

ELEMENTS OF SUFI HEALING

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Surrender

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TRANSFORMATIONAL PSYCHOLOGY AND THE ELEMENTS OF SUFI HEALING

PART 1 - THE ROOTS OF ILLNESS

On the Spiritual Origins of Separation, Duality, Inner Conflict and Hypocrisy

A Personal Note -

In Islam, self-education is praised and encouraged, for it is the manifestation of true desire and sincere intention, and will result in the best of accomplishments. Even though I have no 'degree' in the concept of Western education, the extent of my interest and the dedication of my study has brought me exceptional recognition in every Sufi community. At an early age, I was recognized and consulted as the "Hakim", the one who studied, understood, counseled and practiced the ways of natural medicine - the healer, as it were - by every Sufi Master in whose community I was honored to reside.

My years of extensive study, research and self-education in Islam, Sufi studies, Natural and Energy Healing, Homeopathic Medicine and Oriental Philosophy have always been for the sole purpose of helping me to deepen my understanding of self, and spiritual and human psychology. The point has always been self-improvement - to become a deeper human being, more in touch with my true self, a better counselor, through an understanding of the spiritual nature of psychological problems, a better healer, showing, in the way of transformational psychology, the 'flip-side' of emotional and physical difficulties, and a better therapist, offering healing and therapeutics to ease the sufferings of the mind. In short, a Sufi.

In my early college years, I was moved to feel that the way of formal education was not for me, and that I would prefer a life of direct experience, whatever it might lead to, over a life of learning, without experience, what others would have us learn. After some time in the military and some years of amazing adventure and world travel, and spiritual search and study, I came to understand that a classical education, in Sufism or any other spiritual study, is much more rigorous than a few years spent in a modern college or university. It required a lifelong dedication to the learning of the path of the masters.

In the Classical Sufi Tradition, certification, for the believers, comes with a "Permission" to teach, a formally applied for and patiently earned

authorization, a "nod" of recognition that the subject matter is now understood, from a currently established and recognized "master" in the field. This form of education is not for everybody, nor am I recommending it as such. But the benefits that an individual, a group or a society can reap from accepting and recognizing the presence of one educated in this manner are great. It is the basis of the spiritual communities of old.

It is not to be thought that spiritual realization is in some manner 'impractical', unworthy of a 'real achiever', or frivolous and 'off the point'. It is becoming increasingly obvious that it is the point.

The whole point of peace is to be able to self-realize. Even play and love are opportunities to realize the true value of self. But without peace, there is little opportunity to enjoy, and without enjoyment, there is no self-realization. The disruption of peace is the manifest purpose and energy of the shaytan (referred to in religious studies as Satan, or the great distracter), and the point of war. It is to keep us distracted by and involved in our fears, whatever they may be, for all our lives, that we will never have the opportunity to self-realize, to know and honor God, and attain truly successful and magnanimous lives.

The purpose of struggle is to end struggle. But we do not end it by domination, for that would entail the further struggle of constant vigilance against an unseen enemy, and this is the very situation that American society finds itself in right now. We end struggle by giving up struggle, by surrendering our lives to God (Al-llah!) in a New World and "taking our chance". If Al-llah! wills, and He does, that we have long, healthy and prosperous lives, then nothing can prevent that from happening, in a peaceful, easy and natural way. And if He does not, then nothing we do can make it happen. This is not to imply that the goal of Surrender is a long, peaceful and prosperous life. It is not. That is an expected byproduct, an endless overflowing of bounty upon us from The One who created life to be rich and rewarding. But no, the true goal of Surrender is simply to Know God, in this and every moment, and to rejoice, to be happy and manifest in that endless moment and knowing.

And now back to therapeutics and healing. It is understood in the Sufi way that when one truly knows oneself, one know "all things" in the sense of that which is pertinent to Self and God-realization. This is not a knowing as in stored information, which is obviously, and dangerously, limited and limiting. It is a true knowing of Source - which knowing is the source of knowing, knowledge and understanding. This may or may not be easily grasped by the analytical mind - and that's why it's referred to by many analytical minds as "mystical". But it is a well-known fact among the Sufis,

spiritualists and spiritual healers of all ways and faiths, and is, in Islamic psychology, considered to be the requisite groundwork for true health and success, without which nothing of any great consequence will happen. And this is proving itself true in western society.

In the end run it is only that connection to Source-personal that can be discovered, established, strengthened and confirmed. After that, you're on your own. Any way, path or religion may be offered in the form of an opening to continue walking in the way of the Realized, the way of the true Muslim (Surrendered to God) and the way of the Sufi. But accepting that is your choice, and it should be looked at only after the healing, the peace, the fulfillment, the self-contentment and the satisfaction is found in the way of realizing God, Self and Unity. This recognition is called "Ma`arifat", the true wisdom of honor and recognition. It is the highest goal in Sufism and Islam. Seeking it and passing it on is the true way of healing the heart in the classical Sufi tradition.

A SUFI'S KNOWLEDGE OF GOD

The Sufi way to knowledge of God is the fastest way imaginable. It is more than instantaneous, because you knew it already. Our job is simply to remind you that it is there, show you how to feel it, teach you how to remember it, and how to show and remind others.

Knowledge of God is instant healing, for you know from inside yourself that God creates only for His Truth to be known. He did not create except to show Himself, and to be loved and appreciated for His glory, love and mercy.

There is no limit to the praises of God. He is endlessly manifest in ourselves and on the horizons. And He it is who has sent down unto mankind His revelations and scriptures both old and new. These revelations take on many forms and are shown by many teachers.

The light of the sun of truth lands upon the hearts of mankind like a huge meteor from outer space landing on the surface of the earth, colliding, exploding, and dispersing itself everywhere. It is to be felt and interpreted as each heart will, and done with as each mind chooses.

But always, within every age, there are those who will look for the source of this knowledge. Where did it come from? How did it get here? They seek to gather in this dispersion of religious and spiritual knowledge and return with it to its source.

Among such people are the Sufis, in quest of knowledge from the cradle to the grave.

The Sufi message to you, O beloved of God, is to search about the way to know God from within yourself. Look for the teacher who heals your heart, in whose presence your heart feels at peace, and sit with that teacher and learn.

For a knowledge of God is truth for your mind, and the truth in your mind will bring you to recognize the goodness, love and kindness of your immortal being, and with that recognition comes a knowing of who you really are.

And with a deeper knowing of who you really are comes a healing to your spirit, and with the healing to your spirit comes the energy for your heart. And with the energy for your heart comes the strength and feeling to your body, and with the strength and feeling in your body is your power to be well, to heal, to be healed, and to know the nature of God's grace upon you.

And to know that you are well is what God wishes for you. For when you remember God, He remembers you. And surely it is in the remembrance of God that the hearts find peace, and with the peace comes the strength to know him, and to know that all is well, and to be well.

