



MTO Sufi Association Newsletter

*The moon-shadow on the beach
The reflected sky on the ocean
The playful lonely pelican
The waves rushing to the shore
To splash on the rough-hewn rocks
Then rejection and return to the sea
Rising mist over lovers above
The shadow, reflection, the rushing loneliness
These are the rocky road
These, the story of life.*
-Nader Angha¹

Control and Awareness

When was the last time that you felt lost and out of control? Unaware of what was happening within and around you? Lost track of your ambitions, hope, faith, dreams and values? Consumed with stress, anxiety and depression?

Chances are, it was probably sometime today. Sufism tells us that by increasing our awareness about the body and how it functions we can regain control over our life.² Once we realize

this, we are able to make positive changes in our lifestyle leading into a healthier mind, body and soul. Here is an exercise that allows you to experience this for yourself.

Awareness Exercise²

- Have a sheet of paper and a pen available.
 - Seat yourself quietly on the floor or on a chair.
 - Close your eyes, and make sure you are comfortable.
- Ask yourself the following questions.
What is happening right now?
What am I thinking right now?
How am I feeling?
How am I breathing?
What are my senses telling me?
How clearly can I picture myself, and the way I am sitting?
 - Slowly open your eyes now.

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“What you really believe determines how you live. Sufism guides you to experience your own perfect life force, your spirit, and to see and understand all the things you do which weaken it.”³

Virtue of Man

If you want to be a good shoemaker, the first thing necessary is to know what a shoe is and what it is meant for. It is no use trying to decide on the best sort of tools and material to use and the best methods of using them unless you have first formed in your mind a clear and detailed idea of what it is you are setting out to produce and what function it will have to perform.

The virtue of a shoemaker depends first and foremost on the possession of this knowledge. He ought to be able to describe in clear terms the nature of the thing he intends to make, and his definition should include a statement of the use to which it was to be put. The first task, therefore, if we are to acquire this universal human virtue is to discover what the function of man is.

- Socrates⁴

Diary of a Sufi Student

My name is Ramak (24yrs), and I am currently a MBA student at Macquarie University, President of the Macquarie University MTO Sufi Association and the Managing Director of ITEL Marketing.

As I write this article, I think back to the 8years of teachings that I have been blessed with receiving from my great Master Nader Angha, Pir Tarighat Oveyssi Shahmaghsoudi, and I want to share a brief moment of what I have learnt, in the hope that it may touch one person's heart in their quest for enlightenment.

I was born in Tehran (Iran) raised in LA (USA) and brought up in Sydney (Australia). Whilst I was born into a Muslim family, I studied Catholicism during my adolescents and just as I was about to convert my religion, I stumbled across Sufism, or more so Sufism found me.

Sufism, is a way of life and is not bound to a religion. As my

Pir has stated in his book the Reality of Religion, "Sufism is the reality of religion, by this I mean experiencing God in one's inner self, submitting to him and loving him with ones mind, heart and soul until no other but the beloved remains."⁵

My teacher has opened my eyes, and has shown me that everything exists within me and rather than blindly following others, I must find the answers within myself for true knowledge, as knowledge is power and power is knowledge.

When I look at my peers, I see that in every aspect there is a higher power suppressing creative minds. Through fashion, music, alcohol, drugs and stereotypes, we are being played without even knowing it. We are allowing society to suppress our minds and control our consciousness whilst we

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sleep.

I am not a fanatic nor a preacher, the story that I have in mine and can't be explained in words. All I can say is that if you do hear that voice within calling you to find it, LISTEN TO IT. Don't ignore it.

References:

1. Angha, N., Whispering Moments: Inspiration, 1996, Washington, DC: MTO Shahmaghsoudi Publications.
2. Behbehani, S. S., The Messenger Within, 1999, Washington, DC: MTO Shahmaghsoudi Publications.
3. Larsen, B., The Perfect Moment, 2000, Washington, DC: MTO Shahmaghsoudi Publications, p8.
4. Guthrie, W. K. C., The Greek Philosophers, 1950, London: Harper Torch Books.
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Illustrations:

Pg 1 & 2: Angha, N., Whispering Moments: Inspiration, 1996, Washington, DC: MTO Shahmaghsoudi Publications.