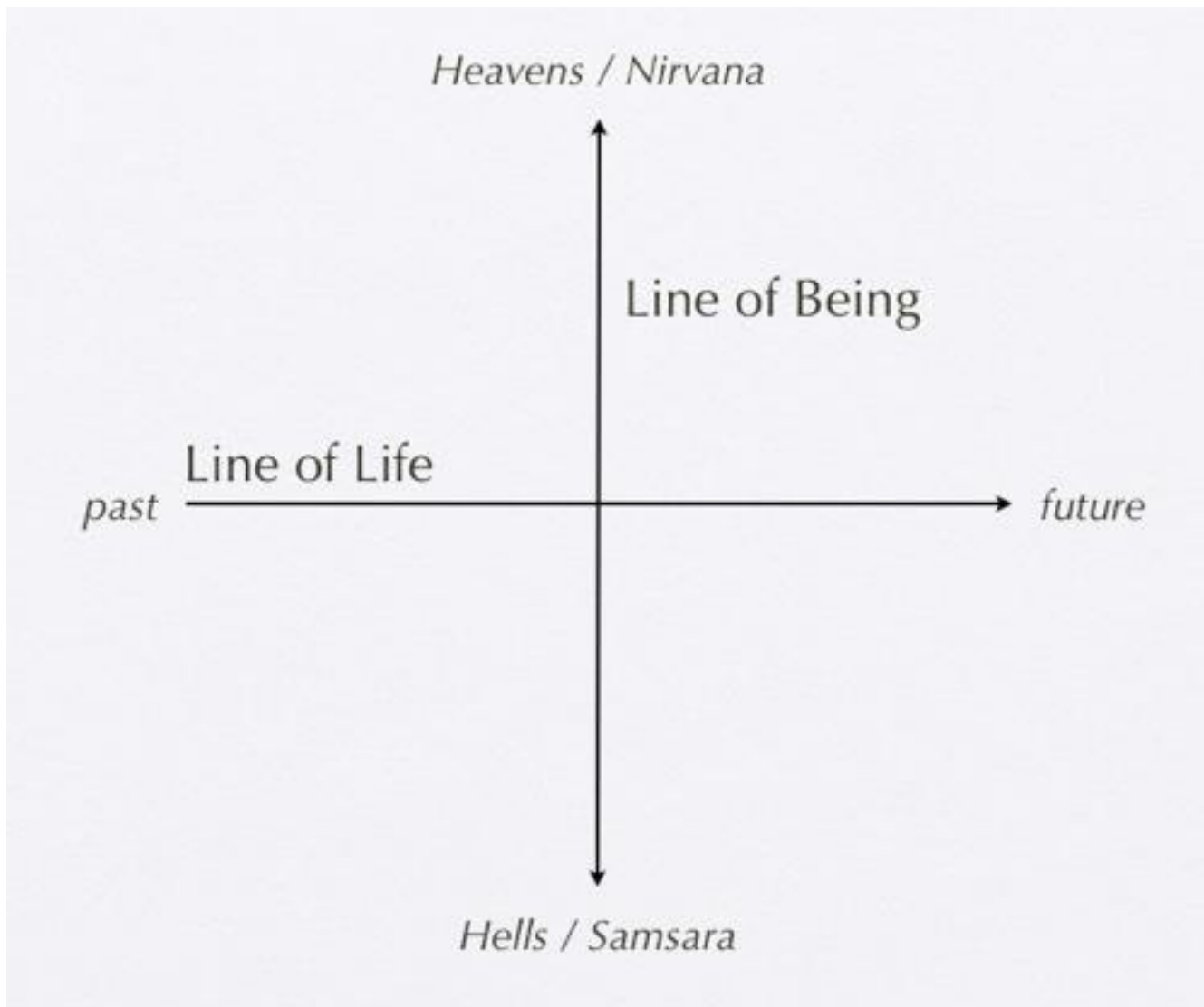
–Prophet Muhammad, *Hadith*

Being and knowing must be balanced to establish a sudden blaze of comprehension within our psyche.

When knowing is greater than being, it causes all kinds of intellectual confusion.

If being is greater than knowing, it can produce cases as serious as that of a stupid saint.

