

SUFI TRUTHS

Supremacy

THE GOAL OF ALL RELIGION

The Goal of all Religion is the fulfillment of the first commandment, "to know and love the lord thy God with all thy heart, body, mind and soul."

Any belief or practice that aids one towards that goal is healing and meritorious, and any that hinders, deleterious and detrimental.

This "knowledge" of God is not limited to repetitive hearsay that He exists. Amazing is it and a part of His True Wonder that He could create in such a fashion as to make it possible that He be hidden so well that the question of His existence arises at all. In Qur'an it is said "And if you really want to marvel, marvel that they disbelieve".

Nor is this knowledge limited to that of "certainty" in the heart, for it is commanded "with thy heart, body, mind, and soul".

This "Knowing" that is required of us is nothing less than full-body realization, complete surrender of mind, heart, limbs and actions to the perpetuation of His service in worship, adoration and praise. It is more than enough to keep a truly faithful slave occupied in all his time.

It is nothing less than the "Gnosis" of the Christians, the saintly "Mindful awareness" of the Eastern religions and the "Ma`arifat" of the Muslims. The endless and unending perception of God (Al-llah!) in all things.

We are to abandon our earthly pursuits in love and trust of the One Who brought us into this life without our permission and Who will take us out of it without our permission, and Who wants to reveal to us Himself in our trust of Him. Anything less is partial faith.

And yes, we are to "tie our camel". But only because camels, like our minds, are prone to wander. This admonition does not mean to pursue the world with all your heart for then there is nothing in your heart but that which you pursue. It means to leave secure that which is in your trust and then turn to God. Security is a means to a goal, and not the endless goal in itself.

Security exists. It is one of the qualities of God, and as such can be relied upon. A full Trust in God is the end of the endless pursuit for Security, and the beginning of the fulfillment of the first commandment. A full Surrender and Trusting in Al-llah! (God) is the goal and the beginning, the attainment of the point and purpose of all religion. It is on us to Trust first, to make the Choice, then we will see the proof.

In Peace and Love

Ali

FOUR ESSENTIAL TRUTHS

I would like to start your initiation into the School of Sufi Studies by bringing to your awareness Four Essential Truths, and request that you study each one well, understand them and embody them before we go any further.

The first Realization of Divine Truth is that

DIVINE BENEVOLENCE IS WAY BEYOND ANY OF OUR ABILITIES TO DESCRIBE IT.

The Divine promise is for eternal Love, in one form or another. So Surrender. Relax, and become transformed without fear into your Real self. Know that it is our desire to feel and receive love that is the secret to our human capacity for spiritual transformation. And Divine Love is the blessing of the Divine.

Now here are two important tools to help towards a perfect realization.

1. On saying the Holy Name - Al-llah! If you have trouble with saying the Holy Name, **Al-llah!**, please read this. It might help you to understand why it is important and how easy it is.

Al-llah! - the Name: "**Al-llah!**" is the Arabic word for God. (Arabic is often referred to as the language of Al-llah!). It is the name by which the Divine Creator refers to Himself in the Holy Qur`an. It is called the "Divine Name", and has a singular power reflective of His Uniqueness and Transcendence over all creation. It is, without doubt, a Divinely revealed Name of God, indicative of nothing other than the One Supreme - Conscious, Living, Creating - over Whom there is none, greater than Whom there is none, and other than Whom there is none. This indicated One is the very Truth and Reality of which Abraham, Isaac, Moses, Jesus and Muhammad all spoke, the One in Whom we all believe. This Name indicates The One - Who is the Author and Creator of the divine and inescapable Reality of the Unity of us all, unto Whose Benevolence Surrender is truly due. Sustainer and Cherisher of creation, Wise, Compassionate, and Merciful. Beyond comprehension and known only by His manifest signs. Begetter of none and never begotten. The Lover and the Beloved, of Whom the Sufi poets sing. The heavens and the earth and all that they contain are but tokens of His Divine Power and Love. So say the Name of **Al-llah!** Often and Much. Certainly no harm has ever come from it, and it promises to deepen your present awareness of the blessing, gratitude and knowledge of God, the Divine Creator whose throne is to be found in the hearts of His true believers.

2. On saying the Name of Reality - HU! If you have trouble referring to God as He, please read this. It will help you to understand the common use of the genderless pronoun.

A note on the use of the masculine gender word "HE" as the personal pronoun denoting the existence of a Divine Benevolence: Please realize that there is of course no gender whatsoever to The Divine Reality, either real or implied. The word 'He' is the closest realistic, easy and practical translation for the Arabic word 'HU', which, when used in human context, is the third person pronoun denoting masculine gender. But when it is used in the context of referring to Al-

llah!, it is as genderless as the finger that points to the moon. It is, in this case, another one of the Divine Names and Attributes indicating His Existence as "The Divine Cause, both separate from and linked inexorably and inextricably to our own." HU!

