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M.T.O. Sufi Association Newsletter

Time

“Time is the veil of events and the container of circumstances.”

-Professor Sadegh Angha'

Have you ever wondered why certain things happen at particular moments in time or even deeper than that, have you ever wondered what time actually means? If we look at our every day lives, there is never enough time.

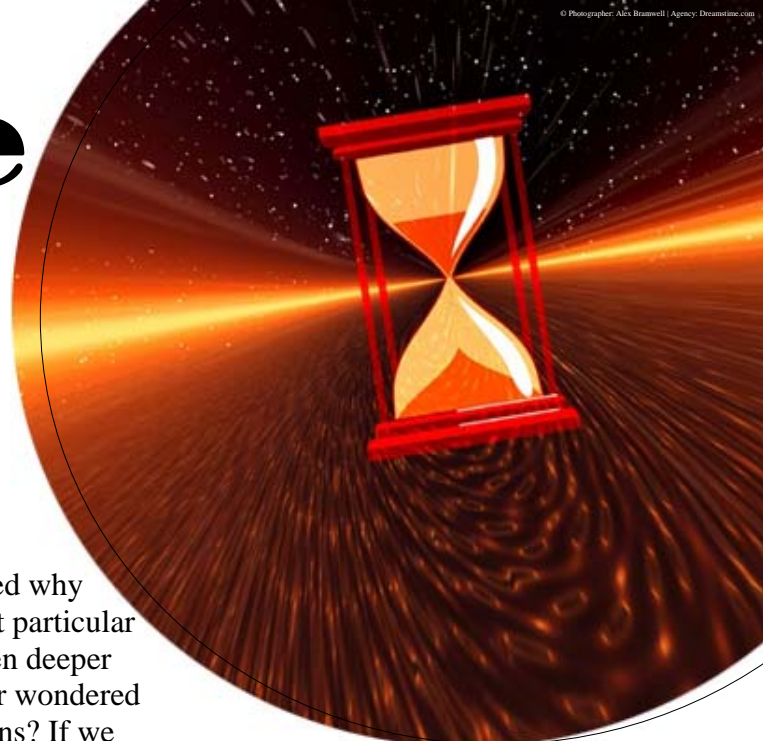
As a Sufi student, I often stop and wonder why is it that I am running so hard in a race that doesn't seem to end. What am I running for?

Why is the present moment passing me by whilst I am stuck in the past or anxious for the future? And why is that my life has taken certain paths?

My life is full of things that pass away my time and drag me away from the present moment.

I have come to realise through the teachings of Sufism that time has no meaning in the *present moment*.

When I am present with my heart, mind, body and spirit there is no beginning and there is no end and all that exists is love and awareness of God.



Learn to Love

You may try a hundred things, but love alone will release you from yourself. So never flee from love-not even from love in an earthly guise-for it is a preparation for the supreme Truth. How will you ever read the Koran without first learning the alphabet?

How lucky the heart where love makes its home, for love makes it forget the cares of the world! Love is like a bolt of lightning, which sets fire to patience and reason and reduces them to nothing.

-Jami'

Since I have heard of the world of Love, I've spent my life, my heart And my eyes this way. I used to think that love And beloved are different. I know they are the same.

-Rumi'

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Rabia was asked, "Do you love God?"

She answered, "Yes."

"Do you hate the devil?"

She answered, "No, my love of God leaves me no time to hate the devil."

-Rabia'

Be a Doorkeeper!

Since I've started attending the M.T.O. School of Sufism a world of opportunities and discoveries have opened up to me and veils continue to be lifted one by one with every lesson that I learn.

One of my recent discoveries was realising the reality behind the responsibility of a doorkeeper; what it means and how significant and layered it is. From outside it looks simple but looking closely one realises the grandeur of this responsibility and how much one can imply it in the more subtle levels of one's being

that is emotionally, mentally and spiritually.

This realisation came about when I first read the following passage² from Rabia, one of the early Sufi poets,

“I am fully qualified to work as a doorkeeper, for this reason: what is inside me, I don't let out; what is outside me, I don't let in. If someone comes in, he goes right out again. He has nothing to do with me at all. I am a Doorkeeper of the Heart, not a lump of wet clay.”



POWER OF THOUGHTS



You may think that positive thinking is overrated and inefficient, but take it from someone who has experienced the power of positive thinking in their own life, it makes a huge difference!

The mindset you enter an activity directly affects its

end result. If you wake up in the morning grateful to be alive, your day is going to be very different from waking up and dreading the day ahead.

There are generally two things that promote positive thinking; being grateful for what you have and planning your goals

with precision whilst visualising them. Try to eliminate words like 'hate', 'can't' or 'won't' and replace them with 'love', 'can' and 'will'. Try this and then judge the results for yourself.

References:
1. Angha, S., Message From the Soul, 1986, Washington, D.C.: M.T.O. Shahmaghsoodi Publications.
2. Fadiman, J., Frager, R., (editors), Essential Sufism, 1997, San Francisco: HarperSanFrancisco.