

EXPERIENCE OF LIFE: SUBTLE AND GROSS

HAZRAT INAYAT KHAN:
MENTAL PURIFICATION
DISTINCTION BETWEEN SUBTLE AND
GROSS EXPERIENCES OF LIFE

ASPECTS OF THE EXPERIENCE OF LIFE

1ST ASPECT

HEALTH

HEALTH IS THE GREATEST BLESSING

2ND ASPECT

BALANCE

BALANCE PHYSICAL BODY & ITS MOVEMENTS

LEADS TO A BALANCE OF SPIRIT

3RD ASPECT

PERFECTING THE BODY

FINENESS / SENSITIVITY OF BODY

APPRECIATE MUSIC

RESPOND TO BEAUTY OF LINE AND COLOR

ENJOY SALT / SWEET / SOUR / BITTER / PUNGENT

FEEL COLD / HEAT

PERCEIVE FRAGRANCE

BORN WITH / CULTIVATE A SPIRITUAL TEMPERAMENT

DENSENESS OF BODY

DOESN'T EXPERIENCE THESE FULLY

THEY WILL TAKE TIME TO DEVELOP

4TH ASPECT

PHYSICAL BODY IS NOT THE SELF

IT'S AN INSTRUMENT/VEHICLE TO EXPERIENCE LIFE

LIFE OUTSIDE

HANDS & FEET

OUTER PARTS OF PHYSICAL MECHANISM

LIFE WITHIN

INNER CENTERS

INTUITION

INSPIRATION

IMPRESSION

REVELATION

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