

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God the Most Compassionate, the Most Merciful

The Heart is the Astrolabe of Love

Listen please with your heart as I pronounce these words and seek to illuminate your condition and guide you lovingly on your journey.

The essence of our teaching is Love. It is the foundation of knowledge. It is the bedrock upon which the journeying of insight and awareness is founded. All perception flows through the lens of the heart, and the heart is the astrolabe of Love.

Love is the feeling by which the soul knows and is made aware of revelations and mysteries. It is the gateway to the Divine and the heart is the breathing, living centre of your awareness.

On your journey through life, it is most important to become more and more sensitive to the messages of your Heart. To listen to, and heed, its insights, its voices and its pictures. It is able to open you to guidance and awareness which is not accessible by means of your other faculties.

Let yourself go into that realm of awareness and in that field of expanded consciousness you will encounter Love.

Love is the lens of your appreciation of all the Beauty in the creation, in life, leading you to an understanding of the processes by which the world moves and changes, and the knowledge abundant is expressed.

To enter into this field of energy which we call Love – *Ishq* – is the most exquisite and Real of experiences.

By means of this experiencing, or perception, you will begin to see with the heart, and to feel guidance which will also enable you to trust that which comes as guidance, that which comes from beyond, and is based firmly and reliably on Light and Knowledge and Truth for the Highest Good and in true service to Divinity and Unity.

The only avenue of access to Love is the heart. You must focus your attention in a relaxed and allowing way on the heart.

You may be asking how you do this, how you imagine the heart. In addition to valuable insights and teaching in this regard which have already been given



and to which you should return and give close regard, we can say this to you, in a desire to help you to make this journey of experience.

Firstly, you already know how to do this, to make these steps through the portal of the heart into the valley of Love.

Secondly, the mind has its thoughts and intentions, and in these very thoughts and intentions, it calls into being the reality of this experiencing. Just by thinking and intending to explore the regions of the heart, you begin to do so.

So it is an easy process, it is a relaxed process, it only requires a focussing, an intent, a direction of the mind or will, and then an allowing, an accepting, and so an experiencing.

Every time you try it, it will begin to take you further, and your understanding and your recognition of the nature of this new experiencing and perceiving will become more stable and more rewarding.

Thirdly, the journey of the heart and the experiencing of Love is not directed by you. You merely enter into it, and then submit to its process and its direction. You only allow and receive; the *barakat* (blessing) supports and blesses you so that this expansion can take place – it is a gift from the Mercy and Bounty of the Lord.

Fourthly, do not create expectation or pre-imagine what is there. Love is a garden of exquisite delights, and it is beyond imagining or description, but it is at the heart of knowledge and higher planes of consciousness.

From this Source flows all manner of insight, wisdom, truthfulness, and benefit. These benefits and blessings are then to be shared through you to others, so that, like prayers or good thoughts, they reverberate and ripple among others, shedding their light and their healing in ever widening circles of blessings.

Fifthly, the path is one of active service. It is one of expansion. This comes from connecting now to the heart and letting the wisdom of the heart guide you forward. You will find that you need to learn to submit to this guidance and love it, and be assured that loving guides are here always, by your side, holding your hand, walking with you, in the rose-garden, inhaling the sweet scent of the roses' blooms in the fragrance of the heart.

So you are always safe, and supported, and cherished. Let yourself feel free and allowed to enable this process of guidance and understanding to unfold, to express itself through you. You can do this now, and you can do it with due humility, guided by the power of Love, Love in the heart. This is what the Sufis stand for, what stands at the core of our beautiful tradition, founded upon the supreme guidance of our beloved messenger and Prophet, Muhammad Mustapha, may the peace and blessings of Holy God be upon him, always and forever, and upon all his family and descendants and faithful followers in the truth.

Ameen.

