

Volume 3, Issue 1

January, 2006

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M.T.O. Sufi Association Newsletter

*Oh, my wet eyes
Can not sleep because of you.
Oh, in the flame of my sigh
I am feverish and restless.
Oh, my love, you have asked me,
"How am I without you?"
Here is your answer,
"Sometimes because of a sigh, in fire.
Sometimes because of crying, in water."*

-Nader Angha¹

The death of earthly attachments

The fear of death has accompanied human beings throughout time. It is natural to fear the unknown, and to fear that which causes grief and suffering.

However, this fear can only be dispelled with the light of knowledge and understanding. There is one thing we know about death for sure; we cannot take our earthly possessions or our bodies when we die. Therefore it

follows that, if we no longer fear loss, we will no longer fear death.

The Prophet Mohammad has stated "Die before you die", meaning that we must remove our earthly attachments before they are taken from us in death. The millionaire cannot take his fortune with him to his grave, but he does

"fear can only be dispelled with the light of knowledge and understanding"

take his spiritual attributes.

The life on earth is

transitory, and it does not make sense to grow attached to a temporary living place. Instead, we must nurture our souls with peace, love and empathy so that these qualities will follow us when we die.

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"Desires are endless and people are never satisfied, regardless of their situation. Possessions do not offer peace. Striving to fulfill desire is akin to irrigating an immense desert. No matter how much water is poured into it, the land remains dry and thirsty."

-Professor Sadegh Angha²

Man is the architect of his own environment.³

Taking Responsibility

“If there were only one in the world, and that one were you, what would be your name?

Who would you be?

Would you hate?

Would you love?”

-Professor Nader Angha⁴

Taking responsibility for events

that occur in one’s life is one of the most difficult tasks any person can be faced with.

It is easy to blame events on chance or circumstances. It is also very easy to create a reason for the wrong choices we make by blaming others or our limitations.

The one thing we cannot escape from on the path of Sufism, is taking responsibility for our own actions because as this quote is trying to state, in the end, the choices are made by this “one”. Nobody else is to blame.

*You have woken up late,
lost and perplexed
but don't rush to your books
looking for knowledge.
Pick up the flute instead and
let your heart play.*

-Rumi⁵



*My dear heart
never think you are better than others.
Listen to their sorrows with compassion.
If you want peace, don't harbor bad thoughts
do not gossip and
don't teach what you do not know.*

-Rumi⁵

Mindfulness

Many of those whom are studying psychology will know or have heard of the increasingly popular treatment of Mindfulness; a concept taught by prophets throughout the ages from Adam to Prophet Mohammad.

This technique has only been introduced to Western Civilization in the late 90's by

psychotherapists treating patients dealing with severe depression, anxiety, eating disorders etc.

The concept teaches patients to be in the present moment in an effort to be AWARE and to deal with life situations as they are, without retreating to fears.

Sufism teaches that being mindful is about being in the present moment.

“Sufism teaches that being mindful is about being in the present moment”

Try spending at least 15-20mins each day (inside or outside) completely in silence. Close your eyes and be mindful

of the noises you hear, your body, your pulse rate, your skin and your breathing. Be mindful of your thoughts and start recognizing your thought patterns.

References:

1. Angha, N., Revelation (Elhām), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
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3. Angha, N., Peace, 1987, Verdugo City, CA: MTO Shahmaghsoudi Publications.
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5. Barks, C., The Soul of Rumi A new collection of ecstatic poems, 2002, Harper San Francisco.

Illustrations:

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