—Samael Aun Weor, *The Great Rebellion*



The best act of worship is watchfulness of the moments. That is, that the servant not look beyond his limit, not contemplate anything other than his Lord, and not associate with anything other than his present moment.

Al-Wasiti in Al-Risalah: Principles of Sufism by Al-Qushayri

The key to success in worship lies in meditative reflection (*fikrat*)...whoever persists in such reflection in the heart will behold the invisible realm in the spirit.

Whoever contemplates God through keeping watch over the thoughts which pass through his heart will be exalted by God in all of his outward deeds.

–Dhū'l-Nūn Miṣrī in 'Attār: Tadhkirat, 154-155





It is said, "Silence for the common people is with their tongues, silence for the gnostics is with their hearts, and silence for lovers is with restraining the stray thoughts that come to their innermost beings."

Al-Risalah: Principles of Sufism by Al-Qushayri

[Al-Jurayri] said that whoever does not establish awe of duty and vigilance in his relationship to God will not arrive at disclosure of the unseen or contemplation (*mushahadah*) of the divine.

—*Al-Risalah: Principles of Sufism* by Al-Qushayri

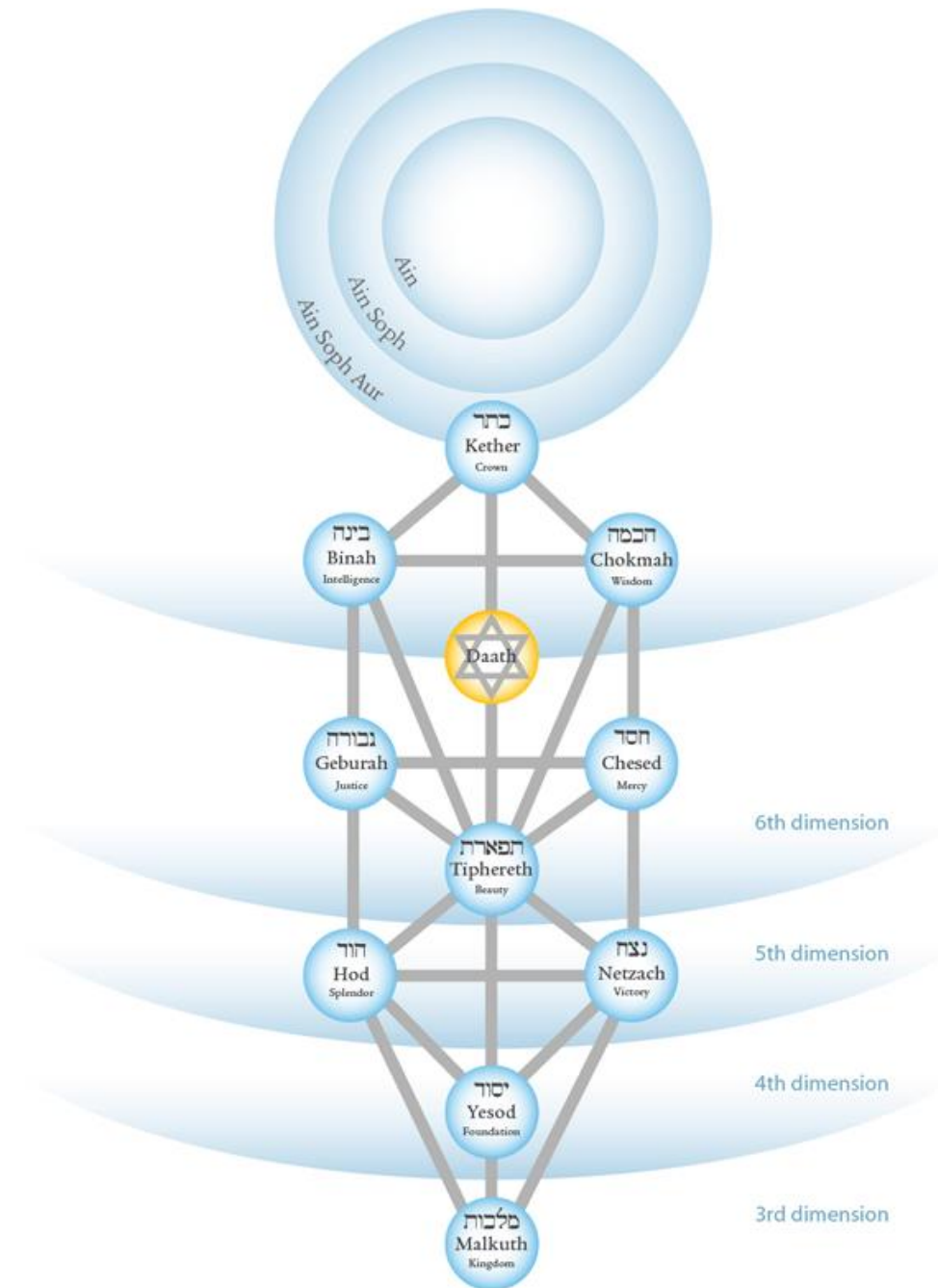


The Four States of Consciousness

1. *Eikasia* εικασία: "imagination," εικόνων eikonon—"images"
2. *Pistis* Πίστις: "belief; faith" Πιστεύω *Pisteuo*—"to trust, to have confidence, faithfulness, to be reliable, to assure"
3. *Dianoia* διανοία: "Imagination, thought, mind, perception," from διά, "thoroughly, from side-to-side," which intensifies νοιέō, "to use the mind," nous, "mind"
4. *Nous* νουν: "mind, intellect, intelligence"

