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M.T.O. Sufi Association Newsletter

*Wondering mind and thought,
Uncontrollable,
My heart, in an old chest,
Locked, covered with dust,
Catastrophically, the hurricane of life moved me aimlessly
From one side to another,
I was being sold,
From one ignorant market to another selfish one,
When the dark clouds were gone,
The Brightness of the sun appeared,
I saw your face, it touched my heart,
The lock was opened,
The wondering was over,
And I fell in love with you.
"Annihilation."*

-Nader Angha¹

How to Conquer Pre-Exam Jitters

Extracted from The Messenger Within¹

For those students who would like to acquire more concentration skills, this exercise is very useful before classes or even exams.

- Close your eyes.
- Pay attention to the way you are breathing and to the movement of the respiratory muscles.
- For a little while, just pay attention to your breath.
- Start regulating your breath, trying

to breathe fuller and deeper.

- Let your stomach expand as you begin to inhale.
- See how many counts are required for your incoming breath.
- Hold yourself motionless for an instant or two, before beginning to exhale.
- Allow the same counts for your exhaling breath.
- Let your breath be gentle and quiet.
- Simply allow

your body to unwind and the thoughts to become untangled, the mind to become quiet and still.

- You are ready to concentrate and do your very best!

Several techniques allow us to steady the mind. A disturbed mind is not capable of finding a solution to any problem; on the contrary, it may confuse the problem even further. A person with a disturbed mind makes little or no sense of his situation and embraces failure

The wise knows that he does not know and the foolish does not.

-Sadegh Angha³

As a fletcher makes straight his arrow, a wise man makes straight his trembling and unsteady thought, which is difficult to guard, difficult to hold back,

A tamed mind brings happiness.

Irrigators lead water where they will, fletchers shape the arrow, carpenters shape wood to their will,

wise men shape themselves.

-The Buddha⁴



How to Conquer Pre-Exam Jitters (continued)

everywhere. The reason for this is that when the mind is troubled and confused, it is unable to function properly since it is influenced by many factors that intervene. Our thoughts will thus not be able to follow a specific direction and concentrate on one desired channel. The

confused mind acts like an unbroken horse that will go where it wants without any particular destination. This confusion naturally affects our lives, and most of the time we are prevented from making important decisions and reaching important goals.

Mind control can be achieved by giving our entire attention to whatever we are doing, no matter how trivial. By completely being absorbed in it, we help develop mind control.

Diary of a Seeker: WHEN TO BE SILENT?

So many questions that I have. Who am I? What is my mission in life? What is the purpose of my existence and why do I still feel empty when I have so many things going on in my life.

Why won't the voice leave me alone? Find me it says? But where Do I begin. I don't want to be a slave to my fears anymore.

Where is my guide and who will show me the way?

I don't want to be like my ancestors that have passed away? Where is my prophet, its doesn't seem fair that 1400 years ago there was a messenger.

What about me, where is my guide, who will answer my questions?

So many questions left unanswered in my heart!

Sufism is derived from the word "Marifa" which is to KNOW⁵ and teaches a seeker that all the answers are within one's own being. Nader Angha, the current Sufi Master, has stated that "Existence is infinite and all the answer are within yourself. All you must do, is be silent."

No question is left unanswered. All we must learn to do is switch off our ever wandering

thoughts, wants and desires and be silent for one moment to hear the answer to all of our questions and to be guided towards true knowledge.

BE SILENT for one moment. Don't think, don't judge, don't want. Just for one moment experience this silence.

References:

1. Angha, N., Revelation (Elhām), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
2. Bebbhani, S. S., The Messenger Within Discovering love and Wholeness Through Meditation, 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
3. Compiled by Wilcox, L., Sayings of the Sufi Sages, 1997, Washington, DC: MTO Shahmaghsoudi Publications.
4. Translated by Irving Babbitt, Buddha's Teachings, the Dhammapada, New Directions Publishing Corporation, New York.
5. Angha, N., Sufism, 1997, Washington, DC: MTO Shahmaghsoudi Publications.

Illustrations:

- Pg 1: Angha, N., Revelation (Elhām), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
Below Pg 2: Angha, N., Whispering Moments: Inspiration, 1996, Washington, DC: MTO Shahmaghsoudi Publications.