

## TECHNICAL CONCEPTS OF SUFISM

Science of Certainty = Revelation of Truth

1. Knowledge of Certainty in which it is known, verified and evident
2. Essence of Certainty in which it is manifest and witnessed
3. Truth of Certainty, a co-joining of the witnesser and the witnessed

Stages of Man = 7 Nafs [breaths]

1. The depraved – the individual is out of control, but believes he is coherent. Here he starts to realize he is undeveloped and has a multiple and changing personality.
2. The accusing – dawn of self-awareness and accusation where automatic thoughts are seen for what they are.
3. The inspired – the beginning of real mental integration with the mind becoming capable of operating on a higher level.
4. The serene – balance and equilibrium of the individuality is attained.
5. The fulfilled – a new range of experiences is available beyond our powers of description.
6. The fulfilling – new activity, function and dimensions of individuality
7. The purified and complete – reconstitution is complete and objective understanding is attained.

10 Veils / and their antidotes

1. Desire / austerity
2. Separation, self centering / sincerity
3. Hypocrisy, self pride, materialism, violence / humility and poverty
4. Narcissism / detachment
5. Illusions / glory in the qualities of God
6. Avarice & parsimony, envy / power of certainty
7. Greed / austerity and piety
8. Irresponsibility / patience
9. Haste to fatigue, lack of constancy of purpose / exercise
10. Negligence, lack of awareness of needs / awareness, focus

5 [7] Latifa = 5 [7] Spiritual Organs

1. Heart located in the physical heart
2. Spirit located in the chest opposite the heart
3. Secret located exactly between the 2 above
4. Mysterious located in the forehead
5. Deeply Hidden located in the brain
- 6 & 7 are hidden from common knowledge