



# M.T.O. Sufi Association Newsletter

## My Life, My Destiny



Walking through Sydney's Royal Botanical Gardens one day, I stopped by an old wooden bridge and looked at the flowing stream below. The ripples were calm and steady and it wasn't long before I was able to notice my reflection. It didn't look anything like me, my complexion, my soft curls running down my face, my big brown eyes...all lost within the dark ripples of the stream below me.

Captured by the image, a flood of questions erupted in my mind and I started to ponder...what if the life I was living right now was this, a shadow, a reflection of reality and nothing like the reality? What if my perception of myself

and everything around me was just a shadow and nothing like the truth? What if my values, ideals, beliefs, aspirations and passions were not mine? What if the path I had chosen was not my path? What if I've lived a lifetime of lie, not knowing what I truly want or who I truly am? What if my life, my truth, my reality was just a collection of perceptions, illusions and lacked reality? Could the world I had created for myself and lived in for nearly a quarter of a century be an illusory world? Could it? What if the beliefs, opinions, values and emotions I hold dear were the makings of my mind and are blocking me from experiencing life?

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### A word from Rumi

"There is one thing in this world that must never be forgotten. If you were to forget everything else, but did not forget that, then there would be no cause to worry; whereas if you performed and remembered and did not forget anything else, but forget that one thing, then you would have done nothing whatsoever.

It is just as if a king had sent you to another country to carry out a specified task. You go and perform a hundred other tasks, but if you have not performed that particular task, it is as though you have done nothing at all.

You have come into this world for a particular task, and that is your purpose; if you do not perform it, then you will have done nothing."<sup>1</sup>

*The gnostic sees his true self as he does his face in a mirror. The truthful observes his true self as he sees his face in the ripples of a stream. The lost does not see and will not see. He lives in a state of unawareness and foolishness. So shed the darkness of unawareness and foolishness which veil the light of truth. Enlighten the channel that extends from your heart to your brain and do not allow the heart and the brain to live apart, like two unfriendly neighbors unaware of each other.*

-Professor Sadegh Angha<sup>2</sup>



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## Nurture Yourself

We go through life with a desire to fulfill the wants and wishes of the people around us; chasing their dreams and fighting a constant battle to fulfill the life missions shadowed on them by society, family and friends...all to win over their love. Worst of all, we end up wasting our precious time by hanging on to moments, experiences, pains and joys of past and miss out on the moment at hand.

When was the last time you lived at the moment and for the moment? When was the last time you experienced the carefree and joy sensation you once felt as a child? As Rumi said 800 years ago<sup>3</sup>;

*A lifetime without Love is of no account  
Love is the Water of Life  
Drink it down with heart and soul*

## Break Away

It's that time of the year when we all start to forget our New Year resolutions, big or small. It is important for us to remember why we made those resolutions in the first place and how we thought by making the resolutions we would make our life a little easier.

Changing your lifestyle habits can be extremely difficult, especially the older you get. The only thing that determines the winners from the losers is that the winners never give up. Not giving in to failure or disappointment is a good skill to learn because everything worth having in life is earned through hard work and persistence.

So this year try to break away from those old habits that are holding you back from achieving your goals. Remember why you decided to change.



## My Life, My Destiny

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In the book "Theory I" Professor Nader Angha states<sup>4</sup>:

"Plato discovered from his own experiences that he was a prisoner of his senses. This ancient allegory, often treated as some abstract philosophical koan, suddenly becomes enormously relevant when one understands that one lives out one's life in just such a cave—the one atop the torso: the brain. This three-plus pound mass of protoplasm is the source and repository of all one's sensory perceptions, memories, emotions, learning—in short, all of human "psychology" ultimately resides somewhere in the brain's bio-chemical, electrical mini codes. And however differently one may sense reality, one will live one's entire life in a world of cortical shadows, out of which one constructs a limited and totally distorted reality of what "is." In the most literal sense, one is a cave dweller."

All of us have a life mission be it love, tranquility, wealth, power, status, etc. My question

is what if with a sudden burst of awakening we realise what we wanted, prayed for, worked hard for, made sacrifices for was not what we truly wanted deep down? What if we realise what we seek will never quench our inner thirst! What shall we do then? Would it be best for us to walk away from this sudden revelation, ignore it and hope one day soon it will be lost and forgotten underneath all that life has in store for us? Or should we have the courage to stand up and follow our heart?

The ultimate question is; do you want to pursue happiness or do you want to be happy? It is your choice, your life, your destiny... and always remember Mahatma Gandhi's words<sup>3</sup>,

*Your beliefs become your thoughts  
Your thoughts become your words  
Your words become your actions  
Your actions become your habits  
Your habits become your values  
Your values become your destiny*

#### References:

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2. Angha, N., *Message From the Soul*, 1986, Washington, D.C.: M.T.O. Shalmaghoudi Publications.
3. Lipton, B., *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, 2005, Santa Rosa, CA: Mountain of Love/Life Books.
4. Angha, N., *Theory "I"*, 2002, Riverside, CA: M.T.O. Shalmaghoudi Publications.

#### Illustrations:

- Pg1: Angha, N., *Whispering Moments: Inspirations*, 1996, Washington, DC: MTO Shalmaghoudi Publications.  
Top Pg 2: Angha, N., *Revelation (Ehām)*, 1999, Riverside, CA: MTO Shalmaghoudi Publications.