Our second Realization of Divine Truth is that

DIVINE BENEVOLENCE IS THE SOURCE AND FOUNDATION OF ALL THE IMAGINABLE AND UNIMAGINABLE MERCY AND LOVE IN THE UNIVERSES.

On understanding the nature of Divine Love

It is the Promise of The Divine Oneness -

That God will never leave anyone and that He loves us equally one and all.

That His Mercy is instantly available to anyone who supplicates, and

That He always responds to anyone who calls upon Him with His Holy Name.

That He is indeed the Beneficent and Merciful Creator of all that exists, His Beneficence is palpable - you can feel it.

That He created to be known so that in knowing Him and recognizing His Existence we are fulfilling our service to Him, for which He is Grateful.

That we are worthy of the rewards He chooses to bestow upon us and

That there is no one to argue with His Mercy for He is the Doer of what He wishes.

Our third Realization of Divine Truth is that

AL-LLAH! IS FAR ABOVE HIS CREATION,
UNIQUE, DISTINCT AND SEPARATE FROM IT.
YET HIS CREATION IS NOT SEPARATE FROM HIM,
AND IS A MANIFESTATION OF HIS EXISTENCE, AND POINTS TO HIM.

On the distinction between Divine Unity and Divine Uniqueness - on why we are not God, but not separate from God.

The holy meanings of the Arabic words AHAD and SAMAD.

In Qur`an it is said: "Say, He is **Al-llah!**, THE 'AHAD', **Al-llah!**, THE 'SAMAD'." "AHAD" means "One" in the sense of 'Singular' and 'Unique'. It implies a separation by virtue of a distinct uniqueness. "Although nothing is separate from Him, He is Separate from everything." This is not in the same sense as the word "Wahid", which also means "one", as in "one, two, three", and from which the word for Unity ("Tawhid", meaning God as the one-ness and interconnectedness of all), derives.

The 'AHAD' of **Al-llah!** is His Uniqueness. By that we mean that He is without partner, always was and always will be. "He is now as He was." With or without our recognition, He stands alone, in no need of His creation or anything in it. Conscious and Living, "He is now as He was" (before creation). Unique, without partner. He is not His creation, but He is known by it. And His creation is not Him, but it is not separate from Him. He is the Lord and Master of His creation

and He is its Support. Unfathomable is He, except that we may know that it is He who is SAMAD, the Supporter of the firmament upon which His Creation, and the Divine palpability of our own Existence, stands.

The Will and Power by which He supports His creation is His 'SAMAD'. SAMAD is not the Essence of creation. It is not the sublime tasting that we alone can feel. It is rather His Quality of Being that provides the Foundational Support for that which we can feel and know, that allows creation to be.

Our fourth Realization of Divine Truth is that

HE REVEALS HIMSELF TO HIS CREATION THROUGH HIS CREATION,
AND HIS GUIDANCE IS MANIFEST FOR ALL WHO CHOOSE TO FOLLOW IT.

On the nature of revelation, and its distinction from self-discovery

The Nature of Revelation is simple. We simply would not know Him if He did not reveal Himself. We would only know ourselves, and as delightful as the realization of ourselves as a manifestation of Divine Oneness is, without Revelation there would be no Divine Guidance in the form of Higher Knowledge. And as prone as human nature (even 'enlightened' human nature) is to corruption, I hate to imagine how even more terrible and tragic the human inhabitation of this planet might become without the availability of Divine Guidance in the form of Higher Knowledge.

Besides the huge Spiritual advantage that Divine Guidance is to mankind, how sweet (thank you God) and interesting it is to not have to rely on (only) our (well-honed - or not) instincts or experience to know the subtler natures of what is both 'right' and 'wrong' for us, both 'good' and 'bad' for us to do in the life of this world.

And so why shouldn't God manifest Himself in the form of infallible Divine Guidance? He's manifest in everything else. First of all, God can do, and does, as He Pleases. Secondly, there are many of us who pray for such Guidance and realize full well our own incapacity to get along without it. Divinity guides us through the unknown into gardens we would never have otherwise known. Who is there to prefer that He answer not the prayers of those in need? Show me one who feels not in need of Divine guidance and I will show you one who is.

Divinity is manifest in everything whether we choose to see it or not. Even our choice to perceive it as such is a Divine gift, so why not realize it? We're all looking for "the rule book" <smile>, are we not?

