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Introduction to the Spiritual Detox: Cognitive Cleansing Course by Sufi Master Younus AlGohar

It gives me immense spiritual pleasure to have thought out this course and in my life, I am going to regard this as a milestone.

‘Spiritual detox’ is not a naive term in the West. A lot of people use this phrase every now and then and only God knows what meaning they derive out of this phrase. However, my approach towards spiritual detoxification and cognitive cleansing is pretty straight-forward. It is based on universal realities, not on fantasised concoctions or a result of somebody's hallucinations.

I understand spiritual detoxification is to remove all the irrelevant thoughts and irrelevant neighbours from the souls. I strongly believe the only way with which we can detoxify our spiritual system is through the divine doctrine because God is the Creator of our spiritual system; nobody knows more than God does.

- Sufi Master Younus AlGohar

Human philosophies about detoxification are likely to be misleading and can be miscalculated. However, what comes from God has the tendency of being 100% correct.

If you have a Mercedes, BMW or a Tesla car, even if you have a punctured tyre, they will tell you to bring it back to the Mercedes, BMW or Tesla garage and not get it fixed elsewhere. This is because they are the manufacturers of the brand so only they can repair it to the satisfaction of your mind and nobody else can do that.

Similarly, the human soul is a manufacture of God. Only God knows how detoxification of our spiritual system can be carried out.

Psalms of David: The Four Types of Detoxes

When times become difficult or chaotic, it is easy to lose focus.

Like the disciples tossed to and fro by waves in the middle of the sea (Mathew 14:24) we often fear disaster. We quickly question the trajectory of the ship, forget to row, cry out in fear instead of faith, and fail to look to the one who can calm the sea.

Storms can consume us, distracting us from the state of our hearts, the gaze of our eyes, the words of our mouths, and the actions we should be taking. Before we know it, we are likely in serious need of a spiritual detox - a cleansing, recalibrating, invigorating soul-treatment.

- Excerpt from 'Desiring God'

According to the Psalms of David, there are four detoxes.

To detox my soul, I love to read through the Psalms. They're raw, relatable, beautiful, and deeply convincing. There are so many truths to meditate on, prayers to borrow, promises to declare, words to memorize — it can be just the place to begin a detox of four key areas of our spiritual life.

- Excerpt from 'Desiring God'

The Psalms of David mentions the first detox, the most important and crucial one - the detox of your heart.

1) Detox Your Heart

A spiritual detox enables us to more clearly hear the Spirit's voice and see Lord's face.

“Prove me, O Lord, and try me; test my heart and my mind”
(Psalms 26:2)

Ask the Lord to examine, prove, and try your heart and mind, as if testing metal to determine value and genuineness. We are prone to be partial to ourselves, making allowances where we should not.

Our greatest temptations come not from without, but from within. Our heart's secret sins give birth to almost every evil deed and gradually enslave us. Sin disguises itself: pride can be seen as conviction, self-sufficiency as industriousness, fear as attentiveness, skepticism as discernment, timidity as humility, and the list can go on and on.

“Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.” (Psalm 86:11)

- Excerpt from 'Desiring God'

2) Detox Your Eyes

Amidst the million things we could look to, the psalmist reminds us where to set our gaze. Like a compass in need of recalibration, we will inevitably wander if our eyes are set on the wrong things.

“Turn my eyes from looking at worthless things; and give me life in your ways.” (Psalm 119:37)

Our view of what is real and true and life-giving is so easily blocked. Our prayer should be that of the nineteenth-century theologian Albert Barnes, “Make my eyes to pass rapidly from such objects, that I may not look at them, may not contemplate them, may not dwell upon them.”

“I have set the Lord always before me; because he is at my right hand, I shall not be shaken.” (Psalm 16:8)

- Excerpt from 'Desiring God'

That's the key, isn't it? So one should have this sense of priority. If you lack in sensing your topmost priority, you will slip anytime! As long as the Lord is with you, and to be with the Lord is your topmost priority in life, you will never be shaken! Never ever!

May we act and regard ourselves as always in the Lord's presence, for what is continually before our eyes is what shapes us.

If our gaze is locked upon the Lord in the struggle, pain, and change, we will be anchored and not disturbed by fear.

“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore” (Psalm 16:11)

- Excerpt from 'Desiring God'

3) Detox Your Words

A lot of people go to therapists. They talk to them and they give them therapy and only God knows what kind of 'therapy' they provide them with. If your words are full of pessimism and negativity, what kind of therapy are you going through?

You will often hear phrases such as, 'Do not invalidate your emotions'. Okay, but how do you know your emotions are right? Suppose there is an outburst of emotions in my heart and I want to kill you. What should I do? Should I validate my emotions and kill you? This mentality of therapists, this New Age mentality is so misleading and misguiding.

Do you know the source of your emotions? Where is it coming from?

We cannot effectively fight the Lord's battle in the world while neglecting the ones in our hearts. There is a constant battle going on within ourselves. Emotions that arise from our soul and emotions that arise from our Lower Self.

Emotions of love that want to rise are suppressed. The emotions of resentment, hatred and jealousy must be invalidated because this is the result of negativity inside of you.

When you speak, your mind should be focused on positivity. Thoughts should be transparent in your mind. If your mind is controlled by your Lower Self, it will produce thoughts which will go around you and turn you into a self-centred person and this is how you will pollute and weaken your soul.

Our words should be full of positivity, kindness and love.

Make sure:

Your words do not harm anybody or hurt anybody's feeling

You are not taunting, winding people up or testing anybody's metals

You are not being sarcastic because sarcasm is deception (you say one thing but you mean another)

Our words will carry what we have in our heart and mind. Although our words should always carry positivity, love, optimism and kindness, the problem is, whatever you have in you only that will come out through your words.

The thought will come to your mind before your thoughts are transformed into words. So changing the words is not going to solve the problem; changing the thought-factory, changing the mindset is what will make a difference.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer”(Psalm 19:14)

May our lips always speak in ways that draw others to our rock and redeemer. Meditate on the Lord, the fountain and origin of good things, so words pleasing him might overflow from your mouth. These words carry power and eternal impact when offered in his strength, rather than our own efforts.

- Excerpt from 'Desiring God'

This is exactly what the Quran says:

“I say to the lord, you are my lord; I have no good apart from you”
(Psalms 16:2)

God is our good — all of it. And we can't add to his goodness in any way. Through the gospel, the entirety of our sins and death can be exchanged for the entirety of his goodness and life.

- Excerpt from 'Desiring God'

4) Detox Your Actions

The problem with the New Age mentality is, they will say one thing and they will do another. They will do all the bad things and then they ask you not to be judgmental.

Every now and then in the USA, there are cases of police shootings. There can be a lot of explanations to these shootings by the police but one thing is understandable, in the United States of America, if the police stop you and they ask you to raise your hands, 'hands up' - and you don't listen and try and put your hands in your pocket - they will translate this action as if you are trying to reach out to your gun or trying to bring out a weapon. Then, they become judgmental and they shoot.

The police understand that 'before he shoots me if I do not shoot him, then what is the point?'

Your actions speak louder than your words.

If somebody is holding a gun at you and you tell them, 'please don't shoot me', and they say, 'don't be judgmental', you would reply, 'no, I am not being judgemental - I said don't shoot me because you were aiming at me with a gun'.

If you want the world not to be judgmental, be transparent.

If I am sitting with my arms crossed, will you ever say, 'don't shoot me'? If I am aiming a punch at you, then you would say, 'don't hit me', but if I am sitting with my arms crossed, will you ever say that? If I am quiet, will you ever say, 'don't swear at me'? That would be crazy.

Wellness is a state which is only to be reached through the ultimate balance and harmony between body and soul.

An ancient Hindu proverb says each of us is a house with four room.

1. Emotional
2. Spiritual
3. Physical
4. Mental

Yet we are never to get completed unless we enter in each room every single day. For this reason one must always remember to do spiritual detox while cleansing the body of toxins; whether physical or spiritual. Detox is an act of internalization, and such a holistic approach must be carried to get the best out of it. Negative thoughts and stress initially interfere with our hormonal system; weakening our immune while loading the body with overwork, by disrupting the stages of repairment, and rejuvenation which decreases the sense of the benefit to get from detox

- Excerpt from 'Desiring God'

Reactive Emotions & Conjecture

Anger is always a reaction to something. These emotions such as anger, hatred and misgivings (ie doubts, bad conjectures) are reactive emotions.

How can you heal somebody when somebody has developed a bad conjecture about you? If somebody develops a bad conjecture for somebody, that problem cannot be solved.

A bad conjecture can be justified only when it is a result of somebody else's wrongdoings.

If I see you doing wrong things every day, if I see you lying every day, and then as a result of this, I develop a bad conjecture, it is not my fault, is it?

Let's say Steve is in the kitchen and he asks everybody [working under him], 'do this and do not do that'. If people listen to him, will he ever develop a bad conjecture about these people? No. Why not? Because they are listening and doing everything he asked them to do.

The only time Steve will develop a bad conjecture is when he repeatedly tells them and they do not listen. Then eventually, one day he will feel sick and tired of his constant efforts and say, 'it is useless'. Now, this bad conjecture is justified because it is a result of people's wrongdoings.

But if somebody hasn't done anything wrong and even then you develop a bad conjecture, then there is a big problem in you. You are a liar. If you keep anger and hatred in your heart from morning until night and have a bad conjecture for someone when he didn't do anything wrong, then why do you have a bad conjecture?

This happens when your Lower Self, the representation of the Devil in you, does not get its desires fulfilled. That is when we accuse those around us, our family, friends, etc. and blame them for what we could not obtain. These are all desires of the Lower Self that cause this.

When you develop a bad conjecture about somebody without him doing anything bad that is a sign that your inside is polluted.

If you haven't seen anybody doing anything bad, how can you even think anything negative about that person? When suddenly you hate somebody without a reason, when suddenly you develop a bad conjecture about somebody - this is a sign that your inner devil is plotting not just against people but against yourself.

You will only hurt and harm others when you are spiritually, emotionally and morally dead.

Some people are walking on their feet but literally, they are zombies, they are dead bodies.

God created you to manifest his love. God created you to obtain God's awareness. You were supposed to manifest God's love and character but when you manifest hatred and an unreasonable conjecture about people, you are not serving the purpose of God; you are manifesting the Devil. You are gone inside. You only become selfish when God is no longer merciful upon you. You only think about yourself when there is nothing left in you for except the Devil. Do not live in a fantasy world.

Today's generation watches different programmes on Netflix. Netflix is one of many practical devils of our society; there are many documentaries and programmes that play with your mind, religion and turn you against God. When you watch those programmes every day, you think this is reality and you shift from a phenomenal world to a virtual fantasy world. You begin to think life is very easy but this world is very cruel and practical life is so different.

The lectures that we listen to in the churches, mosques, synagogues and temples do not bring any goodness in our life because we do not relate to them. We need a practical approach and real-life experiences!

Spiritual detox is about purifying the Lower Self. Spiritual detox is about awakening the souls and our ideologies must be based on spirituality and God's nature.

God's nature is forgiveness. God's nature is kindness. God's nature is transparency. God's nature is love.

God is not selfish. Had God been selfish, he wouldn't be happy letting people go towards paradise. He would want to be known by every single creature he created. God was never selfish. God's anger cools down when we show God that we were wrong, and had God been selfish, he would have never offered forgiveness.

Moral Values and Spiritual Sciences

Spiritual detox means you want to get rid of the dirt that has polluted your spiritual system and detox your emotions but there has to be a criterion to judge what is good and what is bad.

What is the criterion for a common man who does not practise spirituality? Morality, moral values.

Moral values are recognised by every single human being on earth, no matter what religion they practise or follow or even if they do not believe in any religion. Even if they do not believe in any religion, they still want others to practise morality towards them.

When this criterion of ethical and moral values becomes absent in your life, you are lost. In that case, you can never detox your spiritual system because you will not know what the problem is.

If you do not know anger is a negative emotion and that you must not validate this emotion, rather take care of it, or if you become selfish and egoistic and you don't know this is not good, how will you ever detox your soul?

When you have not diagnosed the problem, when you do not know which emotion is positive and which emotion is negative, how will you ever detox your soul?

For example, if somebody has always been there for your rescue and help, and then suddenly you stop believing them; anything they say to you, you doubt it. When you have such unreasonable doubts or hatred for others; when you do not believe in anything, for except yourself, you have shut all doors. You expect others to be transparent but when it comes to you, you are okay to lie and deceive others - this is a serious problem.

This problem cannot be solved by listening to any lectures or by cutting off contact with everyone because hatred cannot be rooted out without love. Negativity cannot be removed without positivity. Both negativity and positivity have their energies. If

you are full of negative energy in your body and you go through therapy - therapy is a set of words, just talks - it will not remove negativity from your system.

You are told, 'it is your life and you should live your life'.

But if you don't have a criterion - no religious, moral or spiritual values - where is your anchor?

Those who believe in morality, in religion and in spirituality but do not practically do anything, they also suffer all their lives.

If you are a Sufi student and you are advised to purify your Lower Self in order to get rid of negativity, hatred, jealousy, arrogance, false pride and love for this material wealth but you turn a deaf ear to it, you still continue to break hearts, hurt others or obtain money through fraudulent means, this is perpetual hypocrisy! The instrument of luxury may be with such people but their heart is in constant pain because of what they are doing.

For a spiritual detox, for self-realisation and self-actualisation, to know who you are, you need Spiritual Sciences. You need moral values.

Morality is the criterion for the common people [those who do not practise spirituality].

If you only embrace moral values without spirituality, you will become a better person and when you do exercise and practise moral values, one day it will definitely pull you towards spirituality.

Morality will not allow you to do bad things.

When you stop doing bad things, but you still have the desire, one day you will ponder, 'how do I get rid of this desire?' This is how practising moral values will pull you towards spirituality because only spirituality has the practical answer. With the help of spirituality alone, you will root out all these desires and become transparent from head to toe.

Dependency

We are neither completely dependent nor independent. There are many things in life that require us to be dependent on others.

If you give me a glass of water, I am morally compelled to say, 'thank you'.

You must have this sense of gratitude. If somebody is doing you a favour and you do not have a sense of gratitude and appreciation, it means you are spiritually and emotionally dead.

Sometimes, we are so helpless that we can only rely on and trust others. Sometimes, it is only a moral obligation and people are not bound to help us.

When you are seeking help, you have to show humility and when somebody wants to help you, do not turn them down because you do not know whether somebody will offer you this kind of help tomorrow.

Life is not all about you. You are naturally dependent on many other people.

Spiritual Detox: Meditation and Prayer

Close your eyes and meditate on this phrase:

'I am here to learn to love and purify my spiritual system'.

We have to align our soul with the frequency of love, with the nature of God, with the nature of Gohar Shahi.

Selflessness is our goal.

Your soul is a drop that was separated from the essence of God. Just imagine, once you purify your soul, your soul will find union with God. The only obstacle between you and God is this hatred, jealousy, misgivings, doubt and negativity. You need to be determined to cleanse your spiritual system of all these vices and elements of negativity.

Prayer:

'I cleanse myself of all selfishness, resentment and critical feelings for my fellow beings, self-condemnation and misinterpretation of my life experiences.

I bathe myself in generosity, appreciation, praise and gratitude for my fellow beings, self-acceptance and enlightened understanding of my life experiences.

O' my Lord, strengthen my heart in your love, against all odds of life, against all treacheries of my Lower Self. Create in me, trust in you. Amen.'

Chapter 1: Physical Detoxification

An overall detox is very important however this detox only works when it is done thoroughly and all aspects of detox are taken into account; when we get rid of toxins and elements of negativity on all levels.

The overall detox can be divided into 4 categories:

- Physical
- Emotional
- Mental
- Spiritual

Physical detoxification of our being is for everybody, Sufis or non-Sufis alike. However, spiritual detoxification is exclusive to the Sufis because only the Sufis will be able to relate to it.

Anything that our body does has an impact on our soul and anything that our soul will do will have a great impact on our body. Our emotional and mental regime is directly proportional to our spiritual health and affairs. We will discuss them in the next few chapters.

Firstly, we will focus on the physical aspect of detox because our physical regime is also very important.

Food Consumption

'You are what you eat'.

You must have heard of this saying.

It is generally believed that vegetarian people are relatively calmer and less aggressive in comparison to those who consume a lot of meat. Those who eat a lot of meat are generally very aggressive and sometimes offensive.

- People who eat a lot of fish become clever
- People who eat a lot of chicken develop more lust
- People who eat a lot of beef become clumsy/slow

Suppose a coloured man says, 'I do not want to drink alcohol'. People will assume he does not consume alcohol because he is a Muslim, as Islam prohibits the use of alcohol. But if you know what alcohol can do to your body, you would stop drinking alcohol because it destroys your liver. Alcohol affects your overall well-being and it is not good for your mental health. If you drink a lot of alcohol, your doctor will probably ask you to cut down on it and the doctor is not reading this from the Quran.

Not everything can be taken as a religious injunction. Sometimes, things that are prohibited by religion are also prohibited by medical science because they are not good for our body.

Eating a lot of beef affects the intellect, eating oily foods is not good for the heart and eating a lot of carbohydrates is not good for the blood. Too much sugar in the bloodstream will create insulin resistance and chances are you will put on weight. Putting on a lot of weight around the belly area is a sign that you have developed insulin resistance.

Importance of a Balanced Diet

The key is to have a balanced diet consisting of:

- 25% carbohydrates

- 35% protein
- 35% green vegetables
- 5% of fruits

A balanced diet is good for the body, and the well-being and health of the body has a lot to do with our emotions and how we feel about ourselves.

If you are not physically fit, you have a headache, a bulging stomach or if your stomach is bloated and you are in distress, you will have negative emotions and mood swings because you are not physically well.

It's terrible what we do to our body just for the sake of taste. For example, the majority of the people in the Indian subcontinent are more concerned about the taste of the food than its health benefits. They eat a lot of oily food and there is no concept of calculating carbs or proteins or even portion size.

The Prophet of Islam said, 'Make three portions in your stomach - one for food, one for air and one for water'.

But many people eat until their stomach is so full that they cannot eat anymore; there is no room left for air and water. This has the same effect on the body as getting drunk, like a food coma.

It is important to drink water before we start our meal and it's better to drink warm water over cold water.

Food Allergies/Intolerances

We should be well aware of what is good for our body and what is not good for our body. This includes knowing which foods we may be allergic or intolerant to.

If you know what food items you are allergic/intolerant to, you will feel better if you stop eating them.

Some people are allergic or intolerant to gluten. Whenever they eat anything that contains gluten, they feel terrible after food. They may suffer from swelling on the body, feel bloated or feel lifeless with no energy. They may feel like the energy has been drained out of their body as soon as they finish their meal. Some others are allergic or intolerant to yeast, coriander, etc.

Not so much in the Indian subcontinent, but In the west, food allergies and intolerances is a very sensitive issue that is taken very seriously. The menus in the restaurants must list the ingredients of every dish and all the allergens that it may contain. Morally, they are obliged not to lie about the ingredients in a dish because it can be very dangerous; it is an act against humanity.

If you are allergic to some food items, they can be poisonous for you.

A lot of problems in our life are due to our food. When we do not eat healthy food, our body doesn't like it. When the body doesn't like it, the body doesn't help you do anything. You feel lifeless and have pain here and there. When you are in distress, you cannot focus, can you?

Sufi Master Yunus AlGohar's Tips for a Balanced Physical Regime

If you are not feeling good physically, forget about spirituality. Your body will not let you learn anything. Your body has to be in perfect shape and by eating healthy food, you should see the difference.

The following are tips from Sufi Master Yunus AlGohar for a balanced physical regime:

1. Avoid spices - spices are not good for your health, especially crushed red chilli flakes; they stick to the stomach lining and cause piles.
2. Limit simple carbohydrates - rice has a lot of starch and starchy food is extremely high in carbohydrates. Simple carbs cause a spike in blood sugar levels. Whereas complex carbs, such as wheat are time-released.
3. Choose grilled foods - the Mediterranean Diet is relatively the safest option because it consists of a lot of green leaves, olive oil and grilled meats.
4. Avoid sauces/dressings - dressings and sauces such as 'thousand island' and 'chipotle' are extremely high in calories. Apple cider vinegar and a little bit of extra virgin olive oil on top of a salad is a great low-calorie option.
5. Eat cucumbers - eating two cucumbers will do wonders for the skin, especially for people who have skin issues such as acne, etc.

6. Eat prawns/shrimp - they have Omega 3, 6, 9 which is good for the heart

7. Limit caffeine intake - caffeine goes into the bloodstream causing pulsating and rise in blood pressure. If caffeine settles in the bloodstream, you will develop a dependency and will not be able to function without it (ie. headaches without tea/coffee).

8. Take antioxidants - when food is digested, free radicals are released in the body. To help digest food and combat free radicals that cause ageing, drink teas (green tea, spearmint/peppermint tea, camomile tea, fennel tea). Fennel is a divine herb; chewing some fennel seeds after food will help aid digestion.