So please know, accept and be grateful for the fact of life, that life is itself God's blessing and peace, and that it is, in fact, upon you.

A NEW PERSPECTIVE ON THE ORIGIN AND HEALING OF DEPRESSION

Can you understand how, in early infancy, initial perception of the outside world causes a brief and barely noticeable sense of loss of connection with source? Ever noticed how a child will immediately retreat to the safety of the familiar upon first contact with something outside itself, something “strange”? This “retreat” is in response to the sense of lost connection felt upon initial contact with something “other”. It is not, as commonly thought, a ‘reaction’ to the other, but a response to the felt sense of lost connection. Understand?

The point of this observation is to illumine the inability of the immature being to focus upon outward object relativity while remaining in secure connection with the inward reality. It is because of this immaturity that life is considered to be a process of “either/or”. The idea of “both” is nowhere in sight - it is inconceivable or considered impossible. This is the origin of that deep feeling or fear that we all have had (and ignore) that somehow we are

selling our souls, and for a paltry price, specifically, for a “life” in this world. It is this inability that the life experience is created to correct. It’s not that we’re born imperfect, but that we’re born to learn. How to enjoy a heavenly life and still remain in gratitude. How to live life to its fullest.

Undaunted, however, and due to the overwhelming, yet gently initiatory and loving, ongoing growth of the infant, the world as such continues to introduce itself. And the sense of lost connection becomes more commonplace, ordinary and acceptable, eventually disappearing altogether.

Continuing his exploration, the youth eventually shifts his focus completely from identification with the inward connection to identification with outward objects. He develops his sense of being able to “relate” to his environment, in whatever form it may appear. His focus shifts from being inwardly connective to outwardly ‘relative’. His manner of “relating” becomes his personality, and he begins to believe that this is who he “really” is.

Little does the infant know that with this inevitable shift of focus the seed is sown for his journey through life, only to discover that there is no end to it, and that the world cannot be, like the toys of his childhood, ‘had’. His perceptions will return, overwhelmed and defeated. When he sees the futility and emptiness of endless desire, he will begin to remember, miss and wish for the comfort of that sense of connection, only to find that it is lost. He then discovers the taste of hopelessness, feels trapped, and becomes depressed.

Few there are who can then reconnect with their source completely on their own. So into the ‘adult’ world messengers, messages and teachers are sent to assist in the process of establishing the true inward connection in the beings of those who seek it and those who are truly ready for it.

When the connection is established, a genuine compassion and understanding emerges, and the being desires to manifest and so offers a helping hand. Such is the natural emergence of the “teacher” within us all. Few are they who accept the offer, but eventually a small but growing community is established for the purposes of self-exploration and devising new ways to teach this lost knowledge.

In Arabic this knowledge is called “Tasawwuf” (Sufism) or soul purification; those who study it and learn it are called Sufis. And according to the masters of this study, the religion of Islam (Surrender) was sent for exactly that purpose - to reunite humanity and show the way back to Source - revealing a universally applicable method for personal and social evolution.

But religion is not enough. This 'evolution', or maturation, requires the desire and will of the individuals. It is called willingness, and it is this factor that determines, by its presence or its absence, who will choose to evolve, or not, at that moment. So it is that even within the religion of Islam, with all of its signs and encouragement, few there are who choose to investigate these signs and add their energy to the perpetuation of the revealed science of evolution. These few eventually came to be known as the Sufis.

So Sufism can be thought of as the psychology of Islam (Surrender), and Islam is considered by the Sufis to be the revealed science of evolution and transformation, or soul purification.

And Sufis are the people who study and practice this science. Their souls are bare. They stand present and unashamed, basking in the Mercy and Benevolence of the God who made them, reaching out with poetry, knowledge and love, inviting others to be free of the chains that burden them. To free themselves from their emotional bonds and attachments to their desires, which only distract them and detract from their innate deep knowing, trust and ultimate success.

THE ESSENCE OF SUFI HEALING

The Essence of Sufism is Practical - Healing the Heart from the Heart - with Love and Peace from the Divine.

True healing in the Sufi way is based on a knowing that at the core of the human heart there is only Divinity, which always manifests as innocence, purity and love. Through an understanding of the Divine Nature of health and the energetics of disease and emotional disturbance, Sufi Healing offers effective means to dissolve personal problems on the physical and emotional levels. It also provides an accepted and rewarding path for personal support and spiritual development to guarantee the continued progress of its students.

The point of most spiritual practices and healing techniques is the release of your Divine Awareness and Love from the clutches of emotional bondage. When the body is completely Surrendered, the soul becomes free to explore the treasures of the heart. That's where the real happiness of life begins.

The desire to know ourselves is buried deeply within our hearts. Sufi healing begins with a compassionate understanding that underneath every dominating energy (act of frustration) there is a truer motivation based on

innocence and a responsible cause that is truthful, benevolent and healing in nature.

Divine awareness is release from emotional bondage. Emotional bondage is the root cause of fear, resistance, reluctance, hesitation, skepticism and all things that keep us from realizing the fullness and the Divinity of our lives. Emotional bondage is what impedes the body from knowing the complete joy and happiness of Divine Surrender. With the help of a skilled Sufi healer, the sources and roots of these emotional bonds can be located within our beings mostly in the form of now outdated defensive reactions associated with events in our past. By tracking these energies and bringing into conscious recognition the events in our lives that caused the repression of our spirits through fear and emotional attachment, we may purify our perceptions from the effects of their distortions.

Sufi healing offers an ideal arena for such self-investigation. In the safety of a trusted and guided friendship we may come to know and directly experience the loving truth in the secrets of our hearts. Once we begin to know and trust the truly benevolent nature of our own beings, we will be helping others to find theirs.

The healing that is available from the classical Sufi path is simply amazing. So many people are entering this way to set their hearts, minds and lives right and to discover the uniqueness of their Divine purpose. The Sufi way offers not only the opportunity to become healed but also to become active in the healing process of others and hence, the world. All the prophets and sages insisted that saving the life of one person is equal to saving the whole world. And so it is with healing ourselves.

HEALING THE BODY THROUGH HEALING THE HEART

The Sufi way provides an arena for full spiritual emergence. It literally insists upon it, considering it not only a goal but also a requirement for progress. That is why Sufism is famous for its Spiritual Guides. Firstly, it works, and that is visible in the presence of the masters. Secondly, it provides an historic pattern of success, evident in the traditions of science, literature, poetry, agriculture, architecture and psychology, and thirdly, it provides encouraging authentic spiritual and daily teachings that can be relied upon and trusted.

