

Volume 3, Issue 5

May, 2006

contact@sufiassociation.com



# M.T.O. Sufi Association Newsletter

## Methods' of Sufi Healing

### Visualization

Visualization is the deliberate use of the power of your mind to create and expand your own reality. It is also a method of developing inner awareness and control of the body's autonomic functions, which assist in the healing process.

The essential ingredient is to form a very precise and clear picture in your mind, then hold it, affirm it and see it as being yours. Once you truly understand and believe in your potentials, you can begin transforming your life.

### Zikr - Chants of Remembrance

Zikr, Sufi chant, literally means remembering. Professor Angha describes the Zikr as the first step in the way of love. When we love someone, we are constantly thinking of them, remembering them, and repeating their name.

The Zikr is led by a singer who usually sings poems written by the great Arefs or spiritual masters and the participants join in the chorus. The singing is accompanied by movement of the body in the sign of infinity.

As the Zikr continues, it creates a powerful electromagnetic field with the unification of sound, motion and intention (remembering the Beloved), all concentrated in the heart. The infinity motion in the heart and body merge in harmony with the motion of the earth, the solar system, the galaxy and the entire cosmos.

The Zikr is the gateway beyond the boundaries of time and space into a higher realm. This chant of remembrance is an element of Sufism that has been practiced for 1,400 years.

### Magnetic Resonance Balancing

Magnetic Resonance Balancing is a system of exercises utilizing a combination of energy based concepts to strengthen the electromagnetic field and to achieve the most beneficial state of equilibrium. When the vibrational energy centers are functioning in harmony, they serve as a system of interfaces between the physical body and the non-physical subtle bodies.

Certain exercises and meditations open all the magnetic centers allowing the energy to flow freely from the greater Source. In Sufism, the main focus is concentrated in the heart, for centering, stabilizing and maintaining a balanced energy flow.

#### Inside this issue:

Methods of Sufi Healing	1
The Call	2
A Constant	2
A Cliff	2

*The healing of any wounds, physically and metaphysically, is based on acquiring a state of balance and equilibrium between the physical state of consciousness and the existential healing powers.*

*-Professor Nader Angha'*

# Your Longing for Me Was My Messenger to You

*A lover was plunged in prayer when Satan appeared and said,*

*“How long are you going to go on crying, ‘O Allah!’*

*Shut up because you’ll never get an answer.”*

*The lover was sad and hung his head in silence.*

*Then, he had a vision of the Prophet Khidr who said,*

*“Why have you stopped calling on God?”*

*“Because the answer ‘Here I am’ did not come.”*

*Khidr said, “God Himself has ordered me to come to you*

*And say, “Wasn’t it I who commanded you to pray?*

*Wasn’t I who made you busy with My Name?*

*Your calling out, ‘Allah, Allah!’ was My ‘Here I am!’*

*Your longing for Me was My messenger to you:*

*Of all your tears and cries and supplications,*

*I was the magnet and it was I who gave them wings.”*

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

## A CONSTANT

People spend much of their lives looking for a constant. By ‘constant’, I mean something that will not change, something that you can always rely on. We try to find this in love, in our careers and in our passions. Yet one by one they seem to fail us just when we need them the most.

It never occurs to us to stop looking outside of ourselves for contentment and for once only focus on ourselves, on our existence, on the beating of our hearts and the breathing of our

lungs.

This is the answer to all the people who do not understand why spirituality is important... the things outside us do not last and can never be our constant.

#### References:

1. O’Riordan, L., The Art of Sufi Healing, 1999, Riverside, CA: MTO Shahmaghsoudi Publications.
2. Angha, N., Sufism and Faith, 2003, Martinez, CA: MTO Shahmaghsoudi Publications.
3. Harvey, A., Teachings of Rumi, 1999, Massachusetts, Boston: Shambhala Publications.
3. <http://www.katinkahesselink.net/sufi/stories2.html> (Date visited 24/03/05)

## A CLIFF<sup>3</sup>

A man was chased off a cliff by a tiger. He fell, and just managed to hold onto a branch. Six feet above him stood the tiger, snarling. A hundred feet below, a violent sea lashed fierce-looking rocks.

To his horror, he noticed that the branch he was clutching was being gnawed at its roots by two rats. Seeing he was doomed, he cried out, “O Lord, save me!”

He heard a Voice reply, “Of course, I will save you. But first, let go of the branch!”