9. Set a mealtime - be consistent with your mealtime. If you have lunch at 1 pm and dinner at 8 pm, make sure to have your meals at the same time every day.

10. Consume food well before classes/worship time - If you eat food and then stand or sit in meditation, your body will release smelly gases. It will be uncomfortable for you and those around you.

11. Exercise - 30 minutes after a meal, do some brisk walking to help aid digestion in your stomach. Regardless of what you eat, if you do not burn calories or use your energies, it will turn into stored fat. The body is made to move so at the very least brisk walk at the speed of 3 mp/h, or at a speed that makes your heartbeats rise.

**Disclaimer: these are just guidelines for overall health and well-being. Please consult with your dietician or nutritionist to find out what is best for you and your body.*

Lesson 2 - Effects of Drugs/Chemicals

Some people consume a lot of alcohol or start smoking drugs. But there are also some medicines which are opiate-based. These medications contain codeine, which is extracted from opium. We have tablets such as co-codamol and solpadeine which contain 30 mg of codeine in them. If you keep taking these tablets, you develop an addiction because of the codeine and this is not good for you.

Some people who have spinal or muscle injuries, tend to take drugs such as weed or cannabis to deal with the pain. Now, there is a new drug called the 'magic mushroom' which is very similar to LSD. This is very dangerous for the body.

Although the internet may say this drug is safe to use, if you become addicted, your mind and your brain become frozen.

Anything sedative will affect your mind and brain and your ability to think straight.

Recently they have legalised the use of CBD. It is not just an oil, it is being used in ointments, creams and in ingestible liquid form. You can either rub it on your body to relieve pain or you can ingest it by mouth.

These different types of drugs are used to suppress pain, but what happens when you develop an addiction to these drugs? Then, you start making excuses such as, 'I want to feel good' - so you smoke.

Once you develop an addiction to these different types of drugs, the dose increases every day. These drugs raise different chemical levels in your brain so your brain starts to hallucinate.

When you are taking these drugs, in that moment, if you are surrounded by negative thoughts, it will give an unimaginable rise to negativity in your mind.

Some of these drugs are very injurious to your mental well-being. Initially, you take them to relieve pain but the moment you

develop an addiction to these different drugs, you become dependent on them. You develop a dependency and without them, you cannot move. The mind is messed up as long as the effects of the drug do not wear off and when they do wear off, you have headaches and mood swings.

Antidepressants

Many people are given antidepressants to make them mellow and calm down the nerves, however, antidepressants do not address or solve the problem. Antidepressants will make you merry but slow, and affect your day-to-day life. They are not good for your health and can be addictive.

If you want to come off antidepressants, you can. You have to be mentally strong and have a fighting spirit; if you give in to the situation, you become weak.

Alternatively, you can meditate. Sit down, cross-legged and concentrate on your heart. When you feel your beats pounding with God's name it will give your system an immense boost and this is how you can come off these antidepressant tablets, as a Sufi.

Lesson 3 - Know Your Purpose & Avoid Dependencies

Nobody is here without a purpose in life. For many, the purpose of life is to make money so that they can secure the future of their children while others are quite religious and want to become devout in their practice. Some people have a more practical approach and others do not put their faith into practice.

As a Sufi, we have this reliance based on our bond with the Lord. We totally rely on this bond. We anticipate answers to all our problems and it does help.

For a Sufi, it is very easy to come off any dependency.

If you call something the purpose in your life, that is your immediate necessity and only that purpose will necessitate the vacuum in your personality. It is something you miss every single second of your life. If something is the purpose in your life, you cannot live without it.

If you love somebody and you tell yourself that, 'putting a smile on the face of your beloved is the purpose in your life', then you crave for it and it becomes your immediate necessity. You work day and night for it. You can never be heedless of your real purpose in life.

‘The purpose of my life is to be obedient to my Lord His Divine Eminence Gohar Shahi. It is for every single second, it is not like I can take two days off from this purpose in life. Even if I am not feeling well, my heart doesn't allow me to skip a day because sometimes your pain is your medicine too.’

- Sufi Master Yunus AlGohar

There are two different scenarios. Some people are given the purpose of their life by God and others conceive their purpose by themselves.

If the purpose of your life is given to you by God, then you can never be unsuccessful.

God will help you find your purpose. Sometimes you conceive a purpose in your life and God has a different purpose for you in your life. Then, there is a collision and you are unhappy; you try and you fail. You will never be successful in the acquisition of that purpose because God has decided something else for you and you are going against what God has decided for you.

Some people are destined to love God and they seek love everywhere. Since their childhood, they are after love but they don't understand that they are craving for God's love. They are thirsty of love but do not find it anywhere. Such people are deceived, cheated on and suffering. But somehow or other, one day, they find the solace of their soul as soon as their heart is initiated and their search is over.

If you ask God, 'God, what do you think is the purpose of creation?' God will tell you, 'I loved to be known, I wanted to be known this is why I created creatures'.

So the principal purpose of every human being's life is to know God and love God, as per the Bible, the Old and New Testament and the Quran.

Knowing God is our primary purpose in life - some people may find this offensive. You can say it is generic but that is what it is.

Some people are loved by God, and they love God only. Because of their love for God, they serve humanity selflessly. They are a blessing upon humanity because those who truly love God are always selfless and make sacrifices.

Look at Jesus, why does he want to come back? Did he enjoy his first trip? If you believe Jesus is the Son of God, why would he leave the Kingdom of God and come to Jerusalem to be put on the cross? Why does he have to put up with a lot of unnecessary opposition by human beings who are pelting stones at him, persecuting and swearing at him? Do you think his first visit was very pleasant to him? No. So, it is a sacrifice for the sake of the Father, for the sake of God.

These individuals - the messengers, the prophets and saints of God - have become selfless because of God's love.

Lesson 4 - Discipline & Determination

You must have a sense of discipline and then determination. To purify your character physically, the most important thing is to have self-control - control your desires, your tongue and your diet. If you do not have any control and you don't have the determination not to do something, you cannot achieve anything in life, simple as that.

You have to introduce discipline in your life and this includes:

- the time you wake up
- the time you go to bed
- how many hours you sleep
- how active you are
- what you eat

Determination itself is a miracle if it is in practice - rock-hard, unshakeable, invincible determination.

No matter what happens, if you are determined to do something, nothing can stop you; that is a miracle.

This is the kind of miracle that God wants from you to manifest before God makes you work miracles. Determination can be strong and weak, depending on what you are determined to do.

You must have watched movies in which somebody's loved one is in hospital and must be operated on, and they do not have enough money to pay hospital fees. They have to arrange for a considerable amount of money within 24 hours and they do everything to gather the money. It turns out to be an ultimatum for them but they are determined because if they don't do it, their loved ones will die in hospital. So, the more you love someone, the more determined you are.

If you want to buy a BMW 7 Series, this is your desire. If you simply wanted a vehicle to commute, you could buy any ordinary car. But when you want to buy a luxurious car, it is not about

necessity, rather it is about pleasure and luxury. How much luxury do you want?

How eager are you to be physically fit and mentally pure? The more strongly you have this desire of obtaining holistic purification of your body, the more disciplined and determined you are.

Chapter 2: Mental Detoxification

Lesson 1 - Effects of Movies & Music

Movies

Movies are fictitious and even if a movie is based on a true story, it is dramatised to attract your attention because true stories are not that interesting or sensational. Sometimes, watching these movies gives you a false understanding of life and you begin to live in a fantasy world.

In the case of Bollywood movies, most stories are based on love or a love triangle. A boy is living in a village in India and falls in love with a girl who comes to India from the UK/USA. Everything happens overnight, there is no passport, no visa and he lands in the UK/USA and goes on to become so rich with a large business empire.

When you watch such movies, you begin to think what if I do the same? It gives you a false understanding of life.

Today's Bollywood movies are all about nudity - the way the songs are shot with beautiful actresses dancing in the rain, etc. When you watch naked women, you are tempting and awakening the lust in you.

Movies that promote nudity are not good for your mind, brain or thought-process. It is all just a conspiracy to pollute your mind and make your mind lustful.

If you want to keep your mind clear, you should not watch lustful movies.

Watch movies that teach you about spirituality and morality or movies that are based on art and creativity.

You need creativity in your life. Do something creative. Do not waste time for it is a sin which you are accountable to yourself for. If you waste time, the punishment is deep, never-ending regret! Time is life, isn't it? If you waste time you are wasting life. So, do not waste time!

Music

Some songs are very good for your mental health in which there is positivity and love - not fake love, genuine love. Inspirational songs, like Sir Elton John's song, Sacrifice, is about positivity and sacrifices.

The New Age mentality is totally against this - they don't know about sacrifices. They call positivity negativity, and negativity positivity; everything is upside down.

To keep your mind undisturbed, cleansed and pure, do not listen to songs that give rise to lust in your mind.

You will be fantasising about lustful desires. Most songs these days are terrible and if you listen to this lustful kind of music, it will destroy your peace and sanity. It is very harmful to those who want to do the cleansing of their mind and brain. You must have a filter to filter thoughts that come to your mind from here and there.

Sometimes, even if a song is not good but because you are pure in your heart and mind, you begin to have the feelings and emotions for God.

Music should be an integral part of our life because music gives us understanding and it energises our emotions; it gives new life to our emotions.

Just as you choose to eat healthy food, when you listen to music, listen to something healthy for your mind and understanding.

The Quran said,

‘We have sent down a messenger and he is from among you. He recites the verses of the Quran upon you to purify you’. [2:151]

Listening to something holy, such as any celestial book, will most definitely do some cleansing and purification, even if you are not a spiritualist or Sufi. Listening to devotional songs, Sufi songs, songs about Jesus Christ will help you connect with the presence of love and help energise and purify your emotions.

You can listen to HDE Gohar Shahi's speeches to purify your mind or you can listen to meditation (Zikar) of 'Allah Hu' or 'Ya Esa'. Even if you are not doing it, just listen to it. It will cleanse and purify your mind.

You can listen to calming, soothing music, relaxation and meditation music, such as the sound of waves or rain to purify your mind of bad thoughts and negativity.

Lesson 2 - Authenticate Knowledge

When you seek knowledge, check for its source. Make sure the knowledge is authentic and pure because wrong, inauthentic, untrustworthy knowledge will mess with your head. The new trend is to Google anything we want to know. If we have aches and pains we Google the cause and find advice and videos about self-medication and this is dangerous. Google is not a prophet or a saint of God. The information on the internet has been put up by people like us. We are suffering because we think we know everything and we don't need doctors, engineers or spirituality.

In order to detoxify your brain, replace the unnecessary baggage of knowledge in your brain with authentic knowledge.

There is so much information on the internet but not all of it is authentic. There are people on the internet telling stories about Sufism/spirituality, religion, medicine, etc. But how authentic is that knowledge?

Why do we say the knowledge we are presenting is authentic? We present the knowledge combined with practical application. We ask you to obtain the Initiation of the Heart - thousands of people can verify to this truth that their hearts have been initiated.

So, verify the knowledge you are obtaining, seek its authenticity and do not buy it if it's not authentic; it is not good for your brain.

Lesson 3 - The Right Attitude: Pessimism vs. Optimism

There are two types of temperaments or attitudes: pessimism and optimism.

Some people are optimistic while others are pessimistic. Pessimists are those who are always on the darker side of things, always sceptical and negative about everything; they are over-concerned and only see the dark side of everything.

For example, if you say to someone, 'You should learn to drive', and they reply, 'What if I die in a car accident?' Some people are dark like that.

When it comes to starting a new business, people don't want to take risks. But only those are successful in business who are ready to take a risk. So, you should plan well, discuss the odds and at the same time, do not put the bright side away.

There should be a rational approach to this attitude and behaviour. As they say, 'Tie the camel and then leave it to God'.

If you are a dedicated follower of pessimism, you are shutting the door on yourself. No success will reach you and you will never thrive in anything.

Keep your mind open and be broad-minded because pessimism is not good for you or others.

A Sufi, on the other hand, is extremely optimistic. He can afford to be optimistic because his eyes are fixed on the future; he knows what is going to happen.

The pious people around His Divine Eminence Gohar Shahi [before Occultation], disliked me and Amjad, and a few others. They would complain to HDE Gohar Shahi and say, 'They are not fit to be Sufis, they are sinners. Why do you let them stay around you?'

Every time they would complain to His Divine Eminence about us, His Divine Eminence exhibited optimism.

HDE Gohar Shahi always said, 'I know they are sinners. I know they are not good people but I also know that they are the ones, when everybody else will run away, they will stand by me. They are the ones who will support the cause of Jesus and Gohar Shahi in the time to come'.

When I look at myself in the mirror, honest to God, I do not see myself. What do I see? Gohar Shahi's expectations. To me, Amjad is not Amjad, he is Gohar Shahi's expectations.

HDE Gohar Shahi's temperament and attitude are full of optimism!

What do you think we should do? If our Lord is optimistic, what should we be? Don't you think Jesus is optimistic because he is returning, he is coming back? If anyone of us had faced such hostility at the hands of human beings, would we ever want to come back?

The actions of HDE Gohar Shahi and Jesus Christ promote optimism.

When HDE Gohar Shahi was being optimistic, His Divine Eminence was working behind the scene, working to make sure our heart and soul is strong enough to deal with the difficulties of the future. His Divine Eminence has worked on our spiritual side and then HDE Gohar Shahi raised His hope.

- Sufi Master Younus AlGohar

What if God turns to be a pessimist? He will give up on us, right? If God gives up on us, we are doomed. It means God has no hope in us. These people will never be good. These people will never mend their ways. These people will never learn to love. Let them go to hell. God is carefree; he can do that. But maybe the one thing that stops God from doing that is his optimism.

What is hope? Hope is a longing, without any concrete evidence, that something will happen in the future. Is hope not full of optimism? When we say, 'I hope this will happen', we say it but do we have concrete evidence? We only use it when we have some expectations and this word 'hope' is from the family of optimism.

When someone does something wrong, do not be too harsh on them because it means you are on the darker side; you don't have hope that they will repair or mend their ways. Give them a chance to recover. That's only possible when you believe in optimism.

Sometimes optimism is a necessity and you have no other choice. Sometimes you need hope to calm yourself down. You need this attitude, 'Yeah, things will be okay, time is never the same', because time is never the same!

'Hope springs eternal in the human breast.'

If being hopeful gives you solace and comforts your heart, how can that be bad?

When you become hopeless, it fills your heart with uneasiness. If you fill your heart with dismay, disappointment and negativity, it is not going to help. But being hopeful will also help others.

'Fill your hearts with hope and when you are hopeful, I can guarantee HDE Gohar Shahi will change hope into reality.'

- Sufi Master Yunus AlGohar

A Sufi has to be optimistic. Optimism is God's weapon, isn't it? God is hopeful and we are hopeful. 'One day HDE Gohar Shahi will come. Jesus will return' - this is hope.

The only option available to you in stress and adversity is being optimistic. You have to be hopeful and detach yourself from negativity. Some people are so pessimistic, almost pathetic,

always so disappointed. They are never hopeful and only see the dark side of everything. But, if you want to be happy in your life, learn to be hopeful. Maybe make a habit of lighting up a candle at home as a sign of hope.

Sufis are optimistic in a way that their optimism is based on reality, not on hearsay or fantasies.

Optimism is to do the best you can humanly do and then be hopeful and this hope should be realistic.

On the other hand, pessimists reject reality and embrace negativity; they can see concrete reality in front of them but they have strange apprehensions. They are so paranoid something nasty would happen. They have unreasonable, illogical or irrational fears that turn them into a pessimist.

If I say, 'I will give you water', and I have water next to me and you say, 'You will never give me water' - the water is there and you need to come and have it but if you are not making the move and in the presence of water you are still sceptical, that is pessimism.

If I haven't reached God and I call upon everybody to come and see God, nobody should believe me. If I haven't seen God, how will I teach you? But if I have guided many who have seen God and you reject my offer that is foolish and pessimistic. Do not reject reality, ask for reality.

Chapter 3: Emotional Detoxification

Lesson 1 - Optimism vs. Positive Thinking

Let's discuss the attitudes of minds and how we behave towards life.

It takes a lot of experience in life to become a realistic mind. When you do not have practical experience in life, you do not have the right approach or the right attitude towards life.

Some people become pessimistic for a number of reasons but the number one reason is that some kids are taught to fear. Too much fear is hammered into their brain and their self-confidence is destroyed. When you do not have self-confidence, you do not believe in your abilities and you see the difficulty in everything you want to do. This is very important that you believe in your abilities. If you don't believe in your abilities, you will never be successful in life.

Some people who have a lot of backing and support in life, in everything they do from their loved ones, they become optimistic. They take life very easy; they think everything is fine and okay.

'My own understanding of the right attitude of the mind is positive thinking.'

- Sufi Master Yunus AlGohar

Basically, neither pessimism is good nor uncalculated optimism is good. Positive thinking, a realistic approach, a calculated and rational approach towards life is what we need. If you are a sheer optimist and you are just dreaming and raising expectations but you are sitting idle and you think everything will come out fine, without you making any effort that is rubbish. This is not optimism, it is wishful thinking.

Winston Churchill once said, 'A pessimist sees the difficulty in every opportunity and an optimist sees the opportunity in every difficulty'.

His Divine Eminence Gohar Shahi said, 'Aim for the sky. Even if you fail, you will get to the stars'.

One time, His Divine Eminence was eating food and Nadeem was also there. After finishing the food, like every other cleric in Pakistan, Nadeem began to say, 'Thank you, God, you gave us food'. He was being grateful to God. His Divine Eminence said, 'For small, tiny things, we never say thank you to God because we don't want to give God the wrong impression. If after food you say 'Thank you, God', God will think you are happy with this and he won't give you more'.

What we see in His Divine Eminence Gohar Shahi's understanding is that we should aim high. This is what I thought optimism was - to think high, to set a target and achieve it, to challenge yourself. But that is an entirely different thing than what we know of optimism. In optimism, you are just sitting idle and making castles in the air but positive thinking is different. Positive thinking is something well-calculated. You are aiming for something very high and you are making efforts.

Sometimes, you have to ignore the odds. A normal person will not understand it but a spiritualist who is able to see the future and who believes in his abilities and also believes in what God wants from him, puts all the odds aside and keeps struggling.

- Sufi Master Younus AlGohar

Lesson 2 - Leadership: Master Yourself

Whether you are a leader of thousands of people or you are a leader of your own being, everybody has to be a leader. And as a leader, never give up. Never think that anything can stop you. You have to have this fighting spirit. If you do not have this fighting spirit, you are a failure in life.

A Sufi is the master of himself; he knows the art of mastering his emotions. He doesn't cry like a baby. A Sufi believes in practicality because God said,

'You will obtain whatever you strive for.' [53:39]

If there are no efforts made, you won't get anywhere.

As a Sufi student, you need to be very courageous. You should be prepared to lose, to be spiritually wounded. You should be prepared to laugh and smile when your heart is bleeding. You should be prepared to accept any betrayal, either from within your own circle, family, friends or anybody. People will change their direction at any time. They will accuse you of different things and they will want to put you down.

A Sufi has to be harder than a rock. Your mental attitude should be positive. Never be negative because, as a Sufi, your entire life is paved with challenges.

It is not easy but if you want to reach God, you have to be strong. You must be made of solid steel - an iron man - to be a Sufi. Negativity doesn't suit you if you are a Sufi and you cannot afford to be stupid at the same time. There is no room for wishful thinking in Sufism, it is all about the practical approach.

If your approach is not positive, you are gone. For example, when you are driving, all your attention should be on driving. You cannot afford to be distracted, even for a second. The moment you are distracted, you are gone. This should be the level of your attention as a Sufi; you cannot afford to be inattentive.

Pessimism is something in which you have already decided that you cannot do it. It is a pre-meditated understanding. 'No, man, I can't do it'.

At least give it a try. Don't be scared of problems.

Every time, it is one man who brings about a revolution.

India has given to the world, two great leaders Indira Gandhi and Muhammad Ali Jinnah, without whom the concept of the birth of Pakistan wouldn't have become a reality. See how positive Gandhi Jee was. He was a saint of God. Look at his approach! He was a non-violent activist and he changed the world. Then we have Nelson Mandela. Every single leader in our history, if they lived like a normal man, regular person, they wouldn't be who they are today.

It is very easy to live like a normal man. Everybody is living like a normal man but great are those who live for others.

One who becomes a great leader cannot fulfil the rights of his children or wife. His entire life is given to serve his cause. When he gives these sacrifices, he helps hundreds of thousands. Not everyone is cut out to be a leader, but all such people did not live a normal life. They could not be intimidated by anything, they did not fear anything. They found purpose in their life.

All these great leaders had one thing in common - unshakeable trust in their vision. They are the people who have a vision. All their efforts are to bring them closer to their vision. They are not distracted or put off by any hardship. They never think, 'This is too hard, I don't want to do it; I don't want to fail'.