So, rather than discouraging the emergence of soulful truth in your daily life, as does the basically accepted common denominator of the egoic 'provision and fear-oriented' mentality, in the Sufi way, spiritual maturity and conscious, aware soul-inhabitation are considered to be the requisites for true success. The challenge then becomes, rather than who can fabricate the most fanciful and alluring illusion, becoming free of the residing influence of our history of fabricating alluring illusions, and coming to recognize, trust, honor and speak from a truth that is inarguably our own, and from the very essence of our souls. The magnetic attraction of this quality of authentic realization is that which stimulates trust, engenders confidence, and increases prosperity.

THE HEART/BODY RELATIONSHIP

The body is a manifestation of the heart. It will and does follow the heart. Heal your heart and your body will (gratefully) follow. Guaranteed! This is the heart/body relationship.

Your heart is the battleground and coveted prize in the ongoing struggle between the (fearful) self-concept (ego), and the (trusting) true being (self, soul). This struggle is the basis of conflict and the source of indecision, which manifests as physical discomfort. Incorrectly recognized, this physical discomfort becomes misinterpreted as disease. It is then further mistreated until the body is weakened, overpowering the heart, and death by "natural causes" ensues. A peaceful heart is the basis of a healthy body. Your heart is either at peace, or it is not.

Most of us are lost and floating downstream in the Great American River called Denial. Denial (of feelings and self) is a societal strategy. It's how we "get along" with each other. But it's also the basis of dysfunction, and

spiritual suicide is no longer acceptable. By seeking proper reflection, the heart will find its way out of denial into self-acceptance and forgiveness, and the physical manifestations of punishment and self-rejection will disappear. Health, happiness and prosperity are immediate. Results are always available.

When soul-recognition is established, an authentic understanding and compassion emerges, and your "Soul" desires to manifest and offer a helping hand. Such is the natural emergence of the "teacher" within us all. Few are they who fully accept the offer, but eventually a small but growing community is established for the purposes of self-exploration and devising new ways to teach this lost knowledge. In Arabic this knowledge is called "Tasawwuf" (Sufism) or soul purification; those who study it and learn it are called Sufis.

Soul inhabitation is the basis of health, happiness and personal success. So why are we so afraid of ourselves? Because in the work of soul-recognition is required a full and complete acceptance of all from which we are running. This is not easy, because it is what we are running from, and it can rarely be done alone. That's why we all need help. Consider the secret of all spiritual masters: they all have one.

"Healing the Body through Healing the Heart" is the fastest and most efficacious means of healing physical and emotional difficulty. It is the Essence of all True Healing, and I would like to show you how it works. To that end, I offer affordable sessions in reflection and confirmation of soul recognition, personal worth, true surrender, and inner connection.

I call it (Life) Awareness Release Training - The ART of Personal Success, or, the Way of Enlightenment and Health through Self-Acceptance. Awareness release is self-discovery. Training in it is the process of life. It can be catalyzed or accelerated by meetings with those who have reached it. This is the very essence of healing and is of immediate usefulness to people who feel that they need to discover, establish, enhance or confirm their personal connection with life.

THE SUFI SECRET TO PERFECT HEALTH

THE SECRET TO HEALTH IS SOULFUL EXPRESSION

It seems that expression is always of one of two things or some interesting or confusing mixture of both. In an easy analysis it might be said that we are always expressing either what's right or what's wrong. We are manifesting satisfaction and pleasure or dissatisfaction and complaint. In order to heal, both must be accepted for what they are, and not only without judgment, but also without preference.

The question in healing is not so much the content of the expression as it is who is doing the talking and what is really being said.

It's just a matter of what means we use, or what way we take, to see through our illusions. Once that is accomplished, the incredible nature and beauty of God is again visible. So getting over our illusions is one of the promptings of the soul. What matters, and what life seems to be all about, is testing the means of accomplishment we have been given to see if they are successful. And if they are not, choosing to seek a superior means.

On Body, Soul, Heart, Mind, and Self

Soul is fine. It's there, watching, guarding and caring, and prompting you to pay attention, like it or not. Heart is fine. As long as it is beating, it is open to and in the Love of God. Body is fine. Whatever it's condition, surrender and acceptance is the key to the receiving of the healing love. Mind is good. Concepts and beliefs are personal, simply arising in consciousness, and can be changed or let go at any moment, since there is in reality no stone for them to be etched upon.

On Seeing God in Everything and the Annihilation of Desires

Let all these things be as they are, for they are as they are, but what seems to keep "getting in the way" of the fullness of our Divine experience is this willful thing we call our "self".

It's our self that keeps asking for and seeking satisfaction. It is in fact, only desirous of the annihilation of its desires, and it's the expression of this desirousness that wants, yea needs, to be heard. It's not even so much that it wants to be heard as it wants to be ex-pressed, as in said, done, gone, annihilated, not there any longer, in a word, satisfied.

Ahhh, satisfaction. What I'm saying here is that the ultimate satisfaction is desirelessness.

In Sufi parlance, this desirousness (or the desire for desirelessness) is called 'Himmah' - often translated as 'longing' - and it is considered to be the only essential quality for true success. It needs only to be recognized for what it is. This is what I

refer to as the root, or "spiritual" motivation for all expressions. It is the search for annihilation. Again, one of the big negatives, we do not want to be here. It is the innate spiritual desire to be only with God and free of all illusion, or 'B.S.', as we so fondly refer to it.

Understand this. Can you see here how the recognition and honoring of our true spiritual motivation, manifested and known to be an innate quality of the soul, will be of great assistance in your healing practice? This is the spiritual psychology that allows you to see and understand the truth of all expressions for the transformation of sins and curses into blessings and guidance.

This seeking for annihilation, with desire as the motivation, this "asking for satisfaction" is the natural Quest, the 'Search for the Truth', the 'ultimate destination', often thought to occur only after death, but which in reality is only the death of painful desire. This motivation is an essential quality, without which there would be no drama of life. It is that quality that is the true spiritual seeker within us all, naturally. If understood, superior means can be acquired, and a destructive path will be gratified and replaced with a constructive one.

With this recognition, problems can be reduced to a simple and very natural desire for satisfaction, which, when seen in the light of the Sufi Knowledge, is realized to be, and thereby transformed into, an expression of the quest for satisfaction itself, the actual annihilation of desire and/or dissatisfaction. And when seen in this light, the need for the expression of desire/dissatisfaction is understood, and truly 'heard'. Then the perceived necessity for dramatization, or 'acting them out' is diffused, so to speak. Nor is one left with the feeling that they have not been heard - that they have been asked to repress them 'selves' yet again.

This "asking for satisfaction" is then recognized as an expression of the quest for the 'Knowledge of God', for the actual Physical KNOWING, the Supreme Satisfaction, the 'Tasting of' and the 'BEING in' the Reality that God alone exists. Now the satisfaction of desire becomes an entirely different matter. And that is why it is said that the Sufi way is that very thing. In the Sufi way our souls are truly recognized, our desires are truly expressed and satisfaction is truly achieved.

