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# M.T.O. Sufi Association Newsletter

*My heart as a drop the ocean contains,  
From you, the sun's light emanates.  
My being is where the Beloved steps.  
From longing, it's now your treasure chest.*

*-Professor Nader Angha'*

*Your love became the master of my life,  
For your wish, my poor soul does stand,  
"I am submitted to your love"  
With no inspiration, I am ever lost.*

*-Professor Nader Angha'*

## Discovery of Truth

*Extracted from Sufism and Faith<sup>2</sup>*

I ask you, if the universe is so bad, how did human beings ever come to attribute it to the work of an All-Wise, All-Merciful and Benevolent Creator? Indeed, how easy and simple it is for man to say these few words: "The cruel and unjust universe!" Being a mathematician I often compare this to simple concepts in mathematics that require so much proof and facts. A man does not call a line crooked unless he has some definition or knowledge of a straight line. What was he comparing this universe with when he called it unjust?

The spectacle of the universe, as revealed by physical experience, could never have been the ground for true spirituality and religion. The foundation must have been something existing in spite of religious institutions, acquired from a different source, not the input from our physical senses or man-made laws.

Despite all the rules which society imposes upon us, the urge to know is inherent in each human being. It is very obvious in young children, and continues through our life span. The quest for the meaning of life, for self-knowledge, for

eternity, is timeless. It is not unique to any particular race, creed or culture, nor bound to any particular place.

The Prophets and great Teachers through human history have taught: Know yourself.

Knowing yourself is necessary in order to find truth. The discovery of truth is not the task for the immature mind, nor does it consist of the common comparisons and inputs of the senses to the brain. However, cognition of truth is possible by the light of faith and heart discovery.

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*Do not brand as false what you  
are unable to comprehend.*

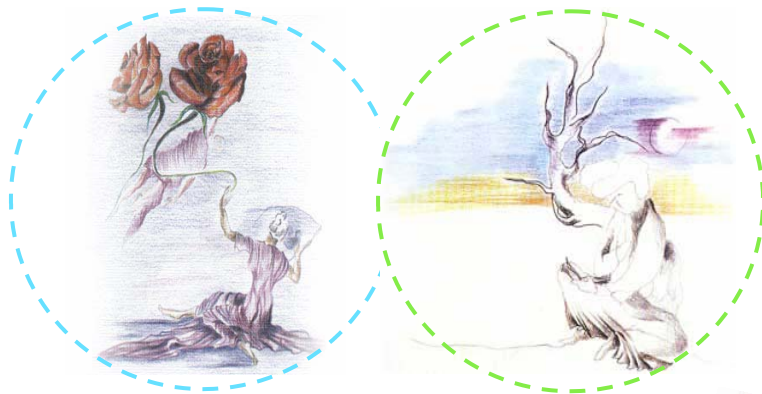
*-Abu Hamid al-Ghazali<sup>3</sup>*

# Learning to Wait

Have you ever felt discouraged or discouraged whilst waiting for something that you truly want? Like many people, I usually want everything yesterday and yet as I look back over my life, the times that I have spent waiting have been the most meaningful and insightful times of my life.

Sufism has taught me that a waiting period signals a

period of spiritual growth that leads to something long lasting. Consider this the next time you are desperately praying for something that you truly want, take some time and allow for this transition to take place. You will then find a strength within yourself that will help you in the next stage of your life.



## Dealing with Negative Feelings

We all experience negative feelings associated with sadness and depression during the course of our lives.

At times, the pain can become so intense that we feel it is the end. However, it is important to remember that these feelings are temporary reactions to our current situation and that they will pass.

To surpass these emotions Sufism teaches us to:

1. Confront the negative feelings, ask yourself what is getting you down?
2. Let the emotions run

through without judging them.

3. Now, remember what truly matters in this very moment...remember that you are ALIVE.

Allow yourself some time to recover and when sun rises the next day, you will feel your life begin again.

#### References:

1. Angha, N., Revelation (Elhām), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
2. Angha, N., Sufism and Faith, 2003, Martinez, CA: MTO Shahmaghsoudi Publications.
3. Compiled by Wilcox, L., Sayings of the Sufi Sages, 1997, Washington, DC: MTO Shahmaghsoudi Publications.
4. <http://www.katinkahesslink.net/sufi/stories2.html> (Date visited 24/03/05)

#### Illustrations:

- Middle Pg 1: Angha, N., Sufism A Bridge Between Religions, 2002, Riverside, CA: MTO Shahmaghsoudi Publications.  
Middle Pg 2 (left): Angha, N., Revelation (Elhām), 1999, Riverside, CA: MTO Shahmaghsoudi Publications.  
Middle Pg 2 (right): Angha, N., Whispering Moments: Inspirations, 1996, Washington, DC: MTO Shahmaghsoudi Publications.

## SUFI TALES

### ‘WHY ARE YOU HERE?’

One day Nasrudin was walking along a deserted road. Night was falling as he spied a troop of horsemen coming toward him. His imagination began to work, and he feared that they might rob him or impress him into the army. So strong did this fear become that he leaped over a wall and found himself in a graveyard.

The troop of horsemen, innocent of any such motives as had been assumed by Nasrudin, became curious and pursued him. When they came upon him lying motionless, one said, "Can we help you? Why are you here in this position?"

Nasrudin, realising his mistake said, "It is more complicated than you assume. You see, I am here because of you; and you, you are here because of me."

### ‘THE FOUR MEN AND THE INTERPRETER’

Four people were given a coin.

The first was a Persian. He said: "I will buy with this some angur."

The second was an Arab. He said: "No, because I want inab."

The third was a Turk. He said: "I do not want inab, I want uzum."

The fourth was a Greek. He said: "I want stafil."

Because they did not know what lay behind the names of things, these four started to fight. They had information but no knowledge.

A wise man present could have reconciled them all by saying "I can fulfill the needs of all of you with one, using that coin. If you honestly give me your trust, your one coin will become as four and four at odds will become as one united."

Such a man would know that each in his own language wanted the same thing, grapes.