Lesson 3 - Setting Goals & Achieving Targets

There is a difference between wishful thinking and determination. Don't develop wishful thinking, work on determination. The more determined you are, the closer you are to achieving your target.

How do you differentiate between a dream, fantasy and vision? 'Dream', is just a word - you are just dreaming and doing nothing in order to achieve what you want. For example, 'The American Dream', is to have a good job, a good house and car, two kids and a spouse. They have this dream as their target or vision, and they work on it.

If you see the difficulty in every opportunity, you wouldn't want to go for it and that is negative. Maybe if you tried, you would get it. Otherwise, it is a path of deprivation and you don't want to try anything when you are a pessimist.

Positive thinking is not just fantasising, sitting idle and waiting for Father Christmas to come. You want to be an optimist that sets a goal and struggles for it. While struggling, you want to make sure you are not put off by any odds. Put the odds aside, remove the hurdles and do not let your pace be disturbed.

I am that kind of an optimist. In my regime of optimism, there is no wishful thinking. It is not a fantastic idea full of fantasy. I tell you, I am the same person who would sleep on the pavement for 3 years. I am the same guy who wouldn't have food for 20-21 days. I am the same guy who didn't have any money in his pocket but today I am the same guy who has everything in life. There is nothing that I don't have.

For example, if I say privately to His Divine Eminence Gohar Shahi, 'Master, I need this much money'. I firmly believe in His Divine Eminence Gohar Shahi and by tomorrow morning, that money will be at my doorstep. I don't know if it's an act of optimism or utter belief and trust in the Lord. Whatever it is but this is how it is.

- Sufi Master Yunus AlGohar

Never stop making efforts, set your goal and then make efforts.
Do not be afraid of making efforts.

You will only thrive when you strive. Do not be a pessimist!

Lesson 4 - Optimism and Faith

Optimism is very closely related to trust in God.

You have to allow God, Jesus and HDE Gohar Shahi some time. If we think, rationally, about the return of Jesus, we have just read in books that Jesus will come back. There is no solid concrete proof or evidence; maybe they are testing your mettle. However, one thing is clear what people have said is not wrong. It is inevitable and imminent. It is bound to happen; there is no other way.

His Divine Eminence Gohar Shahi said to many people, 'I will disappear and I will come back'. But, this is what people say HDE Gohar Shahi said to them. How do we believe that His Divine Eminence said it to them?

It is all about faith. It is not easy to have faith. You have to be a complete idiot to have faith in God and this is not even a joke. There is a God. He lives somewhere. Where does he live? We don't even know but still believe. It is madness! But, that is what faith is.

Now, if you believe HDE Gohar Shahi is Imam Mehdi, why don't you stand by Him and serve His cause? How do you wait for Jesus Christ to return? Simply by saying, 'I am waiting'? You prepare for the return by making an effort to pave the way for Imam Mehdi and Jesus Christ to come back. When you await somebody, you do so with all the belief and trust in your heart.

Life is so uncertain. We are planning for what we will do after 10 years but we don't know what will happen after 10 seconds. Is it not madness? The same goes with faith in God; God is as hidden as our future.

The only evidence that God exists is the divine energy that will enter your heart after the Activation of the Heart, and you will feel connected.

We cannot believe that people can stay alive without food for a week or two but if somebody is hospitalised and the doctor says, 'we are giving supplements or food through IV', and after months if the person is still alive, we have to believe that something was given to him, otherwise he wouldn't survive.

‘When I didn't eat anything for 21 days, I sat in Zikar [meditation/loud chanting of God's name] and I felt divine energy entering my stomach. I felt full; no weakness in the body, no fatigue. I didn't eat for 2-3 months and I was okay. I had no choice but to believe that something went into my stomach and replaced the food.’

- Sufi Master Younus AlGohar

If you want to believe in God, you must adopt practical positive thinking and real optimism. Without being a real optimist you cannot believe in God, because you can't even see him.

We are rapidly approaching the hour in which Imam Mehdi and Jesus Christ are the rulers of the universe. They will control the hearts of humanity. We also believe that provision comes from God. Nobody can make you a beggar if God hasn't decided to make you a beggar. Numbers mean nothing; God is the Provider.

‘God is the ultimate authority and you haven't seen God. I have seen him, I know him. How unseeingly he is working behind the scenes - he doesn't let anybody know what he is doing. His projects appear to be so impossible, like the return of Jesus; even after Jesus has returned he is nowhere to be seen. So, God works in mysterious ways. He doesn't show off.’

- Sufi Master Younus AlGohar

This is God's policy. Whatever he does, it is not prominent. You have to look for it. It is so discrete.

But, humanity is bound to find its solace! Humanity is bound to be united again, under one umbrella of Gohar-Jesus.

Lesson 5 - Conjecture

One important thing that plays havoc in the minds of people is bad conjecture about others. When you have a bad conjecture about somebody, you are not on good terms with them. You are always suspicious and doubtful about them and always punishing yourself.

How do we develop a bad-conjecture?

When you know somebody is a bad person, you don't want to keep their company. In this case, you have all the reasons to be careful [about them]. You did not fabricate this conjecture. You developed this bad-conjecture for somebody because of their actions and deeds; this is okay. There is no harm in having this kind of bad-conjecture about somebody.

However, most of the time, people tend to give others false stories about people. You may not see anything wrong in their character, but despite that, you believe in whatever you hear on the grapevine, and you develop a bad-conjecture. That is wrong.

It is not permissible for a Sufi, for a good man or good woman, to develop a bad-conjecture for somebody without any concrete evidence.

When you gossip, you talk about different people, you comment on their lives. Some people get involved in character assassination of others out of jealousy or their ego.

A practical person should not be socializing with people who have venom in their mouth. Some people will talk badly about everybody. The moment you leave, they will start talking badly about you.

Those who sledge certain people or lie about them to ruin other's conjecture about them are antisocial people.

Backbiting, slandering, placing false accusations is antisocial behavior and will make your mind impure.

So a mark of a good character is not to develop a bad-conjecture until you see it yourself. Do not believe in hearsay.

To cleanse your mind of unnecessary pollution, mind your own business. Do not interfere in anybody's affairs. Concentrate on your life. Improve your life, and when you are done improving your life, then offer help to others.

A real, practical man doesn't waste his time in idle gossip!

Lesson 6 - Anger & Anxiety

Anger is a natural disaster. There is nobody, including God, who doesn't manifest anger. Anger is not bad in itself; it is a reactive emotion. However, it is about the reason. If you are angry for the wrong reason, it is bad. If you are angry for the right reason, it is understandable but still not good.

Some people are short-tempered and easily angered. It is strange but true that when you are angry your head doesn't work straight or properly. There are levels of intensity of anger too. Some people are just angry but if one is angry and explosive as well, that is problematic. We cannot succumb to explosions and eruptions. Some people express their anger through their disagreement, 'I don't agree' or 'I don't like it'.

Anger is such an extreme emotion that it is self-destructive, and gives false confidence. Some people lose their minds and start throwing things out of anger. Maybe they will throw their phone and then realise, 'I am paying £45 monthly for this', and regret it later on.

Then there is anxiety. When you suffer from anxiety, you should try and fix the problem as soon as possible whichever is the cause of concern.

For example, you may be anxious because you have to pee and you cannot go. There is no harm. If you need to pee, stand up on your feet, go to the washroom and pee. As soon as you pee, your anxiety will be gone. Solve the problem and anxiety will go. Some people have problems and because of those problems they have anxiety but they keep doing things which only increase in their anxiety.

Lesson 7 - Own Yourself

When you do something wrong, do not make that thing an issue of your ego. Your ego should not be obstructing you from putting things right again.

If you are concerned about what people will say after you have done something wrong, just remember that people will just say what you have done. You already know what you have done. Nothing special will be said by people. But you are afraid, you cannot face people because you are weak. You have to be strong.

Just imagine, if you think about what people will say now after you have done something wrong, why didn't you think about it before you did something wrong? If you want to be a thief, be ready to be known as a thief.

Our problem is we want to be thieves but we don't want to be known as thieves. If you want to be a thief, be a thief and face the music when people call you a thief, tell them, 'Yes, I am'. Be honest with who you are.

Whenever you have done anything wrong, do not be afraid of the criticism because you have done something wrong. People are not just saying it for fun. Do you think people are enjoying it? No, they are hurt. If you don't change and mend your ways, society will not accept you.

This is antisocial behavior but this is very profoundly rooted in our Lower Self. Where is your inner voice? Where is your conscience? Don't you know you are wrong? When you know you are wrong then what is it in you that is trying to find an escape? It is your enemy inside you.

Tariq Jameel, a very famous religious scholar in Pakistan was interviewed by a journalist and he said that the media is very bad. The entire media was after him. Do you know how he resolved it? He said, 'I made a mistake, I am sorry'. End of the story. This shows how wise he is. It's an act of wisdom.

It's a very weak character when you do something wrong and put the blame on others. Take pride in whoever you are, be honest with yourself.

I feel no shame in saying to everyone in this world that I was not a good person but His Divine Eminence Gohar Shahi gave me unlimited chances to improve. It is the result of His Divine Eminence Gohar Shahi's patient and optimistic approach towards my life that I am becoming good. I have no shame to say I wasn't a good man. I was a glamorous thief. I used to drink but that is history now, when I found His Divine Eminence Gohar Shahi, His Divine Eminence changed me.

- Sufi Master Yunus AlGohar

You cannot escape from your reality, can you? Own yourself, if you don't own yourself, who will?

A person should be honest in his life, even if he is a thief, he should take pride in being a thief. If you are a thief and you don't want to be known as a thief, it means you don't like it. Then why are you doing it? This is hypocrisy.

Chapter 4: Spiritual Detoxification

Important Points

Today we will be discussing the real spiritual detox but before that, I would like you to note down a few points. This is relating to our physical and mental sanity.

Looking after your self-esteem. What is self-esteem? To align your actions with your values.

Learning from your mistakes. If you don't learn from your mistake that is going to be a disaster.

Understand and accept your strength and your weakness. Why? Because your enemy will definitely know your weakness. If you do not know your weakness people can exploit you.

Self-control.

Willingness. To overcome difficulties rather than avoid problems.

Positive thinking.

The ability to recognise your own emotions and emotions of others. That's a very tough one.

Goal-setting with realistic expectations.

Which points among all these do you need help with?

Do you normally learn from your mistakes?

Is it always the case?

When is it that you don't learn from it?

When you don't recognise that it is a mistake? - The only time you don't learn from your mistakes is when you don't recognise that it's a mistake.

Are you aware of your weaknesses and strengths?

You should be able to understand and accept your strength and your weakness. Sometimes we know our weak areas but some of us tend to close our eyes and we don't want to solve the problem.

For example, my strength is my trust in His Divine Eminence Gohar Shahi. That's my strength. What's yours?

Some people have this weakness that they cannot take criticism. Are you one of them? So dealing with criticism involves your ability to recognise your mistakes.

Do you trust everybody easily? How often do you doubt when people tell you something and inside your heart you're thinking, no, it's not true?

Do you have the ability to recognise your emotions and the emotions of others? We're talking about your close friends and family. If you fake your emotions then you are not aware of your real ones.

How do you recognise emotions? If you can understand your emotions that's fine, but then how would you understand somebody else's emotions? Faking emotions, isn't it anti-social? Do you believe people can fake emotions? So basically, there won't be emotions, it's just a fake display.

Lesson 1 - Influence of Emotions

As common human beings, we have all sorts of emotions growing in our bosom. Emotional intelligence is required not only to see whether the emotions are valid or invalid - you only validate those emotions that are proven to be truthful - and since emotions come from desires, we also need to see whether the desire that is giving birth to emotions is legitimate. If the desire is legitimate, then the emotions will be pure. And if the desire is not legitimate, any emotions that will emerge from that desire will definitely be deceptive.

If you are not enlightened, you can never be emotionally correct. You will always make a blunder. Your emotions will misguide you.

According to the New Age mentality, you must validate any emotion that emerges from your bosom. We have jealousy - it's not a positive emotion. Arrogance, false pride, lustful desires, lustful vibes. How do you know that all the emotions that you have in your heart are legitimate? It is impossible.

Sometimes emotions destroy our life. What if somebody comes and tells you a false story or somebody accuses someone of doing something really terrible? As soon as you hear the false story, you will become emotional and without verifying whether or not the allegation is true, if you validate your emotions and go and kill somebody, or develop a bad conjecture about somebody - you think you will be right to do so?

They say emotions will weaken you. Never make a decision when you are in an emotional state. You will always make the wrong decision under the influence of your emotions. Emotions are good; they're very nice, but make sure they do not come over your intellect.

Lesson 2 - Purification

Spiritual detoxification is impossible without spirituality.

Can you fix somebody's jealousy problems with your lectures?
Can you fix somebody's habit of lying by your lectures and by therapy?

We live in a very stupid world today. We have lost human values. We look like human beings but we do not behave like human beings because humanity in us is dormant. Because the real human is not our body, the real human is our soul. And our soul is dormant. That's why we do not have human instincts. We do not have human characteristics in our character.

Without spirituality, you cannot trust your emotions. Without spirituality, you will never be able to make the right decisions. Without spirituality, you can never make any of your emotions validated truthfully because you need to know the source and the reason for that emotion.

It is in the nature of every human being; man or woman; a boy or a girl, even toddlers have this negative emotion of jealousy. So we have no other way but to believe the fact that this is a natural phenomenon. It's not that when you grow up and reach adolescence that you learn to be jealous or arrogant. Even when you're six months old, one year old you feel jealous because it is in our nature. The habit of showing off is in our nature. To put your abilities and capabilities on display is in our nature.

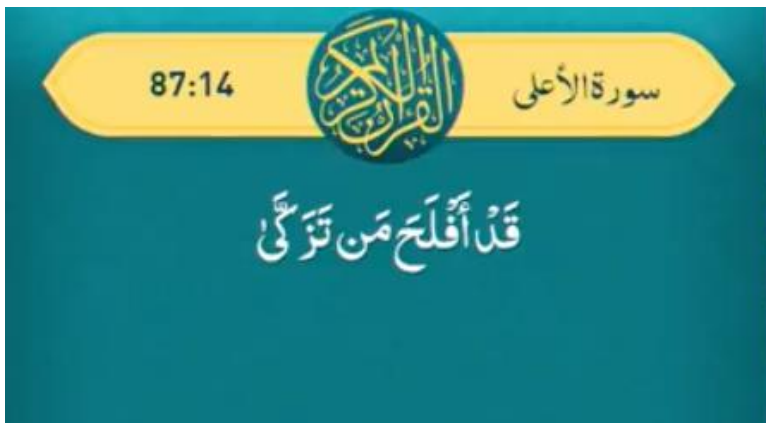
Remember well, the first step in spirituality is spiritual detoxification; purification of the Lower Self.

Our Lower Self is the Devil's advocate sitting inside us and its control starts from our belly button and it goes as high as our head. Our intellect is controlled by our ego, our Lower Self. So without the purification of the Lower Self, how can you detox your mind? If you are still prone to believe in allegations and you develop a

bad conjecture for somebody after hearing a false story, it simply means your head and intellect is controlled by our Lower Self.

So do not forget that your Lower Self has the control of your mind. How can you detoxify your mind without purifying your Lower Self?

The Quran said: Verily! Only those will be successful who have purified themselves.



The Prophet of Islam said in his last sermon, hijatul wida (the farewell meeting), 'One who believes in discrimination and racism does not belong to my nation. He or she cannot be a Muslim if they discriminate if they have racism.'

And then Prophet of Islam said, 'I am crushing under my feet the differences between Arabs and non-Arabs. No Arab is greater than a non-Arab. The only criterion in the eyes of God is how pure one is'.

This is the divine standard. Who can be closer to God? The one who is purer.

The Prophet of Islam also said, 'You are not worthy of entering into paradise if you have even a minute, almost negligible amount of arrogance in you.'



This is detoxing your heart.

And then the Prophet of Islam said, ‘Purification is half of your religion’.

This is not about physical purification or physical cleanliness. It is about cognitive cleanliness. It has to do with how transparent you are. For example, if you have taken a shower or you made ablution and then you lie, how can you say you are pure? Your body is clean but your mind is still stinky. How can you be pure in your heart when you are impure in your mind?

His Divine Eminence Gohar Shahi has said in His book, ‘If you still slander; if you still accuse people falsely, you are one of those who have Nafs e Ammara (The Commanding Self); the one that commands you to do bad’.

Lesson 3 - Fighting Negativity

When you are not enlightened, vices and evil traits such as jealousy, arrogance, deceit, envy, greed, etc. are inside you and they are not active.

There are certain occasions when you do feel jealousy. When you're compared to someone or you compare yourself with somebody, only then you will feel jealous, otherwise, the jealousy is inactive in you. Arrogance is inactive in you. Sometimes when people challenge you only then it becomes for you an issue of ego. If you're not challenged; if your ego is not disturbed, the crocodile of your ego is most of the time dormant. It only becomes hyper when it is served with a challenge.

So when you are not enlightened, these evil traits are almost inactive but the moment you obtain the Activation of the Heart, get ready for the tornados of whispers and negativity. Negativity will be hammered into your heart every minute now because the negative forces will come after you. They will not let you thrive in your spiritual quest simply because the Devil developed enmity against Adam and his progeny.

And now, since you have begun adopting the knowledge which was the bone of all contention and you are on your way to purification and enlightenment, the Devil cannot take it, he cannot sit quietly and let you achieve what you want and become better than him.

So the moment the heart is activated the tornados start hovering in front of your eyes. You will have to be patient with an enormous amount of negativity around you and it will be done by an invisible enemy, the Devil. Every day you'll have whispers against this knowledge, against the Sufi path, against spirituality, against people who are involved in spirituality. Especially against the one who is inviting you upon spirituality? Floodgates of negativity will open up but at the same time, thanks to the Activation of the Heart - since the heart is now producing divine energy - positivity will also come in the picture.

Positivity will bring in good thoughts; counterpart thoughts to combat negativity and you will become a battlefield in which two soldiers are fighting. One with the sword of negativity and the other one with the sword of positivity.

Your Lower Self will become a soldier against you, and your heart will become your spiritual guard.

Your heart will give you hope. Your heart will create in you an abundance of positivity and peace, and spiritual serenity and spiritual tranquillity. And, as opposed to this, your Lower Self will introduce to you uneasiness, discomfort, confusion.

The moment your Lower Self realises that it is getting weak, it will call upon his master, the Devil, 'Come help! I'm getting weak'. On the other hand, when your heart feels weak, your heart will call upon your master, 'Gohar Shahi help me!' And Gohar's help will arrive. And this will go on, and on, and on until you are completely free from the control of the devil.

You will be astonished to see why after the Activation of the Heart you are so prone to be jealous of any Tom, Dick and Harry. It didn't use to happen before but now, after the Activation of the Heart, you're feeling weaker. But that's not you. That is your Lower Self. It's trying to deceive you that you are getting weaker, you are becoming vulnerable, you are becoming dirty. It is not you. It will be a deception.

And then, your Lower Self will awaken all the evil traits in you. 'Jealousy, wake up! Arrogance, wake up! False pride, wake up. Hatred, wake up. What are you doing? Stop him! He's trying to be greater than the Devil! Stop him! Come on all the bad guys wake up in him.'

And you're holding your head between your legs and you're crying. You are contemplating on your past and your present, and you are arguing with your own self, 'Before the Activation of the

Heart, I never felt jealous of anything, of anybody. I was not that arrogant. I was not that bad but what is happening now? Are these the teachings of evil? Am I surrounded by devils? What is happening with me?’

You do not know what is happening with you. You do not know how to recognise the reasons for a sudden burst of emotions in you. Maybe you will tell yourself, ‘I’ve been suppressed, this is why I have these emotions’. But you won’t know. That's why you need a Spiritual Guide. That's why you must trust your Spiritual Guide. Why? Because he has been through this. He knows. You will tell him the symptoms and he will tell you what the illness is.

Lesson 4 - Obtaining the Integral Essence of Life

We believe in God. We believe in Jesus, Moses, Jacob, and all other messengers of God, and we believe that there exists the Devil. The Devil is against our forefather, Adam. He developed enmity against Adam and this enmity continues. On every step towards finding God, we encounter this eternal enemy. As soon as the heart is activated and we are well in the way to finding God, he doesn't like it. He wants to make sure that by hook or crook he must stop us there and then, and in order to do this, he can do anything. He has a toolbox, and that toolbox of his is inside us.

Lust is attached with our heart. Arrogance, jealousy, greed, all these evil traits which do not belong to our human nature have been attached with us. Why? God wanted us to come through a proper channel and show our worth of deserving his love.

These are the hurdles: arrogance, deceit, greed, jealousy, false pride, hatred. Only when you are activated in spirituality and your heart has started producing divine energy, these hurdles make their way to stop you from obtaining your integral essence of life. The integral essence of your life is your connection with God. When you're not connected with God, life is useless.

