

MTO Sufi Association Newsletter

JANUARY, 2005

For human beings to liberate themselves from all limitations and experience the infinite, they need to gather and concentrate all their energies in the stable centre of being, the "I".
-Nader Angha⁶

Healing

Looking around seeing hatred, addiction, depression, starvation, suicide, child abuse, crime, economic strife, war and global disasters, which are clearly the signs of disease, disorder and distress resulting from fear-based consciousness, one can truly acknowledge the healing that we desperately need. Sufism believes that for healing to take place knowledge of all aspects of one's mental, physical, emotional and spiritual states are necessary. These aspects are addressed through meditation, concentra-

Animal Instincts

Do animals possess a 'sixth sense'? All of us have witnessed or heard of strange animal behavior which cannot be explained by modern science. The tsunami that tragically struck South East Asia did not cause a significant number of animal deaths⁴, despite the human death toll rising to more than 150,000. Did the animals know something that we did not? This was certainly the belief of many ancient civilizations, such as

*I saw a perfect picture, so they say,
I saw a meadow, the mountain tall, so they say,
I saw the sky, the cloud and a beauty, so they say,
I saw the trees, the flowers, and life, so they say,
I saw a man alone in an empty desert far,
it was I,
I saw a perfect picture, so they say,
It was a mirage of my life.*

-Nader Angha¹

tion, visualization, sensory awareness, mindfulness, magnetic resonance balancing, conscious breathing, therapeutic movement, nutrition/herbs, fasting, prayer, Zikr (chants of remembrance) and creative self-expression.² Meditation and concentration help us to relax our body, to quiet our mind and our emotion, and achieve spiritual understanding. In so doing we detach from our habitual reactions and begin to look within for the comfort, love and respect that we are searching.

the Romans, which looked to animals for omens of future disasters. While it is true that some animals have a highly developed sense of smell and hearing which may aid them in detecting the early warning signs before a quake, the vast range of animals unharmed after the tsunami suggests that a more collective power is at play. Sufis believe that this 'power' lies within humans and animals alike, but is often more developed in ani-

*Go, and leave the limitation of senses behind
And then as Sufis do, delve, head first,
into the essence of sense
Go, seek the path that shows you how to
prove the senses
-Sadegh Angha⁵*

To help us achieve this Sufi Meditation classes use movazeneh, breathing, cognitive, concentration, relaxation and visualization exercises.

Movazeneh-movement meditation is a series of slow-motion movement exercises through which awareness of movement and patterns of our own energy fields and our ability to strengthen them is developed.³ By this means balance, wholeness and unity in the physical and metaphysical realms of our being is restored.²

mals. To fine-tune our senses we need to shut out distractions around us and focus on what is within is. This can be done by daily meditation and prayer.

References

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