The Light Within:

A Beginner's Guide to

Mazif Hi Mazif

Timeless Sufi Wisdom for Modern Seekers

Who Was Wasif Ali Wasif?

Poet. Philosopher. Mystic. Reformer.



Wāṣif ʿAlī Wāṣif (Raḥmatullāh ʿalayh) (1929–1993) was a distinguished Sufi master, visionary thinker, and eloquent writer from Pakistan whose words continue to guide seekers across generations. Born in Shahpur, Punjab, his legacy spans the realms of literature, spirituality, education, and reform. A true lover of the Prophet Muḥammad ṣallā -llāhu ʿalayhī wa-ʾālihī wa-sallam, his teachings are steeped in sincerity, clarity, and divine remembrance.

He was deeply rooted in the Chishtī-Qādrī-Nizāmī-Niyāzī spiritual lineage, having taken baiʻat (spiritual allegiance) at the hands of Sulṭān-ul-ʻĀshiqīn Ḥaḍrat Shāh Muḥammad Ḥasan Sajjād Ṣāḥib. Through this connection, he received blessings from the great Sufi orders: Chishtī, Qādrī, Naqshbandī, Suhrawardī, and Ṣābrī. This inclusive devotion reflected in his gatherings, writings, and way of life.

Wāṣif Sahib is remembered for his unique ability to express profound truths in simple yet soul-stirring language. He often said, "Maiñ 'aqīdatan Sunnī hūñ. Auliyā 'kā khādim hūñ..." — "I am, by faith, a Sunni. I am a servant of the saints." He established Lahore English College and later devoted his nights to public spiritual dialogues (Guftugū), where thousands gathered to ask life's deepest questions. His silence was eloquent, his speech transformative. He believed that love, detachment, and sincerity were the keys to inner awakening and social reform.

Designated Qutb al-Irshād — a spiritual rank responsible for guiding other saints — his presence was magnetic, yet humble. His columns, poetry, and books sparked a revival of spiritual thought, and he is now regarded as a spiritual successor to thinkers like Iqbal.

Wāṣif ʿAlī Wāṣif passed away in 1993, but his teachings remain timeless — offering light to those navigating the darkness of doubt, distraction, and despair.



"In every word he spoke, the fragrance of truth. In every silence, the depth of divine nearness."

A Translator's Note

"Translating Wasif Ali Wasif's words has been a journey of the soul. His teachings are not just philosophy—they are mirrors reflecting the eternal quest for inner light."

A few years ago, I had asked my brother to bring me a copy of Kashf al-Maḥjūb by Ḥaḍrat Dātā Ganj Bakhsh. At the bookstore, the shopkeeper placed another red-colored book in his hands and said, "You should read this one too." When that red book reached me, I opened it at random—and just a few lines in, I felt as though I was reading my own unspoken thoughts, my own voice. The choice of words echoed what lived silently in my heart. That book was Harf Harf Ḥaqīqat (The Truth Unveiled) by Ḥaḍrat Wāṣif ʿAlī Wāṣif. The moment I read further, a deep desire awakened in me to translate this Urdu work into English. At the time, I knew nothing about Wasif Sahib—not even his name—despite living all my life near his resting place. And so began this journey of translation, born not of deliberate search, but of silent selection. I have since chosen to dedicate my life to this work—a choice I believe was only made possible through the divine permission of Allah and the spiritual approval of Wasif Sahib. Without that approval, perhaps not a single word could have been translated.

What began as a longing has now taken the shape of a mission—translating 46 books to date—made possible with the help of my esteemed colleague Ghaith Irshaidat, a professional multilingual translator, the wisdom and guidance of my mentor Robert Wratz, and, above all, my mother's unwavering prayers and support, along with the love and care of my siblings.

May this offering serve as a doorway for those who, like me, weren't searching—but were quietly being called.

—Hafsa Tahir (Translator & Devotee)

C The Mystery of Life

"Life is but life—far beyond parting and nearness, devoid of achieving or losing, intimate of its inner changes but unaffected by them."

—Wasif Ali Wasif

In a world that seeks to define everything, Wasif Ali Wasif gently reminds us: life cannot be caged. It is not a task to complete, nor a puzzle to solve. Life simply is —eternally flowing, shifting, glowing with paradox. It carries both wedding songs and funeral silences. It is mud and gold. Ancient and newborn. We try to capture it through ambition, routine, even love—but it evades definition, as if whispering: "I am not yours to own. I am yours to witness." Understanding life, then, begins when we stop trying to explain it—and start being fully present to its unfolding.

