

A Ghazel of Hafiz, translated by Kabir Helminski

You who are not yet aware, become the possessor of awareness.
If you haven't traveled, how can you be a guide?

In the Academy of Realization, pay attention to the adept of love,
so that one day, O son, you may become a father.

Wash your hands of the cheap metals of existence like the
mature,
so that you may find the philosopher's Stone of love and be gold
yourself.

Sleeping and eating has kept you far away from your true level.
You will come to yourself when you give up sleeping and eating.

If the light of the love of truth falls on your heart and soul,
you will be more beautiful than the sun of the skies.

For one moment drown yourself in the sea of God, don't think
the seven seas will wet a single hair of yours.

From head to toe you will become the light of God
when you lose yourself on his resplendent road.

Once God's face becomes the only thing you see,
you will surely become a master of vision.

When the basis of your existence is overthrown,
empty your heart, for you will also be overthrown.

O Hafiz, if your head is set on the climax of union,
be the dust on the threshold of those who can see.

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Meditation and Remembrance

We practice meditation (muraqaba) to move away from the false self and be centered in our essential self.

We practice remembrance (zhikr) for the essential self to be in resonance with the Divine.

The essence of meditation is watchfulness, inner listening, which quiets the mind and stills the emotions.

The essence of remembrance is communion with the Divine Attributes which are not other than Divine Being.

Meditation is, to one degree or another, the awakening of self-awareness.

Remembrance is, to one degree or another, the perception, recognition, awareness of Divine Presence.

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If you want to address God, say:

I cannot endure one moment without you. ~ Haji Bektash