

Sufi Insights

from Imam Jamal Rahman

Sufi teachers make prolific use of the technique of combining teaching stories and sacred verses and asking the student to meditate on them. Hopefully, a fresh insight will emerge.

“Hal” in Sufism is a condition, mood or receptivity in one’s being that stems from an insight that arises in one’s heart.

“Maqam” is a station attained by the continuous process of reflecting on and living the higher awareness gained by the insight. Through this experiential process, something shifts within and one evolves into a higher station.

Sufi teachers describe the higher station as follows: “Once the blush of the Beloved graces you, there is no going back to becoming a green apple.”