We want God to hear us asking for our own annihilation. We want to KNOW the He hears us asking for our own dissolution, that only He exist. Just knowing that He hears is the beginning of satisfaction, and it is said that the end is in the beginning. For knowing about God, or talking to God, or asking God for anything is praising God by considering God (rightly) to be worthy of being asked and capable of helping. And it is stated in Sufi contemplation practices that "God hears the one who praises Him". So the way to be heard is to praise, and therein lies the secret to all the success programs that are based upon 'positive' thinking and feeling' (like NLP).

The Sufi Secret to Perfect Health

The Sufi Secret to Perfect Health is Perfect self-expression. Who knows better the needs of the heart, body, mind, soul and self of the human being that the one who created it. So who can show us a better way to a perfect life, and a better way to perfect self-expression, than Allah?

On Healing the Spirit

Spirit is what moves us, and attention is what moves spirit. Wherever we focus our attention, there moves our spirit also. Spirit is the fire that removes the blocks that let the energy flow. Moving/kindling the Spirit is the essence of all healing arts - Kiatsu, Shiatsu, Acupuncture, spirit healing, energy healing and Sufi healing with "Tawajjuh" (focusing concentrated Divine Loving Attention), to mention only a few. To really feel and kindle our spirit we must concentrate it. A small example. Feel the concentration of your spirit when you contemplate a fond pleasure. Skiing? Biking? Sex? A movie? Relaxing with a good book?

Focusing our attention on the Divinity (Allah) is not an easy thing, since He is NOT what you think He is and therefore how can YOU focus your attention on Him. Quite conceptual, to say the least, and not very experiential. Fortunately we have learned the technique of remembrance, which was revealed through all the prophets and taught by generations of kind-hearted and sincere believers and seekers. It eventually came to be known as the "Sufi" way.

The goal of spirit is it's own annihilation in Divine Presence. It is the fabled Simurgh, the large-winged bird that arises from ashes to fly to the sun only to fall into ashes and arise again. A concentration of spirit needs to be present in order for it to focus on and annihilate itself in Presence. Spirit is a burning flame that consumes itself and only Presence is left. Presence is what remains when all else is gone.

It's an easy thing to know God, since God is never not present, we need only to turn our thoughts there, and boom, there we are. That's why one of the qualities attributed to God is that of Al-Tawwab, the oft-returning acceptor of our repentance and rethinking.

But after this "connection", or "re-charge", how quickly do we turn away? In a sense, we "use" God to regenerate our spirit and then turn our spirit away from God to use it for the fulfillment of our desires, as though He is not capable of fulfilling them better than we. This is, in a sense, disrespectful and, in a sense, hurts God's feelings, because He wants to prove a point. He wants not only to fulfill our desires for us, and indeed He does, but He wants us to know Him, and know that He IS the fulfillment of our desires.

Feel the comparison between the lover and the beloved. See this in YOUR relationship. In your deep heart, do you not want to BE the fulfillment of your beloved's desires? Is that not the ultimate satisfaction? Do you not want his/her

desires to be so oriented that you CAN be his/her fulfillment? The formula is simple. BE your Beloved! For only the Beloved (Allah) IS, or can be, the fulfillment of all desire. That is His promise, and that is exactly what He wants to be and do. In order to do this, we need to KNOW that His Presence is with us at all times.

But what does this require of us? The focus of our spirit on Him and Him alone. Before we focus on "how" we can do that, let's answer a few questions first.

On the foolishness of chasing dreams

"But that will take me away from my life and my responsibilities and/or the accomplishment of my dreams and desires", you say?

What an intense amount of energy and frustration is spent on the chasing of dreams. Literally we waste our lives away in pursuit of an illusory "happiness" that is always just on the other side of an "if only". Yet we will all readily admit that a moment of deep contemplation upon the Divine Existence of God brings into our lives that very joy and happiness that we are "seeking/trying" to "establish" on a "permanent" basis in our lives. This is stated so nicely in Qur'an "Verily it is in the remembrance of God that the hearts find their fulfillment".

How simple it is. Why are we seeking? Because we have not "found"! Why are we "trying"? Because we have not yet "succeeded". Why do we want it "established"? Because we have not yet discovered that it already is. And why do we want it "permanent"? Because nothing less will satisfy. Don't you see that the "life of this (your, private, individual) world" is an exact mirror image of the Real World, into which God (Allah) wants you to step with full faith, trust and confidence? (See- "The Switch" & "The World is a Reflection")

So how do we get this faith, trust and confidence? Simple. Pick it up from them that got it. "And who are they", you ask? I put it to you, the masters of the Sufi way. "And how can they be so sure", you ask? Well, ask them. Meet them. Read them. They've all tried it and to a person wish to be living testimonials that it is the truth. That is why "bearing witness", or testimonial to truth, is such a strong part of their lives. (See - On the Importance of Testimony - Bearing Witness)

"And where did they get this from?" They got it from the truth itself, from themselves, their observations, their own willingness to believe in, search and explore possibilities. They got it from others who had done the same and found it to be a safe and well-trodden path. They got it from seeing Love in desperation. And when they heard that this was, in truth, the very message with which all the prophets were sent, they knew it was the truth already in their hearts, and believed the message of the prophets. So they joined them and their communities to live in, enjoy and spread the word of this Way.

Kindling your spirit is the beginning. Ongoing life and living, in and by the Presence of the Divine, is the goal. So come to the Sufi Way. Taste the true joy of life, Drink

the wine from the cup of love, and feel the peace of certainty and knowing. Feel the existence of endless Divinity, living your life in peace, security, love, and friendship, with understanding and healing for yourself and others. And Love. Above all, feel and know Divine Love.

On Religion and Spirituality

Religion without a spiritual quest is death. Just ask the people of religion. They're all waiting to die to know God. Meanwhile they know only what they know and are steadfast in their resolve to stick with it, even though their religion insists that the quality of a true believer is that of a seeker of knowledge from the cradle to the grave.

And ask the people without religion. For the most part, they want nothing to do with it, and for the very same reason. On the other hand, a spiritual quest without religion becomes a form of stubborn resistance and unwillingness to investigate any further, and a self-assertion stating an almost fearful dependence upon "independence". It becomes a heart without a soul.

Religion without a spiritual quest affirms the mind and ego as being the seat of the soul and denies the heart to its rightful owner. Spirituality alone in a sense affirms the heart, but denies the soul. Acceptance of soul requires the acceptance of religion, at least in general, and the popular abhorrence of religion in general for its authoritarianism and oppression will not allow for that. So we are caught in the predicament of needing to deny our souls the access to the very purpose of religions, the 'salvation' of the soul.

