

# THE LATAIF



## LATAIF

(Arabic plural noun)

It refers to a particular manifestation of experiencing our Consciousness.

## LATIFA

(Singular)

It means literally “subtle, soft, light, delicate, gentle, refined, pure”. All in one unified impression.



# THE LATAIF

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## WHAT ARE THE LATAIF?

For Sufis the lataif are defined as "**Modes or Aspects of Perception**".

Each latifa is a lens or perspective that allows one to view the universe and human experience from a particular angle.

They are perceived as pre-material, chemical substances in the three-dimensional physical form (the location of each in the body comes from the Sufis). They may be related to the Yetzirah Universe of the Kabbalah.

Since they exist at the semi - physical level, their action manifests in the realm of the personality, unlike the Elohim who act in the supra-human dimension.

When a latifa is activated, its substance expands through the physical form - personality energy bodies (PEB) and "**qualifies perception**". Everything is perceived through this lens. It is for this reason that Sufis define them as modalities of perception.

It is important to stress that **the lataif are neither rays nor lights**.

There are five basic Lataif: Yellow, Green, Red, White, Black, and Midnight Blue which is not properly a latifa.

They appear in variants of the same colour and in different textures from silky to metallic.

Each has its reservoir in certain parts of the physical body. These locations arise by identification. But when one transcends identification with the form, they occupy the whole field.

When you work with them, they bring about visible changes at the level of the personality. This results in the removal of certain imbalances expressed as "shadows" generated by the latifa in question. In this case the same or another latifa may be employed to restore balance. If a disciplined practice is developed, they provoke deeper levels of adjustment, as they release personality crusts.

## YELLOW – THE LATIFA OF JOY

**Aspects of YELLOW:** Yellow, honey, gold, amber, like whipped egg yolk, cream-like. Sweet like sugar water. Effervescent.

<b>Characteristic</b>	Latifa of joy, joyous aspect of the being. The capacity to take things light-heartedly, with curiosity and wonder. The sun within. The sun of Being. The lightest of all Lataif.
<b>Quality</b>	<b>Provides and gives sense of:</b> Lightness – joy – happiness – freshness. Playfulness – giggly – carefreeness – childlike wonder – innocence – simplicity – spontaneity. Amusement – celebration. Faithfulness – devotion. Curiosity to discover yourself (vs. dutifully working on yourself). Activate by humour and laughter.
<b>Function</b>	Liberates, lightens.
<b>Effect</b>	It expands, loosens, relaxes, reconnects with the "child."
<b>Application</b>	It is recommended as a balm for excess of working on oneself, antidepressant. For the "serious and responsible person" syndrome.
<b>Colour</b>	Yellow
<b>Location</b>	Left side of the centre of the chest - the experience of heart as "QUALB".
<b>Prophet</b>	Abraham, the child of the spiritual journey. He also represents the sense of faithfulness and devotion.

### Issues of the YELLOW Latifa

<b>Superego</b>	Seriousness, judging the inner child as foolish. Negative self-image. Self-censorship, depression, coldness. Blocking curiosity and search for truth.
<b>Loyalty/betrayal</b>	Taming our faithfulness to mother's and father's suffering. Also guilt for being happy.
<b>Blocking wanting</b>	Vs. allowing the feeling of need and yearning.
<b>Mind complexity</b>	Vs. simplicity.
<b>Self-sacrifice</b>	Vs the joy in giving.
<b>Fear of being alone</b>	Coldness and isolation. Coming along with yellow death.
<b>Yellow death</b>	Leaving the loved ones behind.



## RED – THE LATIFA OF STRENGTH

**Aspects of RED:** Red, maroon (red with some black. Ecstatic and passionate love with oneself and others), ruby (Red diamond. Beautifying aspect of Being. Child's adoration for mother).

<b>Characteristic</b>	The latifa of strength and courage. The capacity to come out, to enjoy, to act, to face cowardice, brokenness, inner terror. Turned-on-ness to life. The fuel for growth, for meeting the difficulties and challenges of life. The mother aspect of Being (along with merging-gold-essence)
<b>Quality</b>	<b>Provides and gives sense of:</b> Expansion – warmth – liveliness – full of ourselves Sexual exaltation – being drunk with life. Enthusiasm in mind – excitement in heart Physical, mental, emotional, spiritual strength. Erases physical aches and pain. Capacity to meet people. Activates Shakti energy. <b>Energy:</b> rising
<b>Colour</b>	Red (and shades of red)
<b>Location</b>	Right nipple. Affects right side of the body, rules over liver and perineum. Fear of life is often a constriction in the perineum.
<b>Prophet</b>	David, lion (encountering/fighting Goliath, pharaoh, who represents the superego).

