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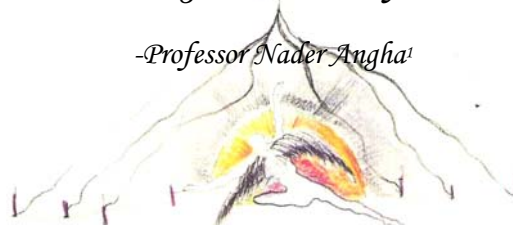
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M.T.O. Sufi Association Newsletter

*Flying through the cloud
Traveling through the mist
Driving through the fog
Wandering through the roads
Lost in dense forests
These are the options of life!
Where is the light at the end of the tunnel?*

-Professor Nader Angha¹



The Destiny of Human Being

By Professor Nader Angha²

The destiny of the human being is stability and freedom, and it is eternal. But our actions, our way of understanding, our feelings, our societal perceptions, our mixed emotions about everything do affect and change that destiny.

This life is as short as the batting of an eye, and nothing more.

Why are we wasting so much of it trying to gain the approval of a shifting society, of any individuals, and on our concern with constant physical changes in

nature? This is what I don't understand.

When we talk about freedom, it is about removing all the boundaries, the limitations we or social perceptions have put upon us. But keep in mind that it does not mean rebellion or revolution in social standards. It means better understanding and the discovery of an absolute being—which is called Existence.

To gaze at a candle for the purpose of meditation, or to enjoy a flower and contemplate it, or walk in the park—all these are good, but temporary. We are

talking about absolute self-awareness. It should be quite clear that when I gather all my thoughts, all my feelings, almost everything in that "Source of Life" in my own being, it explains and describes how I can overcome limitations which cause instability rather than stability, sadness rather than happiness, and how I gain freedom for my entire life. So why don't I use the right tool? Then I can experience and fully enjoy Freedom.

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*Whatever we are most desirous of attaining,
whatever we devote ourselves to, whatever
we think about most often is what we really
worship.*

-Professor Nader Angha²

Converting Energy

Have you ever heard people say, “you can do whatever you want to do” or the expression “when there is a will there is a way”? These are not just the sentimental ranting of an optimist, they are actually a subtle indication about the way things work in life.

We spend majority of our time and energy on the negative aspects of situations. If we diverted even half of that on the

positive aspects maybe we would have had a different outcome.

No one is more capable of success...it is all a matter of how you spend your time and where you focus your energy. So next time you get scared or start having negative thoughts about something, stop. Stop everything for just a minute and look at your options, there might just be a better way!

Poems of Ecstasy & longing

*My heart, do not take pride in
every thought,
do not flatter like a moth around
every light.
Until you know yourself
you will be distant from
God.*

*To find a pearl dive deep into the ocean
don't look in fountains.
To find a pearl you must
emerge from the water of life always
thirsty.*

-Rumi³

Thoughts

*I sit here and think about my life and dreams,
The road I have travelled and the decisions that I have made,
One thought after another keeps leading me away,
My mind is constantly analysing whilst I silently lay.*

*In this madness I hear a voice deep within,
That echoes from a distance, yet closely a kin.
It tells me that my thoughts are nothing but a dream,
All lies and deceptions from the fears as reality they seem,*

*The voice tells me for one moment to be silent and still
To let go and be present,
To give warmth to the chill.*

*And as I obey its final command
I see that all existence is in my own hand.*

Sufi Tales

THE SCHOLAR¹

Nasrudin, ferrying a scholar across a piece of rough water, said something ungrammatical to him.

“Have you never studied grammar?” asked the scholar.

“No.”

“Then half of your life has been wasted.”

A few minutes later Nasrudin turned to the scholar. “Have you ever learned how to swim?”

“No. Why?”

“Then all your life is wasted—we are sinking!”

THE NAIL²

A man and a nail had a conversation.

The nail said: “I have often wondered during my years sticking here in this panel, what my fate is to be.”

The man said: “Latent in your situation may be a tearing out with pliers, a burning of wood, the rotting of the plank—so many things.”

Said the nail: “I should have known better than to ask such foolish questions! Nobody can foresee the future, let alone a variety of them, all so unlikely.”

So the nail waited, until someone else came along, someone who would talk intelligently, and not threaten him.

So do we really want to know our fate, or even our present situation?

References:

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3. Barks, C., *Rumi The book of love poems of ecstasy and longing*, 2003, San Francisco: Harper.
4. <http://www.katinkahesselink.net/sufi/stories2.html> (Date visited 23/07/06).