

Which Papers are the Most Essential reading? Some Suggestions.

We all have to start somewhere with this body of work. Any such list is somewhat arbitrary and others may well choose different papers. On the Archive website we listed 70 papers as Major papers. This is from a total of 214 papers. Clearly this list below is much shorter and obviously excludes what others may consider essential.

What follows are simply choices you might make. Beginning your own journey with any one of these papers that you feel drawn to would be worthwhile. Follow your own inclination, guidance and intuition.

It's not a question of having to, or trying to, work through a large number of papers. This kind of practice is a slow process on the whole. Clearly it is a long-term spiritual practice. All stages of the journey are to be enjoyed and appreciated. Experiencing even just one of these papers deeply and heartfully may be enough for us.

Any of these papers (and others) will connect us to Murshid SAM's transmission and makam. It is an effective and rewarding way of connecting Heart to Heart with to Murshid SAM.

Original Papers by Murshid SAM

201 Suras on Breath. An Original Sangatha. This is a profoundly mystical approach to the energy of breath. Many of the Suras may take time to assimilate fully, especially on first reading. However, over time, as the breath is refined, as the heart sphere is cultivated, what was initially hidden, gradually or even suddenly, becomes crystal clear.

Forty Lessons on Breath. More accessible perhaps this is a shorter version that is based on 201 Suras. It has more practices added and much of the deeper esoteric aspects of breath removed. They were edited by Murshid Moineddin Jablonsky. This version first appeared in the book, *In The Garden*.

Eight Lessons on Breath. This is a really accessible and very practical paper. Found in the **MORE** section on the Archive website. Essentially it is a foundational exploration of the processes of inhalation, exhalation, the nostrils, Jelal, Kemal, Kemal, rhythm and movements, and finally colors.

Fana fi Sheikh - Sangatheka. This paper was completed by Murshid SAM in 1970 only a couple of months before he died. Fana-fi-Sheikh is assimilation or ego-self-effacement in the living personality of the teacher. As Murshid SAM points out, "The Sheikh is the transformer by which spiritual magnetism may be converted into strength of will for the success of disciples in all undertakings. Contrariwise, the disciple is the Sheikh experiencing the particulars of life and when this attitude is followed, the union between teacher and pupil becomes stronger even without transcendental experience."

On the Performance of Zikr. An Original Sangatha. Series 1, 2 and 3. Offers various types of concentration practices which are held before or during zikr practice. The concentrations include wazifas, Darood, elements, symbols, Sufi Pirs and Rassouls.

Spiritual Training Through Music. A very short though extremely rich paper presenting in detail the basis of successful zikr practice. The Focus is on perfecting one's note in the heart, one's receptivity to cosmic vibrations, breath and the nature of sound. This is all developed by simply intoning the sounds AL, LA and HU. Very practical and experiential.

The Bestowing of Blessing. An early work of Murshid SAM and unusually one that is dated, 1937. Dedicated to Murshida Rabia Martin. Murshid SAM writes: "The great work of the initiates henceforth will be to spread Baraka. By so doing they will purify the general atmosphere, and by that the Message which belongs to the sphere itself will gradually touch the hearts and minds of all who pass through it,

who breathe the air or go to the places where the seeds of Baraka have been sown. Thus is the selfless propagation of the Message.”

This is an unpublished book with 18 chapters. Among others there are chapters on Attitude, mental and Heart attitude, Baraka, Urouj, Rhythm, Mastery, Sufi Instruction and Baraka, the Fulfillment of Baraka.

Papers by Pir O Murshid Hazrat Inayat Khan with Commentary by Murshid SAM

The Book of Health, Part II: Healing. Chapter II. The Psychological Nature of Disease with Commentary. This has been one of the most informative, instructional and beneficial papers for me personally. Shows clearly the ways to health and how to experience the fullness of life.

Cosmic Language with Commentary. Certainly one of SAM’s best papers and arguably Inayat Khan’s best too. In 1969 Murshid S.A.M. wrote to his friend Paul Reps, “At the present time my most important work is the commentary on Hazrat Inayat Khan’s "Cosmic Language."

Gatha Naqshibandi: Symbology with Commentary. Series 1, 2 and 3. Murshid SAM referred to these papers as the “Core of the Gathas”.

Gatha Pasi Anfas: Breath with Commentary Series 1, 2 and 3. A comprehensive course in the art and science of breathing and the energy of breath.

Githa Ryazat: Esotericism with Commentary. Series 1 covers Nimaz, Wazifa and Zikr. Series 2 covers Fikr and Kasab, Series 3 covers Shagal. “This is the very core of the inner side of the Message.” Murshid SAM. All mureeds and guides with benefit greatly from careful study of these papers.

Githa Sadhana: The Path of Attainment with Commentary. Series 1 and 2. This paper has also been one of the most helpful in my life in a practical sense. Sadhana is our own spiritual practice and Hazrat Inayat Khan is applying spiritual practice directly to aspects of our lives, outer and inner. "We live by the hope of attainment - without this one cannot exist - be it spiritual or material, of a selfish or of an unselfish one."

The path of Sadhana teaches us how to develop mastery in life through concentration and how to focus on something in particular that we would like to bring into our reality. As Murshid SAM comments: "One does not complete it by having a particular vision or dream or inner experience—one completes it only after a material event, sometimes after many acts and events."

Mental Purification with Commentary. Chapters 1-7 by Murshid SAM. Chapters 8-10 by Murshid Moineddin. This was an unfinished commentary begun by Murshid SAM which Murshid Moineddin completed.

It’s worth studying for the experience of Murshid Moineddin’s commentary as he did not complete many other commentaries. As mureeds, this is a necessary stage of purification for all of us. We learn how to overcome and prevent anxiety, worries, doubts and fears. The practices of Fikr, relaxation, refinement of breath and more all contribute to the unfolding process. Once the mind is purified the next stage is cultivation of the heart quality which culminates in spiritual attainment.