Key Excerpt from Wasif Sahib's Essay "Life"

"Life is not a name of any sphere of activity. It is someone's bestowal... an act of someone else. A song worth listening. A river flowing without knowing where it began or where it ends. The bearer will remain alive."

Today, pause and sit quietly for 5 minutes. No affirmations, no plans. Just breathe and observe life as it flows through your breath, your body, and the silence around you. Write one sentence in your journal:





The Sublimity of Thoughts

"To illuminate others while burning in fire yourself—this is sublimity of thought."

—Wasif Ali Wasif

Reflection The world rewards accumulation—of wealth, status, possessions—but Wasif Sahib reminds us: the truly exalted are those who give, not those who hoard. A refined thought cannot be born in a greedy mind. Sublime thoughts emerge in purity, simplicity, and sacrifice. Like the sun that gives light to the world but endures its own burning, a person of lofty thought shines through inner struggle and selflessness. Such people do not decorate their homes with things—they are the adornment. Their wealth is insight; their legacy is light. And the more they give of their thoughts, the more they are entrusted with new ones.

Wey Excerpt from Wasif Ali Wasif's Teaching

"Sublime thought is not a reward for the selfish. It is a bestowal—a divine act. A miser can never have sublime thoughts, just as a lamp that hides its light is not a lamp at all."

Action Step Today, share one thoughtful insight with someone—without expectation. It could be a piece of advice, a comforting line, or a written note. Then journal:

"What did I feel when I gave away my light?"





The Teaching of Muhabbat (Love)

"If there is anything heavenly in the earthly journey, it is love."

—Wasif Ali Wasif

Reflection Love, according to Wasif Ali Wasif, is neither an invention of the intellect nor a product of desire—it is a divine gift, the most sacred secret of life. Love shifts perception: it turns observation into poetry, solitude into celebration, and longing into spiritual awakening. It unveils the sacred within the ordinary, revealing life's deeper rhythm. Love is the only force that unites the drop with the ocean and allows humanity to glimpse its own soul. In love, the beloved's betrayal becomes beauty, and even separation becomes sacred. Love doesn't just change what we see—it transforms who we are.

Wey Excerpt from Wasif Ali Wasif's Teaching

"Love cannot emerge from doctrines or ideologies; it stems from a human connection. If there is no love for the Prophet (ṣallā -llāhu 'alayhī wa-'ālihī wa-sallam), there can be no true love for God or for Islam."

Action Step Look into the eyes of someone you love—truly look—and listen with your heart.

Then journal:

"What part of myself did I see in them?"





The Eternal Search (Talāsh)

"The very thing we search for is what grants us the search."

—Wasif Ali Wasif

Every soul is restless with a search—some seek love, some seek truth, and others simply seek themselves. According to Wasif Ali Wasif, this search is not a distraction; it is the essence of life. Like the river longing for the ocean, or the eye searching for beauty, the human heart was made to seek. And in that search lies faith, sincerity, and divine connection. The search doesn't begin when we gain clarity—it begins when we feel a sacred absence. The seeker is not separate from the sought. In the mirror of true search, what is lost becomes the path itself.

Key Excerpt from Wasif Ali Wasif

"The journey of the finite toward the infinite cannot be explained in words. Only the one who undergoes the stages knows what the drop must endure to merge with the ocean."

Spend a few moments today in silence and ask yourself: "What am I truly seeking beneath all my desires?"
Then write:





The Justification for Existence

"Life does not owe you its justification; rather, you must justify life by living it."

—Wasif Ali Wasif

What justifies life when everything seems lost? Wasif Ali Wasif reminds us: the answer is not found in achievements or comforts, but in acts of quiet light. A tree planted in solitude. A wounded animal tended with care. A stone polished into a mirror. The universe doesn't ask us to have all the answers—it asks us to stay, to witness, and to offer presence. The true justification is giving where the world is taking, loving where the world has grown cold. If no reason remains, become the reason. Even the smallest gesture in darkness can become the rising dawn.

Key Excerpt from Wasif Ali Wasif

"If nothing else, polish a stone—let your labor refine it until it becomes a mirror.

And within that mirror, you will find written the justification for life."

Action Step

Choose one small act today that feels like polishing a stone:

- Write an anonymous letter of encouragement and leave it in a book or public space.
- Water a plant and whisper a prayer over it.
- Gently help someone—human or animal—who cannot repay you.

Then reflect:

"Did Tjust give life its reason?"



