

Walks of the Masters Saints and Prophets

by *Wali Ali Meyer*



Walking or moving in the attunement or atmosphere of a saint, prophet, spiritual master or teacher is called in Sufi tradition, *tasawwuri* (literally to ‘imagine’ the teacher or being in front of or within one). For more on this, please refer to “The Ten Lessons on the Walk” by Murshid Samuel Lewis as well as the article by Murshid Wali Ali Meyer printed above. This is an advanced practice requiring deep spiritual concentration and a living teacher to guide one.

Many of the Dances of Universal Peace ask us to enter into the state, awareness and presence of a such a being. Stripping ourselves of our own personalities, we may, by grace, step into the footsteps of those great beings to catch even a speck of the wisdom of the light of Truth that they have offered to the world.

There is no substitute for a living relationship with a teacher that can guide one’s walk along this path. Nor is this a practice that can be mastered in a weekend workshop. It is a lifelong study and dedication.

The following are some further thoughts from Murshid Wali Ali Meyer on *Tasawwuri*, extracted from the same sources as the article printed near the beginning of this section.
–*Editors.*

Tasawwuri Walk

The walking practices teach concentration and all of the elements of the inner school. One of the ways the inner school of Sufism has been described is as progression from the stage of *fana-fi-sheikh* to *fana-fi-rasul* to *fana-fi-lillah*. This means that experience of effacement of self (*fana*) in the One Being begins with effacement in one's teacher (*sheikh*). Then it can progress to the effacement of self in being of the world teacher or messenger (*rasul*), and finally in the effacement of self in the Oneness of God without limitation (*lillah*).

In the inner school it is something that should be approached gradually. How do we attune to God whom we haven't seen? We attune to someone we do know and trust, and in that we gain the ability to attune. You see this in the *Tasawwuri Walks*, where you might begin doing the walk of Murshid S.A.M., Hazrat Inayat Khan or whomever is very immediate, whose vibration is very close. Just like tuning an instrument, you catch something that is in the space. If you emulate the rhythm of the teacher in the way that he or she may walk, you catch something of their inner state.

Look at one of the pictures of Hazrat Inayat Khan. Don't just stay outside of it and look at it. Look at it and ask, “What state is he in?” Can you enter into that state that is behind the face and gaze? This is the whole idea of entering into this reality of *tasawwuri*.

In the Sufi invocation we say ‘united with all the illuminated souls.’ For this to be more than just words, we have to find that place where we are actually united with the illuminated souls. The process of finding it is through one of the *tasawwuri* practices. We are entering into the rhythm, which means, for example actually putting on the heart and mind of Jesus Christ. Can we look at the world the way Jesus looks at it? Can we feel the way Jesus feels? This is not the way of admiring Jesus, but the way of entering into his experience. Can we move that way and somehow, by Grace, express those qualities, not from our ego but in our effacement? This is the essence of *tasawwuri*.