Therefore, as soon as your heart is activated, you are surrounded by negativity. People who adopt spirituality, in the beginning, they appear to be more confused and disturbed, and when you look at their faces it will feel like they've been deprived of luxuries of life but that is not the case. When you're taking your school/college/university exams, you're always overwhelmed with a lot of anxiety, and you're thinking about what will happen in the exams, and you're studying hard. But what will happen after you successfully pass the exam? You will be upgraded. Similarly, God wants to test you. And with the power of divine energy, God wants you to defeat these evil traits in you.

When Gohar Jesus is with you nothing is impossible, nothing is difficult. All you need to do is to keep standing. Stand and Deliver.

And remember well, when you are trying to purify yourself obviously it will involve a lot of dirt coming out. How can you be purified without any dirt coming out of you? And when the dirt is coming out of you, you get confused, 'Where is this coming from?' You forgot you're purifying yourself.

Science cannot compete with spirituality; because science is trial and error. Therapy is just BS. It's like, 'Dirt, dirt, go away. Dirt, dirt, go away. Okay, believe the fact that dirt is gone now'. But the dirt is still there.

Therefore, we need spiritual intelligence also. When we're in such a situation where the dirt is coming out such as jealousy, arrogance and all the other [evil traits], we should be spiritually intelligent enough to know why this is happening. If it is coming out, it's happening for a good reason. This is coming to the surface and only then we'll get rid of it.

Lesson 5 - Spiritual Shield

Spiritual detox does not end. Spiritual detox is not like a pandemic which will run for two years. No. It's like you; [just as you continue to keep yourself physically clean, the spiritual detox continues on].

How many times do you take a shower every week? At least once if you are economical. So why can't you just take a shower and remain pure for the rest of your life? Because there is always [some form of dirt around us]. Similarly, there is always negativity around us. The devil is always on the hunt. He wants to hunt you down. So you want to keep your eyes and ears open; keep your eyes peeled, and always be ready to tackle any negativity issue.

They will keep bothering you because we live in a negative world where negativity is always on a high surge. Always. You say something bad about somebody and you don't need publicity for it to spread because people will just volunteer. The bad news will travel fast. And if you say something good about somebody, it's just there. We live in a world where negativity is always on the high tide. Therefore we need a spiritual system which is always ready and has a protective shield to combat any negativity around us.

Now, you have to have two shields. One shield is your enlightened heart.

His Divine Eminence Gohar Shahi said, 'When the heart is enlightened, the Devil will still attack on your heart with arrogance, with deceit, with greed, with jealousy. But what will happen? They will try to enter into your heart but the divine energy which is being generated inside the heart will throw it back and this is how you will be protected against all these vices'.

And this will continue to happen. So this is one form of protection which is through your heart.

There is one more type of protection: our mind.

If our mind is still in control of our Lower Self then the Devil will take hold of our mind and our mind will keep bombarding on our heart. So we want some preventive measures for our mind.

For example, if you hear something bad about somebody, before you give in to that thought, you must verify whether the accusation is true or false. This is how you will protect your mind. If one guy comes to you and tells you a story and you believe it, you give into this, you will not be helped by God because when you accept some false story without verifying it, you lose God's support and help.

Why? Because God said it in the Quran: do not backbite. Backbiting is like you are 'eating the meat of your dead brother'. Do not slander anybody because slandering is the most hateful crime in the eyes of God. And do not stalk on others; do not spy on others.

So there is an internal protection in our heart which will not allow all these things to enter our heart but at the same time, you should also work on your mind because our heart is responsible for our connection with God but our body is controlled by our mind.

If our mind has been defeated by evil thoughts, our mind will stop our body, and when our body is stopped, we will lose our connection with God. How does that happen? If our mind tells us, 'Do not go to your Sufi Master' and your body follows the instructions of your mind and your body decides not to go there, you will lose your connection with your God.

Lesson 6 - Spiritual Intelligence

What is spiritual intelligence? You need spiritual intelligence as a weapon.

Spiritual intelligence is an art that is half your faith and half your intelligence. And obviously, it involves a lot of rational and logical approach.

Everything was fine before you adopted spirituality and now, all of a sudden, there is nothing else but negativity in you. Make sense of it; understand that it is being projected by somebody who doesn't want me to adopt spirituality.

We believe everything happens for a reason but what the reason is we need to find out.

You're sitting alone; nobody is talking about anybody to you and suddenly you have this thought almost bombarding on your mind, on your heart, against somebody. You should be able to know that these are whispers. It doesn't exist. It is just to pollute and confuse your mind.

The best thing is that you keep your Sufi Master informed of what's happening with you because spiritual intelligence will not fully work for you until later sometime when your spiritual system becomes trustworthy in the eyes of God.

However, you can suss out a few things. For example, when you don't see anything bad in somebody's character but you begin to have a lot of overwhelming thoughts against him, you should understand it's a plot by the devil to create a bad conjecture about him in your heart so that you are away from such a man who may be important to you in your spiritual journey.

So the best option is that you should be in contact with your Spiritual Master. Now, the question is why the Spiritual Master doesn't already know what's happening? The Spiritual Master knows exactly what's happening. And the Spiritual Master will give you hints, 'Be careful' but when it actually happens with you,

when the negative thoughts bombard on your heart and on your mind then it is to test you what you will do now.

So you have a weapon; and that weapon is transparency, the truth. If the thoughts tell you something bad. You have the Quran, you have the Bible, you have the Spiritual Master. Weigh it in the scale of the celestial books, weigh it in the scale of the teachings of the Sufi Master. Do not think the Spiritual Master will hold your finger and babysit you 24 hours a day. If you are given knowledge, make use of it, stimulate your heart, stimulate your brain. And when you're tested, the Spiritual Master, by God, is not allowed to help you. You should learn to differentiate between reality and falsehood.

But there is always help available from and by the Spiritual Master as long as you are willing to counterattack on negativity. You will not feel that you are lonely. Lord Ra Riaz Gohar Shahi will always be with you. You will always find the Lord on your side to help you out.

Now, spiritual intelligence - it takes time. You gain spiritual intelligence bit by bit through experiences; by making mistakes and then learning from mistakes. It's not easy but it's not difficult. It's not impossible. When I say, 'it's not easy', I mean it's not easy for you. But when I say, 'it's not easy but it's not difficult', I mean it's not difficult because when you fail the Spiritual Master will pick you up. All you have to do is not to let the whispers settle in your heart. That's all you need to do. Nothing else.

Furthermore, do not find flaws with others. If you do that, you will never come out from this puzzle. Always look at the good deeds of people. Do not look at their bad deeds. Always look at their good side, not their bad side. Because if you look at their negative side then you won't be able to befriend them, you won't be able to live with them. Always have a good conjecture for everybody, unless they prove it to you through their deeds and actions otherwise. If they act bad and continue to act negatively, and as a result of this if you develop a bad conjecture for them, you are not

to blame for this, even in the court of God because you developed a bad conjecture, not on your own of any ill intentions, but because they are behaving in a bad way.

Chapter 5: Activation of the Heart

Lesson 1 - Divine Radar

It is a general belief among all religions that God is looking at everybody. But it's not true. You only come under the divine radar once your heart has been activated. Because now with the Activation of the Heart, you are connected with God; he will now be directly aware of what you're doing.

Now you need to understand two things. Firstly, God's authority and power - which is unchallengeable - God is absolute power and that is undebatable. Secondly, God's law and his attitude, his lifestyle and his way of dealing with human beings. You don't even know how far God is from you. Only those who have seen God know where God is. A common man who is neither enlightened nor a discerning, knowledgeable, learned person doesn't know where God is.

We believe that God has all the authority and God can do anything, and God is all-hearing; he listens to us but who does he listen to? He will listen to only those who are connected with him. If you are not connected with him, no matter how many times you call upon him he's not going to listen.

One has to understand this very sensitive issue that God's power of hearing, God's power of speech, God's power of seeing is different than ours.

So we need to align our sensory system with God in order to communicate with God.

For example, if my phone is on one frequency and your phone is on another frequency, maybe this sim card will not work on your phone. Why are all phones working? Because they are set on one frequency.

Everything that belongs to God and is about God is ethereal. And anything that belongs to us is non-ethereal. Even our voice is dense. It has density. You must have seen a speaker. When the speaker is transmitting voice / our sound, there is a vibration in the

copper wire inside the speaker. If our voice or any sound doesn't have density, why is there vibration in the speaker? Had it been ethereal there would have been no direct impact on the copper wire. So we understand our voice is dense.

Lesson 2 - Divine Radar: Servitude to God

Somebody came to Bayazid Bastami (he was over 50) and this guy asked him, 'How old are you?' And he said, 'I am two years old'. The guy laughed and said, 'But you look over 50?' He said, 'Yeah but in the eyes of God, I was born two years ago when my heart was activated'. So the Activation of the Heart puts you on the divine radar.

There is an app on the iPhone called 'Find a Friend'. You have to insert details of your friends and then it traces and locates the position of your friend. But only those who are connected; their details are inserted in both systems. But if you have 10 friends and you only inserted details of two, 'Find a Friend' will only show the location of two of your friends.

Similarly, you need to be enlightened and connected with God, only then you will appear on the divine radar. Before that, you are not recognised because you are not connected. And if you are not connected to God, you are not related to God. When you are not related to God, then anything that God says about his servants doesn't apply to you because you have not entered his servanthood.

In order to qualify to be one of his servants, you need to be connected with God. To connect is important in order to relate to God.

And it's interesting how God will come to know of your innermost desires also. Unspoken, unprayed for desires will reach God without you verbalising those in the form of prayer. How does that happen? Once your heart is connected with God, all your intentions, all your thoughts and desires will reach God through the connection. And at the time of adversity, in times when you're in difficulty, you're in need, you will not even need to raise your hands in prayer, God will answer your untold prayers.

Lesson 3 - Divine Radar: Erasing Sins

At the time of the Activation of the Heart, the Sufi Master erases your bad history.

Now, according to the Muslim faith, anybody who performs the pilgrimage to the Holy Kaaba, his or her Hajj is accepted by God. What will God do as a reward? He will wash away the history of your sins. Your history of bad deeds and sins will be erased by God and you will be as innocent as a nascent baby. The same goes with Catholics; when you have been baptised, the history, your past, the sins are all erased.

The Sufis say, those who find the Activation of the Heart are more blessed than those who have performed pilgrimage of Hajj and their history of sins was removed but future sins are not guaranteed to be removed.

However, when your heart has been activated, the first thing which will be done will be the erasing of the history of your sins. And then, after the heart has been activated, the heart will be granted a generator, which will generate divine light and that divine light, in future, will keep burning your sins, keep washing your sins, and you will remain to be innocent all your life. All thanks to the revival of the Spiritual Heart (Activation of the Spiritual Heart).

Once the heart has been activated, anything that you had done in your past is erased from your Book of Fate.

God's name and the positive divine energy which is being produced inside the chambers of your heart will not allow any sins to enter into your heart. So it is like you have found a divine spiritual sanctuary, a divine cave. You're safe.

So a massive difference between two individuals: one who is without the Activation of the Heart is fully loaded with all the corruption that he or she has done and the other one, who was also the same, but since he got Activation of the Heart his history of

sins is erased. God doesn't keep a record of your bad deeds as soon as you connect with God and you appear on the divine radar.

Lesson 4 - Activation of the Heart

With the Activation of the Heart, what level in spirituality do we achieve? What kind of hardship, what kind of negativity are we going to cope with? And how to come out of this negativity?

When you have been initiated into spirituality, you have a Sufi Master who will definitely help you out in every adverse situation. There is nothing to worry about. He will not let you go astray. He is there. He is actually more vigilant upon you than you may be. This my personal experience. The Lord is more vigilant on our heart than we can be.

As soon as you enter into spirituality, the Activation of the Heart has been obtained, now get ready to face the music.

Your heart is surrounded by 180 000 layers; 30 000 of those layers are of lust, another 30 000 layers of stinginess, yet another 30 000 layers of arrogance, and wrath, envy, jealousy. So in total there are 180 000 layers and it's like a web, and your heart is buried right under these 180 000 layers; full of vices, extreme negativity. You don't think straight. You don't feel right. You don't feel good. Everything is messed up. You behave like an animal. You behave like a devil.

However, these are not the true characteristics of a man (son of Adam), and these layers can be removed with the help of spiritual sciences.

The real man, the real human being is not active - it is dormant. It needs to be awakened; it needs to be revived, and then nurtured with the divine energy.

True Consciousness

A lot of people talk about consciousness and levels of consciousness. But what is true consciousness? That my own self is inactive and there are some other forces in me, and the characteristics of these forces are mistaken by me and I think I am lustful, I am bad, I am jealous of my friends, I am jealous of my brothers and sisters, I'm arrogant. My pockets are empty, I am nobody then why am I arrogant? I have nothing to take pride in, even then this arrogance where is it coming from? What is it that is making me an arrogant person? What is this false pride coming into me? And this wrath, this anger, where is it coming from? This is when you become beguiled. This is when you are confused.

This is why you need to explore yourself because all this negativity, all these vices are not part of you. It is a representation of the Devil which is residing in you and you do not know that. And when you come to know of this, don't you feel a sigh of relief? 'Oh thank God, I thought I was bad. Oh no, I was under the influence of these different forces in me. Oh wow, that's great.' It's a sigh of relief the moment you find out that 'I've been so bad, but that's not me. It's somebody else and all that time I've been thinking that I'm so bad; I'm so negative'.

But then you are introduced by your Master the secrets of self-exploration. And he tells you, 'My son, don't worry. These evil traits are not part of you. It's dirt put on you. Get up! And start removing this dirt; these evil vices.' The moment you take them off you, you will be pure and you'll have all the compassion from God. You will be nice, kind, loving, caring and compassionate.

Lesson 5 - Divine Expectation

Without the enlightenment of the heart, whether you are a Catholic, a Christian, a Methodist, a Muslim, a Jew, a Hindu, or a Sikh, you suffer from apathy when it comes to the religion and it comes to God. And this apathy is the result of millions of people distancing themselves from God. And they're falling prey to the trickery of the devil.

These vices have been implanted in you by God to test you. Unless you become pure, all these emotions that rise from your bosom are not trustworthy because you do not know the source.

How can you validate those emotions that are not coming from you? You are gravely mistaken. Because a person is not lustful [by nature]. Man was created in the image of God. If God was jealous, I would be jealous. If God is not jealous then why am I jealous? I am jealous today because there is some other force in me which is creating a blockage, which is creating a hurdle. It is not letting my true manhood come into practice. I was created in the image of God. Is God arrogant? Is God hateful? No, he's not. Then why am I hateful? Why am I jealous? Why am I arrogant? Something is fishy.

Come on, do not forget! You are inherited in purity; you are inherited in love because you are the creation of God. When God creates something, its nature takes a shift. You inherit everything from your Lord, from your God. If you remove all these negative and evil vices from you, the only difference between you and God will be that you are a creature and God is a creator. There is no other difference because you inherit everything from God.

The Bible said, 'God is Love and love is God. One who doesn't know love, he doesn't know God. Love your God, your Lord with all your heart, with all your soul, with all your strength.'

This is the gist of the Bible. This is the greatest verse in the Bible.

And the second one is, 'Love your neighbour as you love yourself,' which means, God created you in his own image, he is damn right to expect you to love him because that's his understanding. 'I am love, I created him in my own image, naturally, he should have this matter of love in him.' This is why he is asking you, 'Love your lord, love God with all your strength, with all your heart, with all your soul.' This is the divine expectation, divine anticipation from you.

God is expecting us to love him because he understands that he has created us in his own image and, through the process of creation, we found a tunnel of inheritance. We inherit love from our creator and this is why God expects from us that we love him. But when we are born into this world, we don't know love, we only know hatred.

God cannot be wrong, can he? Then what the hell is wrong with us. God is raising his expectations from us and he's demanding from us to love him. He is the manufacturer, he knows there is the ability, potential, capability, and calibre in the man that I have created so why can't he love!

We cannot love because the ability of love is dormant. The souls which are responsible for generating and manifesting love are not activated. And the hatred, arrogance, false pride, greed, lust that we have are not our traits. These are evil traits and we've been surrounded by them.

Without gaining consciousness, we as humanity are gravely mistaken. We are owning evil traits that do not belong to us. Even those who make mighty claims of having achieved all the levels of consciousness [are gravely mistaken].

What kind of consciousness is this where you do not even know your own nature? Just ask yourself one question: is God not expecting love from you when he asks you to love him with all your heart, with all your soul?

How can the creator make a blunder? Why is he expecting love from you? Because he knows, he is the manufacturer and he has invested the potential of love in your heart.

But today when we are born into this world, we do not see the love in us. We only recognise hatred because we are buried deep under negativity, and that negativity is not anybody's fault. This negativity has been put on us by God so that he can test us.

Love is invested in us by God but we do not have access to that treasure of love. Now it is up to you and me, and all of us to go on an expedition and find the treasure. It's not somewhere else, it's inside you.

You explore the treasure within you. That is important. So it's like you're digging into yourself, removing all the dirt, all the negativity. And once you have removed all the dirt and all negativity in you, that's real consciousness.

Your real self is buried under these evil traits in a shell. You need to crack open that shell from where will come out something very similar to an angel and that will be your Spiritual Heart. And that Spiritual Heart which will look like you in appearance, will have all the love and compassion and all the other attributes of God manifesting through your spiritual heart. This is when people will recognise you as a saint of God - purer in nature than angels. This is spirituality. This is Sufism.

Lesson 6 - Activation of the Heart: Adam's Legacy

The knowledge or science of the Activation of the Heart was exclusively granted to Adam the Eminent One. So anybody, anywhere in the world, from any religion, in any era, if he or she will obtain Activation of the Heart, they will automatically be an aspirant of the first messenger of God, Adam. When your heart is activated he will be aware of it.

Now, since Adam loved his wife, so everybody who has this Activation of the Heart, woman or man, they will love their spouse. And if there is a rift, this Activation of the Heart will remove that rift.

So now your wife or your spouse will be surprised, what happened to him or her? Before the Activation of the Heart, he had some kind of apathy in the relationship. They may ask you a question, 'What happened after the Activation of the Heart? You're showing more love and compassion'.

This is all because of the Activation of the Heart. You will spiritually adopt the lifestyle of Adam. This is one sign of the Activation of the Heart.

Now, it depends on what name of God the heart is activated with because there are many names given to God. Some of these names are true names of God which represent his attributes.

According to the Quran, there are 99 names known. There may be many but 99 of them have been mentioned [in the Quran]. And then there are so many other names given to God and these names do not represent any of the attributes of God. Rather, these names have been given to God from different nations and it is in their own languages.

How powerful the activation is and what will be the percentage of Adam's lifestyle in you will depend on what name of God your heart is going to be activated with.

In order to fully reap the benefit of the Activation of the Heart, it has to be activated with the Personal Name of God, which is Allah. And then, the heart will be in the full bloom.

But if it is activated with other names - names that have come from God that truly represent his different attribute - they will connect our heart with an individual attribute of God. If your heart is activated with the Personal Name of God, you will be connected with the essence of God, with the true Supreme Being, the whole of God.

Lesson 7 - Divine Proximity

Let's talk about cars. There are cars available for £10,000 - big cars, small cars etc. If you want to buy a more comfortable car, you spend more money. And if you want to buy a luxurious car, obviously you will want to spend a lot of money. So the comfort will come with a price tag.

Similarly, if your heart is activated with a name of God which represents one of the many attributes of God, you will be tackling a lesser amount of negativity. However, if your heart is activated with the Personal Name of God, then you are in deep hot waters. It's a direct hostility, direct enmity with the Devil.

100% of the negativity will be around you in order to discourage you, in order to shake the foundation of your belief and dismiss your determination because the Devil doesn't want you to become holy like Adam. He still mourns the creation of Adam. He doesn't want to see yet another Adam with the same authority, eminence, power, and absolute purity of the heart. He doesn't want that to happen. So he will apply all the force and power he has, and he will not leave any stone unturned in trying to stop you.

The people at the time of Adam, Moses, Abraham, etc. had to deal with lesser amounts of negativity. If you want to connect to and become a friend of the whole of God, you have to forbear more pain. You have to combat more hatred. You have to deal with more negativity. You may stumble but God and the Spiritual Master will not let you fall. The likelihood is that you may stumble because everybody has different levels of forbearance, everybody has different levels of endurance.

As soon as the heart is activated you enjoy it, you feel close to God, you are spiritually merry. You have this feeling of ecstasy; you are lost in yourself; you are humming in the bathroom; thinking about love, thinking about God, Jesus, His Divine Eminence Gohar Shahi.

You will be over the moon and then all of a sudden things will start to spill out.

‘What if this is all wrong?’

‘What are you doing?’

And the people around you will notice first.

‘Oh, ever since he got the Activation of the Heart, he is kind of lonely. He doesn’t want to see people. Is he becoming a hermit? He is losing interest; he doesn’t see his friends anymore. What’s going on?’

Questions like this from people will give you a headache. Day and night. And everybody will tell you different stories.

