



MTO Sufi Association Newsletter



The human quest for knowledge begins at birth. In reality, it is an urge to return to the Origin – Knowledge.

Professor Nader Angha

Expansion

The function of knowledge is to expand, to illuminate, to present and so forth. The seed bursts open from its shell in order to manifest its knowledge by presenting its roots, stem, leaves, flower and fruit.¹

Knowledge

People think that by reading books, listening to lectures, or following someone blindly, they will know God. If you memorize with total accuracy all the writings of Einstein, will you have his knowledge?²



Know

Thyself

<i>Expansion</i>	1
<i>Knowledge</i>	1
<i>Relaxation Techniques</i>	2



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Relaxation Techniques

Deep Breathing:

While sitting or lying, listen to music you like and breathe long, deep even breaths. Do not get lost in the music, but follow your breath and be master of your slow breathing and of yourself.

Adequate Rest:

Sleep actively restore and rejuvenates. Look better, live longer and get the sleep you require.

Release your Emotions:

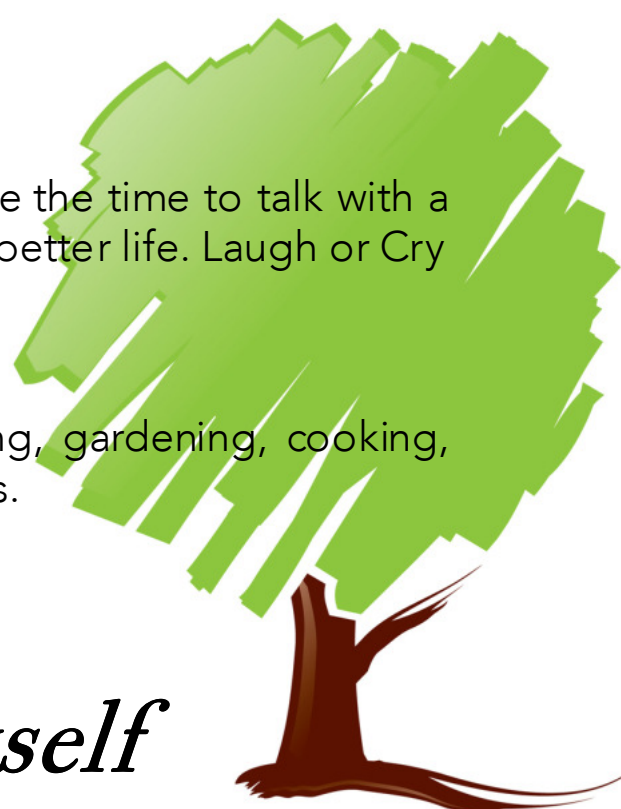
Express your feelings, take the time to talk with a friend, learn to say yes to better life. Laugh or Cry

Creative Expression:

Writing painting, sculpting, gardening, cooking, music, or creative hobbies.

Know

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Expansion	1
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Reference:

1. Angha, (1997) Sufism and Wisdom , MTO Shahnaghsoudi Printing and Publication ,p10
- 2 . Ibid, p12