****** The Paradox of Success

"Often, in the intoxication of success, one ends up ruining one's afterlife."

—Wasif Ali Wasif

Reflection Success is seductive—a butterfly we chase across fields of ego, ambition, and approval. Wasif Ali Wasif asks us: What if our success is admired by fools and feared by the wise? Success without purpose is poison. When we pursue success for its own sake, we begin to trade compassion for position, and meaning for motion. True success is not in gaining the world—it is in not losing the self. The one who serves others may never trend, but in the unseen register of the universe, they are victorious. True success is quiet. It lifts others. It survives even in defeat.

L Key Excerpt from Wasif Ali Wasif's Teaching

"Success in a noble cause—even if it fails—is success. Success in an evil pursuit—even if achieved—is failure."

- **O Action Step** Today, do something meaningful—intentionally—with zero audience.
 - Help someone anonymously.
 - Write a prayer or letter and never send it.
 - Give something away without being noticed.
- Then ask yourself:

"Did I succeed, even if no one knew?"

Write the answer. Then fold the paper and tuck it somewhere only you can find.
This is your invisible medal.





The Radiance of Sabr (Patience)

"He does not remove their suffering, yet He remains with those who endure."

—Wasif Ali Wasif

Patience isn't passivity—it is power in disguise. In Wasif Ali Wasif's vision, ṣabr is not just the ability to endure, but a sign of being chosen. To live is to face what we do not choose. To love is to accept what we cannot change. The pain we flee from is often the passage to divine nearness. Those who weep, pray, endure, and still say "Alḥamdulillāh" are the ones who carry God's secret. Ṣabr does not mean silence—it means dignity in difficulty, trust in turmoil. And those who perfect it don't just endure pain—they walk it all the way to gratitude.

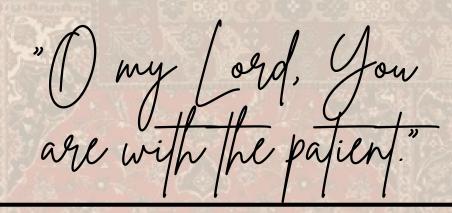
Key Excerpt from Wasif Ali Wasif

"The one who inflicts suffering is the one who grants the ability to endure it. At this point, patience becomes gratitude."

Find a small, smooth stone. Hold it in your hand and whisper into it something you are struggling to endure—your test, your grief, your waiting. Then say aloud: "This too is from You. I trust You with this."

Keep the stone on your prayer mat, desk, or in your pocket. Let it become a sacred token of your şabr.

Each time you touch it, say:





Practices for the Seeker

Daily Devotion for Inner Illumination



"Begin your day with light."

- Read one core teaching from this guide.
- Reflect: How does this teaching apply to me today?
- Journal one sentence: "I begin today with..."

Evening Ritual

"Return to silence."

- Sit in quiet for 7 minutes.
- Breathe gently and say in your heart: "You are the end of my search."
- Reflect: Where did I resist life today? Where did I surrender?

Weekly Challenge

"Rekindle forgotten light."

- Choose one person to reconnect with.
- Let your words reflect the tenderness found in The Heart: A River, An Ocean. This week I remembered the heart..."

The Spiritual Questionnaire

A Mirror for Your Soul's Journey

"Every time you are being seen."

—Wasif Ali Wasif

Once, Wasif Sahib was asked:

"Sir, we heard that yesterday you shared a questionnaire?"

He replied:

"Yes. That was a questionnaire. I believe that in the upcoming Thursday column, you will find it in Nawa-i-Waqt. That will make things easier; you will have access to it."

It was described as a compilation of all the possible questions that could arise in a person's life—over a hundred, in fact. Each one reflects the invisible threads of thought, doubt, belief, and longing that stir the human soul. The invitation is simple:

"Look into your own mind. Ask what comes to your heart. Just remember never think that Allāh Almighty is ever heedless of human beings."

Every time you are being seen.

Every moment, watched by the Most Watchful.

This sacred questionnaire is not merely an exercise in thought—it is an invitation to self-discovery. It challenges the intellect, yes, but more deeply, it awakens the heart. The questions were originally shared in Nawā-i-Waqt, and have since served as a compass for seekers. With each question, a possible path to answer is hinted—some rational, others mystical.

Use this section as a journal companion, meditative practice, or discussion guide. Let each question sit within you—answer not with haste, but with heart.

Section 1: Divine Authority & Creation

Question: Besides granting and taking life, does the Giver of Life have any other authority over it?