On Self-expression

Self-expression is the fountain of youth, it is the creator of beauty. It is the hopeless addiction, the frustration of which leads to violence and bloodshed. Repression is of exactly that - self-expression, whether we are repressing ourselves by taking sides with the oppressor or allowing ourselves to be repressed, as in feeling that being a victim is the necessary route to take to get to our needs.

My father discovered the secret of the hopeless addiction to self-expression and realized that nothing could stand in the way of this, and therefore harbored no illusions to the contrary. As a result he is now an immensely prolific author, playwright, actor, painter, artist, poet and gardener, and still a very happy and youthful man in his eighties.

When Self is Expressed

When self is expressed, we have a clearly manifested, unburdened soul. When self is ex-pressed, soul is unburdened. Unburdened soul manifests. The self obscures and burdens the soul, and the soul burdens and confuses the self. The self is also a reflection (mirror/reverse image) of the soul. In much the same way as the soul is created in the image of God.

Self-expression is the unburdening of the soul, which is a manifestation of soul intent. Self-expression in any way is soul-manifestation, the intent of the soul being to unburden itself, to manifest, to emerge.

So we are souls, learning how to express ourselves. And everything, in a sense, is soul manifestation. Or all manifestation is manifestation of soul.

Initial manifestation is with the intention of completion. An initial manifestation is always an intent to complete something. This is why, in healing, all offers, all manifestations, no matter how 'negatively' perceived, must be accepted, and equally. Because often it is that the perceived positive is as veiling as the perceived negative, but even the veiling is a manifestation of intent to be seen, and must be seen and accepted as such.

Completion is different from initiation. Initiation can take place without completion, but completion cannot occur without initiation. Without experience, initiation may be fumbling in the beginning, but if allowed to follow its own course of events, the point and final product will be achieved. This is why it is often said that we must surrender to ourselves - the good, bad and ugly, because we will achieve our goal, if we are not deterred, distracted or discouraged. And even then, we will, for the most part, figure out some other way. And that's where straightforwardness is lost and things get devious and confusing.

In the absence of security, we will look for a means to create it, because from security, our confidence manifests and it is then OK for us to feel good about ourselves without criticism, and that's the beginning of what we are looking for. In order to feel good, we must feel good about ourselves.

Acting on impulse is the creation of opportunity to challenge validity through the exploration of consequences. It is a search for confidence and a part of the soul intent to have self be all-knowing. Soul is inviting self to know itself perfectly, as perfect self-knowing is a divine, and therefore soul, quality. Valuable lessons are often learned through trial and error, and it is fortunate if we can learn them in the company of forgiving friends. For this I am thankful for the presence of forgiving friends.

The point and purpose of the religion of Islam (Surrender) is to support and facilitate the clarity of the soul's manifestation. Coming from the truth and leading to the truth, Islam (Surrender) is purifying. Accepting the religion of Islam (even that it exists) is soul purifying. Self-purification in Arabic is called Tasawwuf. Tasawwuf is the Arabic word from which derives the English word Sufism.

So true Muslims (Surrendered as the little children are Surrendered) are Sufis. They are the Divine children of God, and they are taking responsibility for it.

It is this quality of soul-purification, inherent within Islam, that is observed when it is accepted and practiced with a pure intention. Purity of intention is discovered and

manifested more easily when under the guidance of a realized master, for that is the way that true prophetic transmission is received.

In Islam, the truth of one's Surrender to Allah is confirmed at the hand of the Prophet Muhammad, upon whom be Allah's peace and blessings. And, in the Sufi way, this confirmation is extended through an unending chain of realized masters, who have completed their education in mystic (esoteric) realizations and religious (exoteric) studies, and have received acknowledgment for such in the form of a confirmation, or a "permission" to teach. This permission is from Allah and therefore inherently within all of us.

This inherent capacity has also been recognized by the prophet himself. But its outward confirmation, its proof, activation, fulfillment of potential and maximum effect, is to be found only in the seeking, finding and learning from a living master or authorized representative. For how can you have your surrender and self-realization activated, recognized or confirmed by one who is not?

True surrender is more than self-realization, even though self-realization is the beginning, the process and the goal. Self-realization is the process of healing the mental, emotional and spiritual difficulties inherent in life, and is prerequisite to gratitude and a soulfully motivated willingness to continue by acceptance of further studies.

After self-realization there is self-manifestation, which results from motivation, so there are choices to be made. Awareness of the field of possibilities and the processes by which choices are made will be expanded and the wisdom must be acquired in the process of learning to make better and more informed choices.

Without self-realization there cannot be love and gratitude, and love and gratitude (either the expression of or quest for) are the only true motivations for accepting Islam (surrender) and walking in the way of the Sufis. Fear and obligation will simply not last.

So without healing there cannot be self-realization, and without self-realization there cannot be true responsibility, and without true responsibility there cannot be gratitude, and without gratitude there cannot be love, and without love there is no true motivation. And until all those truths are realized in one, one is not truly of whole mind and sound body, and is therefore neither required nor able to completely understand and accept the responsibilities of Islam.

So the healing - self-realization - is first. Then we are at least able to join the ranks of the rijal-ullah, the whole men and women of Allah. And willingness (himmah) comes from the soul.

So it is the duty of Muslims (surrendered and enlightened people) to enlighten (lighten the burden of) others, to help them unburden their souls and set themselves free. It is not, as is often assumed, to burden them by insisting that they share in

some form of slavery to religion. A freed people will always come to the aid of their liberators.

Tasawwuf (Sufism) is the soul purifying power of accepting Surrender. Surrender, and the life in Surrender, is the purpose, manifestation and result of the true prophetic revelation. Tasawwuf is the power of Surrender to purify and to cleanse the soul of the dross and residues of mortal life.

In effect, what one is doing when making the prayers, is self-expressing (gratitude), and further cleansing and purifying one's soul by surrendering the heart, body and mind into a divine light, until it becomes so saturated with truth that there is nowhere left for falsehood, the driving illusions, to hide. But this is only for the people who want that.

How can one be truly surrendered and still be all alone? Must it not be realized that there are others gone before and still more to come? It must be realized that surrender and mastery are a chain, and have a source.

Will a truly surrendered person allow fear of authority to keep her from discovering the loving benefit to be had from a master? I think not.

One may discover the love of Surrender on one's own, and many do. But the understanding of mastery - the permission to manifest it and the ability to transmit it - which is the fully fulfilled and manifested power of self-realization, comes only from having received it by such means.

So the search continues for a perfect master from whom to receive the transforming reality of "shaktipat", or "the master's touch". Such is the Sufi way and the way of the true Islam, the way of the truth and the Surrender to Allah, the One who is always true.

How to focus spirit - Dhikrullah! Hu! Hu! Hu!