Wherever the delusion of your selfhood appears – there's hell. Wherever "you" aren't – that's heaven.

–Abū Sa'īd in Ibn Munawwar: Asrār at-tawhīd, ed. Shafī'ī-Kadkanī, 299



In general, it is to the measure of one's alienation from one's own ego that one attains direct knowledge of one's Lord... I heard Abu Ali al-Daqqāq say, "One of the tokens of the gnosis of God is the achievement of deep awe and reverence for God. If someone's realization increases, his awe increases." And I heard him say, "Gnosis requires stillness of heart, just as learning requires outward quiet. If someone's gnosis increases, his tranquility increases."

—Al-Qushayri, *Al-Risalah: Principles of Sufism*



When the seeker realizes the station of contemplation (*mushāhida*), which is witnessing God's Essence comprehending and encompassing all phenomena – “Does not your Lord suffice, since He is witness over all things” (41:53) – he continually witnesses lights from the *mundus invisibilis*. From such a mystic's perspective, this world and the hereafter are one and the same. This can only be realized by a vision that is all heart and spirit, not a view bound by mere mud and mire.

–Ibn Karbalā'ī, *Rawdāt al-janān*, II 164

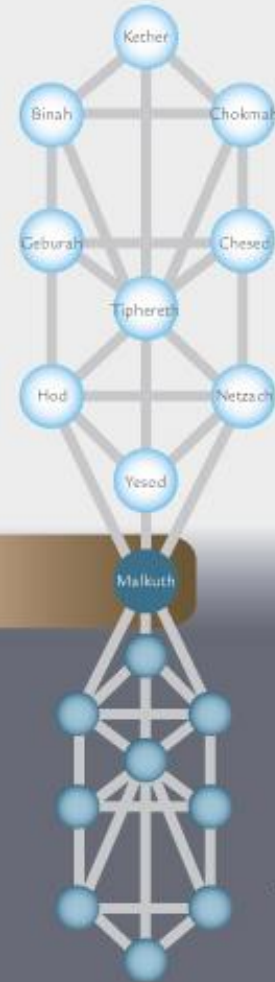
EXTERIOR WORLDS



HUMAN MACHINE



INTERIOR WORLDS



LIBERATED CONSCIOUSNESS

Selfless Love
Pure Chastity
Sincere Humility
Selfless Diligence
Selfless Generosity
Conscious Temperance
Genuine Happiness for Others

CONDITIONED CONSCIOUSNESS

Ego, the many "I's":
Greed, Laziness,
Lust, Anger, Pride,
Gluttony, Envy, Self-esteem,
Attachment, Fear, Resentment,
Ignorance, Fanaticism,
and thousands more