



# M.T.O. Sufi Association Newsletter

## Learn to Love

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

After years of personal and professional experience I have come to believe that the primary cause of most of our problems is lack of love, lack of acceptance and lack of knowledge of our authentic self.

Evidence of this lack of love, soul sickness and spiritual starvation is reaching epidemic proportions world-wide. It expresses itself in low self-esteem, dis-ease, dis-order, addictions, suicides, mental illness, child abuse, homicide, high risk behaviours, and generalised global fear and violence. Our

newspapers, radio, TV— all the media, keep this sad reality before our eyes every day.

Have we all contributed to this lack of love, lack of trust and fear? In the *Holy Bible* it says,

*“As you sow, so shall you reap.”*

Are we harvesting the fruits of the seeds we have planted? What about our own thoughts, feelings, words and actions? Are we planting seeds of love, hope, courage and compassion? Or are we planting seeds of despair, anger, jealousy and greed?

It is important to carefully examine our

thought processes, and see how nurturing or destructive they are. We do have the power to change our own thoughts. After all, are you the only one thinking in your own mind? What is willed with strong emotion, intention and concentration shows up in our reality. Professor Angha tells us,

*“Useless is thought not meant for inner peace and tranquillity. And any knowledge which does not enhance the personality is futile and worthless.”*

## The Meaning of Love

*Both light and shadow are the dance of Love. Love has no cause; it is the astrolabe of God's secrets. Lover and Loving are inseparable and timeless.*

*Although I may try to describe Love when I experience it I am speechless. Although I may try to write about Love*

*I am rendered helpless; my pen breaks and the paper slips away at the ineffable place where Lover, Loving and Loved are one.*

*Every moment is made glorious by the light of Love.*

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

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### Love is the cure

*Love is the cure, for your pain will keep giving birth to more pain until your eyes constantly exhale love as effortlessly as your body yields its scent.*

*-Rumi<sup>3</sup>*

# NURTURING EXERCISE:

## Learn To Love, Start With Yourself...

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- \* Love and accept yourself fully as you are right now (unconditionally).
- \* Take time out for you and indulge yourself in healthy sensory pleasures - a massage, a luxurious bath with scented oils, watching funny movies, communing with Nature, an evening of your favourite music and food. Do something just for the fun of it.
- \* Learn to say "no" and let go of those parts of your life which no longer serve you.
- \* Do any creative activity you enjoy - painting,

ceramics, singing, writing, dancing, playing a musical instrument, cooking, etc.

- \* Listen to your body and maintain a proper balance between activities and rest.
- \* Focus on what you love about life, follow your passion—stay involved.
- \* Smile and laugh frequently every day.
- \* Nurture yourself with loving, kind, supportive thoughts.
- \* Meditate everyday, concentrating on your heart.

## To Be Healthy, Happy and Free

*To be happy, to be healthy and to be free,  
Three goals that are lying in the depth of me,  
Why are the words so easy to speak?  
But in reality, so hard to achieve because I am weak,  
  
When will I break the chain of doubt and fear?  
And truly be myself, to feel the warmth of the beloved near.  
When will I let go of others' expectations,  
And find the peace within, that will bring together the nations.  
  
To be happy, to be healthy and to be free,  
The key to my existence for me to find ME.*

## Sufi Tale

### THE ECHO OF LIFE<sup>2</sup>

A man and his son were walking in the forest. Suddenly the boy trips and feeling a sharp pain he screams "Ahhhhhhhhhh". Surprised he hears a voice coming from the mountain, "Ahhhhhhhhhh"!

Filled with curiosity, he screams: "Who are you?" but the only answer he receives is "Who are you?" This makes him angry, so he screams: "You are a coward!", and the voice answers "You are a coward!"

He looks at his father, asking, "Dad, what is going on?"

"Son", the man replies, "pay attention!" then he screams, "I admire you!". The voice answers "I admire you". The father shouts, "You are wonderful!", and the voice answers: "You are wonderful!"

Then the father explains, "People call this 'ECHO', but truly it is 'LIFE'! Life always gives you back what you give out! Life is a mirror of your actions. If you want more love, give more love! If you want understanding, give understanding and respect. If you want people to be patient and respectful to you, give patience and respect! This rule of nature applies to every aspect of our lives."

Life always gives you back what you give out. Your life is not a coincidence, but a mirror of your own doings.

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1. O'Riordan, L., The Art of Sufi Healing, 1999, Washington, DC: MTO Shahmaghsoudi Publications.
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3. [http://www.poetseers.org/the\\_poetseers/love/7](http://www.poetseers.org/the_poetseers/love/7) (Date visited 10/08/06).
4. [http://www.experiencefestival.com/spiritual\\_jokes\\_and\\_spiritual\\_humour](http://www.experiencefestival.com/spiritual_jokes_and_spiritual_humour) (Date visited 10/08/06).