

M.T.O. Sufi Association Newsletter

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**Know yourself...for knowledge of your "Self" is knowledge of God
-Nader Angha**

Sayings of the Sufi Sages¹

The ascent of man lies in his effort, as the flight of the bird depends on its wings.

-Sadegh Angha

Study yourself...the thing that attracts you the most is what possesses you.

-Sadegh Angha

In the realm of God...gender, class, race, ethnicity, etc., have no relevance.

-Nader Angha

Did you know....

Countless studies show that a patient's beliefs can change the outcome of their treatment. Patients given a nausea-inducing drug were cured of morning sickness when told the drug would eliminate their symptoms.²

A less desirable consequence is seen when patients given a placebo treatment instead of chemo-

therapy still suffered hair loss.³

Sufism teaches that the state of the mind and heart is important in overcoming physical limitations, and that by concentrating the thoughts on the heart one can turn all their poisons into remedies. The placebo effect is the heart filling a prescription for the body's whispered desires, whether they

are positive or not.

References

1. All sayings extracted from: Sayings of the Sufi Sages, compiled by Wilcox, L., 1997, MTO Shahmaghsoudi Publications, Washington DC.
2. Wolf, S.: Journal of Clinical Investigation, 29 (1950), 100-109.
3. Gelding, J.W.L., et al: World Journal of Surgery (1983), 390-399.

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