So.... "Praise be to Al-llah! for the Gift of Surrender, and as a Gift it is Sufficient." (Qur`an)

Al-llah! reveals Himself - people discover themselves. So don't seek enlightenment, it's inevitable. But seek preparation. The functioning principle of the Divine revelation is simple - "practice the positive and the negative will have no power." therein lies the Divine foundation for

the law of attraction. True spiritual elation is positive, fun, uplifting, and attracts the good. It is your true and permanent nature. It in no way resembles depression. Life is not a burden.

So ends the initiatory material. I pray that the blessing in it is sufficient for you.

In Peace and Love

Ali

Supreme

MAKING PEACE WITH GOD - THE ESSENCE IS THE MEANS IS THE GOAL

An Introduction to the Realities of Spiritual Health and Healing in Islam

Defining the Name, the Essence, the Means, and the Goal

Islam = Surrender: The word "Islam", in Arabic grammar, is the command form of the root word "Peace", and means, "Surrender!" Just do it! Realize your Surrender! You can actualize your Surrender by realizing that you are surrendered and joining with the rest of us who realize it too! Real Surrender is to the truth of who you really are, and to the absolute Divinity of your creation. It is the first act of knowing, worship and gratitude and the true doorway to increasing one's direct awareness of Surrender and Divine Will. This does not mean only Surrender in the mind, which is the seat of pride and individuality, differences and separation, but Surrender in and to the heart, which is the seat of Unity and vision, and wherein is to be found the Throne of God, "Al-llah!"

There is a direct relationship between awareness (A true Knowledge of the Divine) and Surrender. The more one surrenders, the more one knows, and the more one knows, the more one surrenders. Such is the relationship between the Lover and the Beloved. It is only from the standpoint of this total Surrender to Divine Will that the inspirational, necessary and brilliant nature of the faith and practices of the Islamic revelation will appear clearly.

"**Sufism**" is the English word for the Arabic "Tasawwuf", or "self-purification" (of our inner being). It sums up in a word the principles and practices of the spiritually realized in Islam, and their students, known as murids, or "desiring". Surrendering to a teacher in order to learn, deepen or verify the truth of your Surrender is the ultimate act of sincerity. The early Sufis were the master teachers of the Islamic revelation. They derived their realization and teaching styles through deep study and practice, and by following, to its uppermost goals and ideals, the principles and practices of true belief as taught to them directly by the Prophet Muhammad, sent as a Mercy and a Light unto all the worlds.

Spiritual Healing = Divine Hospitality, allowing yourself to be the 'Guest' of God. Knowing and dwelling in the Essence of Divine Love is without a doubt the greatest healing power known to man. The only thing keeping us from receiving the full benefit of that Love is the limitations we impose upon ourselves. Overcoming these limitations becomes our life's desire, known in Arabic as the "Jihad al-Akbar", or the greater struggle, and it can be won. Qur`an states, "Al-llah! places not upon a soul a burden greater than it can bear". The Sufi way to "Perfect Surrender and Knowing" (Islam) is the "Essence Redelivered" of the ancient, famous and much sought after "Spiritual Alchemy" - that which transforms the lead of our personal heaviness into the gold of our total lightness and complete awakening and realization.

"Al-llah!" - The Name: "Al-llah!" is the Arabic word for The One True God. (Arabic is often referred to as the language of Al-llah!). "Al-llah!" is the Name by which the Divine Creator refers to Himself in the Revealed Qur`an. It is called the "Divine Name", and has a singular

power reflective of His Uniqueness and Transcendence over all creation. It is, without doubt, a Divinely revealed Name of God, indicative of nothing other than the One Supreme - Conscious, Living, Creating, - over Whom there is none, greater than Whom there is none, and other than Whom there is none. This indicated Oneness is the very Truth of which Abraham, Isaac, Moses, Jesus and Muhammad all spoke, the "God" in Whom we all believe. This Name indicates the One Who is the Author and Creator of the Divine and inescapable Reality of the Unity of us all, unto Whose Benevolent Will Surrender is truly due. Sustainer and Cherisher of creation, Wise, Compassionate, and Merciful. Beyond comprehension and known only by His manifest signs. Begetter of none and never begotten. The Lover and the Beloved, of Whom the Sufi poets sing. The heavens and the earth are but tokens of His Divine Power and Love.

