

Volume 4, Issue 4

April, 2007

contact@sufiassociation.com



# M.T.O. Sufi Association Newsletter

# Norooz 1386

## Celebration

*A New Year of Peace & Unity*



With the onset of Persian New Year 2007 coinciding with Harmony Day, M.T.O. Sufi Association hosted a spectacular Norooz Ceremony at the University of New South Wales on Saturday 24<sup>th</sup> of March, incorporating a night of dance performances, singing, live bands, Persian cuisine and speakers from various Australian universities. Norooz is a celebration of spring Equinox and has been celebrated by all the major cultures of ancient Mesopotamia for over 3000 years.

The event was an energetic celebration of Persian New Year 2007 or Eid Norooz 1386, with a sold out venue of over 800 invited guests and Senior Academic members from University of New South Wales, Monash University, University of Technology Sydney, Macquarie University, University of

Western Sydney, University of Melbourne and University of Sydney, including special guest speaker Pro Vice-Chancellor of University of Western Sydney, Professor Geoff Scott.

The Norooz or new day Celebration hosted by M.T.O. Sufi Association was aimed at promoting Unity, Peace and Love within the university and greater community and was a representation of the teachings of Sufism or self-knowledge in encouraging the breaking of all boundaries and separations that man has created between one another.

The unique event incorporated and displayed the ancient elements of Persian customs of New Year to the multicultural audience whom was significantly dominated by the younger generations.

Continued Page 2



### Inside this issue:

Norooz 1386 Celebration	1
The miser who became a mouse!	2
Controlling Your Emotions	2



The audience was not only entertained by elegant eastern dances and mystical music, but also more significantly were given the opportunity to be educated about the various customs and traditions of Iran.

The night consisted of beautiful traditional dancing such as Shomali, Azari, Persian, Baba Karam, Folklore and Bandari which mesmerized both the Australian and international audience members, and was complemented with traditional Zekr (chanting) by the M.T.O. choir which sang both Persian and English melodies, transcending language barriers with their live beats and use of beautiful instruments.

The night was concluded with an abundant traditional feast followed with live music and dancing that went through to the small hours of the morning where guests all commented on a terrific night that was well organised and highly entertaining. Well done M.T.O. Sufi Association.



## The miser who became a mouse!

*A Sufi Tale by Attar*

A miser died, leaving a cache of gold;  
And in a dream what should the son behold  
But his dead father, shaped now like a mouse  
That dashed distractedly about the house,  
His mouse-eyes filled with tears. The sleeping son  
Spoke in his dream: "Why father, must you run  
About our home like this?" The poor mouse said:  
"Who guards my store of gold now I am dead?  
Has any thief found out its hiding-place?"  
The son asked next about his mouse-like face  
And heard his father say: "Learn from my state;  
Whoever worships gold, this is his fate –  
To haunt the hidden cache for evermore,  
An anxious mouse that darts across the floor".



© Photographer: Dana Harkness | Agency: Dreamstime.com

## Controlling Your Emotions

I always used to think that if I limit the number of issues that upset me and desensitise myself to most negative situations, I could avoid feeling angry or upset or at least avoid situations that would create those emotions within me. I was wrong.

Even if there are only a handful of issues in this world that can upset you, all it takes is for a couple of them to pop up and add to that increased stress and pressure and all of a sudden Mr/Mrs calm is having a nervous breakdown. You cannot just hope that this will not repeat itself.

Controlling your emotions is something that takes practice and dedication and can only come from you remembering that you should be the one in control and not the chemical reactions that take place in your body.



© Photographer: Sylvia Harkness | Agency: Dreamstime.com

Reference:  
1. Attar, F., *The Conference of the Birds*, 1994, London: Penguin Group.