



The God-Ideal, The Existence of God  
**By Hazrat Inayat Khan**  
Presented by Murshida Nuria Stephanie Sabato

Gayan #336 - Chala #15 - The God-ideal is the flower of creation, and the realization of truth is its fragrance.

**Practice:** Breathe Out: *The God-ideal is the flower of creation*  
Breathe In: the realization of truth is its fragrance.

The existence of God is a question which arises in every mind, whether in the mind of the believer in God or in the mind of the unbeliever. There are moments when the greatest believer in God questions God's existence – whether there really is a God? The idea of God is inborn. The God-Ideal is the flower of humanity; and this flower blooms in the realization of God.

God and the God-Ideal may be explained as the sun and the light. Just as there come times when the sun becomes covered by clouds, so there come times when the God-Ideal becomes covered by materialism. But if the cloud for a moment covers the sun, that does not mean that the sun is lost to you. So if in the reign of materialism the God-Ideal seems to have disappeared, yet God is there all the same. The condition of the world is just like the ever rising and falling waves. Sometimes they seem to rise and sometimes to fall, but with every rising and falling wave the sea is the same so with all its changes life is the same.

It is the nature of every soul to search for light. But the great question is, how can light come when nation is against nation, race against race, and the followers of one religion against the followers of another? How can there be peace and light? The sign of day is that all things are clear, and the sign of night is that nothing can be found or seen.

**Practice:** Ya Nur / Ya Salaam

Ya Nur (yaa NOOR): Nur is the essence of light, luminosity itself. All the various forms of wisdom and guidance are expressions of Nur.

Ya Salam (yaa sa-LAAM): As-Salam is peace itself. This divine quality is recommended as a greeting when meeting others, and its recitation is an

antidote for disharmony in our relationships. One form of the root of Ya Salam means “to be safe.”

It is the divine energy that bestows peace itself on us, and it is the miraculous word that Allah speaks to our souls.

God is love then we, every one of us, can prove God in us by expressing God in our life. Yes, according to the external customs of the different religions, one goes to church, one to the mosque, one to the synagogue, and one to the temple of Buddha. But the inner church is neither in the mosque nor in the synagogue, but in the heart of every human being, where God abides. With this divine element lighted in the heart, one will go to the house of prayer and then one’s prayer will be heard.

**Practice: Ya Nur / Ya Hayy**

(yaa NOOR): Nur is the essence of light, luminosity itself. All the various forms of wisdom and guidance are expressions of Nur.

(yaa ḤAIYY): Al-Hayy is the life principle that never dies. This divine Name is also the living presence of everything, whether it is dead, alive, animate, inanimate, material, spiritual, or anything in-between.

**Al-Hayy** is filled with vitality; it is the inner life of the heart. Repetition of Ya Hayy arouses a kind of life energy and freedom that is an antidote to the deadened condition of the heart that is often the result of grief and sorrow.

The work the Sufi Message is destined to do in the present epoch is to bring about a better understanding among the followers of the different religions. The Sufi Message is not a new message, although it strikes the note of the day. It is the re-echo of the same voice heard in all ages. At the present time, when races, nations, and the followers of different religions are all against each other, a word of unity and peace alone can unite all together in God.

**Practice: Ya Ahad / Ya Salaam**

**Ya Ahad (yaa A-ḥad)**

Al-Ahad means total and absolute oneness. It is the one of the one. It should not be confused with the conception of the totality of all things. Oneness is an essential characteristic of Allah. God is absolutely singular and unique.

From the view of al-Ahad, of unity, no distinctions are made between the different prophets of God. Each one of them is a complete entity of the whole. Al-Ahad is the center of a circle without a circumference.

**Ya Salam (yaa sa-LAAM):** As-Salam is peace itself. This divine quality is recommended as a greeting when meeting others, and its recitation is an antidote for disharmony in our relationships. One form of the root of Ya Salam means “to be safe.”

It is the divine energy that bestows peace itself on us, and it is the miraculous word that Allah speaks to our souls.

The Sufi message is given to all nations; it is a call to all races and to the followers of all religions. It teaches people to follow whatever religion they may profess, but to follow it truly and understand it better; not only to believe in God and the words of the Prophets, but to have faith in God and the divine word. We must think of the tolerance of the Holy Ones and of forgiveness and what the world would be today if we had it too. If this teaching has been of benefit to you, your Kind Generosity is Welcomed.

**If we follow the natural religion – that divine impulse that is in every heart – then we shall be living the true religion.**

**Closing:**

We pray this teaching resonates and benefits YOU!

Your gratitude is expressed through generosity! Every little bit counts!

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