"Al-llah!" - the Means: In the Sufi way, there are three stages on the way to a perfect realization, a genuine knowing (gnosis), or an absolute certitude. The first stage is "hearing", learning about it by voice or letter. The second stage is "seeing", witnessing it clearly in yourself and others, the third is "knowing", a realization of the reality of it through the direct experience. In practice, it is said that the Name and the Essence are One. So in short, first we hear "Al-llah!", then we say "Al-llah!", and then we will come to know the Essence of "Al-llah!" and ourselves. And finally, we come to know that we are living in the Divine Reality of God. So "Al-llah!" (His Name and His Essence being One), is the Means. Hence we say, "We know Al-llah! only by Al-llah!"

"Al-llah!" - the Goal: The goal of Surrender is to know and live in the true reality of God— that we may know and perceive the true Divinity of life with every cell and action. To live in our reality as created - guided, knowing and surrendered to divine will - and to carry none of the illusions of separation and independent selfhood any more at all. **Surrender to God is true Spiritual Liberation.** It is to be free of the compulsions of our comparative, competitive egoic delusion, and surrendered completely to the reality of our true existence in Al-llah! It is to walk through the veils, to be oblivious to our selves and aware only of our life in God.

"Dhikr!" - the Practice: The word "dhikr" cannot be simply translated into English as remembrance, because, like so many of the powerful concepts presented to us by true spiritual realization, the word is but a key to the world of reality behind it. I like to refer to it as "knocking gently at the door of the heart".

The great Sufi Master of Morocco, Muhammad ibn al-Habib said in one verse of his famous and beautiful Diwan (Poetry of Love), "Fa dhikru'llahi, huwa shifa`u". For the Dhikr of Al-llah! (meaning in this instance the constant and sincere remembrance of the Name, the Essence, and the Reality of God, in speech, thought and heart) is the Medicine (meaning the all-important aspect and all-essential ingredient for the true spiritual awareness which is the root of all healing). So Remembrance of God is the Medicine.

In essence, this means that constant and consistent remembrance, praise and worship of Divinity (Al-llah!), by tongue, mind and heart, in word, thought and action, is the key to opening the heart to the Peace and the Knowing that allows the body to heal in Surrender. The operative word here is Surrender. It is the direct focus on the psycho-physiology (the spiritually healing qualities) of

this Surrender to Divine Love that has captured the hearts and interest of spiritual healers and Sufis.

The Sufi Path of Surrender (Islam): To assist and support us in this surrendered life, increasing our awareness and keeping us out of harm's way, we have a Divine revelation, from God, to God, which we are encouraged to follow. This prescribed path consists of a life of piety and holiness, dedicated to prayer, fasting, alms-giving, travel in the Holy way, and learning and teaching. It begins and ends with a bearing of witness to the existence of God and a belief in the message of all His Prophets. It includes a palpable forgiveness, which triggers a physical release from the clutches of guilt and shame and is the beginning of all healing. It has effective practices for purifying the heart of residuals. These practices are done entirely in surrender and lead, via the struggle to know and dwell in the perfection of God, through the garden of the heart to the Ultimate Abode. This is the singular point and Divine purpose of this religion called "Islam", or "Surrender", and no other.

Sufis and the truly devout Muslims worldwide invite you to join them and enrich the garden of your heart by saying the Holy Name and knowing the Essence and Truth of "Al-llah!" through knowing your own Essence and Truth. For those of you who are interested in the community support being offered for your deeper walking and further knowledge of the Sufi way, regular groups and personal sessions are available. I wish to remind you that Divine Peace is found most strongly in the hearts of those who serve it.

"Who trusts in Al-llah! hath taken indeed a mighty handhold." (Qur`an)

In Peace and Love,

Ali

THE CALL OF THE ESSENCE IS CALLED IN ARABIC

AL-ADHAN

AND IT IS THE MUSLIM CALL TO PRAYER

(Islam means "Surrender to Divine Will", and Muslim means Surrendered)

Five times daily from within or atop every mosque in the world, this call has been heard for over 1400 years. It is singularly the most mysterious and alluring call in the human experience. Everyone wants to know what it means.

But first, a little prelude.

What is Surrender?

- Surrender means letting go of force and pretenses and allowing the natural way (the Tao) of spiritual realization to prevail.
- Surrender means recognizing that the Whole is greater than all of us and realizing the futility and counterproductiveness of struggle.
- Surrender means giving up completely and letting God's Will be done.
- Surrender means the release of illusion and letting Truth do the teaching.

- Surrender is our key to success.
- Surrender is essentially what everyone who knows is doing. It is the answer to the questions, and the solution to the mysteries of those who are still wandering in the wastelands.
- "Surrender!" (as in a command, to be obeyed) is the meaning of the word "Islam". It is a Divine command. Fortunate are they who "hear" it (in their knowing) and "obey" it (in their doing).