• Reflect: If so, what?

Question: Can the Creator be perceived through human experience or observation?

• Reflect: Consider the limits of empirical evidence versus inner perception.

Question: Does the Creator respond to the voices and cries of His creation?

• Reflect: Reflect on the nature of divine mercy.

Question: Is this response always granted?

• Reflect: Ponder the conditions under which help may or may not be bestowed.

Question: Does the Creator differentiate between those who believe in Him and those who do not, in terms of creation?

• Reflect: Examine the aspects of divine justice and mercy.

Question: Are all human beings created with equal abilities, or does each possess distinct capabilities?

• Reflect: Consider the diversity of human talents and challenges.

Question: Do beauty and ugliness exist among humans?

• Reflect: Reflect on the subjective and objective nature of beauty.

Question: Is an unattractive person born that way as a punishment, and a beautiful person as a reward for good deeds?

• Reflect: Delve into the deeper implications of physical appearance and moral value.

Question: Do good and evil exist before birth?

• Reflect: Consider the concepts of pre-destination and innate nature.

Question: In the vast crowd of humanity, can an individual establish his distinction based on faith?

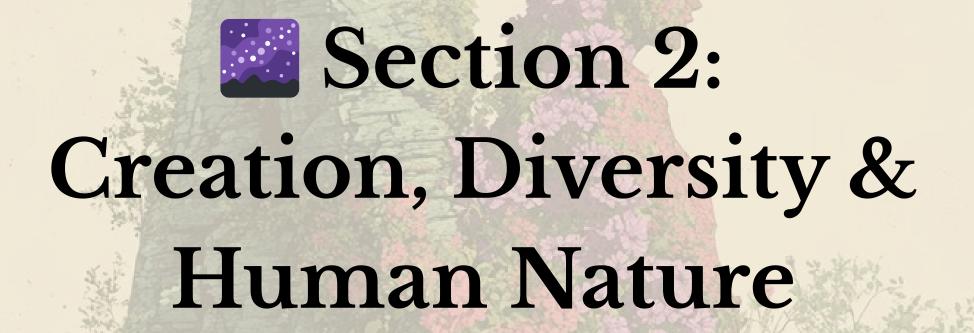
• Reflect: Reflect on personal spiritual identity.

Question: Does "being and not being" apply to everyone equally?

• Reflect: Ponder the existential dimensions of life.

Question: Do believers never face defeat?

• Reflect: Consider the trials inherent in the path of faith.



Question: Are non-believers never granted success?

• Reflect: Reflect on the nature of worldly and spiritual victories.

Question: Is the reward of submission martyrdom?

• Reflect: Examine the connection between sacrifice and salvation.

Question: Can a weak being become victorious?

• Reflect: Reflect on the power inherent in spiritual strength.

Question: Can those who do not believe in the Creator claim ownership of His universe?

• Reflect: Contemplate the limits of human dominion.

Question: Is this world ruled by rebels?

• Reflect: Consider the dynamics of order and rebellion in life.

Question: Are believers immune to distressing circumstances?

• Reflect: Reflect on the reality of hardship even among the faithful.

Section 3: Fate & Free Will

Question: Have any desires of a disbeliever ever been fulfilled?

• Reflect: Reflect on the alignment (or misalignment) of worldly desires with divine will.

Question: Is human effort subordinate to fate?

• Reflect: Examine the balance between destiny and free will.

Question: Is fate subordinate to human effort?

• Reflect: Ponder the possibility of influencing one's destiny.

Question: Can fate be changed?

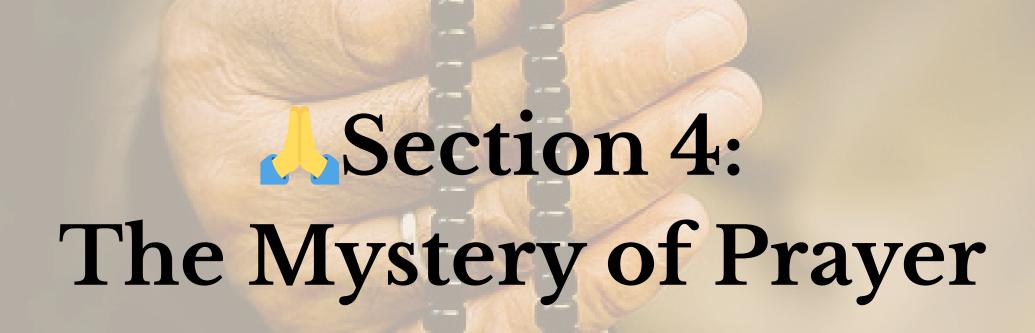
• Reflect: Reflect on the power of personal transformation.