### Issues of the RED Latifa

<b>Superego</b>	Judgement against strength and courage
<b>Imbalanced self-regulation</b>	Imbalance in building up quality of charge (red) Orgiastic reflex.
<b>Anger</b>	As attempt to expand
<b>Separation anxiety</b>	Anxiety of separation from attachment to mother
<b>Jealousy</b>	Jealousy as distorted passion (maroon)
<b>Red death</b>	Fear of dying to humanity, of not belonging to this place.



## WHITE – THE LATIFA OF WILL

**Aspects of WHITE:** white light, fluffy light, silver, platinum, brilliant. Also, as oily white acrylic paint up to crystallised and luminous snow. Rough (very yang).

<b>Characteristic</b>	The latifa of Will (not determination)  The capacity to surrender to and support one's own self and being.  The channel of the energy of perfection into our daily life.  Support for Being.  Father aspect of Being.
<b>Quality</b>	<b>Provides and gives sense of:</b> (remember when we preciously used it at the level of the solar plexus) Purity – relaxation. Expanded awareness – ease in body/mind. Natural determination – groundedness – physical concreteness. Wholeness, abundance. Self-sustenance, self-sufficiency. Self-confidence – inner solidity. Continuity – perseverance. Mastery over matter and the external world. Feeling loved and "authorised" by the "Father". Feeling of support and worthiness. Energy: descending.
<b>Function</b>	Affirmation of the I AM in the three-dimensional personality.
<b>Effect</b>	Recognizing one's own authority as "Son of the Father". Self-acceptance
<b>Colour</b>	White (and shades of white)
<b>Location</b>	Right underneath solar plexus (lunar plexus) also is in belly, sometimes in crown chakra.  In the heart as "SIRR" (Secret or Royal Will)
<b>Prophet</b>	Moses (how he confronted Pharaoh who claimed to be God) facing own superego
<b>Religion</b>	Zen
<b>Application</b>	Recommended for developing Authority and Presence in the world. Especially useful for properly supporting the Black Latifa, as it relates to the correct use of Power.
<b>White death</b>	Dying to personal will



## Issues of the WHITE Latifa

<b>Superego</b>	Judgment against will, authority and discipline.
<b>Boredom</b>	Also, sleepiness. Lack of softness and joy. Seriousness. States of annoyance, abhorrence, stress due exaggerated effort.
<b>Effort</b>	Excessive doing and hardness. To escape fear and anxiety experienced as weakness.
<b>Anxiety</b>	Performance anxiety (surface), castration anxiety (deeper level). Closely connected fear of commitment, fear of envelopment (by mother) and conflict between will and love (healing through silver).
<b>Absence of support</b>	Very deep hole around missing father and wanting for father (healing through platinum).
<b>Fear of disintegration</b>	Fear of falling apart, splitting. Begins with natural differentiation period (healing through brilliancy). Fear of being absorbed.



## GREEN – THE LATIFA OF COMPASSION

Characteristic	The Latifa of loving kindness, sweet compassion, and tenderness. The most hidden Latifa, residing in the deepest wound in our heart. The capacity of healing woundedness through compassion. The humility of being human, accepting ourselves as human being. Breath of God in the heart. Connected to inner guidance.
Quality	<b>Provides and gives sense of</b> Gentle, subtle presence Freshness – lightness – newness (springtime) Burning (when first coming in), then cold heat in chest (like mint) Sinking deeply into heart – warmth in heart Benevolence – kindness – gratitude – devotion Simple, kind, direct understanding of humanity Acceptance, spontaneous forgiveness Tolerance to hurt – allows one to feel the pain of emotional growth. Dissolution of defensiveness and protectiveness against wounds Energy is descending from head into heart.
Colour	Green (emerald) and shades of green
Location	Heart centre, thymus gland (connected with lymphatic system, cleaning of toxins).
Prophet	Elias, Mohamed (as a guiding principle, vulnerable, no power), Khidr
Religion	Tibetan Buddhism, Sufism

### Issues of the GREEN Latifa

Superego	Judging care for ourselves as selfishness. Judging inner guidance as cold and uncaring.
Continual naivety	Blind trust in others.
Vulnerability	Mixture of fear and sadness leading to inner freezing.
Avoiding hurt and loneliness	Through attachment to mother, partner etc. Defence against pain. Also connected with repressing ourselves so as not to intimidate others.
Separation from being	Attachment to our ego identity to avoid deepest wounds. Feeling lost, separated.
Sentiments	Confusing emotions with true compassion.
Green death	Dying to hurt and suffering.