‘Oh my gosh, this is what happens when people are recruited by terrorist organisations. They become sad. They cut their ties with their friends and family. They go into self-imposed isolation. They don’t want to see anybody.’

Yes, that’s true, but have you forgotten what Jesus said?

‘Shun the world; adopt hermitage’.

After the Activation of the Heart, you feel this closeness to God. You find something unique. It’s a unique experience. You know in your heartbeat God’s name is pounding. You had never experienced that your heart is pounding with God’s name. You feel empowered; you feel a lot of power in your heart.

For example, you don’t want to perform a sexual activity in front of everybody in your house. You need seclusion. This is why when you feel close to God in your heart, this is a unique feeling. You don’t want any interference. And then in the due course, you will learn the art of bringing a balance in your material and spiritual life. It takes time; some time, not a lot of time.

This negativity is not just based on words or on hearsay.

You have the source of negativity inside you. The Lower Self, the ego, and the four birds clung with your spirits in your bosom will keep feeding your soul with negativity.

Jealousy is not something that belongs to you. Jealousy belongs to a bird that is clung to your spirits inside you. The moment that bird is removed from your soul, you will not even remember what jealousy is.

The moment your Lower Self is purified you will no longer be arrogant. You will no longer be greedy. You will not hold a grudge against anybody because you will be making efforts to keep your heart purified.

And then after you have acquired the purification of the heart, then you will be in pursuit of maintaining that purity.

Sustaining Purity

How to sustain purity? Sustainability is also very important. How to sustain what you have acquired? A cockerel is attached to the heart. And this cockerel instils lust into our heart.

His Divine Eminence Gohar Shahi says, 'As soon as the heart is activated, the cockerel becomes bismil,'

This means 'half-slaughtered'. The lust is now controlled. You only feel lust for your partner. Nobody else. And this is permitted in every society, in every religion. If you have a partner, civil partner, legal partner, your wife, whatever, in whichever law your partner is. If you sleep with them, you produce children, it's not considered bad, is it?

So after the Activation of the Heart, this excessive and unlawful lust is removed from the heart and only a permissible portion of lust is allowed and stays there. If lust is completely removed from you then you would never want to see your spouse.

When the heart is activated you begin to love your spouse because the uncontrollable lust is taken care of. But the moment your second soul is activated then that love for your spouse is replaced by love for your Master. And then, step by step, when all the souls are activated then all the love is also replaced with God's love. Then you love God only and for God you love everybody else.

Chapter 6: Combatting Negative Emotions

Lesson 1 - Embracing Negativity

‘Do not embrace negativity’

How do you embrace negativity? If somebody is being rude to you; somebody is swearing at you, what do you do? Tit for tat? If I swear at you, what damage have I done to you? No damage but our ego doesn't allow us to sit in peace. When somebody is rude to us or mean to us, generally as a retaliation, we do the same; we are rude to them.

If you swear at me, I'll swear at you. This is how we embrace negativity. If somebody is rude to us, obviously in many cases we cannot love them when they are rude to us. When they are mean to us, we cannot somehow or other exhibit kindness; we cannot call them beloved. But we can ignore, can't we?

If somebody is being mean to you, somebody is being rude to you, you can simply ignore it; leave the place. Otherwise, if you do the same, then you're only embracing negativity.

Even though we are Sufi students and we practice or want to practice or trying to practice love and highest morals, from time to time when we're stuck in such a bad condition or bad situation, we embrace negativity.

If one Sufi student was very good, but he has done something wrong, the others should not follow him; because our Lower Self will try and convince us, ‘Look he has done it, why can't I do it? If he has done it and he will get away with this, why shouldn't I do it?’

This will be the thought from your Lower Self. So let people do what they decide to do for themselves. The least you can do is not to follow them.

Otherwise, the prophet of Islam said, “If somebody is doing something wrong, stop them. If you think you're weak and you cannot stop them, then verbalise it and say it. ‘This is wrong what

you are doing,' and if you can't even verbalise it, then feel bad for such a bad thing in your heart," - but this is the lowest of faith.

We learn to be bad from the people that we keep the company of. For example, 3 or 4 or 5 friends are sitting together, and one of them starts doing something wrong, you can tell them, 'This is wrong don't do it', but if you don't want to say it, then at least you should detach yourself from such a thing. Avoid it, it's useless and harmful. If you're gossiping, talking bad about people, you shouldn't do that; you're embracing negativity.

So in simple words, do not allow yourself to indulge in a bad company because a man is known by the company he keeps.

Lesson 2 - Being Judgmental

What is being judgmental in a true sense? To judge somebody without knowing the reason why that somebody has done something wrong.

If you do not know the reason, don't judge.

You will only be judgmental when you have malice, animosity, enmity or you are holding a grudge against somebody in your heart. Otherwise, there should be a margin of error.

If you have seen somebody doing something wrong, which looks apparently wrong before you judge and develop a bad conjecture, a bad hypothesis if you're keen and you want to know why somebody has done something wrong, go and ask them, 'Do you have a justification for what you have just done?' And if he has a valid reason and it makes sense then you will know what appeared to be wrong to your eyes was not wrong.

But you will only take this route of confirming with the concerned one when you do not have animosity against them and when you do not have malice against them.

Being judgmental is strictly prohibited by God. And this is the case in the law of the land. When the police arrest you for doing something wrong, they want to find out the motive, the intent. The intent and motive play a pivotal role in bringing you to justice. If the intent and motive are ignored, and you punish the accused - justice is not served.

But this is what we do every day. We see somebody doing something wrong, saying something wrong, we just label them to be transgressors if we are religious people. Transgression; disobedience to God! Try and find out the reason and intention why somebody did this something wrong.

If you see somebody doing something wrong, the first thing to do, to be on the safe side, is to say it's none of my business.

How should one respond to someone who is judgmental?

You did something wrong and people are judgmental about it, how should you respond to them? If you stay quiet, you are fueling the fire. If your conscience is clear and you see somebody, especially in your family, is judgmental about your actions then tell them your intent so that they are no more judgmental. And even if they are still judgmental then leave it to them to do whatever they want to do.

This is my understanding. If you keep quiet, you're creating more doubt, you're verifying that they're right in being judgmental.

On the other hand, if somebody has done something wrong and you approach them and say, 'Look, I'm concerned about what you did. It doesn't make sense to me unless you tell me what you did', and they don't want to tell you their intent, it is 100% for the wrong reason.

If their conscience is clear they will tell you. If they don't want to tell you, something is fishy. In my case, I will not socialise with them. This is my personal understanding.

Lesson 3 - Anger: Amplifying Negativity

In order to stay away from negativity, we have to explore all avenues and be vigilant on our actions and our deeds; especially our tongue.

Sometimes when we are rude to others or we exhibit anger through our behaviour, we're actually multiplying negativity. So, in the best possible way, we should try to calm ourselves down when we are angry.

Make sure that when you're angry, you stay quiet because in anger if you speak you will definitely mess it up; you'll say something silly to somebody and that somebody will be hurt.

And we do not know how good that somebody is; how will they tackle this anger and misbehaviour. Maybe they will come back strongly and there will be a multiplication of negativity. Therefore, we should try and make sure that we speak gently.

Secondly, we should give due respect to everybody. Sometimes we get carried away and when we see a weaker person, somebody who doesn't really retaliate; a simpleton. We 'gang up' on them. That is not good in the eyes of God. But we do not gang up on those who themselves are bullies.

Speak gently with everybody. For example, there is a proverb in Urdu: loha lohay ko kat ta hai. It means 'iron cuts iron' meaning if somebody is rude to you, you should be rude to them. This is just a proverb, it is not from the Bible or the Quran. No, but in our lives, we have heard all these Urdu proverbs from our ancestors, from our forefathers, from our parents, but this is not part of the religion. Iron cuts iron - it looks stupid but this is what it means. Meaning if somebody is rude to you, in return you should be rude to them. But then rudeness will multiply.

If you're angry and you know somebody who you're angry with doesn't retaliate in anger, they are calm and cool. What will happen? They're cool-headedness will also help you and it will

cool you down. But if you return with an unmatched vengeance and with this attitude, 'I am not less respectful than anybody else. I am not weaker than anybody else and I will do the same or maybe even stronger than who he is.' This is not going to solve the problem.

You cannot treat hatred with hatred. As a Sufi, you should always speak gently and with due respect. Give respect to everybody.

Even when sometimes some people are quiet but they retaliate through their gestures. They retaliate or they show their anger. They keep their mouths shut but through gestures, they do the same amount of damage as if they were doing it with their mouth with lethal venomous words. Like, rolling the eyes. This is terrible. What is this? You have given them a message. These gestures are not going to help cool down the situation.

You need to be wise. Diffuse the anger, not by showing more anger but by being polite and cool-headed and calm.

Be Kind Not Just

Always remember, it is a lot better to be kind than just. Sometimes justice doesn't serve the purpose, sometimes you need kindness to heal. Justice will not heal you, it will give you a sense of satisfaction. Like, 'I was done this wrong and then, even more wrong has been done to him'. It will give you a sense of satisfaction, but it's not going to heal you. Your hatred will increase when justice is served. So better to be kind and forgiving. Is it too much to ask?

But Jesus's standard is higher than this. Remember what Jesus said? If somebody smacks you on the right cheek, what do you do? Do you kick their butt? No, you turn your left cheek also. It doesn't necessarily mean that somebody will literally want to smack you on your left cheek also. It means let them do what they are doing; you should not stop being generous, and kind, and forgiving.

If there is an altercation, there's a brawl; there are people fighting and everybody is screaming at everybody else, and you also join the party, you're not serving the purpose. You're not part of the solution, you're part of the problem. So when you are in an argument with somebody, make sure even when you argue, you are polite.

And some people show meanness in their politeness. Like the way they say 'please', you can tell this 'please' is just a cover-up. 'I said PLEASE!' A word of politeness with a lot of hatred? It doesn't make sense. If you want to say 'please', say it with all the protocol. When you say 'please', it is actually a request, you have to add softness. It's a word of politeness; it represents politeness. If it is said with aggression, it will lose its meaning. Same goes with 'thank you'. A lot of people say 'thank you' in a sarcastic way.

So if you speak gently, if you show kindness, if you are not rude, if you are not mean, you're going to save yourself from a lot of problems and trouble. However, contrary to what I'm asking you to do, if you show more resilience, more anger, you are more impolite than the other one, you are actually amplifying and multiplying negativity. This is not going to serve the purpose.

You are not supposed to embrace negativity. And how not to do it? By all these means.

Chapter 7: Dreams

Let's talk about dreams.

Dreams are very tricky. A lot of people have dreams and they themselves interpret it and appoint themselves to be great souls.

There is a woman called Jannat Bibi. After the Occultation, one day I went to her house and she said to me that she saw a dream; she saw me sitting on God's throne and I had a big crown on my head. And I was sitting like this (sitting back and up straight with authority). And she asked me, 'Such a wonderful dream, isn't it?'

I said, 'No, it's not a wonderful dream. It's an evil plot. Nobody can sit on God's throne'.

And she said, 'No, you're just showing humility. I know you were there'.

I said, 'No, I was not there'.

And she was persistent, and I asked her, 'You know I was there but I don't know I was there? Are you kidding me? If I was there, how come I do not know and you know that?'

- Sufi Master Yunus AlGohar

Some people are so stubborn, they don't want to understand you can't simply see a dream and believe in it. A lot of people go astray when they believe in their dreams. You can see anything in your dreams. How can you believe in your dreams?

There was only one prophet of God to whom God granted the prophethood of interpreting the dreams: Joseph.

Some people believe in their dreams without getting them verified and this is how they embrace negativity.

It's not always the case that the Devil would show you in your dream that you are of a very high status and high rank, sometimes the Devil plays completely a different trick.

For instance, he would show to you in your dream that you are a nobody, that you would never be successful in spirituality; you are a cursed one; you are deranged; you are such a mighty dedicated ugly sinner and God would never accept you. He would either want to instil superiority complex in you or inferiority complex. Complex - either positive or negative, both are the same - it's not good for you. So your approach should be realistic. And dreams are a definite no-no.

Lesson 2 - The Reality of Dreams (Part 2)

Believing in every dream you have is like living in a fantasy world; especially when you know Lord Ra Riaz Gohar Shahi said that when you go to sleep, before you fall asleep, anything that was on your mind converts into your dream.

Dreams are very difficult to suss out. Some dreams are not dreams at all; these are your thoughts only. It's a chemical reaction. Sometimes you have an upset stomach and there is an imbalance in the bile juices; you have a dream because your subconscious mind is not dead and dreams or thoughts can come. And sometimes thoughts are moving thoughts, they are not stationary; they appear to be like a movie.

A majority of dreams are not dreams in nature, these are flashes based on your thoughts.

Types of Dreams

1) True Dreams - these true dreams come to you by your Sufi Master, by the Messenger of God of your religion, and through these dreams, you are notified of what is going to happen in future so that you can prepare yourself for the future.

2) Mode of Communication - between God and messengers and prophets, dreams were also a means of communication. For instance, Abraham saw a dream that he was sacrificing his son, Ishmael.

So according to the religions, every dream that comes to a messenger of God is 1000% true; it cannot be fake or false. Why? Because it is sanctioned by God. They are the chosen teachers. It's a mode of communication.

So when Abraham saw this in his dream, he asked his son, Ishmael, 'Look my son, this is what I saw in my dream. Are you ready? What do you say?' And he said, 'Do what God asked you to do'. So this was a message from God and the mode of communication was a dream.

When the last Adam, Adam the Eminent One, came he was shown 'Bait ul Mamour (The House of Anointment)' and God asked him to make a worship place like this on earth. This is how he built Kaaba. So all these things were taught to the messengers and prophets of God, by God using dreams as a mode of communication.

This is why according to spiritual laws, any dream that comes to a messenger or a prophet of God is 100% true. And according to the spiritual divine law, sainthood is one-fortieth part of messenger hood. So according to the divine law, there is a provision in relation to true dreams for a saint of God. If a saint of God has 100 dreams, 40 out of 100 of his dreams are meant to be true and trustworthy and 60 out of 100 will be wrong. However, the saints of God are granted special, esoteric knowledge with which they are able to distinguish between a true dream and a false dream.

Whereas, there is no classification for a common man. For a common man, if he has 1000 dreams in 10 years, they can all be wrong or maybe one or two of them are true and the rest are wrong. But there is no law for a common man. Therefore, you must understand for a common man, God is not going to use dreams as a mode of communication. Forget about it.

The only means of communication for a common man is through the Sufi Master. God will send messages to you through your Sufi Master. Sometimes the Sufi Master will tell you, 'This is a message from God', but most of the time he won't tell you that, 'This is not from me, this is from God',

In order to know how much you believe him; how much you trust him, you must know that whether the piece of advice comes from the Sufi Master or it comes from God, it's the same thing. Because if the Sufi Master has been anointed and appointed by God, he will not say anything wrong to you.

Lesson 3 - Dreams and Transcendental Meditation (Part 1)

“What about the dreams that you have had before the Activation of the Heart?” - Question asked by a Sufi student.

Dreams can come to anybody; good dreams, true dreams before and after the Activation of the Heart. Some people may have wonderful dreams even before the Activation of the Heart. Some people, especially the elite ones, have dreams and some of them receive their Activation of the Heart within the dreams. And some of these dreams are so vivid, you can't take them off your memory because there is a bond between you and God even before the Activation of the Heart, and that very bond with God will pull you back towards him.

The Activation of the Heart is just a way to rediscover your relationship with God.

It doesn't mean before the activation you're not related to God in any way. The Activation of the Heart only benefits those who are already related to God. Remember the choice that you made in the Primordial Times? So the Activation of the Heart is like opening the lock which made you forget your relationship with God.

After the Activation of the Heart, your Spiritual Master can use dreams to educate you. Now the problem is, a lot of people do not remember everything they see in the dreams, so they might wonder, how will they be educated in dreams when they don't remember anything that happens in the dream? The answer to that question is, in dreams your body and your mind are not taught; it is the soul.

Mind, Body and Soul

Our mind and our head is not the head of our soul as well; our mind controls our body. Now, our souls have their own intellect which is free of any relationship with our mind. Our mind cannot control our Spiritual Heart; our mind cannot control our soul. Our mind is just one organ of our body.

Now, at any stage in spirituality, will the soul correspond with the mind also? Yes, it can but that is after your soul is completely awakened, strengthened and has found union with God, not before that. So not everything will be relayed from your soul to your mind. However, the changes will be visible; your spiritual progress will be prominent and as your soul grows in strength and enlightenment, your trust in God and your individuality will grow in strength. And as it grows in strength and spiritual adolescence, your soul will feel independent.

Initially, there will be some effect of your spiritual journey on your mind. You will have a vague understanding of what has happened. For example, if the soul left the body in Transcendental Meditation, your mind will have some vague understanding; like, yes, my soul went somewhere. That's all. But the soul will not correspond to your mind; either the conscious mind or subconscious mind.

Lesson 4 - Dreams and Transcendental Meditation (Part 2)

The more your soul grows in strength and adolescence, the more it will become independent; and a time will come, your mind will have no clue as to where your soul went last night, but as soon as the soul returns, your soul will have a different feeling. The soul will feel God's love more strongly. Wherever the soul has been, your soul will have a picturesque memory; like a flashback and your mind will not be able to calculate why am I seeing these images? Why do I have this information that there is a place and it's so beautiful; where was it and how do I know about that place? No clue.

So the mind has no clue. The souls have their own intellectual system, they're completely detached from the mind. Our mind will only know what our body is doing. Even when our Lower Self leaves the body when we sleep and we see in dreams, we're here and there, we're travelling, we're meeting people, it's not our soul; it's our Lower Self.

Even the Lower Self doesn't correspond to our mind. Our mind is just to control the physical aspect of our being, not even spiritual, just the physique. For instance, what the finger is doing, our mind will tell us; send messages through the nervous system, 'Oh there is a pain there'. How do we know that we have pain in the finger? Our mind tells us.

So when you are educated in dreams, all that learning goes into your soul and you do not necessarily have to know it because it hasn't got anything to do with your mind, it is to do with your soul.

Sufi Master Yunus AlGohar's Personal Anecdote

I mean, I realised that some people called me for help; my mind doesn't know that but one of my spiritual sub-spirits went independently without telling me and they helped that person. After a few days, they sent me a message, 'Thank you, you came, you helped'. And I said, 'What happened? When did I help you?' And they told me this happened and that happened. And after that,

I meditated and found out it was one of my sub-spirits. So when these sub-spirits become independent, they have their own world; they have their own understanding; they're independent.

And I asked one of my sub-spirits, 'Why do I not know about your departure and how you helped somebody?' And my sub-spirits told me, 'Because you do not control us, we are controlled by Lord Ra Riaz Gohar Shahi'. So there have been many cases where things came out of my body and they went somewhere and they helped people, but I don't know. But sometimes when I go to sleep and I think about different people, 'How is he? How is she?' - that is the time when these things leave. And I just thought that I was just thinking, nothing is happening. But when I was thinking, they were leaving. So this happens because they are controlled by higher authorities.

Similarly, many times when His Divine Eminence wants to see me; these things are independent now, they leave, they hug His Divine Eminence, they see His Divine Eminence, they come back. And my mind has no clue. But in those moments when they come back, I feel an outburst of emotions for His Divine Eminence. Then I started to know, 'Oh alright, okay. I am missing His Divine Eminence more today because something must have happened. My things must have gone out'.

One day, I saw my soul and I didn't know it was me; I do look like me. I saw myself like I'm very tall and I'm very witty. And you know light comes out from my palm; if I do this [pointing index finger] things happen. And I was thinking who is this, and he looks like me? And I was told, 'It's you'. I said, 'No, it's not me. This is me. That's somebody else, he looks like me'. And he was so mighty, so great. When he calls upon angels, angels come running. If he says, 'Gabriel where are you?' He comes running. I said, 'What? That can't be me. I've never seen angels. I've never seen Gabriel. But this guy who looks like me, he knows everybody; they listen to him'.

Chapter 8: The Lower Self

Lesson 1 - Freeing the Mind from the Lower Self

During our spiritual journey, the period in which our Lower Self is cleansed, we go through the process of negation of the Lower Self. That is the most difficult time - not for people now. After His Divine Eminence Gohar Shahi's disappearance; a lot of things have changed. A lot of rules have been changed. But before that, it was like a nightmare.

The trouble and the trial that I have personally been through is not even describable. It is worse than a nightmare. I would literally feel that I wish I wasn't born.

Because when the Lower Self goes through the process of self-negation and self-realization, all the negativity that comes out from your Lower Self is so over overwhelming and so strong that you believe you're the worst human being on earth. When all this negativity comes out one after another, one after another, during this period of time, you are completely churned like they make lassi.

So the Lower Self churns you like when they churn milk and take out butter. This is what happens, you are churned; the real you, the extract of you is separated from the outer you - and then you only identify yourself with God. You realize you are nothing without God. This realization is very strong.