Question: If fate can be changed, is the means of change also called fate?

• Reflect: Consider the fluidity of destiny and circumstance.

Question: Does fate change fate? Are there two destinies—one that changes and one that is changed?

• Reflect: Delve into the complex relationship between predestination and action.



Question: Are prayers always accepted? Sometimes? Or never?

• Reflect: Examine the conditions that influence the efficacy of prayer.

Question: Can prayer break the bond between causes and consequences?

• Reflect: Consider the interplay of faith and fate.

Question: Can prayer alone achieve a result that otherwise has no justification?

• Reflect: Reflect on the transformative power of sincere supplication.

Question: Can infertility be cured through prayer?

• Reflect: Ponder the limits and miracles of divine intervention.

Question: Can prayers transform a donkey into a horse?

• Reflect: Examine the symbolic meaning of miracles in faith.

Question: Has any prophet's prayer ever been rejected?

• Reflect: Consider the infallibility of prophetic intercession.

Question: Is illness cured by prayer or by medicine?

• Reflect: Examine the roles of spiritual healing and physical remedies.

Question: Is there a season for the changing of times?

• Reflect: Reflect on the cyclical nature of life's events.

Question: Are there specific eras of hope and fear?

• Reflect: Consider the temporal shifts in collective human emotion.

Question: Does inner peace descend from the heavens, or is it a product of one's thoughts?

• Reflect: Ponder the origins of true serenity.

Question: Is peace an escape from the self or an act of inaction?

• Reflect: Examine the nature of contentment and passivity.

Justice, Suffering, Trials & Global Responsibility

Question: Are believers deliberately put through trials?

• Reflect: Ponder the purpose behind life's challenges.

Question: Fir awn was a rebel, yet he ruled as a king. Mūsā was a friend of Allāh, yet he was powerless—why?

• Reflect on the paradoxes of power and divine favor.

Question: Can believers purchase the comforts produced by non-believers?

• Reflect on the true cost of worldly pleasures.

Question: Is the entire system of import and export worth reconsidering?

• Reflect: Consider the broader implications of material exchange.

Question: Is it permissible to procure weapons from Jews to wage war against Hindus?

• Reflect: Contemplate the moral and ethical dimensions of conflict.

Question: Can one Mūslim nation wage jihād against another Mūslim nation?

• Reflect on the unity and division within the community of faith.

Section 6: Truth, Intention & Inner Reality

Question: Is certification from an institution necessary to be considered a true believer?

• Reflect: Examine the value of formal validation in matters of faith.

Question: Can we call someone a disheliever who claims to be a believer?

• Reflect: Ponder the nature of sincere faith versus pretense.

Question: Are deeds judged by intention or by their outcomes?

• Reflect: Consider the ethics of motivation versus result.

Question: Is there a science to knowing one's intentions?

• Reflect: Reflect on the introspective journey toward self-awareness.

Question: Are the outward and the hidden separate branches of knowledge?

Reflect: Examine the duality of manifest and concealed truths.

Question: Does a compelled person bear the burden of sin?

• Reflect: Consider the implications of free will versus coercion.

Question: Is a powerless person accountable?

• Reflect: Reflect on the fairness of divine judgment.

Question: Can someone who is bound be called free?

• Reflect: Ponder the nature of true liberty.

Question: Is worship an obligation or a choice for the worshipper?

• Reflect: Examine the interplay between duty and devotion.

Question: Does everything in the universe glorify its Creator?

• Reflect: Reflect on the omnipresence of divine praise.

Question: Can something that glorifies the Creator also be rebellious?

• Reflect: Consider the paradox of creation and defiance.

Question: Is rebellion an inherent trait? If so, how can it be a sin?

Reflect: Examine the nature of dissent in the divine order.



Question: If a Mūslim nation wages jihād against a non-Mūslim nation, is it obligatory for other Mūslim nations to join?

• Reflect: Reflect on the collective responsibility within the community of faith.

Question: Will Mūslim nations ever unite as one? How?

• Reflect: Ponder the prospects for unity and solidarity.

Question: Does the pilgrimage (Ḥajj) benefit non-believers?

• Reflect: Consider this: The pilgrimage is ours, yet the aircraft, goods, and trade belong to them.

Question: Is Mūslim oil being used in Jewish tanks?