There is a direct relationship between Awareness (true knowledge of the Divine) and Surrender. The more one surrenders, the more one knows, and the more one knows, the more one surrenders. Such is the relationship between the Lover and the Beloved. It is only from the standpoint of this total Surrender to Divine Will that the inspirational, necessary and brilliant nature of the faith and practices of the Islamic revelation will appear clearly.

So what is the call to prayer? We are in the year 1413 AH (which means "ano hegira" or "year of the migration"), Most people don't know that there is a Lunar calendar and a Solar calendar. I'd like to explain a bit more about it at a later time. But for the purpose of this writing it means that the annual rite of Hajj, the pilgrimage to Mecca, has been performed over 1400 times in the last as many years, and that for over the last 1400 years, all the people who have heard and believed in the final revelation of God to the Prophet Muhammad have taken it upon themselves to build Mosques as houses of worship all over the world, and establish in them the five-times daily worship-form that was revealed as a pillar of faith, guidance, belief and progress on the pathway of life to God.

At the appointed times daily in each of these millions of mosques now established all over the world, someone of the believers will climb to the highest point available and call in a beautiful voice to announce to the world that it is now the time for prayer. The call also proclaims that all are urged with welcome to come into this mosque (my heart) to share in the peace and the beauty of this moment of sacred worship. The way of the life of worship is so different from the way of the life of taxation. In spite of all the apparent political and social troubles, life in the Muslim countries has a sense of true freedom and development of spiritual potential that is not always to be found in the "Western" world.

In honor of the "Great Faith" of Islam (Surrender), I would like to present to you the true meaning of this call that is being heard somewhere (if you care to listen) all over the world, at every moment in time. I venture to say, just as the English said in the height of their glory that "the sun never sets on the British Empire", that there is never a moment when the Adhan (the call of the Essence) is not being heard.

Talk about a shift. Just the sheer volume of people who are listening daily for the call of the muazzin (the caller) is a huge impetus for consciousness shift. This healing, humbling and purifying form of Divine worship is established in every corner of the globe. Don't be bashful. Join in freely. Learn about the revelation and how it has impacted the lives of over a billion and a half living breathing human beings today. These are not gullible people and nobody expects you to be, either, so investigate for your benefit. Why miss out on the most significant experience that life has to offer?

Five times daily from within or atop every mosque in the world, this call has been heard for over 1400 years. It is singularly the most mysterious and alluring call in the human experience. Everyone wants to know what it means.

AL-LLAH!U AKBAR, AL-LLAH!U AKBAR,
AL-LLAH!U AKBAR, AL-LLAH!U AKBAR

ASH-HADU AN LA ILAHA ILLA 'LLAH
ASH-HADU AN LA ILAHA ILLA 'LLAH

ASH-HADU ANNA MUHAMMADAN RASULULLAH
ASH-HADU ANNA MUHAMMADAN RASULULLAH

HAYYA `ALA-S-SALAH, HAYYA `ALA-S-SALAH

HAYYA `ALA-L-FALAH, HAYYA `ALA-L-FALAH

AL-LLAH!U AKBAR, AL-LLAH!U AKBAR

LA ILAHA ILLA 'LLAH

AL-LLAH!U AKBAR, AL-LLAH!U AKBAR,
AL-LLAH!U AKBAR, AL-LLAH!U AKBAR

"God is greater" "God is greater"

"God is greater" "God is greater"

(than anything else that may be distracting you at the moment)

ASH-HADU AN LA ILAHA ILLA 'LLAH
ASH-HADU AN LA ILAHA ILLA 'LLAH

"I bear witness that there is no other god but the One."

"I bear witness that there is no other god but the One."

(Who is True)

ASH-HADU ANNA MUHAMMADAN RASULULLAH
ASH-HADU ANNA MUHAMMADAN RASULULLAH

"I bear witness that Muhammad is the True Messenger of the One."

"I bear witness that Muhammad is the True Messenger of the One"

(Messenger of the true Unity)

HAYYA `ALA-S-SALAH, HAYYA `ALA-S-SALAH

"Hasten (Come Alive) to this Worship"

"Hasten (Come Alive) to this Worship"

HAYYA `ALA-L-FALAH, HAYYA `ALA-L-FALAH
"Hasten (Come Alive) to your True Success"
"Hasten (Come Alive) to your True Success"

AL-LLAH!U AKBAR, AL-LLAH!U AKBAR
"God is Greater", "God is Greater"

LA ILAHA ILLA 'LLAH
"There is nothing else (worthy of your attention)
(at this or any moment) except The One (Al-llah!)".

With Peace and Love

Ali

Supremacy