



RESHAD FIELD: THE LAST BARRIER-SUFI TEACHINGS

For seekers of Truth and probers, the age-old question of “Why Am I Here” (on this earth) is frequently discussed, meditated, reflected upon and discussed. Answers to this question may depend on our state of consciousness development existing at the time. Reshad Feild provides one possible response as based on his experiences through the world of Sufi teachings.

In “The Last Barrier” and in context of an awakening mind Feild takes you on a spiritual and philosophical journey using the processes of an inquiring mind seeking answers. Feild’s book was given to me in 2019 by Hobart friends Alwyn and Laurie Lewis for my home resource library. After reading this work I was particularly interested three areas (1) the notion of an interconnectedness to the question ‘why am I here,’ (2) conscious suffering (3) self-awakening. An extract from this book follows.

– Philip Crouch, Tasmania, 2020

RESHAD FEILD: THE LAST BARRIER – “WHY AM I HERE?”

“This classic work by Reshad Feild, one of today’s best-known Sufi teachers in the West, tells the compelling story of his journey into an ancient and powerful spiritual path. Starting as a London antique dealer, Feild comes into contact with the enigmatic Hamid, a Sufi teacher who leads him into a world of mystery, knowledge, and limitless love. On his journey, which takes him to the mystical sites of Turkey, Feild is forced to confront his own inner weaknesses and falsehoods.” [Bio cited: Amazon Books].

[PP: 118-119] THE LAST BARRIER

“The sheik was silent for a moment. Then he said, “I will tell you a story. If you can understand it, you will have the answer to your question.” **In the beginning of time there was the word, and word was spoken by God, and the word was ‘Be!’** From that moment everything started to come into being. In that moment all creation that would ever be, simply was, and in that word was all that was necessary for everything we see to come about, and for us to see beyond this world into the real world. So in the beginning is everything.

Yet what you see here and now is not the real world, and what I say to you, if you listen to form the words, is not real either. If on the other hand, you listen to the sighing of the wind, you will hear the message of truth. If you send your message on the wind, then sooner or later someone will be attentive enough to pick it up.



You cannot necessarily know who will hear; and yet, in Reality, there is only Him, and so it is He Himself who hears the message, and it is He Himself who sends it. Now listen to the sound of the wind.” The Sheik put his fingers to his lips and the room grew very still. “Listen,” he repeated, and you will hear the carrying sound of **telepathy.**”

Gradually the room filled with sound—the sound that began all sounds. It was the sound of “*Hu*,” and it was the sound behind the wind. It was everywhere. I was not searching anymore. The sound carried the search, and message itself was the sound “*Hu*.”

The art of transmitting an idea from one person to another across space is just another subtle form of language, and all language comes from the first command of God when he brought the world into being. That is why the Dervishes had laughed at my question.

It was not a matter of whether Hamid had heard of the Shaikh at all; that was not important. What was important was that we were together all of us, and the mystery behind all of this was not the key that would unlock the door. The moment itself would unlock the door. Although I asked a question about communication, what I really asked was, “**Why am I here, please,**” and so the answer could be given in the way that it was.”

RESHAD FEILD: UNDERSTANDING CONSCIOUS SUFFERING

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‘The more we think that we can do anything, the less we realize our complete dependence on God, and the worse the pain becomes. “And you, my friend, are particularly obstinate.” As he smiled at me I felt I understood the basic simplicity of life, and the complications that we create in running away from the essential self.

Hamid continued, “**Finally there comes a time when you are so in love, so absorbed in the presence of God, that you welcome all that you are given, for you know that it come from the One Source of All. With this different understanding, suffering becomes conscious.** This conscious suffering is not the same pain; nor does it mean enjoying pain, or believing that suffering must be good for you because it hurts. Conscious suffering comes about in the knowledge of what is necessary for the reciprocal maintenance of the planet.



This earth was created for mankind, and we are responsible for it. The world needs certain kinds of food in the same way that we do. It needs the rain and the sun and the seasons to that it many bring forth fruit, **and it needs other types of energy that mankind does not yet understand.** “Whenever anyone does come into true knowledge, a certain type of energy is released, made available for this great process of reciprocal maintenance.

Normally this energy is released in sufficient quantities only during **moments of great crisis**, and particularly at the moment of death. But now we have reached the point in life of the planet when we must learn to die to ourselves each moment, to be reborn each moment, to live and die consciously, so that the earth may continue to evolve.

I hope that someday you will come to understand what I am saying. Now, though we must go onto other things. “I think maybe it’s time time for me to go away and try to absorb some of what I’ve been given in these past few weeks. I feel that I just cant take in any more right now.”

“That is one of the reasons,” he replied, but there comes a stage on this path when it is necessary to make the sacrifice of dependence on the teacher. **The job of the teacher is to lead you to turn, once and for all, to God from whom everything comes. The teacher you find on earth is just a manifestation of the One who teaches all.**

But if you become dependent on the form of life then there is no chance of true understanding. And because it has been necessary for you to go through such a tremendous amount in a very short time, there is the added danger that you might find yourself that you were dependent on me. That is the dangerous trap, because really I am not here at all. **Never forget there is only one Teacher!**



Suggested resources:

The Last Barrier - Reshad Field: A journey through the world of Sufi teaching, 1976, Harper and Row Inc, USA ISBN: 0-060625886-4: [PP118-119 and PP:162-163].

<https://www.amazon.com/last-barrier-Reshad-Feild/dp/0060625856>