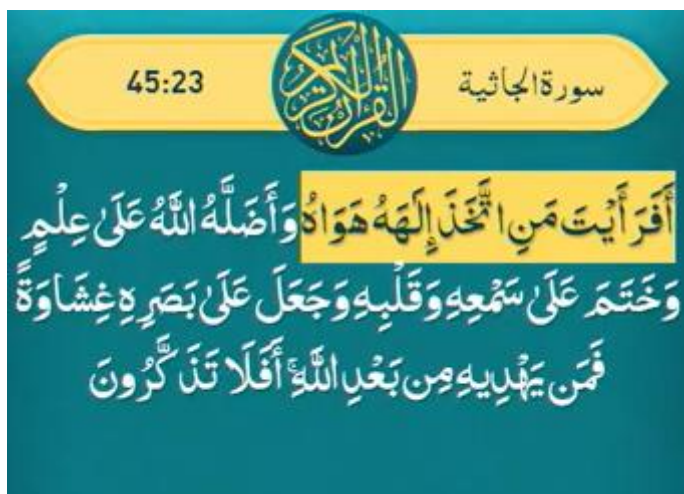
This is why the Quran said, 'When you do something good attribute it to your Lord...' It's not for everybody, it's for those who purify their self. '...And when you do something wrong, attribute it to your Lower Self.'

After the Lower Self is completely cleansed, you have this realization very strongly that you are worthy of doing nothing good; you are zero. And this realization is real. You become so down to earth. You are extremely humble. Some people might assume that you are making it up but that humiliation is a true realization of the Lower Self, not you. You think you are zero; you are useless.

The problem is that your Lower Self-controls your mind and your mind controls your body. You cannot come out of it until the Lower Self is completely cleansed.

When the relationship between the Lower Self and the mind is disturbed, that is when you enter into a new spiritual regime.

Like the Quran said, ‘O Prophet Mohammad, have you not seen a man who has treated his Lower Self like his Lord?’



How do you do that? You do that because your Lower Self-controls your mind and your mind controls your entire body. So anything that your Lower Self is asking you to do, it goes to your mind and your mind says, ‘Yes! That's what I want to do!’ The application is done by the mind and the message of control is sent by the Lower Self.

Now, in order to save yourself and come out from the occupation of the Devil, this link between your mind and the Lower Self has to be broken. What happens the moment it is broken? Now, [let's say you have in your possession] 100,000 pounds. Your Lower Self-controls your mind, your mind controls your body. The Lower Self will want you to spend it the way your Lower Self wants it. But when the link is broken between the Lower Self and

the mind, the desires of Lower Self are not reaching your mind anymore, and the mind is not controlling your body anymore. So this money is there; if you say [to someone], 'You can use it. I don't need it; you can use it.'

[And they say] 'Okay, I'll use it'.

If somebody else comes and says, 'Can I take this money?'

[You will simply say,] 'Yeah, take it'.

Because the mind is not in control of your Lower Self.

Now, when the link is broken between the mind and the Lower Self, your mind sort of starts helping you. For example, when the link is broken between the Lower Self and mind and you are stuck in a situation where people are demanding you to humiliate yourself, and if you do that you will be making a lot of people happy around you, you do it happily. You don't find it difficult. Had the link between the Lower Self and the mind was not broken, you wouldn't be able to do it.

The Lower Self, before it is completely cleansed, will want to make sure that it destroys your entire belief system.

Sufi Master Yunus AlGohar's Journey through Self-Negation

I used to hear my Lower Self screaming and blaspheming different prophets, saying bad stuff about His Divine Eminence. I would hear it. I'm not talking about whispers; I'm talking about voice. I would hear it and I would hold my tongue so that no bad word should come out. I'm holding my tongue and still, I would hear these words. Especially the moment I go and sit in front of His Divine Eminence, the Lower Self would start speaking bad words. I can't even repeat them.

So what happened? I stopped coming in front of His Divine Eminence. And I used to think 'The moment I go in front of His Divine Eminence, there is this bad voice coming out of me. Who am I? Am I a hell-bound soul or something?'

I would feel helpless. I would cry and I would sit outside, all night sometimes. Just sitting and thinking, 'What has happened? I came here for spirituality; I wanted to purify myself. Look at this, what's going on now? Look at this voice, who is this?'

I was sick and tired of myself. I would hear a voice. I would beat up myself. Negativity was on its peak. And then in the last episode, what happened? His Divine Eminence stopped talking to me. If I would come in front of His Divine Eminence, He would turn His face away.

So that was the point where my Lower Self was given medicine. I started to fear, like 'Oh, His Divine Eminence is now aware of what's going on in me, this is why His Divine Eminence is upset; His Divine Eminence is not talking to me.' Now that negativity was blanketed by fear.

So that negativity turned into growing fear, 'Look at me, His Divine Eminence has come to my house; His Divine Eminence is staying in my house and look at myself what do I think, what is going on in me - I'm such a bad person I am.'

But then His Divine Eminence wouldn't speak to me. I thought that was a problem but His Divine Eminence was now healing my Lower Self to shift from that outburst of negativity into an obedient Lower Self.

How did I learn to be obedient? Every time I would want to come in front of His Divine Eminence, His Divine Eminence would turn away his face.

So then I realized in order for me to be an obedient servant of the Lord, I should be happy in what makes His Divine Eminence happy.

If I am away from His Divine Eminence, He is not disturbed. If I am in front of His Divine Eminence, He is disturbed. So true obedience is that I should not show my face to His Divine Eminence. Stay away. I mean His Divine Eminence is here in London and staying in my house - sometimes for 3 months, and I would only see His Divine Eminence either once or twice in 3 months; no conversation, nothing. So since I started to calculate this, it gave me some solace to my soul.

Finally, I started to feel that my inside was finding peace and the peace was 'I am not disturbing His Divine Eminence anymore'. And it gives me some kind of comfort like, there is something good that I'm doing finally.

And one day, His Divine Eminence was sitting in the room. I was not in the room, I was outside. His Divine Eminence said, 'Somebody get Azam'. So I said, 'Azam His Divine Eminence is calling you'. Azam went inside the room and I was behind the door, and His Divine Eminence said, 'I called Azam, not you. Why are you here? Go back'. And then the next morning I wanted to take breakfast to serve. When I reached the door His Divine Eminence said, 'Okay, ask somebody else to bring the food inside, I don't want to see you'. I was really disturbed.

I was thinking His Divine Eminence is aware of my bad thoughts; His Divine Eminence is very upset with me. But my problem was

I was thinking, 'What should I do now? What should I do? I know there are bad thoughts in me but I'm not generating those bad thoughts; they're just coming. What should I do now?'

And then the next morning I was sitting downstairs crying and I heard His Divine Eminence saying, 'Younus... Younus... Younus...' Now, I asked somebody, I said, 'Go upstairs. His Divine Eminence needs something'. And somebody went upstairs and His Divine Eminence said, 'Where is Younus?' And they said, 'Master, he's downstairs'.

'Ask him to come'.

And they said to me, 'His Divine Eminence is calling you'.

I said, 'You must be mistaken. His Divine Eminence will not call me. I think you're mistaken, go ask again'.

'His Divine Eminence, are you sure you want Younus to come upstairs?'

His Divine Eminence said, 'Yes! Ask him to come quickly'. And I went.

When I went inside the room, His Divine Eminence stood up and His Divine Eminence opened his arms and said, 'Come. Hug me. Was everything okay?'

I said, 'Yeah, my Lord, everything was okay'.

'Did he treat you well?'

I said, 'His Divine Eminence, who?'

His Divine Eminence said, 'No, it's okay. Are you okay? You're fine?'

I said, 'Yes Master, I'm fine'.

And when His Divine Eminence hugged me I felt my Lower Self was completely healed. No bad thoughts, only love for His Divine Eminence. And then His Divine Eminence said to me, 'Now your Nafs (Lower Self) is pure'.

I asked His Divine Eminence, 'Master, this has happened, that has happened'.

And His Divine Eminence said, 'That was the process of self-negation'.

It's a lot of negativity. It's not easy without the Spiritual Master.

I'm not saying it's not easy to forebear the pain or endure the pain. It's not about the pain which is difficult or easy. It's about knowing what's going on. How do you translate different things? How do you understand what's going on? Because you think you're gone; you're evil. You think you're mad. Strange things will come to your mind. But when the Spiritual Guide is with you, he takes control of everything.

Now I see myself and honest to God, His Divine Eminence is my witness, in many different situations I have tried and tested myself. I don't have an issue of ego, I can do anything. It's not like somebody has hurt my heart or feelings and my ego will obstruct me in forgiving them or embracing them or will demand from me to pour some conditions. No. I don't see ego in motion anymore.

And I only want goodness for everybody, whoever they are. I'm telling you in my heart, I do not see a difference between white, black, coloured, Christian, Catholic, Muslim, Hindu, Sikh - to me everybody is good; and I feel love for everybody because I understand everybody is God's creation.

I do not go after the labels. Not just the labels of religions like he is Christian, and he's Muslim, and he's Hindu but in relationships also, like he is my real brother or just a brother. Even these things have become labels: He's my son or he's not my son, I treat him like a son. No.

When I think about how I think, I feel like I'm an alien and a big misfit in this society because I don't want to give pain to anybody. I don't want to hurt anybody. I want to give love to everybody - everybody! I feel hurt again and again when people lie; when people deceive; when people refuse to embrace morality; when people fail to embrace the truth. I try my hardest to convince everybody to become part of this global movement of divine love and peace.

We're not in the race of doing everything good for a reward. I hate the idea of doing something for a reward. The reward of doing something good lies in doing that something good. This is the reward that the Lord has allowed you to do something good.

I am standing at a point in my spiritual journey where I don't care how much spiritual strength I have; how much divine energy I have. I feel like giving it to everybody, 'Okay, you take it.' I want to share it with everybody. Especially the ones who have been mostly deprived of the spiritual knowledge. I just sometimes feel like hugging people and pouring the entire spiritual strength, divine energies into their heart. My happiness lies in connecting people with God whoever they are. If you think it is too good to be true, I can't help you but this is what it is.

Lesson 2 - Word of Advice

I want you to always speak the truth. Never lie because a lie is a deception. You are misguiding people when you are lying. Do not lie. You don't want to share anything with anybody? Don't share it; stay quiet but don't lie.

God doesn't like it. It's not even good for your own self. If you lie, nobody will ever trust you. I mean it's okay to be blunt and outspoken than to be meek and deceiving. Do not lie. A lie is a great mischief.

Never lie and be honest in everything you do. If you don't feel like doing something good, don't do it. Don't do anything half-heartedly.

This is what His Divine Eminence Gohar Shahi said, 'If you want to do something, do it whole-heartedly because if you do something half-heartedly you will never be successful. Do it whole-heartedly; otherwise don't do it'.

- Sufi Master Yunus AlGohar

Lesson 3 - Awakening the Spiritual Sensory System

Spirituality is about enlightenment.

It's about the awakening of your spiritual sensory system. It's not about becoming a saint of God who is able to work miracles. This is where the hint of glamour kicks in and a lot of people want to adopt spirituality for this reason, that they will become a saint of God and they will work miracles; they will show off to the world how Godly they are. Don't do that; you will fail in spirituality.

Adopt spirituality for the sake of enlightenment; for the purpose of awakening your souls.

And then concentrate on your spiritual progress and don't ask questions which are irrelevant to your spiritual journey because you are wasting time.

If you're sitting in your classroom in your college and there is a lecturer, and the lecturer is giving you a lecture on chemistry. If you start asking him questions about history, you think he's going to answer your questions? He won't. Why? Because he is teaching you chemistry.

Similarly, you have to show how earnest you are in your enlightenment. So stick to the point. Do a lot of Zikar. more Zikar you do the better it is to tackle negativity around you. You do not know the level of negativity of each individual around us.

Lesson 4 - Positive and Negative Aura

There is an aura around everybody, and that aura is made up of what comes out from within you. If you have divine energy and divine love in you, obviously the aura around you will consist of good vibes, good light, good energy. And if you only have hatred and negativity in you and nothing will come out positive, no divine energy, no love - so just imagine how bad your aura will be. And you will carry that aura with you.

Any spiritualist who has spiritual insight will not want to come near you with a negative aura. For instance, if you are soaked in shit and you're walking in the street, do you think people will want to come near you, hug you, shake hands with you? No. Why? Because you are covered in shit.

This is why those who have spiritual insight, who have the 3rd eye open, who can see your inner and outer aura, the moment you come in front of their eyes they will not want to associate with you, they will not want to socialise with you.

But as a Sufi teacher, I do not show that attitude to anybody. However, I'm able to see your aura. My frequencies can catch any vibes coming out of your body; of your Lower Self.

So at the same time, those who have gotten the Activation of the Heart, they are now on the path of making a positive aura around them. And believe you me, the moment you have this positive aura around you, whenever you come close to somebody who has a negative aura around him or her, you would feel devastated; you would not want to stay there in their company even for a microsecond; you will want to run away from there!

And people will ask you, 'What the hell has happened?'

'I don't feel good!' And you will not understand why.

It is because of your aura.

Now because of the Activation of the Heart, you have a wonderful, positive, divine aura. The divine energy is emanating from every pore of your body and making a circle around your body. That circle; that aura will want to keep a distance with negative auras. And those who dismiss this truth, what happens is their aura is gone, and they come under the control of negative auras, and negativity then enters into their body and effects on their heart, and on the production of divine energy inside.

And the Quran said it very clearly, ‘Oh the ones who believe, do not keep the company of the hypocrites, lest the fire of their heart reach your hearts and destroy everything.’

Let me give you an example:

Right now, we’re going through the pandemic. What do you understand by social distancing? You don't want to be too close to each other lest you infect yourself with a virus. You can do that in order to protect yourself from the virus. Why can't you do it in order to protect yourself from the negative energy that can come out from people? You can do social distancing in order to protect yourself from Coronavirus. Why cannot you do social distancing in order to protect you from negative or toxic, narcissistic, psychopathic, psychotic people?

The world is full of such people who are narcissist - ‘my way or highway’ type of people. People who dismiss the reality and the truth without a single reason. They’re always toxic; negative; always talking bad about Sufis; talking bad about others. And they call themselves really civilised people; well-mannered; well-behaved.

When you have adopted spirituality, Activation of the Heart is working for you, divine energy is being produced in your heart, now is the time for you to introduce social distancing.

If you don’t you will be infected. Some people are so toxic, you sit with them for half an hour and you're half like them

So you must understand what aura is. What type of aura will be around your body depends on how enlightened or negative you are. Do not think that from the inside you are dark and on the outside, you have a very good aura. People will tell you the wrong stories about aura. Aura depends on the enlightenment of your souls.

And that aura is constantly changing. Even if somebody who has the enlightenment of the heart, but the moment he has some negative energy out of anger or out of anything else, they will also come out, and there will be a mixture of positive and negative energy. This is why we need to get rid of this negativity forever and concentrate on our enlightenment so that our aura remains pure at all times.

Sufi Master Yunus AlGohar's answers to Sufi students' questions:

“Sometimes I feel negative aura/uneasiness in the company of pious people. How to get rid of negative aura in this kind of situation?”

Well, you think they're pious. Pious is one who is pious inside. If your inside is dirty, and your outward is decorated; too much worship; no bad words, but inside is filthy you will definitely have a negative aura. Because your aura is made up of what comes from inside you. Do as much Zikar as possible. Meaning, protect yourself. The best thing is after Zikar one shouldn't speak much; shouldn't meet anybody; go home, sit alone or sleep. That should be the last thing you do after Zikar.

“Is aura a result of thinking or soul?”

The problem is, my friend, that we go for the face value and this is why we get confused. This man is very nice, he goes to a church regularly or a mosque regularly; he's growing a beard; his dress is very nice, very conservative. And this is what we think of the religion or the meaning of a religious person but we don't want to know that it's all about inside. If the heart is corrupt, if there is too

much negativity inside you so obviously the aura will definitely be negative because the aura is made up of whatever is coming from inside you.

“As I have noticed after Zikar, these things provoke you to speak or do ugly things.”

Yeah, so that you lose your divine energy. So you waste it. That’s why.

Chapter 9: Spirituality: A Soul Science

Spirituality: A Soul Science

We will be speaking about one more important point and it's about spirituality, practising spirituality; making a choice about spirituality.

The problem today is that a lot of people have a lot of questions about their faith, about their religion and they don't get the answers, especially trustworthy answers, which is something that can appeal to your heart; something that is logical, rational and fits in the intellectual regime.

A lot of questions about religions cannot be answered by religious scholars mainly because there are two aspects of every religion; the outer aspect of the religion and the inner aspect of the religion.

Spirituality is soul science and our real being is not our body, it's not our mind, it's our soul.

Before we were born into this world, we did exist but not in this form. So our true existence is our soul.

Mortality and immortality - we are representative of both. Our body represents mortality and our soul represents immortality.

Our life in this phenomenal world is very temporal and the life which we will have hereafter is eternal life. The quality of that eternal life will depend on what we do here. So if we waste our time here in this world and we don't enlighten and awaken our souls, and we fail to appreciate what spiritual treasure has our Lord invested in us, that will be a total disaster of our life.

Religions have lost their glory and religious people are more into rituals and festivities of the religion, rather than finding a religion, a way of mediumship to obtain nearness to God; to find the path that leads to God.

We have a very volatile state. A lot of people are distancing themselves from religions. Not because religions are not good but because the people who represent the religion have double

standards. They will grow a beard, and their attire is very religious, their looks are very good, but inside them they're monsters.

Lesson 1 - Adopting Spirituality

A lot of people do not know what happens when you adopt spirituality. They think it's yet another kind of knowledge like physics or chemistry. They will read a book, study a book, understand it and that's it. They don't know that it has a lot of emotional impact and spiritual impact on your senses; your physical senses and your spiritual senses.

For example, when there is only one person awake in the entire household everybody else is sleeping there is almost no movement but when everybody is awake in a household then you will see movement, talking. Same is the case with you. When you adopt spirituality and you awaken your souls, now there is a lot of movement inside you.

Before the awakening of your (celestial) souls, there is only one soul which doesn't need awakening which is already awake and that is your Lower Self (Latifa e Nafs). So all the emotions that you have come from your Lower Self: happiness, hatred, love, jealousy, envy, stinginess.

But the moment your other souls, celestial souls, are also awakened and they are taught to remember God and individually they vibrate with God's name, they also start generating emotions in us. These emotions are for God. And these emotions are more prominent in us; they are stronger than the emotions of the Lower Self.

When your souls start getting enlightened, you begin a new journey in spirituality in this world.

Your mindset changes; your sensory system changes; the meaning of happiness changes; your likes and dislikes change and you become a different person.

Even your friends change. Unfortunately, you cannot change your mother and father! But your friends change because you want to befriend those who have the same understanding of life.

And your love increases for God and those who belong to God. Before enlightenment, your body is controlled by your Lower Self but as soon as the heart gets enlightened there begins a tussle between the heart and the Lower Self.

In the beginning, you become double-minded; what should you do? This or this; good thing or bad thing? Good and bad, good and bad, good and bad? Sometimes you want to do good; sometimes you want to do bad.

If the Lower Self is stronger than the heart, you want to do bad things. But as soon as your heart gets stronger than your Lower Self, then you become prone to doing good stuff. Even if nobody tells you to do good stuff you develop this feeling inside you like you want to do these good things.

Before you adopted spirituality, you may be very ambitious, 'I want to do this; I want to do that; I want to have a big business.' But after enlightenment, your interest towards obtaining God's love and nearness becomes more important to you and you become less ambitious.

You begin to understand that this life is very temporal. 'So as long as I have everything; all necessities of life and comfort, and I'm living in comfort, that's enough'. Some people have everything in their life: luxury, comfort, money, the best of everything. They still want to make more and more money. It's like they want to dedicate their lives to making money - and making money becomes their only goal in life. But that will not be the case with you when you adopt spirituality.

After the enlightenment of your heart and purgation of the Lower Self, you will become less ambitious; you wouldn't be going after money and material gains like a mad dog. You'll be working for this world as long as all the necessities of life are still achievable; and comfort and luxury that you need, that is accessible to you; there is a limit.

But without the enlightenment of the heart, this greed in the heart 'more money; more money' even if you don't need it you want more, that thing goes away. And to a lot of people, this is a remarkable change, especially for those who have a lot of ambitions in their heart; those who want to become a billionaire; those whose only goal in life is to be as rich as possible.

Lesson 2 - How to Practically Love God

In a relationship, when the heart is enlightened, your love gets divided. Before the enlightenment, you love everybody in your family and you love them so much, but the moment the heart is enlightened, your love is more towards God and relatively less for the immediate family or the relatives.

Now, this is a remarkable change. Some people don't understand it. Some people will complain, 'Oh you have changed.'

And this happens because we have always taken the religion very lightly in a sense that we never thought that 'What would be loving God practically?'.