The remembrance of God, to remember and remind (and lots of it), is the way to manifest. Dhikrullah (group and private remembrance practices) is the soul manifesting its truth. It is the soul manifesting its desire. It is the soul manifesting its desire to manifest. It is a manifestation of the desire of the soul to manifest and fulfill its intent. It is a manifestation of the desire of the soul to manifest and fulfill its intent to be fulfilled. It will be fulfilled. It will be fulfilled because Allah wills it to will to be fulfilled.

How can Surrender to Allah lead to anything but real fulfillment? How can it be anything but the real fulfillment?

The search for satisfaction or completion (of the mission) is based upon a feeling of emotional dissatisfaction, and not upon Reality. It is to the quest for emotional satisfaction that creation, the composite of the personal worlds of all souls, poses itself as a medium for fulfillment. Herein lies the distinction between Truth and

illusion, but illusion is also truth. Or Reality and illusion, but illusion is also real, and it is in the reality of illusion that the dramas of life are played out. But in Truth, nothing is done.

So it is the emotional body (and the heart is the seat of the emotional body) that is doing the driving. But in Truth there is no emotional body, no driving, and nothing to be done because it is done already by Allah, in Truth! It our job to at least believe in this Truth, to recognize it and honor it, and to access it, using it as the true point of reference, as need occurs, and it does, often. And without this Truth, the point of life is lost, and so are souls. Hence the 'salvation' principle - the idea of 'saving' souls. And Islam (the religion of Surrender) is nothing if not about that.

Our 'world' is here as a place to manifest our soul's intent to know and experience itself fully. And when wasn't that so? Our fulfillment of that intent is in Surrender to it, but our Surrender is not to or for our illusory 'world', but only to and for God.

Only He is! So be He!
Completely emerged
Completely fulfilled
Completely realized
Complete!
Hu!

ELEMENTS OF SUFI HEALING

The Basics of the Sufi Science of Transformational Psychology

AND

Understanding the Nature of True and False Responsibility
as a means of Accomplishment

PART 1.

The Fundamental Technique of Transformational Psychology is

RECOGNIZING YOUR PERSONAL REVOLUTION

for in it is the Secret of

How your Lovingly Rebellious Soul is trying to Heal you in Spite of Yourself.

So stop TRYING to be good, and BE - fearlessly - who you really are.

"Take Care of Yourself" means to Recognize and Honor the Requirements of your Soul.

`Ibn al-`Arabi (a twelfth century Muslim Saint, Mystic and Philosopher, once said, "Man `Arafa Nafsah, faqad `Arafa Rabbah" - "Who recognizes (realizes, honors, knows) his True Self (Soul), recognizes (realizes, honors, knows) his Lord".

He then went on to write a whole treatise on the intricate, mystical definition of "Rabb" (loosely defined as "Lord"), distinguishing the Rabb from God Himself, who is Rabbil `Alameen", or "Lord of the Worlds". He identifies the "Rabb" as the "Upbringer", the Guide or "Raiser" - as in how a parent raises and guides a child. He implies that our personal Rabb is therefore our own potential fulfillment, or our ultimately fulfillable destiny calling us inexorably to it.

This is why The True Surrender (Al-Islam) to Rabbil `Alameen (Al-llah!) will release, with truth and love, the hold that the ego (the artificial, fearful and demanding conceptual self) exercises. This allows the real Self, which is from Al-llah! (Essence) and returns to the Essence, to be our true guide, or Rabb.

PART 2.

So here are the principles upon which I base my understanding of Health and Healing.

- Anxiety is the cause of every major or minor illness.
- Peace is the only basis for Healing. Relieve Anxiety and you've established Peace.
- Nothing relieves anxiety like Success.
- A Solid and Confirmed Inner Connection is the key to every Success.
- Surrender to the Divine results in a Solid and Confirmed Inner Connection and brings Success.
- Healing is therefore a matter of giving yourself permission to choose Surrender.
- Relieving anxiety is a matter of recognizing its source.
- Anxiety is a consequential manifestation of a choice - the accepting of a false responsibility.
- We have all substituted false responsibility for true responsibility. This is the source of inner hypocrisy and conflicted belief structures.
- Anxiety is the result of an imperfect knowing.
- Illness is the result of this inner duplicity. It is not our fault, but the consequence of choices we've made.
- We are free to make new choices. "Repent" in Latin means to rethink, in Arabic to return.
- Accepting responsibility for choices made is the key to empowerment (to change).
- Unity heals. There is a Perfect Knowing - it is the Goal of the Quest. God IS Knowable, Immediately.
- Knowledge of Unity is the basis of knowing and understanding the nature of Perfect Health.
- Self-esteem is based upon your estimation, and therefore knowledge of God.
- Your estimation/opinion of God will increase by keeping company with the Lovers (Sufis).

This is why Sufis offer Company and availability, and explains the phenomenon of "Miracle Healing" that often takes place in their presence. The "Work" is the elimination of Hypocrisy - resolving duplicity with Unity.

"Concern for provision is the first step of Denial."
(Prophetic tradition).

PART 3.

1. Anxiety is the cause of every major or minor illness.

Anxiety expresses itself as fear of the unknown, concern for provision or concern for the future. The job of anxiety is to keep you off balance and eternally distracted from giving yourself permission to know and be well. The sense is that if you are not anxious, or "ill-at-ease", you are somehow being irresponsible. It has become socially obligatory to be anxious and fearful for the future. The prophet said that the world was divided into two states (countries, camps, or lands). They are the State of Security (Surrender, peace, trust and healing), and the State of Anxiety (suspicion, dis-ease, conflict and war). Unity or separation! Life or death! Healing or disease! Transitory pleasures or permanent peace! These are our ultimatums and we make the choice.

2. Peace is the only real basis for Healing. Relieve Anxiety and you've established Peace.

Everyone wants his or her anxieties relieved. True Hospitality is the relief of anxiety. So everyone needs hospitals (joking) - hospitality. Relieve anxiety and you've established Peace, which is the basis for happiness.

Anxiety is the first and primary disrupter of the happy energies of Peace. It shows up as self-concern or concern for provision, and as such is the first breach of the innocent trust and contemplative adoration (known as Surrender) of living in the garden of the heart with the world waiting patiently to serve you. Infants don't have self-concern and are born completely trusting and adoring. This is why the Prophet Muhammad said that all children were born Muslims, meaning- in a state of surrender and peace- Islam. This is why children must be 'taught' responsibility. But unfortunately the responsibilities that they are 'taught' are the responsibilities of obligation to anxiety (the great false god of self-concern), rather than the responsibility to love and trust The Divine (Al-lah!). Sounds naïve, doesn't it?

