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"You are the measure for everything. You have everything that you need. When you lift the boundaries that you yourself have created, then 'reality' will be revealed."

-Nader Angha[1]

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SUFISM: A BRIDGE BETWEEN RELIGIONS

By Nader Angha[2]

The reality of religion is not based on the differing practices and rituals that have been developed over the centuries. God is the foundation of religion, and God cannot be found through the mind and the physical senses, nor from reading or hearing the words of others. The discovery of religion is the discovery of the innermost dimension of our own being, from which the divine attributes follow. This is what the prophets cognized. To make this discovery requires devotion, discipline, and precise training, which Sufism provides.

In order to attain this goal, to know the "I", the "Being" of our self, knowledge is required. Such knowledge is not to be found in the usual social sources, but one must move beyond these limited boundaries. This "I" is the basis of Sufism, which follows the Way of the Prophets toward the seed of Truth lying within every human heart. In this sense, Sufism is a bridge between all "religions", for it accepts all the Prophets.

To the Sufi, the boundaries separating traditional views of religious institutions are irrelevant. This emphasis and insistence on the personal experience and knowledge of God and the discipline and method of training which assists students in the path toward this goal is the structure which makes Sufism the bridge among the "religions", both in our inner being and in our world.

SAYING OF A SUFI SAGE:

"Man is an unusual and amazing weave of angel and beast. Whenever he turns to the beastly he is less than the beast, and whenever he turns to the heavenly he exceeds the angel."

-Hadi Sabzevari[3]

TIME

Tomorrow I will change,
But today let me be
But somehow that
tomorrow got away
from me,
The years have
strengthened the fears
and the pain
That if I had faced
would have freed me
from this chain.

That time is gone and
will never come back
But I am not in despair
as now I will act
Now I must change, I
must break free
From all of the world
and truly be me.

The problem with waiting until tomorrow is that when it finally arrives, it is called today. Today is yesterday's tomorrow. The question is what did we do with its

TIME

opportunity? All too often we will waste tomorrow as we wasted yesterday, and as we are wasting today. All that could have been accomplished can easily elude us, despite our intentions, until we inevitably discover that the things that might have been slipped from our embrace a single, unused day at a time.

Each of us must pause frequently to remind ourselves that the clock is ticking. The same clock that began to tick from the moment we drew our first breath will also someday cease.

Time is the great equalizer of all mankind. It has taken away the best and the worst of us without regard for either. Time offers opportunity but demands a sense of urgency.

Regardless of a person's current age, there is a sense of urgency that should drive them into action now - this very moment. We should be constantly aware of the value of each and every moment of our lives - moments that seem so insignificant that their loss often goes unnoticed.
We still have all the time we need. We still have lots of chances - lots of opportunities - lots of years to show what we can do. For most of us, there will be a tomorrow, a next week, a next month, and a next year. But unless we develop a sense of urgency, those brief windows of time will be sadly wasted, as were the weeks and months and years before them.

> "Sufism is the reality of You"
>
> -Nader Agha[4]

THE JOURNEY

We are the result of over 3.5 billion years evolution, from the single celled bacterium to the human form we know today.

This mind-boggling transformation has left a myriad of other life forms in its wake, but even the most liberal-minded animal activist will tell you that there is definitely a big difference between humans and the rest of life on Earth. Are we the perfect creation? The one being that this world was created for? Whatever the answer may be, one thing is certain.

The Sufi Master, Nader Angha, has stated that "Existence is infinite and eternal". There is nothing that truly ceases to exist. The energy stored in dead muscle continues to manifest itself as energy in our bodies when we eat a hamburger. The fallen tree may give rise to hundreds more through its dispersed seeds. What happens to us when we die? The answer is not found in a book or on TV, it lies within ourselves. If we have taken 3.5 billion years to build, surely there is more potential inside us than to eat, live, reproduce and die.

Enclosed within each individual are the secrets of the universe, of our making and our death. All we need to do is take the first step on the journey for inner truth.

References

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