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M.T.O. Sufi Association Newsletter

Methods of

Sufi Healing

Concentration and Meditation

The mode of our being before thought, before speech, and before action is silence.

Calming the mind, relaxing the body and achieving spiritual understanding can be attained through the self-directed practice of concentration and meditation.

These techniques develop unconscious behavior patterns that produce widespread positive effects on physiological and psychological functioning.

Meditation is the road to freedom.

Creative Self-Expression

The Prophet Mohammad (peace be upon him) told us that, "Each human being is like a mine—gold, silver or jewel. Excavate their goodness so that you may have peace."

The goodness within each of us needs to find a mode of expression, a method of emergence, a means of expressing itself.

Sufi Healing teaches us to search for and discover whatever our personal modality is. It may be any form of art work, journaling, movement, poetry or music—shaped in stone, metal, water colors, clay, oils, or any other medium.

Awareness/Mindfulness

Awareness/Mindfulness can be described as the practice of moment to moment concentration.

It involves cultivating our ability to be consciously mindful in the present moment. The awareness exercises used in Sufism promote deep relaxation, restoration of mind and body, self-understanding, and self-control.

Only when we are aware can we most effectively utilize our body and catalyze our healing energies.

Prayer

According to Hazrat Pir, there is an inner spiritual power for all things in the vastness of existence which is the organizing centre for all the vital living actions and deeds of that being. This "blessing center" or centre of order and knowledge is the reason of existence.

The "ever alive" existence is a story of love. Love is the deepest urge of the universe and is the Source of all healing and all creativity.

The importance and power of prayer in healing cannot be overestimated. Prayer is essential, a vital element in true healing.

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Man is ill because he is never still. - Paracelsus¹

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The person who prays is knocking at the King's gate, and verily it will be opened to he who continues to knock,

-The Prophet Mohammad²



HAPPY

PERSIAN NEW YEAR!



I would like to take this opportunity to wish everyone a Happy Persian New Year!

Persian New Year or No-Rooz³ is based on the revolution of the earth around the sun and may be better known to the Western world as Spring Equinox. It has been celebrated by all the major cultures of ancient Mesopotamia for over 3 millennia. Its ceremonies are symbolic representations of two ancient concepts - the End and the Rebirth; or Good and Evil.

A few weeks before the New Year, Persians clean and rearrange their homes. They throw out all the things they do not need in order to make room for all the things they will need in the coming New Year. They make new clothes, bake pastries, set up the ceremonial cloth and germinate seeds as a sign of renewal. Troubadours, referred to as Haji Firuz, disguise themselves with makeup and brightly colored outfits. They parade through the streets with tambourines,

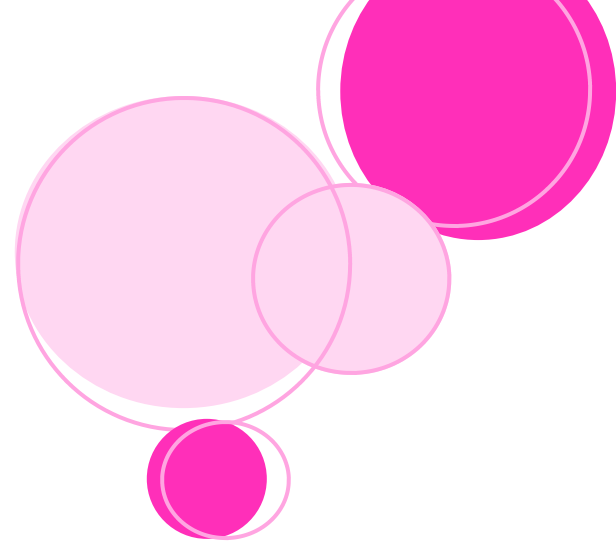
kettle drums and trumpets to spread cheer and news of the coming New Year.

The next ceremony is the symbolic leaping over seven flames on the eve of the last Wednesday of the year. Through which they give the fire all their weaknesses and failings in return for its warmth and vibrancy with which they can start the New Year.

After these internal and external cleansing processes, the New Year begins and the celebration lasts for a fortnight. On the 13th day, they leave their homes to spend the day outdoors.

So what does this have to do with Sufism? Everything, because this is yet another opportunity for us to set new goals, let go of everything that is holding us back and take another step towards wisdom.

This is a time to realize that everyday, every hour, every minute, every second and every moment is a new beginning. So let's celebrate it!



The Magic of Grace...

The greatest motivation for any person is Divine intervention, or what I have come to learn, the magic of God's Grace. As we make changes in our life we generally find that coincidences follow.

M.T.O. School of Sufism has taught me that when I treat myself as a cherished soul with a treasure within my heart, there is a divine force that will support my efforts "Then do ye remember Me; I will remember You."⁴ All I need to do is open my eyes and become aware of all the coincidences in my life.

Sufism instructs humanity that "things are not as they seem," because we pay attention only to the surface of things with our senses and scattered energy.⁵

Activity: This week keep a notebook nearby and every night write down all the coincidences that have happened throughout the day to help achieve the goal you are committed to achieving.

References:

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Illustrations:

- Top Pg 2: (Spring Blossoms) <http://community.webshots.com/photo/66639115/1068108878026835101HFUvXh> (Date visited: 23/04/06).
 Top Pg 2: <http://www.crystalinks.com/noroozfish.jpg> (Date visited: 23/04/06).
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