



M.T.O. Sufi Association Newsletter

Be truly Alive

“Look at yourself, go in the direction of gathering health and wealth.”

Professor Nader Angha¹

By Linda O’Riordan¹

Being truly alive is the point of life. Unfortunately, most people are just following the recorded ways and customs of past generations. What we call “our thoughts,” are really reactions to other people’s words, thoughts, opinions and information that we have gathered and recorded in our mental computer.

We keep recycling the past and become slaves to other people’s thoughts and ideas. We don’t truly know all aspects of ourselves

and may live our entire life responding to approval or validation from others. The only thing we know about each other is our agreements or disagreements.

This is a very superficial way of living and everything at this level is double-sided. Hence the ongoing power struggle of humanity persists. We can remain trapped by our own limitations and genetic codes for lifetimes.

However, you do not have to let the past control your future. You can start right now by

doing your own research, making your own discoveries and taking charge of your life. This is your life. It is your business and the most important thing you have. You are the owner of your business and can change or accept whatever is. Your voyage is within your level of limitations.

You have the ability to take care of yourself and the ability to say yes or no. By owning or acknowledging whatever is

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Spring Clean

Another winter is over and it is the start of a new spring. The wind is fresh, the weather is warm and all around us life is starting fresh again.

It is important for us to not only be the observers of all these wonderful changes but to initiate some of these changes within

ourselves. Start off by going through your closet, and throw out all unnecessary items. You will realise how many clothes you have not worn in years or how many old scraps of paper and Christmas cards you have accumulated over the years. Then move on to your mind; let go of all

redundant thoughts, your old fears and worries. Set some new goals or find better ways to achieve your current ones.

If you do this, you are guaranteed for a smoother ride throughout the year. Have a great spring clean!

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Rumi, the well-known Sufi poet wrote:

“Remember to remember who you are.”

This is sort of a summary statement about Sufism, for as we learn how to remember to remember who we are, we actually learn how to live.

-Barbara Larsen²

EXERCISE: "YES TO LIFE"

By Linda O'Riordan'
Acknowledge...

*Try to experience your feelings or sensations without judgement and without acting on them—feelings are neither good nor bad, they just are.

*Do not label or name your condition but acknowledge it as a temporary weakness or imbalance.

*If you don't label the sensations, then the brain can't associate it with others' information, ideas or thoughts.

* Just gently accept and enter into the experience of your sensations, then say to yourself, "A recording in my mind is trying to label my sensations."

Relax and Release...

Inhale deeply through your nose (hold for 5 counts). Exhale completely through your mouth (hold for 5 counts). With each breath, inhale calm, relaxation, energy; then exhale

tension, fear, toxins of the mind/body. Repeat 5 times.

Choice...

Say to yourself, "I do have a choice." "I can choose recordings, illusions and fear for the rest of my life."...OR "I can choose to live, to accept this temporary pain and fear, and gain the lasting benefits of...(pick at least three benefits and make them real in your mind).

Benefits...

- *Being more in control of my life
- *Being in balance and harmony
- *Being attuned with God—the Higher Power, Divine Intelligence, Allah, Healing Energy, Life Force
- *Being calm and serene
- *Having radiant energy
- *Loving and accepting myself

Be truly Alive

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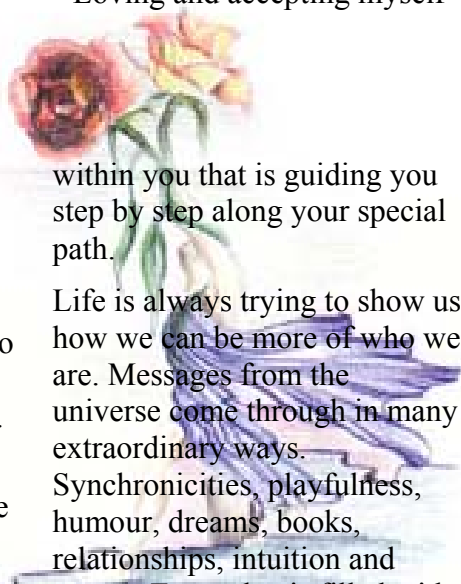
interfering with your life, you present yourself with a choice to accept or deny the reality of your pain, dis-ease or dis-order.

A number of research studies have demonstrated that what we expect affects what we receive. If we expect other people to treat us well, they are much more likely to do so. If we expect to succeed at any task, we are much more likely to do better at it. If we anticipate healing, it becomes more likely to occur. You have a teacher

within you that is guiding you step by step along your special path.

Life is always trying to show us how we can be more of who we are. Messages from the universe come through in many extraordinary ways.

Synchronicities, playfulness, humour, dreams, books, relationships, intuition and events. Every day is filled with gifts in the form of experiences and lessons. As we learn to embrace the experience, it becomes part of our healing process. There is power in acceptance!



Sufi Tale

THE TIGER AND THE FOX

By Sa'di of Shiraz³

A fox who lived in the deep forest of long ago had lost its front legs. No one knew how: perhaps escaping from a trap. A man who lived on the edge of the forest, seeing the fox from time to time, wondered how in the world it managed to get its food. One day when the fox was not far from him he had to hide himself quickly because a tiger was approaching. The tiger had fresh game in its claws. Lying down on the ground, it ate its fill, leaving the rest for the fox.

Again the next day the great Provider of this world sent provisions to the fox by this same tiger. The man began to think: "If this fox is taken care of in this mysterious way, its food sent by some unseen Higher Power, why don't I just rest in a corner and have my daily meal provided for me?"

Because he had a lot of faith, he let the days pass, waiting for food. Nothing happened. He just went on losing weight and strength until he was nearly a skeleton. Close to losing consciousness, he heard a Voice which said: "O you, who have mistaken the way, see now the Truth! You should have followed the example of that tiger instead of imitating the disabled fox."

References:
1. O'Riordan, L., *The Art of Sufi Healing*, 1999, Washington, DC: MTO Shahmagsoudi Publications.
2. Larsen, B., *Healing for Healers, Sufism: the Science of the Soul*, 5 (2), 5.
3. <http://www.vedanta-atlanta.org/stories/Sufi.html> (Date visited 15/09/06).

Illustrations:
Top Pg 1: Angha, N., *Whispering Moments: Inspirations*, 1996, Washington, DC: MTO Shahmagsoudi Publications.
Below Pg 2: Angha, N., *Revelation (Elhäm)*, 1999, Riverside, CA: MTO Shahmagsoudi Publications.