

MTO Sufi Association Newsletter

*The slow walk in the park,
The browsing through the botanical garden,
Swimming in the equator sea,
Flying through the clouds,
Parachuting in the stillness of the sky,
The unbelievable silence reminds
The world of love, the Beloved*

-Nader Angha¹

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Searching for the Truth

Have you ever wondered about who you are and where you have come from? Or have you ever asked yourself why are you here, and where are you going? The quest to answer these questions has perplexed the human mind for eons. So then why is it that in each era only a select few the likes of the prophets and the saints are able to attain the illumination which

nourishes their heart's most deep yearnings for ultimate cognition of who they are?

In Sufism we learn that each and every human being regardless of their gender, race, culture, history, beliefs, or faith, has the innate potential and ability to cognize the truth of their own being, however to achieve this we need to stop searching outside of ourself

and begin looking within. We also learn that self-cognition can only be achieved through seeing, hearing, and experiencing the grander truth and reality at the core of our limitless being, and not through the precepts of the limited senses or the mind. Once we begin to look within and past the sensory illusions, we will see that the truth is within us!

*"He who looks outside dreams;
he who looks inside wakes"*

-Carl Jung

Benefits of Meditation²

Today, people all over the world are discovering the benefits of meditation. It is no longer regarded solely as a spiritual discipline for holy men, prophets, mystics, seer and gurus. This freedom from conditioning, is rapidly gaining recognition in everyday living.

Recent medical and scientific studies indicate that meditation develops beneficial behavior patterns that produce widespread positive effects on physiological

and psychological functioning. Some of these effects are:

- Reduction of chronic pain
- Reduction of blood pressure
- Reduced anxiety and depression
- Reduction of serum cholesterol and blood cortisol levels
- Increased feelings of calm, contentment and happiness
- Improved concentration,

clarity and creativity Sufism teaches us to sustain and nourish ourselves with concentration and meditation, looking within for the source of life that sustains us. Gradually, as we learn to be still and go within our heart, we begin to see that the comfort, love and respect we are seeking is inside. It is within our heart, our spiritual heart, which we begin to know the personal truth of our being.

UNSW Guild awarded
Sufi Association the Highly
Commended Club 2004.

A Sufi's Tale³

Ibrahim Adham, a ninth century Sufi, was the Prince of Balkh who governed a large northeastern province in Persia.

One night, while he was sleeping in his palace in a room decorated with silk, gold, and gemstones, Ibrahim heard footsteps on the roof. He called for his guards and soldiers, but received no reply. He then

called to the man who was walking upon the roof, "Who is there? What are you doing on the roof of my palace?"

"I am a friend looking for my camel!" the man responded.

"You fool!" Ibrahim replied, "How do you expect to find a camel on the top of a palace?"

"My action is as strange as

yours. You think that I am crazy to search for a lost camel on the top of a palace, and yet you consider yourself sane when you search for divinity in the depth of your luxurious attachments!"

Eventually in search of the truth, Ibrahim left behind his luxurious life and became one of the greatest Sufi Masters of all time.

We are on the web!

sufiassociation.com

References

1. Angha, N., 1999, Revelation, Washington, DC: MTO Shahmaghsoudi.
2. Wilcox, L., 2003, Notes from Introduction to Sufi Meditation Workshop, Sydney: MTO Shahmaghsoudi.
3. <http://www.sufismjournal.org/> (Date visited: 11/11/04).