## BLACK – THE LATIFA OF PEACE

**Aspects of BLACK:** Black light, radiant, luminous black, light soft black mist, darkness, indigo.

<b>Characteristic</b>	Latifa of peace, of absolute silence. Called the hidden latifa. The capacity for turning awareness in and directly facing the ego in its illusion (existing as a separate entity). An 180° turn towards the inner The aristocracy of Being. The dark night of the soul that promises transformation. The Self aspect of Being.
<b>Quality</b>	<b>Provides and gives sense of:</b> Pacified mind (when babies fall asleep) – deep peace – complete stillness – loud stillness (the sound of one hand clapping). By dissolving forms, black leads to emptiness or silence, thus facilitating access to other dimensions. Contact with the Void, the Primordial Chaos, the true Power. It acts on the deepest layers of the ego (the alien and the beast), dissolving crusts and adhesions in the three bodies of the personality. Mental clarity. Deep absorption – extinction – boundlessness, dissolution of boundaries – infinite space – eternal time – intimacy with universe. Benediction – salvation – amazing grace descending – silent holy night. Annihilation – great relief – mystery – magical beauty – enchantment. Personal and universal power – mastery – majesty. Subtle flow and lightness sometimes condensed (unconscious fear) – smoothness in body (velvet, satin, silk) – smoothness for the nervous system. Strength and wisdom to disconnect from the past (accelerator of karmic processes). Ability to confront the selfishness of the personality. Intuition, the essence of knowing. State of sophistication, exquisiteness. Erases fear, terror, separation, isolation.
<b>Function</b>	Solvent. The Real "I" - The "Midnight Sun".
<b>Effect</b>	Acts directly on the substance of the elementals. It re-qualifies. Dissolves forms.
<b>Colour</b>	Shining luminous black, as a shiny oil of different consistencies: from very liquid water to a hard and shiny substance like obsidian. Indigo. Light without particles, without matter – radiance. Sweet like (yin).



<b>Location</b>	In pituitary gland, controls secretion of hormones, is the master regulator. Externally associated with the space between the eyebrows. It is interesting to relate this area to the point through which the elementals pass and are energised (Dáskalos). The experience of the heart as "KHAFI" (hidden).
<b>Implementation</b>	Balm for the nerves. As a tool for "correction" of elementals. It is ideal to use it as a previous step to any exercise of real vision (given the emptiness it offers). Anti-fear.
<b>Prophet</b>	Jesus Christ – his light was black – representing Absolute Truth.
<b>Religion</b>	Christianity.

## Issues of the BLACK Latifa

<b>Superego</b>	Judgment against peace related behaviour.
<b>Doubt</b>	Doubt as an attempt to avoid fear. Defence mechanism against black. Loneliness
<b>Fear</b>	Supported by society. Inventing stories as defence against the fear. Also, the fear of failure, fear of the unknown and the fear of dying.
<b>Hardness</b>	Lack of compassion, harshness - deep pain, anguish, feeling of separation from self and humanity, self-destruction.
<b>Justice</b>	The Universe functioning as an echo system. Mosaic sense of justice (from Solomon) – implacability.
<b>Power</b>	Essential power and ego power. Black is destroyer aspect, resulting in peace. Closely connect with hate. As a desire to annihilate obstacles. Arises after experiencing power. The beast.
<b>Sorrow/anguish</b>	Over separation from oneself and humanity. Deep loneliness.
<b>Black death</b>	Ego death.



## BLUE LATIFA

Quality	Cuts and dissolves projections and identifications.
Function	Brings one to the real centre within (PFC).
Effect	Contraction, retraction, "shrinking", centring. Not quite a latifa, it is the step that precedes all meditation.
Application	It is especially recommended to induce rest and as a preliminary step before working with another latifa.
Colour	Like a dark blue, acid ink.
Location	In the pineal gland.
Issues	Exacerbation of attachments and contracts that reinforce separation.



## NOTES:

When you work with black: There comes a time when the body and all form disappear. One can remain in that silence while in meditation, but as we are in embodiment, at some point forms return.

When the form of the body is disappearing or neutralising, one senses only the mould of the skin, and focuses the attention on the point behind the nose (which is precisely the location of this latifa), feeling or seeing how all forms and projections created are absorbed through this point (i.e. how the elementals return). This is the principle behind transmutation.

Further notes:

The black latifa allows contact with primordial force, pure Power.

