



November 2007

Volume 4, Issue 11

M.T.O. SUFI ASSOCIATION NEWSLETTER

INSIDE THIS ISSUE :

Journey	1
Relaxation	1
The Month of silence	1
Our Thoughts	2
Last Months Events	2
Upcoming Events	2

*Deep blue sky of love,
Moon, sun and the twinkling stars,
The golden sun brightens my days,
The silver moon tranquils my nights,
Deep blue sky,
Love the ruler of the heart,
Moon, Sun and I count my lucky stars.*

Prof Nader Angha -

Molana Salaheddin Ali Nader Shah Angha "Pir Oveysi", Revelation, p55, 1999

http://www.californiansufi.com/gallery_4_centr/Venture_beach_sunset_view.htm

RELAXATION

How many of us really do relax?

I often get told to have time to myself to relax. But what is relaxation? Reading a book, going to the beach, watching a movie? These are the kind of things I have perceived relaxation to be, until I recently came across some interesting points.

What is relaxation?

Relaxation is not an occupation such as reading a book, watching TV, or drinking but quieting the body and the mind. *Relaxation is total stillness.* It is the ability to go beyond thought, time and space, reaching a moment of inner peace and quiet; in fact, reaching a moment between two thoughts. Relaxation can only take place when the mind and the body are still. A temporary halt of mental activity is the best kind of relaxation. As soon as mental activity begins, relaxation ends.

Give it a try today ...

1. Locate a quiet place where you won't be interrupted.
2. Wash your feet, face and hands with lukewarm water, or at least sprinkle a little water on your face.
3. Sit cross-legged and get yourself as comfortable as possible.
4. Hands should rest comfortable on your lap.
5. The eyes must be closed and remain closed during this time.
6. Start breathing deeper and fuller.
7. Concentrate on the sound of your breath as you breathe in and breathe out smoothly and evenly.
8. Pay attention to your feet. Try to feel them and then relax them.
9. Pay attention to your legs now and consciously relax them.
10. How does your stomach feel? Try to relax it completely.
11. Now relax your chest and once again pay attention to your breathing.
12. Feel your shoulders, arms, and hands and relax them.
13. Feel your neck and relax it.
14. Pay attention to your face now and try to relax it.
15. Pay special attention to the tiny muscles around the eye and try to relax them.
16. Relax the area around the temples.
17. Make sure your teeth are not clenched and relax the muscles of your jaw.
18. Where else do you feel tension? Relax it.
19. Relax the whole body (although take care not to slouch and keep the back straight).

Soraya Susan Behbehani, 1999, M.T.O. Shahmaghsoud Publications, pp 149-152

THE MONTH OF SILENCE

***The journey of Ramazan again has been my fate
The Sufi Master has asked me to empty my plate
Of food and drink and habits of old
To get rid of all the things that I have been told.***

***The month of silence of all there is around
To see the beauty that from the heart can be found.
To be awake with mother earth as sunrise blesses all***

<http://www.worshipline.com/maas/wp2-1024.jpg>



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OUR THOUGHTS

The way we think is the outcome of our life's experiences, our upbringing, culture, ethic and social norms. Hence thought is subjective and therefore does not necessarily mean that it is true. An example of this is that 'the sky is blue', we have associated 'blue' to the colour sky appears to our eyes as (Nathan, 2007); whereas people from different countries, time and days can claim that the sky is black or even orange. Therefore we can train our mind to view the world positively. How often do we:

- Think negatively about a situation unaware that this thought could be just the way we see the world?
 - Hold onto the past knowing that nothing can be done about it?
- Read these articles, agree with the concept and yet not follow?

We can try to let go of these useless thoughts. Molana Shah Maghsoud Sadegh Angha stated that 'Useless is thought not meant for inner peace and tranquility, and worthless is knowledge that enhances not the personality.'

Nathan, February 10, 2007, <http://www.adamina.com/articles/thinking-control-your-thoughts>
1997, Psalm of the Gods, Molana Shah Maghsoud Sadegh Angha, p8

Journey

We are the spiritual beings on an earthly journey and not the other way around. We are not earthly being on an earth trying to become spiritual. Human beings are essentially spiritual.

Soraya Bebehani, 1999, Sufism Science of the Soul v2 no2, Sufi Psychology Association, p7



http://shades.org/63.../Linn_Cove_Viaduct_Grandfather_Mountain_North_Carolina.htm

LAST MONTHS EVENTS



MTO Sufi Association member with Rev Monash

On Sunday 23rd September the Order of Australia held its annual Multifaith Observance with representatives from the Presbyterian, Catholic, Jewish, Buddhist and Sufi Faiths held at Scotts Church in the CBD.

MTO Sufi Association was honored to represent Sufism, with the theme of the day being focused on "be not quick with your tongue".

UPCOMING EVENTS

End of Year Picnic

End of the year picnic will be held by MTO Sufi Association on Saturday 1st of December 2007, venue and details to be advised.

Check our website for updates.

www.mtosufiassociation.com