For example, if you have a girlfriend or a boyfriend and you say to them you love them, you do a lot of things to prove it to them that 'Yeah, I love you'. You have to do a lot of stuff. But when it comes to God, we [Muslims] think five times prayers, reading the Quran is enough to show to God that we love him.

But spirituality tells us how to practically love God.

Our emotions towards God begin to build up, and they have to be materialised in our practical life. They are not just sitting there in the heart 'Yes, I love you, God.' No. Spirituality materialises them into practical life and then a time comes when everything starts to revolve around God in spirituality because you develop this very intimate relationship with God, where the heart is connected with God, it's generating divine energy.

No matter how much we love somebody it will never happen that our heart is eternally occupied with their remembrance.

We love our mothers and our fathers so much, don't we? We love our children, husbands and wives so much. But when we are sleeping our heart is heedless of them. But look at the nature of God's love; when God's love, when God's name is implanted in the heart and the beats of the heart vibrate with God's name, 'Allah

Hoo. Allah Hoo' and you're sleeping and your heart is busy. That is something; that should represent love.

Every girlfriend should demand it from their boyfriend, 'If you love me, can I beat in your heart?' And they can't do it because this is a unique way of expressing love; something man cannot do. It's a gift of God.

This is why everything that belongs to God is totally different. How would you feel if your heart is vibrating with God's name? He's always on your mind. Isn't he?

Just imagine there is a parrot and you are required to keep that parrot with you all the time, and the parrot is saying the name of your wife all the time. You can't take your wife off your mind. What if this goes on inside the heart? Can you imagine that? A parrot sitting next to you and constantly repeating your wife's name. Can you take your mind of that name? No insecurities. You wouldn't be able to look at any other woman. Buy a parrot!

Do you realise how clever God is? So that you cannot be heedless of him, he's told you to remember him within the heartbeats. And every time God's name is synchronised in your beating system, it generates divine light, it generates positive energy.

For example, some people take a lot of sugar in their tea - two or three spoons of sugar. If you put three spoons of sugar in one cup of tea, it would all taste like sugar. You won't even taste tea, will you? I don't think you will.

Just imagine there's a lot of divine energy in your blood. Your blood will not remember anything else. Your sensory system will not recognise anything else. Only God.

When God's light (divine energy) is mingled into your bloodstream and it completes the cycle and there is divine energy everywhere in your body, no part of your body can literally become heedless of God because God's energy is running through

your bloodstream. And that will be the nature of your relationship with God.

And it's just not just heart, there are five souls in your breast: the Heart, Soul, Sirri, Khafi, Akhfah and then you have one soul in the head, Ana. You have seven souls [including the Lower Self]. The amount of divine energy that is produced inside your body after all the seven souls have been enlightened and awakened, the amount of divine energy will be enormous.

Just imagine when you drink one cup of hot coffee, you feel hot. In winter, if you're feeling cold you take one hot coffee, and you'll feel better. And when there is divine energy all over your bloodstream, will you not feel divine? You'll feel different.

Lesson 3 - The Path of Transformation

Expect a radical change in your behavior when you adopt spirituality because spirituality is a path of transformation, transportation, transfusion - it transforms you. It turns you into a different person. All the negative traits diminish in the presence of divine light. Negativity has to leave and that divine energy starts to control you and you're controlled by God.

Whether it's God or human beings, through different relations we are all trying to control each other. Aren't we? Parents want to control their kids, wife wants to control the husband or sometimes husband wants to control the wife, friends control friends - it's all about controlling each other. But the best option we should have is that we should be controlled by God.

A lot of people are controlled by their passion, by their desires, and they become selfish. At least when you're controlled by God, you don't become selfish. You love everybody; you don't hate anybody, you don't harm anybody because you learn to appreciate the fact that every single human being on earth is God's creation and the colour of skin doesn't really matter. You can be coloured, white, black, brown, whoever you are, you're still a creation of God.

As a human, you're no different from any white or black or coloured because the soul doesn't have any colour. You learn to respect humanity and the understanding of the religion also develops radically.

For example, a Muslim will only think good about Muslims, 'Oh he's Muslim so he's okay. He's Hindu, no no no I don't want to associate with him.' That's bad. 'These are Jews', 'These are Christians', 'These are Catholics'.

Our Mullas tell us they're all infidels but they are liars. They are Ahle Kitab (People of the Book), right? Abraham was sent by the same God; Moses was sent by the same God; Jesus was sent by the same God, and our Prophet Mohammad was sent by the same

God. So when they were all sent by God, they brought celestial books with them from God, how can they be wrong?

We should respect all religions. We should respect Jesus, Moses, David, Jacob, Joseph, Isaac, Adam, Abraham - because all these individuals are messengers of the same God. Our God is the same God; God of Israel; God of Jacob, God of Moses; God of Jesus; God of Prophet Mohammad. Same God - he is only one God.

Lesson 4 - True Worship

Everybody worships the same God in a different way.

Muslims worship him in a mosque; Hindus worship him in a temple; Christians and Catholics, they worship him in churches; Jews in the synagogue.

Sufis want to worship him in the heart - that's the best place; better than a mosque; better than a church; better than a synagogue.

One time, Prophet Mohammad was in the Kaaba and he pointed at the Kaaba and said, 'O' Kaaba, I swear to God, the heart of a Devout Believer is far greater than you,' and then he said, 'The heart of a true devout is a dwelling of God. The heart of a devout is the Throne of God.'

Mevlana Rumi said, 'Control your heart; purify your heart. If you manage to purify your heart, it is equivalent of obtaining Hajj-e-Akbar. It was Abraham who led the foundation of holy Kaaba and your heart will be the passage through which God will pass by'.

When the heart is enlightened our religion tells us, 'It's greater than a mosque; greater than the Kaaba'. We on the other hand want to make sure that we're standing in the Kaaba and our heart is in Dunya. But what God wants from you is different. God is okay if you are in Dunya and your heart is with God.

Just imagine, you're sitting very close to your wife or your girlfriend and you're thinking about some other woman. Is it acceptable? It's not acceptable. What if she finds out? 'Right now this man is hugging me, embracing me but mentally he's thinking about somebody else.' She would think she was better off away from him and close to his heart. Physically maybe away from him, but spiritually close to his heart.

So what's the use when you're standing in Kaaba and your heart is not there? Your heart is in Dunya. Your heart is overflowing with carnal desires. It's not there, only this body is there.

When you're sitting with your girlfriend or wife; you are very close to each other and you're thinking about some other woman, and it's not acceptable to your girlfriend or wife, why do you think it should be acceptable to God that you're standing in God's house, holy Kaaba but your heart is somewhere else?

This is the problem that Sufis can fix. Sufis concentrate on the heart, not your journey to Kaaba. Once your heart is aligned with God's desires, you can perform Hajj anytime.

Lesson 5 - True Love

The heart is the place of love.

You don't love anybody with your nose, with your tongue, with your eyes. No. Whoever is in your heart you love them.

If someone says 'I love her' and after two months there's a breakup, and then they say 'I love her now', how can that be true? Love doesn't perish. Love is immortal. If it is true love, the beloved doesn't change. So you loved her for two months, then you had another one and then you loved her for one and a half month, and then you had another one. So you have loved so many beloveds, who is in your heart? Do you want to know who is in your heart? The Devil.

True love is not because somebody is handsome or beautiful. True love is not because somebody is wealthy. True love is because somebody has this love before their birth. In the realm of the souls, they lived together; the souls lived together. This is why you call them soulmate. It's just not a word.

What Is A Soulmate?

A soulmate is somebody with whom you lived together in the realm of souls. You lived together; your soul was together with somebody in the realm of souls. And then when you were born in this world, and that soul was also born in this world, the moment you look at each other you will feel very strong vibes; you can't take your eyes off; you cannot live without them - that is true romance without any other reason. Not because they are handsome or beautiful. Not because they have a lot of money. It has nothing to do with the colour of the skin, nationality.

True love is dangerous. When you have this true love, whoever you are, whatever is the colour of your skin will not matter. You can be anyone. And that true love is whence your souls lived together in the Primordial Times before your birth.

For example, Qais (Majnoo) loved Laila so much; he was totally blind to everybody else. Wherever he would see, he would see the face of Laila. One time he was just walking in a desert and he didn't realise that somebody was standing there and offering salat. So the guy who was offering salat, he came after him and said, 'You didn't respect the fact that I was offering S?'

He said, 'I'm sorry. I was lost in Laila, I didn't notice.' And then he said, 'But you were offering Salat to God, how could you notice I was passing by?'"

Today our love is very superficial, very weak; it's not very profound; it's not very real. It's for reasons. Love doesn't have a reason. In love, there is no reason. If somebody asks you, 'Why do you love him? Why do you love her?' And if you told them the reason, it's not love! It's not love because love is reason-free.

And this love that you have because you lived together in the Primordial Times is not indifferent to God's love.

Even if you love another human being and that love is true, without any reason, God will count it as worship to him.

The Bible says, 'Love God, your Lord with all your heart; with all your soul; with all your strength. One who doesn't know love, he doesn't know God because God is love.'

So in order to understand God, we need to understand love, and then obtain love. Without love no worship is acceptable.

Lesson 6 - A Unique Gift of God

There is a problem with spirituality and the problem is when you change a religion you're free to do so, right? But in spirituality you embrace God, you cannot change God.

Spirituality cannot be forced upon anyone. Why? Because it has to be approved by God. Your heart will embrace God's love only after God's approval. And how will you know? How will you even apply for God's approval? That's why you need a Sufi Master.

A Sufi Master is somebody who is appointed by God. In our contemporary times, there are millions of "Sufi Masters" and a majority of them are those who have studied some books and they have claimed to be Sufis; or those who come from a family where there was a saint of God in any past generation.

A Sufi doesn't have a unique getup like the religious people have.

Because Sufism has to do with the enlightenment of the heart and awakening of the soul, therefore their emphasis doesn't lie on their attire, their outfits, their physical appearance.

In order to be a Sufi, you may not be growing your beard, but in order to be a Sufi, you must be willing to adopt the way of love. Find a Spiritual Master, a Spiritual Guide and that guide will contact God. He will say to God, 'This person is here and he wants to adopt spirituality, he wants your love.' If God is willing to offer his love, he sanctions it; he approves of it, and when he approves, he asks the Spiritual Guide to implant word Allah in the heart.

When word Allah is implanted in the heart, subsequent to this implant, every beat of your heart is transformed into Zikar (commemoration of) Allah, 'Allah Hoo. Allah Hoo. Allah Hoo'. Now you're approved by God. If you want to quit it, you quit God.

Not everybody is successful in spirituality because it is subjected to God's approval. This is why you see there are so many saints of God everywhere in the world. If it was so easy, every single Muslim would have been a Sufi.

Those who are willing to adopt spirituality seek a Spiritual Guide who will then seek God's approval. Once you are approved by God, God's remembrance, the invocation of God's name will settle in your heart and that will be your first step towards Sufism. And if God doesn't approve, he rejects, then nobody can teach you spirituality because you've been rejected by God. And what will be the sign of rejection? The implant of word Allah will never take place and because this implant of Allah will never take place, you will become sceptical about this knowledge about spirituality, and you will begin to think, 'Oh it was just a beautiful talk, there was no reality; it's just hearsay. This is what people imagine, it's not reality.' And in no time you start rejecting spirituality.

So you cannot force anybody to adopt spirituality. Why? Even if you force them to adopt spirituality, you still need God's permission; God's approval. Without God's approval, nothing will work.

Only one person out of a million is approved by God. Because this is a unique gift of God. It's spirituality. Your heart gets awakened; enlightened. Your third eye is open. You come out of this material body; you realise what your real existence is. Your souls are awakened and they start corresponding with their respective realms.

Lesson 7 - Witnessing the Divine Splendour

The heart comes from Alam-e-Melkut. When the heart is enlightened it starts corresponding to the Realm of Melkut. When the soul is awakened and strengthened with divine energy, it starts to perform spiritual journeys through Transcendental Meditation and it can access the Realm of Jabrut. And with this last soul in the head which is called Ana, this is the one with the enlightenment of which you will be able to see God in person.

Just imagine how would you feel; you're still alive and you've seen God.

When you see God, your soul in the head, which is called Ana, acts as a webcam; it serves as a satellite. You're sleeping and during your sleep, this soul will leave your body and it will arrive at Alam-e-Ahadiyat (Realm of Divine Oneness) and this soul will be in presence of God. You're sleeping and in your dream, there will be a transmission through this soul, and you will be seeing God in your dream.

When this soul is in God's presence it records what it sees and then it sends it to our eyes. For instance, we send a video [to others] either through social media or Bluetooth connection. Similarly, spiritually what this soul will see, it will transmit what it has recorded there to the eyes - the eyes are closed and we can see God's face - then from eyes, the image of God will be transferred to our heart and then in the heart, the image of God will settle forever. Thereafter every time you want to remember God - Allah Hu - you close your eyes and you see God's image in your heart.

The Quran said, 'And God has written faith on the hearts of faithful people.'



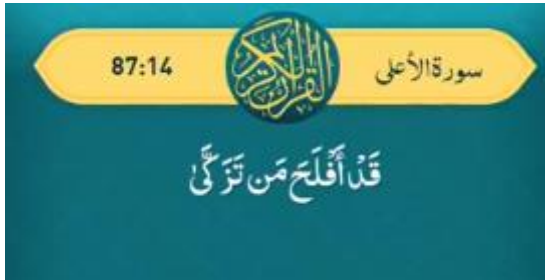
Just imagine the quality of that prayer and worship in which you verbalise God's name but you see his image in your heart!

This is what Sufism can do for you. But it takes time. It will take time. Why? Because there are a lot of souls to enlighten. There is a lot of work to be done before you're finally able to see God. Especially the Lower Self which is full of negativity.

The agent of the Devil; the Lower Self. This Lower Self has to be purified. It's not easy but it's not impossible. A lot of people struggled and stumbled but they didn't fall. They were able to purify their Lower Self.

Lesson 8 - The Art of Purifying the Lower Self

The Quran said, ‘And verily one who has purified himself will be successful.’



Now, we need to learn the art of purifying our Lower Self; enlightening our heart.

When the Prophet of Islam said, ‘Cleanliness is half of your faith’, he did not just mean to ask you to clean your body.

Everybody; even non-Muslims take a shower. Some people take a shower everyday. Cleaning your body is your hygienic necessity even if it's not part of your faith, you will definitely do it. Everybody is doing it everyday. You go to the toilet, you clean yourself. You won't like to come back unclean, would you?

So the type of cleanliness that the prophet is talking about is not the cleanliness of your body, it's about the cleanliness of your souls, especially your Lower Self which is proving to be a safe haven for all the carnal desires; making you crazy go after Dunya.

Some people, in the name of the religions, deprive themselves of luxuries but the desire of that luxury remains in the heart. That is not purification.

Purification is to do with vanishing of the desire; complete cut off from the desire. And that doesn't happen.

It's not about mind over matter; it's about purification. It's not about depriving yourself of some kind of luxury. No. That desire within has to diminish and that will not happen by reading the Quran.

A lot of people are reading the Quran. Wahhabis are reading the Quran; Sunnis are reading the Quran; Barelvis are reading the Quran; Pakistanis are reading the Quran; Indians, Arabs, Bangladeshis, everybody's reading the Quran. Still, nothing happens because it's not about reading the Quran. It's about first purifying yourself; making yourself worthy of the Quran.

You don't eat food with unclean hands, do you? No, you don't. So why do you think when the heart is unclean, the Quran will enter your heart? You have to purify your heart.

Even now in pandemic time, every now and then we have to sanitise our hands to keep ourselves clean. Sometimes the dirt is not visible, but it doesn't mean you're not dirty. For example, this Coronavirus, have you ever seen it? No. You don't see it. If you can see it, there will be no lockdown, you can avoid it. So sometimes dirt is invisible - a lot of times. There are millions of bacteria all around us. Even after this pandemic ends, we still have to sanitise our hands and lather the soap at least for 30 seconds whenever we wash our hands. The body is clean, the mind is clean.

And the same is the case with the religion; with the Quran; with the heart. You're not committing any sin, right? You can abstain yourself from sins but the desire of sin is still there, so the inside of you is still impure.

Lesson 9 - Inner Aspect of Religion

We greet others with 'Assalam Alaikum' but in the heart, if I hold grudge against you, that's deception. Isn't it?

Assalam Alaikum. We don't even know what does it mean. Peace be upon you. God is so compassionate, look at the greetings. Every time we see each other we have to make prayer for each other: Assalam Alikum - Walaikum Assalam. Meaning: May peace be upon you, and in return, and may peace be upon you. We're sending and requesting peace from God upon each other, but in the heart, we hate each other. Does it make any sense to you?

We're standing in the prayers and thinking about our business. Do we mean it; the prayer? We're only taking our bodies; we don't want to remove the dirt from our hearts; from our souls.

This is why in every religion people are so bad. They will call themselves Muslims, but they don't behave like Muslims. They will call them Christians but they won't behave like Christians. You read the Bible and then look at the Christians. You read Bhagavad Gita and Vedas and then look at Hindus. And you read the Quran and then you look at Muslims. Two different things. You will not see Islam in Muslims today. You will only see it in the books. Why? Because we have constantly ignored the most important aspect of the religion; the inner aspect of the religion. Our soul.

We can grow a beard; we can look like good Muslim; nice clothes and hold a rosary and wear an imama and everything, but inside we're so cruel. Every time we want to help somebody we want to know what will be the reward if I help this man? And before I help somebody, I want to know whether he's Muslim. If he's Hindu, I don't want to help him. Islam doesn't teach us that.

Do you know what Islam says? 'You cannot be a Muslim if your neighbour sleeps without food.' Your neighbour; the prophet didn't mention the religion of that neighbour. If your neighbour sleeps without food, your Muslimhood has a question mark.

And what are we doing today? Calling each other infidels, “Wahhabis are infidels, Barelvis are infidels, Sunnis are infidels, Shia is infidels.” We are hatemongers. That’s not Islam. Prophet Muhammad was full of love; full of compassion. He did not hate anybody; he loved everybody.

And look at what we have done, there was one country called India. Then it was divided into two; Pakistan and India. Then it was further divided; Bangladesh, India, Pakistan. Same people, same language, same culture. We divided our land and we divided our religion. It was only one Islam at the time of Prophet Mohammad. Now there are 73 different versions of Islam. Why is it happening? It is happening because we have ignored the most important aspect of the religion: the enlightenment of the heart.

The Quran said, ‘Allah will guide your heart when you want to become a Devout Believer.’

We have forgotten enlightenment of the heart; the Opening of the Heart.

This is the first condition in Islam, ‘You enter into the fold of Islam by verbalising the faith. But you become a true devout only when the Motto of Faith (Kalima) enters your heart’.

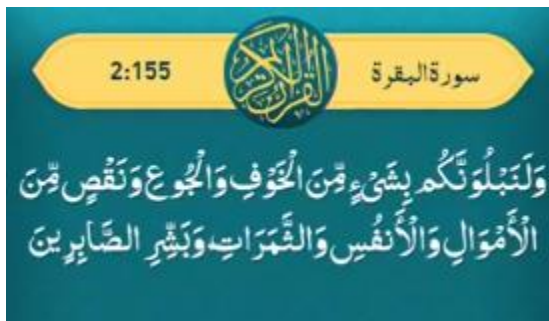
That is what is missing from our religions and from our lives.

Lesson 10 - Divine Test

We discussed that you cannot force spirituality on anybody because it is subjected to God's approval. Secondly, you can change your religion and nothing happens. No calamity; no wrath befalls you when you change a religion. However, when you have adopted spirituality after God's approval, you must remember that God is one, you can't change God. So you cannot quit spirituality. If you quit spirituality, you quit God.

Now, why am I saying if you may quit God; you may quit spirituality? Because when you adopt spirituality God wants to test you. That is his system.

The Quran said it, 'We will test you of 5 things.'



It's terrible, isn't it? God shouldn't do that. But we do the same. When we marry, our parents enquire about us. Your parents will want to know about the girl and her parents will want to know about you; your character, what do you do? Do you have a job? How's your character? How many past relationships did you have? Everything like this.

Similarly, God wants to test you time after time. How much you love him and how much you love others? So when God tests you, these are difficult times. Some people do not succumb to his testing and they run away. This is why you're supposed to show a lot of endurance and forbearance.

In the past whoever wanted to become a Sufi would leave the cities; they would leave their homes and families, and they would make the jungle their abode for 10-12 years. And when they had finally purified themselves; they had brought God inside their heart and they became a true saint of God, only then they would come back to cities. This is why they would go into jungles. They were easy there.

But now while we're living with everybody else here in this world and we adopt spirituality, it becomes really difficult because in spirituality you're supposed to forgive others; you're supposed to purify yourself; you're supposed to get rid of arrogance, deceit, and jealousy, and envy - all the negative and evil traits.

