

## Halqa Meeting of January 18, 2015

Abdul Hayy Khilwati: Mahmood Jan talks about how distractions and changing moods interfere with his practice of the invocation of Allah [*zikr*]. Let us keep in mind that this is the normal condition for those approaching any kind of spiritual practice. In fact, it is only when we commit to performing invocation and meditation that we discover just how much the mind roams from one experience to another. Let us also understand that advanced practitioners continue to experience challenging changes in their states of mind, though perhaps less frequently and not as disruptively. Mystics may have normal mood swings, but at their core they continue to feel the ongoing invocation perpetually being made by the Divine Awareness Itself across all of Existence—even if they cannot surrender themselves as fully to that Awareness at times of stress as they can during times of peace and clarity. Even the great poet and mystic Rumi tells us late in his life that:

**My own states oppose one another;  
The proof is in their effects against each other.**

**As long as I attack myself in each moment,  
how am I to harmonize with anyone else?**

**My changing states are like charging armies  
full of terrible vengeance for each other.**

**Look into yourself to see this dreadful warring  
and tell me why you're so busy fighting others?**

**May Divine Truth ransom you from war  
and deliver you to the world of unitary peace.**

**That world is made of God's eternity and grace  
and has not sprung from this world's contraries.**

**Struggling contraries are destroying this world;  
Where there's no contrary, that is His Eternity.**

(Book VI, verses 50 through 57)