

Sufi Models of Spirituality

Abdul Aziz Said, School of International Service, The American University

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Introduction

Unity and love already exist between any two beings. Spiritual practice helps to realize it. The natural, social, and political world responds when we cooperate. Way and goal are not different. Peace contains love, and love is the fulfillment of peace. This is not an end-state, but a dynamic process—surrendering to the grace of the moment.

Seven Elements of Spirituality

1. Love
 - a. Surrender to the grace of the moment
 - b. “Yes!” = No resistance to what is. This does not mean not responding
 - c. Detachment—from desire that things be different
 - d. The Love Triangle = Loving thoughts, words, deeds = Both results and causes of underlying love
 - i. Compassion = Conscious tendency to eliminate suffering and delusion
 - ii. Loving-kindness = Conscious tendency to increase happiness or love
 - iii. Wisdom is compassion at rest, Compassion is wisdom in action
 - e. Circulate(whatever good energy we have), if only by radiating it quietly
2. Remembrance of the Divine
 - a. We remember what we love, and we love what we remember
 - b. We become like what we remember, and we dissolve in what we love
3. Oneness
 - a. Unity is the realization of love
 - b. Interdependence, interrelationship, inter-being, connectedness
 - c. Basic equality—We’re all learners, growing, with infinite limitations, the same Divine essence
 - d. Cooperation
 - e. Spirituality includes social and political action
 - i. Inner transformation is inseparable from outer transformation—but comes first
4. Peace
 - a. Spirituality is the inner knowledge of peace
 - b. Peace is a process, not a destination or static state
 - i. Joy = Vibrant peace
 - c. Spiritual action = Any action performed with a quiet mind and open heart
5. Heightened awareness includes: “Look and see” into the more real conscious reality beneath the transitory and shallow level of thoughts
 - a. Various levels of knowing—of conscious reality—are uncovered
 - b. Spiritual science—Look and see—Investigate the deeper conscious realities by seeing—and thus dissolving—progressively subtler levels of mental formations

- i. Four levels of knowing—analysis, discrimination, inspiration, transformation
 - 1. Mohiyuddin ibn al-Arabi: Perceiving and being that which is—transformation
 - 2. Fanaa = Samadhi, satori, jhana, nirvana
- 6. Tightrope balance of ideal and experience—ideals are not realization
 - a. Balance comes through “self observation” in all situations
- 7. Freedom is an end in itself
 - a. Inner freedom comes before political, economic, and social freedom
 - b. Outer freedoms follow if enough people realize inner freedom