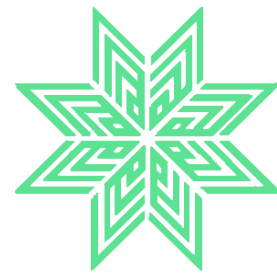


Volume 3, Issue 10  
 October, 2006  
 contact@suflassociation.com



# M.T.O. Sufi Association Newsletter



By Linda O'Riordan<sup>1</sup>

For many centuries, the importance of body states, their effect on consciousness, and their relationship to stress have been recognised by eastern philosophies such as Zen, Yoga and Sufism. In Sufi Healing, exercise, body awareness and the mind/body relationship are emphasised in self-regulation of the system.

Most people are unaware of the tension in their own bodies, due to the accumulation of stress. Much of the tension in our body isn't felt because most of our awareness is directed to the outside world of the five senses.

Often the internal world of the feeling, emotional body registers stress before the conscious mind does. Living in a state of chronic muscular tension and contraction, blocks movement, restricts digestion, limits expression and decreases energy. When you become aware of where you hold worry, emotional pain, fear and stress through body scanning and body-mind inventory, then you can learn releasing techniques.

Sufi Meditative practices engage breathing, chanting, movement, the mind, and the heart in order to bring coherence to all levels of our being. To achieve and maintain

a healthy balance in our lives, exercise is a necessary factor.

Our bodies are designed for movement! When the physical body is in good shape, fit, toned, and strong, it directly influences the mind. Altering the physiological processes, results in better self-esteem, confidence and a positive outlook on life.

No matter what condition one is in, it is possible to participate in an exercise program starting at our own level of fitness.

*From each, Love demands a mystic silence.  
 What do all seek, so earnestly? 'Tis Love.  
 Love is the subject of their inmost thoughts,  
 In Love no longer "Thou" and "I" exist,  
 For self has passed away in the Beloved.  
 Now will I draw aside the veil from Love,  
 And in the temple of mine inmost soul  
 Behold the Friend, Incomparable Love.  
 He who would know the secret of both worlds  
 Will find that the secret of them both is Love.*

- Attar<sup>2</sup>

**Inside this issue:**

Physical Awareness	1
Unsafe Passage	2
My Teacher	2



## Unsafe Passage

I recently attended an art exhibition at the Tin Shed Gallery at the University of Sydney, called "Unsafe Passage" by Emma Wise, where I became extremely interested in her demonstration on how the human mind perceives its environment.

Through the use of many conoid shaped pieces of foam all varying in length, shape and width placed at different distances from each other, Emma was able to create an almost unreal effect where you were constantly running into the objects by perceiving them to be a different size and shape to what they really were.

The cones all being white and similarly shaped made it easy to take them for granted as all being the same. However, each one was different and unique and should have been appreciated for what it is, not what it would be easiest for us to perceive as.

The "Unsafe Passage" felt much like life; deceiving if you do not look beyond the surface but easy if you take each step with the certainty that only knowledge can bring through close analysis and study of each entity as its true self.

### References:

1. O'Riordan, L., The Art of Sufi Healing, 1999, Washington, DC: MTO Shahmaghsoudi Publications.
2. [http://www.poetseers.org/spiritual\\_and\\_devotional\\_poets/sufi/](http://www.poetseers.org/spiritual_and_devotional_poets/sufi/) (Date visited: 01/10/06).

### Illustrations:

Below Pg 1 & Pg 2: Angha, N., Revelation (Elhäm), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.

## My Teacher

*I am a student of Sufism, that is what I say,*

*I listen to the teachings, I fast and I pray,*

*I am ambitious; I work hard to be free,*

*I am educated, to the very highest of degree,*

*I am giving and generous wherever I can,*

*I am my family's biggest fan,*

*I am a friend, a boss and a mentor to some,*

*I am a traveler and a free spirit with energy compared to none,*

*All of these things that I think describe me,*

*Is in essence something I aim to be,*

*Without my teacher I am nothing at all,*

*Without his love I would never stand tall,*

*Without his mercy and guiding light,*

*I would never ever have the energy to stand up and fight.*

*My teacher, Nader Shah Angha has given me reason to live,*

*And on his birthday, what is there to give?*

*I see that I have nothing of value to give as a gift,*

*Except this heart of mine that only he has the power to lift.*

*Happy Birthday Hazrat Pir.*



*O you whose lips are parched, keep looking for water.  
Those parched lips are proof that eventually you will reach the source.*

*-Rumi<sup>2</sup>*