3. Nothing relieves anxiety like Success.

Just thinking about success relieves anxiety. Try it. Or maybe you have difficulty imagining it. Take a course in guided imagery. It will really help.

4. A Solid and Confirmed Inner Connection is the key to every Success.

Just studying all that is being written on the subject should be enough to convince you of this one. Outward success without the inner Connection doesn't last and doesn't bring the Satisfaction because it is only in the remembrance of God that the Souls find true satisfaction. Satisfaction of the Soul is called fulfillment. All the seminars and books on "making it" and "success" in this world are based on the work of "Self-Dis-Covery", where you are Dis-Covering your true Being, or Soul Work. And of all the available learning systems and healing methodologies out there, there is none faster or more tried, proven and complete than the way of the Sufis.

5. Surrender to the Divine leads to a Solid and Confirmed Inner Connection and brings immediate Success.

Sufism is the English word coined for the Science of Tasawwuf (Arabic for Soul-Purification) revealed to the Prophet Muhammad and developed by Muslim students, psychologists and Sufis.

6. Healing is a matter of giving yourself permission to choose Surrender.

But will you? You can choose to be well. You can enter into the state of Peace simply by choosing to do so. It's called Surrender. Divine permission is already in place. Permission to be well, live long and prosper is definitely granted by God. But even given you know that already, the deeper question is, can you, and will you, give yourself permission to accept the Divine Permission.

This is the crux of the problem. It is not ever as easy as it sounds, or you would be in perfect, fearless health. If you are not, I'm sure you will find, with a little investigation, the part of you that chooses not to, and mostly out of some sense of prior obligation. You choose your anxieties, because you feel that your happiness is tied up in them. Alas, you have "responsibilities" (you say with a deep sigh and a mock heavy heart.). But look deeper and you'll find that you're proud of them, you derive some happiness and satisfaction from them. You consider them "worth the sacrifice" (you martyr, you) They make you happy, and you manifest a child-like and innocent pride in your "responsibilities" through a sense of concern and anxiety. This anxiety, then, becomes your underlying (and commonly accepted) excuse for not paying attention to your true concern, i.e. your self and your health. You 'put it off until later', using your 'responsibilities' as the rationale for martyrdom, 'self-sacrifice', recklessness, and even suicide.

7. Relieving anxiety is a matter of recognizing its source.

A famous channel has said that, "the bypass is in the recognition of the complication". Books have been written trying to express this, but try to look deeply into the following explanation.

8. Anxiety is a consequential manifestation of a choice - an accepting of false responsibility.

Anxiety is felt to be an obligation, but it is actually a reflection of someone else, a conditioned reflexive behavior pattern triggered by thoughts, mostly of 'love' for another. But from the soul's joyous viewpoint, it is an act (as in stage play). It is hypocrisy, pure and simple, and the result of a co-dependent relationship. It is caused by accepting false responsibility to, for and from - 'others'. It is duplicity - not your true self! So false responsibility is a responsibility not to, for, and from your true self.

Yet you must take responsibility for doing this to yourself, for inflicting unnecessary and hypocritical pain and suffering upon yourself. This responsibility is the key to empowerment, and without it you cannot initiate change in your life. (When you are really happy, and can see the truth of this simple, yet profound statement, you will be able to understand, forgive and heal not only yourself and others, but the 'sins' of your ancestors for seven generations.)

9. We have all substituted false responsibility for true responsibility. This is the source of inner hypocrisy and conflicted belief structures.

We have all substituted the false responsibility to concern and anxiety for our true responsibility to a perfect knowing of God - to know the Reality, which sheds light on and dispels our illusion. This is the reason for the Wisdom teaching that we are living in illusion. It's as though anxiety is the only way to accomplishment. It is my premise that this is exactly the responsibility that we do not want to accept, and toward which our Soul is in revolt, for it is, in reality, taking responsibility for someone else who is probably, in some very real sense, actually doing the same thing.

So are you a healer or a patient? When it comes to health, you are either a healer (listening to your true self and healing both yourself and others) or a patient (listening to someone else, of a doctor or medical system). You are either taking responsibility for your current condition and thereby enabling yourself to change it (by letting it improve), or you choose not to, continuing in 'victim' mode, allowing and insisting that the responsibility for your health and well-being be placed in the hands of some 'other'.

So how can we stabilize the beautiful healing energies that we have tasted or are so familiar with? Check anxiety! Investigate the source of obligation! Free yourself from the bonds of relationship! (Just for a moment). Are you happy? (Just testing.)

We have all been taught (by 'others' - needy parents, etc.) that innocence and lack of concern is being 'irresponsible' (which we never really believed). As a result, we now accept as axiomatic our 'obligation' to 'act' responsibly, by showing concern and accepting 'our share of the responsibility' to an anxiety-ridden way of life. This obligation requires us to 'act' (what we do not feel) - to 'behave' (as expected - by 'others'). Acting is pretending, masquerading. Masquerading is putting on a mask. It's a kind of compulsory (defensive) hypocrisy. We don't really believe it, but because we cannot express our true selves and beliefs adequately, either to ourselves or to others, we are forced to overlook, disregard, and ultimately disrespect our own beliefs, and accept what we are being told as the 'truth'. So we eventually end up believing in and conforming to the way of anxiety, and forgetting the Peace and Joy that we were born with to bring into the world. Gone! Buried! Dig it out later, maybe. Or not! So why do we have accidents? Accidents almost always happen when we're about to do something we do not really want to do.

This kind of responsibility always becomes required of us before we have learned how to properly take responsibility for ourselves. How to keep your children at home to serve you and help you fulfill your needs? Impose your obligations and belief structure upon them before their freedom is discovered. Impede them from learning the secret of self-responsibility.

Learn the secret of self-responsibility and all will be provided for you. If you no longer have concern for provision, you will not sell yourself and your labors on the market as someone else's slave - for "a crust of bread", as the saying goes. In other words, you become 'useless' (to 'others'). Hooray for you!

10. Anxiety is the result of an imperfect Knowing.

Anxiety for the future is a manifestation of an imperfect faith. "Concern for provision is the first step of Denial." Perfect faith instills perfect trust. Anxiety is the absence of trust. It is a manifestation of not knowing, of incorrect understanding, of imperfect faith. It is a fear for the unknown, and unknowing is exactly that, a direct consequence of lack (absence) of Divine Knowledge.

As you can see, we've all been deliberately misled regarding the matters of true faith and healing. The truth is that if you really knew God you would have no worries, only joy and gratitude, and endless personal magnetism to acquire your desires. You would then become a constructive and healing member of society, instead of feeling like a slave, living your life to benefit others, attempting to assuage your disappointment and depression by consoling yourself with the ephemeral and all too transitory pleasures of material acquisition, and justifying it as love. Obligation is compulsion, not love.

