



The Alchemy of Happiness: v. 6 (The Sufi Message)

Hazrat Inayat Khan

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Sufi Hazrat Inayat Khan (Baroda 1882-Delhi 1927) provides a beautiful guide book for your inner path. It contains neither prescriptions nor do's and don'ts. You may be provided with an insight and understanding which may be as a welcome in the circle of Sufi friends, or as a silent companion on your further way. "The soul is called Atman, which means happiness or bliss itself. It is not that happiness belongs to the soul; it is that the soul itself is happiness." This inspiring book covers almost all aspects of the life of someone who chooses to go the way of self-unfoldment and self-realization. It refers to the struggle of life, its intoxication and its deeper side. The aim, meaning and purpose of life are discussed. What is wanted in life? Essential for the answer to this question are concepts like the art and development of personality, attitude, interest and indifference, purity of life, and the ideal. All these are discussed in separate chapters dealing with these items in an inspiring and up-lifting manner, nevertheless remaining realistic as to daily life's requirements. Life is presented as an opportunity to gain experience both within and without, stressing their mutual interdependence. The second half of the book discusses, amongst others, inner life, the kingly road from limitation to perfection, and the stages on his destiny, in the context of the continuity of life.

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