• Reflect: Reflect on the intersection of resource, politics, and faith.

Question: Is our future intertwined with the future of all Mūslims?

• Reflect: Examine the collective destiny of the community.

Question: Do those who follow the true faith always speak the truth?

• Reflect: Consider the connection between integrity and spirituality.

Question: Are all Mūslims truly brothers?

• Reflect: Reflect on the bonds of kinship within the community of faith.

Question: Has an Islāmic society been established?

• Reflect: Ponder the manifestation of divine principles in social order.

Question: Is Islām currently implemented among Mūslims, in the process of being implemented, about to be implemented, or is it impossible to implement?

• Reflect: Reflect on the evolving nature of religious practice.

Question: Is the state of Islam today the same as it was 1,400 years ago?

• Reflect: Examine the continuity and change in spiritual traditions.

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Section 8:

Progress, Knowledge &

Worldly Success

Question: Is religion essential for progress? Do irreligious people not progress?

• Reflect: Consider the role of faith in societal development.

Question: After attaining religion, is progress still necessary?

• Reflect: Reflect on the dynamic between spiritual fulfillment and worldly advancement.

Question: Is survival impossible without progress?

• Reflect: Ponder the interdependence of growth and existence.

Question: What is the standard of progress—imitating non-believers or researching religion?

• Reflect: Examine the criteria by which we measure advancement.

Question: Do today's developed nations adhere to a religion?

• Reflect: Reflect on the cultural and spiritual dimensions of modernity.

Question: Are religious discussions more prevalent in underdeveloped nations?

• Reflect: Consider the factors that drive spiritual discourse.

Section 9: The Ultimate Journey

Question: How much progress is necessary to travel from one's home to the graveyard?

• Reflect: Ponder the ultimate journey of life and death.

Question: Is there any way to create unity in thought and action among a nation other than through hardship?

• Reflect: Reflect on the transformative power of shared struggle.

Question: Is there any higher creation between the Creator and the created that holds divine authority?

• Reflect: Examine the hierarchy of existence.

Question: Has the Creator left His creation at the mercy of other creations?

• Reflect: Consider the extent of divine intervention.

Question: Is the Creator displeased with His creation?

• Reflect: Reflect on the balance of divine justice and mercy.

Question: Can the Creator not forgive His creation?

• Reflect: Examine the scope of divine forgiveness.

Question: Is His mercy not greater than His wrath?

• Reflect: Ponder the overarching nature of divine compassion.

Reflections on the Questions

"Important: Those who rely solely on outward knowledge must reflect deeply on these questions. For those immersed in inner wisdom, the answers arise first—and the questions emerge later."

- If the answers are unknown, questioning may seem impertinent.
- If the answers are known, questioning becomes an act of fearlessness—a quality that sustains connection, whereas impertinence severs it.

"If we belong to Allāh, then He belongs to us—nothing but answers."

"If we exist solely for ourselves, we bear the burden of knowledge—resulting in endless questions."

- Questions reside in the realm of the mind.
- Answers emanate from the heart.

A true believer does not desperately chase knowledge; and one who craves only knowledge may well shun faith.

Certainty is the essence of īmān.

All journeys across the heavens and the earth are voyages of questions, but the journey of the heart is the voyage of answers.

Do not seek these answers from the intellectuals—seek them from your own heart, the heart that claims to be receptive to the Divine.

Resources & Next Steps

Continue your journey with devotion, depth, and daily wisdom.

• Follow for Daily Teachings

Get new quotes, reflections, and voice excerpts from Wasif Ali Wasif.

Instagram:
[@wasifaliwasif_en]
(Scan the QR code to follow)



Explore the Books

Deepen your understanding through full translations.

The Truth Unveiled

Foundational teachings from Harf Harf Ḥaqīqat





The Heart: A River, An Ocean

Mystical reflections on the soul's journey

Spiritual Dialogues

Q&A sessions on love, reality, and inner transformation



Your Next Step:

Choose one book.

Read slowly.

Let a single line stay with you for a whole day.

Final Blessing

For the Seeker Who Has Reached This Page

You didn't just read this guide you remembered something you've always known. A quiet call. A familiar fragrance.

A face you've never seen, yet somehow recognize. This is the nature of truth. This is the nature of Wasif Ali Wasif's words.

They are not explanations, they are awakenings. You are no longer just a reader.

You are a seeker.

And the path will rise to meet you.

May your search become sweetness.
May your patience become presence.
May your heart never tire of love.
And may your life become light.