11. Illness is a result of this inner duplicity. It is not our fault, simply the consequence of choices we've made.

12. We are free to make new choices. "Repent" in Latin means to rethink, in Arabic to return.

13. Accepting responsibility for choices made is the key to empowerment (to change).

14. Unity heals. There is Perfect Knowing - it is the Goal of the Quest. God IS Knowable, Immediately.

Peace is the source and foundation of the healing energy. Peace is found in the energy balance between the 'positive' and the 'negative'. Anxiety is the first disruption of peace, and the first manifestation of energy imbalance, or lack of trust. Lack of trust is the first sign of lack of correct faith, and lack of correct faith is healed (can be healed immediately by knowledge) by turning to God with certainty and seeking certain knowledge (as in objective, transcendent truth). The deep inward certainty (certain knowledge, objective, transcendent truth) is the closely guarded treasure of the Sufi masters and knowledgeable Gnostics of Al-llah! And it is said that the forgetfulness of the knower is still more powerful than the remembrance of the seeker.

* Al-llah! *

All this, plus my personal experience, leads me to know and believe that faith, love and freedom go hand in hand, and that love, and peace, heals all.

So therefore I conclude that

15. Knowledge of Unity is the basis of knowing and understanding the nature of Perfect Health.

Correct understanding comes from Perfect knowing, and Perfect Knowing is the basis and Essence of Perfect Health. True Knowledge and remembrance of the Divine Benevolence of God is the Essence of Perfect Health.

There IS Godly Knowledge, but it is not popularly available in the English language. Like all things of quality, it must be sought. Godly Knowledge and the remembrance of the Divine Benevolence of God is the basis and Essence of Perfect Health. It is the exclusive focus of the Sufis.

and that

16. Self-esteem is based upon your estimation, and therefore knowledge, of God.

True Self-esteem is the dynamic magnetism that shows you everything, and brings all things to you effortlessly. It is based solely upon your estimation (or knowing) of God.

17. Your estimation/opinion of God will increase by keeping company with the Lovers (Sufis).

18. This is why Sufis offer company and availability and explains the phenomenon of "Miracle Healing" that often takes place in their presence.

19. The "Work" is the elimination of Hypocrisy - resolving duplicity with Unity.

FUNDAMENTALS OF HEALTH

GOD, FORCE, WATER, FOOD AND ENERGY

GOD

God is immediately available. There's one thing we have to do in order to avail ourselves of His full power for healing, and that is recognize our blocks to His energy of Love and clear ourselves from them. If we are willing to do that, then we can be healed even more quickly than normal or anticipated. This clearing can rarely be done alone. For the very blocks that we carry are results of conscious decisions made under stress and they are now more difficult to detect. For this reason we have "friends in high places", so to speak, who have sought the help and done the work and are more able to help us. All that is asked of us is that we consult with people of knowledge. In the Sufi way, these people are the recognized teachers.

FORCE

The Force of the natural healing energy is always available and quite persistent. It is consistent with the love that your soul has for you. Always there, always ready, always waiting patiently for you to return and come home. It is present as the foundation of the very nature of creation. Nature, left alone, heals. The time it takes depends upon the surrender of the individual in need. Good healers will explain the value and show the fastest way to this surrender, and often in only one session. So let the Force be with you. And the active word is "let".

WATER

Water is the carrier of nutrients and waste. It also is able to convey energetic impulses rapidly, and to change its configuration according to the subtle energies of thought. Therefore, it is the original "shape-shifter". The more pure water we have in our system, the cleaner and more easily our system will run. It will also respond more easily to our thoughts, and that's why prayers and thoughts turned to God for help have such a readily available influence. Proper orientation of thoughts, recognition and resolution of blocks to healing (and there are, strangely enough, quite a few), receptiveness of the physical body to subtle energy shifts by maintaining proper hydration, and studied sensible nutrition, are the keys to rapid healing.

FOOD

The fundamentals of nutrition and natural dietetics should be learned from the simple and easily understood "Philosophy of Extreme Oriental Science and Medicine", as taught in the original works by Georges Ohsawa, the originator of the Macrobiotic School of Dietetic and Nutritional healing. There are many books and teachers of this way of understanding, but to date none have matched the master for simplicity and ease of explanation. Grasping this philosophy is the simplest and easiest way to understand the fundamentals of the forces of nature and their influence on diet and health. So try to find it in the original.

ENERGY

By Energy I mean the daily influences on your life. It behooves the astute student to take a course in the basics of energetic and emotional healing. Energy has a profound influence on us and it is possible to learn about it in such a way that the flow of benevolence, your "Power to Receive" is not interrupted.

A SUPERIOR MEANS

It's commonly thought that, since spirituality and life are separate, spirituality has no place in life, and especially in the doing of business. It is also falsely assumed that since life is a matter of economic survival, the most practical (and lucrative) approach would be that which is farthest away from the essence, or truth. Hence develops the glib double-dealer, whose stock-in-trade is suave and convincing duplicity – the art of the gentle lie, so to speak.

And yet if you look in the business development section of your local bookstore, you will find that the trend in business and of the truly successful is everyday leaning more toward the realization of truth and reality. It just makes good sense. The taxing toll it takes to maintain pretense and lies is causing the rapid erosion of human personal energy. Plus it is taking us farther away from our proposed goal of success rather than bringing us to it as we had hoped it would. This all has to do with the shift from industry to information, and now to the need for a deeper, an absolute, if you will, truth by which to evaluate. It has, in the end, to do with our personal concepts of success and the goals we set to attain it, the motivations behind it, and the means we use to achieve it.

How many books are written by the rich extolling their concept of success, how they attained it, and how you can too? I read them in search of a definition of success that feels right to me, and I find nothing. I'm left with the deep feeling that I do NOT want to do what it is they recommend. Even stronger – I WILL not.

But what, then, I ask myself, will I do? And among the myriad of options that appear to me the one of “Nothing, absolutely Nothing!” feels without doubt, the very best choice. Actually, let me reword that. It feels to me to be the wisest (as in the absolutely smartest), the Superior choice - not “running away” from the false or artificially imposed responsibilities of my own and society’s creation, but running TO the Recognition of a Superior means of achievement.

To see, in the old paradigm, spirituality as mere escapism misses the point altogether. The Mystics ARE the leaders – the courageous ones who break away from and leave the common pursuits in Quest of the Superior - new and groundbreaking ways to attain, with peace and inner truth, the goals of outward prosperity and security.

So give yourselves a break. Stop deceiving yourselves and lying to others. Hear, listen, and pay attention to the calling of your true self, the one that’s really tired of pretense and would love to find a better way. Afford yourselves the hospitality that you need to give your hearts a rest and think it through. Listen to, and receive from, the quiet love of your souls. That is how you can Know God. Listen to the love of your souls.