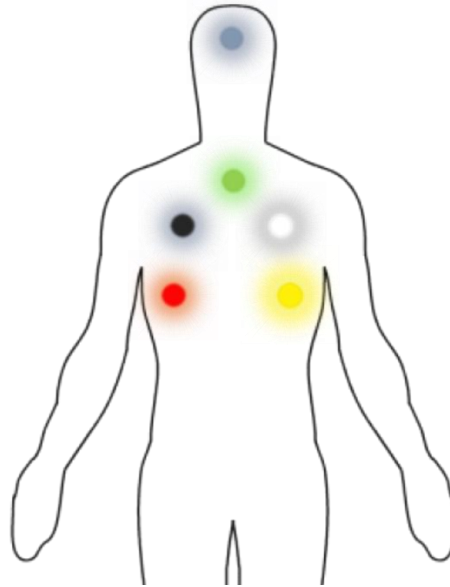
The white latifa provides the feeling of authority and divine worthiness, so that the power released with the black latifa may command.

Otherwise, there is the danger of projecting power outwards and reinforcing all shadows and egoic manifestations such as the alien or the beast. The key lies in acknowledging that Power as one's own.

There must be stability in the physical vehicle before invoking or claiming to work with higher frequencies.



## LOCATIONS IN THE BODY



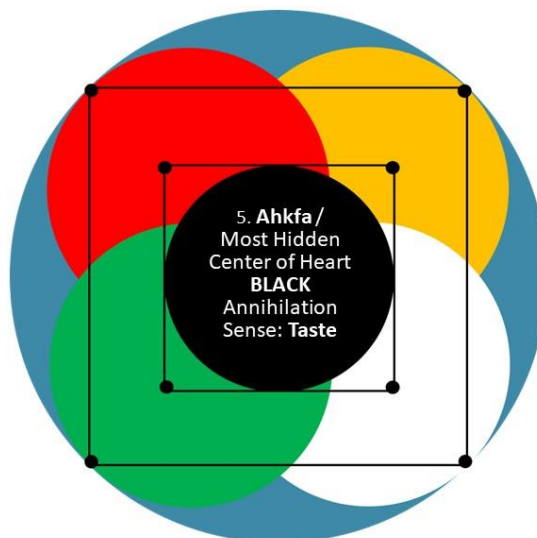
## THE LATAIF OF THE HEART

2. **Sirr** | Secret  
**RED**  
Sense: **Seeing**

4. **Khafa** | Hidden  
**GREEN**  
Sense: **Smell**

1. **Qalb** | Heart  
**YELLOW**  
Sense: **Hearing**

3. **Sir Sir** | Secret of Secrets  
**WHITE**  
Sense: **Touch**



6. **BLUE** Ocean of Power Bahr Qudra  
Power of Soul



## DEVELOPING THE LATAIF

The work on developing the lataif then continues by understanding the emerging sectors of the personality.

Each one of the lataif connects to a sector of the personality that acts as a substitute for it and has the memory of the situations that led to its burial. All of these phenomena must be understood, precisely and exactly, for the centres to be permanently active. Each of the subtle forms of consciousness is then understood, experienced, and embodied.

The effects of the lataif on the person's consciousness are understood and integrated. This has a permanent influence on the personality; the personality is in fact transformed. The lataif functions as a door or entry into a whole universe, a whole dimension of Being.

## HIGHER FACULTIES

Each latifa sensitizes us in a specific way to make it capable of functioning in a new mode or possibility. In other words, the activation, and the integration of the lataif access and unfold certain deep and subtle spiritual potentials of the soul.

Activating **the Yellow Latifa** opens one of the faculties of the heart, which is to wish, want, or long for the Soul. The Yellow Latifa is the presence of pure joy and delight, but it also causes the soul to become curious and activates its sacred impulse of true and curious wanting. This means that the greater and deeper the realization of the Yellow Latifa, the deeper the truth one's heart loves and wants to behold.

Activating **the Red Latifa** provides the soul with the strength and capacity to reach and discern what one loves and wishes to unite with. It gives one the energy and fire, the initiative and courage, to go after one's heart's desire.

Activating **the White Latifa** accesses the soul's inner determination and solid steadfastness, which gives her capacity to persevere and continue, rather than getting discouraged or losing heart.

Activating **the Black Latifa** opens the subtle perceptual faculties of the soul: those of intuition, seeing, and spiritual understanding.

Activating **the Green Latifa** develops the capacity of the soul to simply be and not do – in other words, to be sensitive to and abide in essential presence.

Our focus is on exploring how these contribute to the practice of inquiry. This will reflect only one way: that **the lataif affect the soul and support its spiritual development.**

Understanding the role that each aspect plays in facilitating inquiry and our soul's self-revelation, we can appreciate the way that the essential aspects reflect the intelligence and precision of Being's manifestation in our life.