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M.T.O. Sufi Association Newsletter

*Many obstacles in life
to go through,
Many lives in obstacles
to pass through,
Many wonders in minds
to be solved
Many wondering minds
to be handled,
Many hearts in the offering
none to love,
Many roads to travel
no place to go,
Many languages to speak in
nothing to say.*

-Nader Angha¹

Relaxation: EXISTENCE BETWEEN THOUGHTS

Extracted from The Messenger Within²

What is relaxation? Take a moment and think about the things you do in order to relax. Was your answer, "Watch TV," or "Go to the movies," or "Have a drink," or even "Go to the beach," or "Read a book"?

However, relaxation is not an occupation

such as reading a book, watching TV, or drinking alcohol but quieting the body and the mind. Relaxation is total stillness. It is the ability to go beyond thought, time, and space, reaching a moment of inner peace and quiet; in fact, reaching a moment between two thoughts.

Relaxation can only

take place when the mind and the body are still, when the brain rhythm changes from an alert beta to a relaxed alpha rhythm. At this time a chemical associated with anxiety decrease and blood flow to the muscles declines; instead, blood flows to the brain and skin, producing a feeling of warmth and calm.

Inside this issue:

| | |
|--|---|
| Relaxation: EXISTENCE BETWEEN THOUGHTS | 1 |
| Technology and Communications | 2 |
| Managing Anger | 2 |

*Gather all your energies and concentrate them on **the source of life** in your heart for your findings to become imperishable, so that you live in balance and tranquility and know eternity.*

-Sadegh Angha³

*The smell of sweet red roses
brings a smile to wet eyes.
The delightful taste of chocolate
chases sadness from lips.
Seeing someone express love, tears,
tenderness, warmth and hope does wonders.
Many obstacles to go through,
just to say, "I do understand and more."
Tears are like connecting pearls,
jewels should be saved, not spent.*

-Nader Angha¹



Technology and Communications

Technology has shaped the way we communicate with other people in a very significant way. We can no longer seem to live without it and the things that would have been luxuries in the past are now seen as necessities. The overuse of

technology for communication would leave us with a less emotional form of human interaction, denying us that part of our humanity that is our emotions. The question is could the effect be so dramatic that it would lead us to a robotic society?

In Sufism we are urged to look for those unique qualities that make us who we are. Techniques such as meditation and deep breathing allow this and can save us from this robotic state.

Managing Anger

Aim for straight A's, keep your part time job, spend time with family and friends and find time for yourself....so many things to do...

The stress of our everyday lives and trying to juggle all of the outside world in addition with dealing with our emotional changes sometimes causes anger and stress that can at times be uncontrollable and overpowering.

Sufism teaches us that the key to peace and tranquility is finding that stable "I" that can not be changed by external stimuli or the ever changing world.⁴

In reality most of our emotional problems are nothing more than a failure to accept things as they are - in which case it is patient acceptance, rather than attempting to change externals, that is the solution.

Once we fully accept other people as they are without the slightest judgment or reservation - as all the enlightened beings accept us we realize that problems do not exist outside our mind, so when we stop seeing other people as problems they stop being problems.

Patient acceptance not only helps us, it also helps those

with whom we are patient. When someone feels judged they automatically become tight and defensive, but when they feel accepted they can relax, and this allows their good qualities to come to the surface. Patience always solves our inner problems, but often it solves problems between people as well.⁵

References:

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Illustrations:

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