And now while you're working on this mission of transforming your inner self, when you're wanting to go through the process of self-negation, self-denial and you're trying to adopt humility, the people around you will take a wrong message, 'What happened to him? Why is he being so humble?' They will literally humiliate you. They will not leave you in peace because we live in a world where there is a rule 'tit for tat'. We live in a world where if I smack you on your right cheek, you will smack me on my both cheeks. This is the type of world that we live in today.

It is not Jesus' time. Jesus did advise that if somebody smacks you on the right cheek, offer the left cheek. But practically you cannot do that today. You can still talk about it but how many people are there who can say 'Yeah smack me here, now smack me here too'?

So living among people in cities; you live with your families; you live with your friends and at the same time you adopt spirituality and then you begin to see changes in you, and you're advised to negate yourself; you're advised not to be arrogant; you're advised not to fall for any superficial beauty; you're advised not to develop jealousy and arrogance, and don't hold grudge against people. When you are trying to do all these things, people think you have gone mad, 'Look what he is doing. My gosh. He used to be a sound, sane boy. What has happened to him?' And their behavior

changes. People start thinking, 'I think he's out of his mind; he's gone crazy.'

This disappoints you too, not just God when he tests you. When you see changes in the behavior of people that you're surrounded by. They look at you with a very naive look; a smirk on their faces. You're hurt. They humiliate you and you do not retaliate. They take the mick out of you and you're kind, you're compassionate, you forgive. And when you say, 'Oh, it's okay. I forgive you.' They make fun of you. People don't forgive these days, do they? Tit for Tat. If you show compassion and generosity, they will loot you. They don't understand generosity. They think, 'He's a fool'.

In today's world. If you see somebody is not financially okay and you lend them money, 'Take 5000. Give me whenever you can'. You're being very nice. You're being very compassionate. He will not think 'Oh, this is compassion'. The first thing that will come to his mind is 'Something is fishy. There must be some hidden agenda because this is not normal. Why is he so eager on helping me?'

Now, we all want all the divine attributes in humans today. We want people to be compassionate. We want them to be generous. We want them to be forgiving. But when you see something like that in practical life, you can't take it. 'Why is he so generous? No no, he can't be generous. There must be some hidden agenda.' So the change in the behavior of people around us also discourages us [in our spiritual journey].

But you have to be strong-willed. You have to be determined. No matter what, you do what you should do.

You will not lower your levels in morality in order to compete with people who have no moral values. You will never go down in morality. You must align your deeds with your values. And that is true self-esteem.

Chapter 10: Origin of the Soul

Lesson 1 - Soulmate

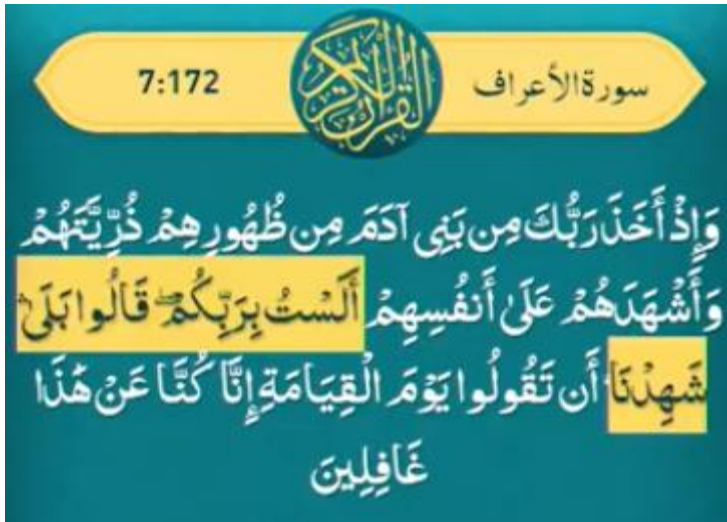
“How does one know when they meet their soulmate?” - Question asked by a Sufi student.

The word soulmate is very commonly used these days. An 'ideal spouse', that's what it really means these days but in reality, it's different.

Let's go back to when God asked everybody whether God was their lord [in the Primordial Times].

Having created all the souls, they were all gathered in the presence of God and God asked them if God was their Lord: Alast be rabbikum.

Qaalu bala shahidana: And they said, 'Yes, we witness to the fact'.



Now subsequent to this, God had displayed different scenes in which different types of luxuries and comforts were exhibited in front of all the souls. And after the souls present there had made

their choices - for instance, God showed the luxuries of this world and he called upon souls, “Whoever wants to get this, go ahead.”

So those who leapt towards the luxuries of the world, the choice was recorded in the book of their fate. And then comes yet another display of luxuries and this time it was the luxuries of the paradise. And those who leapt towards the luxuries of the paradise that was recorded in the book of their fate.

Obviously now the souls were divided into two major categories: those who want luxuries of the world and those who want luxuries of the paradise - there are 7 different types of paradise.

You have 7 souls in your body:

- Latifa e Qalb - Spiritual Heart
- Latifa e Rouh - Main Human Soul
- Latifa e Siri - Secret
- Latifa e Khafi - Arcane
- Latifa e Akhfah - Obscure
- Latifa e Ana - The Higher Self
- Latifa e Nafs - The Lower Self

For example, you're at Heathrow airport and everybody is just going inside the airport, holding their passports and their luggage but not everybody is going to one destination. They're all going to different destinations. But one thing is clear; they're using the airport. So all those who are travelling on the same flight, they will all gather at one particular gate, they will be travelling together; sitting together.

In a similar way, when the souls who leapt towards the luxuries of the paradise were sorted and shortlisted, they were divided into seven different groups because there are 7 different paradises.

- Dar ul Khuld
- Dar ul Salam

- Dar ul Qarar
- Dar ul Adan
- Dar ul Ma'wa
- Dar ul Naeem
- Dar ul Firdos

There are different localities; there are different neighbourhoods in the higher realms. Those who are supposed to enter into Dar ul Khuld - the lowest of all paradises - in the Realm of the Souls, they will stay together. Those who are going to paradise number two will stay together. This is because they are like-minded. It has already been decided and sorted. Now, this is the description of their life before their entry into this phenomenal world.

Now those who stay together they develop 'affection' for each other. Affection is developed when you live in close proximity. When you live together, you develop this kind of attachment and this attachment is very similar to affection; a very affectionate attachment.

Lesson 2 - Soulmate: Origin of the Soul

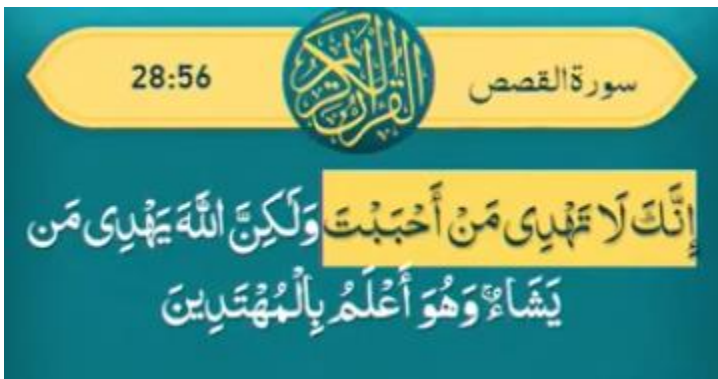
When a baby is born you do not know where the soul is coming from. Maybe you're a good man; you're a devout believer. Maybe you're a very devout Christian, devout Hindu, devout Muslim. And your wife is a wonderful faithful lady, she loves God. But when the baby is born in one household, God doesn't have to give you yet another devout soul just because you are a devout believer in God.

Any soul can take birth in any household regardless of their spiritual status; regardless of the nature of their faith. This is why sometimes a devout believer is born in an infidel household. And sometimes an infidel is born in a devout household. And people say, 'Oh look at the upbringing of the parents! What have they done?' It's not just about upbringing. No.

Guidance is gifted by God alone. No messenger of God, no prophet of God, no saint of God can interfere with the matters of guidance.

It is dispensed by God himself; whomsoever he wishes to guide he does so. If he doesn't wish to guide anybody you will not find anybody to guide him.

The Quran said, 'O' Prophet Muhammad, you cannot guide anybody that you love'.



Granting of guidance it's God's job; only he guides. That's his decision. It doesn't mean the prophets and messengers are incapable or incompetent. No. God grants them tasks and projects and they work on those projects. They cannot pick and choose or say 'God I want to do this'. It's God who decides what Moses, Adam, Abraham, Jesus and Prophet Mohammad will do because God is the creator.

The Assortment of the Souls

So the souls are assorted. You don't know what the origin of the soul is when a baby is born in your household. You don't know because you're a normal person.

In most cases, if there is a baby which is born in a Muslim family, they learn rituals of Islam from the parents. And as they grow up and they become an adult, they change their minds and decide, 'No I don't want to be Muslim' or 'I don't want to be Hindu' - or maybe if their heart is not willing, they don't want to change their religion but they become heedless of their religion. They have no interest. Their parents accept it and think their child is a non-practising Muslim or non-practising Christian.

But that's not the case; it's about the origin of the soul. They may go to churches, mosques and temples because they have been brought up in such a religious way, so they will do everything that they have seen their parents doing but the heart will not be there in everything that they're doing.

The souls are sent by God. And God can send any soul to any household but if two souls were together in the same locality and they are born in the same time frame, the moment they see each other, their souls recognize each other and they feel like they cannot live without them because this attachment was developed when they were not even born here.

This attachment developed in the Realm of the Souls cannot be fake and this is called true romantic love. There are many examples in South Asia and in the Arabian peninsula. Like Qais

and Laila; Shirin Farhad from Iran. Shirin Farhad they loved each other so much. But the strange thing is, all these romantic lovers never got married but they loved very religiously. They believed in the oneness of love; they didn't look at anybody else.

If you lived with some soul in the same locality, in the Realm of the Souls up there in the higher realms, that is your soulmate. And it doesn't have to be a woman and a man; they can be both men [or women]. But love has nothing to do with gender. According to our understanding love has to do with the opposite sex but this is a chemistry of two bodies. We are talking about real love. It can be between a man and a woman, it can be between a man and a man, and it also can be between a woman and a woman but it is not physical. It is a spiritual bond. It's a platonic love; a pure love.

“What are the signs when two souls of the same locality meet each other?” - Question asked by a Sufi student.

They have this attraction; unavoidable attraction. You meet them for the first time and it's like your heart is in your sleeves. You are done and dusted there; you're gone! This is what happens when you bump into your soulmate. No questions asked. That's what it is. Only this concept of soulmates can justify love at first sight. If you rule out this possibility of having a soulmate, then love at first sight is very filmy.

Lesson 3 - Astral Projection

Spirituality, strangely enough, is a very naive sort of thing to a lot of people. People who live in the west and have a western mentality and also religious people, like orthodox Muslims, and orthodox Christians, orthodox Jews - they also do not know anything about spirituality.

More importantly, people who promote spirituality these days, people who call themselves Sufis don't know spirituality. They have made a business out of spirituality. They have a Sufi attire; they develop Sufi looks. But they don't know what Sufism is.

Spirituality is about your spirits, it's not about your beard or your clothes. You can wear any dress as long as you are working on the enlightenment of your souls. Your dress, your looks do not become an obstacle, it doesn't obstruct you from becoming enlightened. It has to do with the enlightenment of the souls.

Especially Muslim Sufis these days, if you look at their practice, they're the same as any other religious group; whereas Sufi practice is totally different. The Sufi practice is more into enlightenment, purification, the awakening of the souls and developing this ability to obtain astral projection; to project yourself to celestial realms.

Astral projection is all about out of the body experience. When your soul leaves your body and performs a spiritual journey that is astral projection. Obviously, before this happens you have to prepare your soul for the spiritual journey. You cannot take it for granted that one day your soul will leave. No, you have to prepare. You have to enable your soul to perform a spiritual journey.

If you're aiming for astral projection, this is what you need: enlightenment and awakening of the souls.

When the souls are nurtured and completely strengthened, they leave your body and perform a spiritual journey and they could correspond to their respective realms.

Lesson 4 - Celestial Realms

There are six celestial realms and this [earth] is the seventh realm that we are inhabited in. This is called Alam e Nasut (The Terrestrial Realm).

The entire solar system is within Alam e Nasut - all these different planets are floating around here and there; there is a black hole, tiny little particles of stones which it is sucking up; working like a Hoover; vacuum cleaner.

The Lower Self is a citizen of Alam e Nasut. Next to Alam e Nasut is yet another realm. In nature, it's angelic. It's called Alam e Melkout (Realm of Angels). 'Alam' means realm. 'Melkut' was derived from 'malak' which means angel. A Spiritual heart is a citizen of the Realm of Angels. So basically, it's an angel but it has been granted to human beings.

The famous Indian poet Mirza Ghalib said, 'It is better to be a human being than an angel, but it takes a lot to become a human being; it's not easy.'

Remember, this is why when God created the body of Adam the Eminent One, God asked all the angels (lower or higher in ranks) to show respect to Adam and prostrate to Adam because he was great. So all the angels prostrated to Adam but the Devil refused to do so.

So we have this Spiritual Heart; this is not us. Our heart is not our property, it has been granted to us by God in order to accelerate us in excellence with this help.

We can achieve nearness to God, we can love God, we can communicate with God because this angel serves like a telephone operator. Once our heart is enlightened it works like a phone; it sends and receives messages.

God said in the Quran, 'I am closer to you than your jugular vein'
- it's about God's presence in the heart.



But God is not already in your heart, you have to bring God in your heart. You have to struggle and before you invite God to come and live inside your heart, you need to purify your heart. You need to enlighten and awaken your heart. And the moment your heart is enlightened, awakened, completely purified, strengthened in divine energy, God will come and dwell in your heart. It's not a story; it's not fiction.

The prophet of Islam, Mohammad (PBUH) said that the heart of a devout is the domicile of God.

You are not born as a devout believer. You are not born as a Muslim or a Hindu or a Sikh or a Christian either. After your birth, it is your parents who make you a Muslim or a Hindu. If you want to experiment, take a baby who was born in a Muslim family and let him live in a Hindu household. He won't even know he was born in a Muslim family. Will he? Or take that baby to a Christian household. He won't even know Islam. Therefore, the type of religion that we believe in today without making any effort, we inherit it from our household, it's not our choice. Before you really become a good Muslim, you need to study your religion. Without studying your religion, you won't get anything out of this.

So your Spiritual Heart is a citizen of the Realm of Angels. When it is enlightened and awakened, it will take three years for this angel to grow up. And after three years, this angel will gain access

to its respective realm and it will then correspond to the realm that it belongs to.

In nature, it's an angel but as soon as it's awakened, it's like a new baby is born from your physical heart, and that new spiritual baby will look like you. Angel in nature but in appearance, you. It's a gift of God to you.

In three years time, when the heart is fully grown up and reaches its spiritual puberty, it is able to correspond to its respective realm. And then you are standing in Salat; this will leave. And through this angel, your Salat will reach God.

This is why the prophet of Islam said, 'There is no salat without the presence of heart'.



Lesson 5 - Human Soul: An Alien on Earth

The Main Human Soul is on the right side of your chest. That is you; Main Human Soul. And your soul is a citizen of Alam e Jabrut. 'Jabrut' means a bridge between creation and the creator; between man and God.

You awaken your soul, and it's completely awakened - it has gotten enough spiritual strength to come out of your body on its own, and is able to perform a spiritual journey from this realm where we are today to its respective realm which is the Realm of Jabrut which is where the original worship place was built. Bait ul Mamour (The House of Anointment) is the original worship place that God had created for all human beings.

We are aliens in this world; we don't belong here.



The Jinnat - Jins - live a long life; 2000, 3000 or 5000 years and human beings die very quickly because we are aliens here. The atmosphere doesn't suit us; doesn't suit our body. What a shame, isn't it? You cannot eat paratha every day. You cannot eat nihari or qorma every day. Why? Because you fear it will give you a lot of cholesterol. You cannot eat junk food, you'll become podgy. Every winter, you'll have flu. Our body is not adjusting. If you are

40 years now, you must have seen winter 40 times. Still, it's not getting into your system because you are an alien. And Jinnat, they belong here; we don't belong here.

Remember Adam was created in paradise. Then he migrated. It was a forced migration but he migrated. Because after our life here, in the hereafter life, God will give us bodies which will never expire, we will never grow old, we will never get sick, no matter how many parathas we eat every day. That's the beauty, you can eat anything. Go to Fridays every day, go to Nandos every day, McDonalds, KFC, anything! You're still the same; no flu, no coronavirus, no social distancing. It's all because of this body. This body wears out very quickly because we don't belong here. So our soul is from Alam e Jabrut.

For example, in the sentence 'He is playing', the word 'playing' is a verb. What is 'is'? An auxiliary verb or a helping verb. Similarly, our soul is us, and other souls are helping hands, it is a divine help. With the help of all other souls, we can elevate the status of our main soul. We have the Siri, Khafi, Akhfah and Ana which are the auxiliary souls.

Lesson 6 - Ana: The Higher Self

Now, this soul in the head, Ana, it is a citizen of Alam e Ahdiyat, the realm which belongs to God. This is why God said, 'And how many of the favours of your Lord will you deny?' Don't you think this is a favours? You have in your head a citizen of the same compound where God dwells and it's been gifted to us by God.

This is our real treasure. If we manage to enlighten this soul in the head, since it belongs to the same place where God lives, when it is ready to go, it will go where it belongs. And in a systematic way, with the help of this soul, we will be able to see God.

Otherwise, we would never be able to see God because we do not belong to the realm of God. If you're a British citizen and your spouse is an American citizen, you can go and live and naturalize as an American citizen because of your spouse; and the same is for her.

In a similar way, this soul is a citizen of the same place where God dwells. If you manage to enlighten this, it will set itself free, and obviously, it will access its realm where it came from. When it is able to access its realm, this is where God is [therefore, you will access God].

It will then work like a satellite for us. The moment it reaches there, it will be transmitting images of God which we will receive onto the screen of our heart.

This is spirituality, it's very technical. It's not about just growing your beard and when it gets grey colour them with henna. No, it is about enlightenment and awakening.

Lesson 7 - Siri: The Secret

And then we have this soul Siri.

‘Sirr’ means secret.

Look, some people have a secret folder in their iPhone, where they have images of their exes, or maybe current girlfriends and they don't want the main girlfriend to know of this. They have this secret folder; they lock it; there's a password.

So there is a place where God dwells and this is where the secrets of God are. When you enlighten this soul - it's called the Soul of Secrets - and it is strengthened in divine energy, it will access its realm. And this is when you will begin to know the secrets of God. Then you will know how to please God under the table. Don't get me wrong. What I mean is, there is one way of pleasing God through religions. Where you grow your beard, you put a turban on your head and you go to the mosque five times a day, and you do everything the religion asks you to do. But not everybody is perfect in the practice so only a limited number of people will be able to access God through the religion because it's very tough. It's not easy.

Now, half of the day you would be just measuring your beard, ‘Is it one fist [length]?’ Cut it off.

But there is a secret tunnel. Obviously, it's not in the Quran. If it is in the Quran, it's not a secret. The Quran is available widely to everybody, even those who're not Muslims, they also read the Quran. But there is a secret tunnel.

Those who have enlightened the Soul of the Secrets, they come to know of God's secrets and then they tell people how to please God in a very unorthodox way. This is why a lot of people seek saintly help. They find a Murshid e Kamil (Divinely Ordained Spiritual Master); they believe in all these mystical personalities for a reason.

We read the same Quran as the spiritual dignitaries did; we go to the mosque and offer five times prayer, but we are 'we' and they are 'they'. Nobody else is becoming Data and Khwaja (saints). We're not becoming saints. Something is missing. They must have got something very special which we do not have, and that must be a secret tunnel.

One end of this secret tunnel is your heart and the other end of this secret tunnel is God. If you look for God in your heart, you'll find the secret tunnel.

There was a devout follower of Moses and he was seeking God and God's love. So he was told, 'If you go and worship in mountains, you will find God'. He went there, spent some considerable time but he never found God.

Then he was told, 'Go and worship him in waters', so he went into rivers and oceans, and he worshipped there for many years to no avail. And then he was told, 'Go into the jungle'. He went to the jungle and he didn't find God.

And when he was about to die; he was taking his last breaths and he was crying, and he was saying, 'God where are you? I looked for you everywhere. I couldn't find you'. And then God spoke to him, and God said, 'You've been looking for me in the wrong places'. And he asked, 'What is the right place, God? Where should have I found you?' He said, 'If you looked for me in your heart, I wasn't far from you'.

And the Quran said it, 'I am to be found within you but you don't look inside you'.



His Holiness Gohar Shahi said, ‘You cannot find God by worship; you will find God through your heart’.

With worship, you can purify the heart but you will not find God through worship. So purify your heart with worship, and then look for God. You’ll find him.

Lesson 8 - Oneness in Creation

So we have seven souls in our body and there is everything that we can achieve with the help of these seven souls. But a majority of religious people are just wasting their time in rituals of the religions; in festivity, in a type of worship which even they don't enjoy.

When people worship, they're very serious. They want to do it in a jiffy. But when you're watching a movie, you enjoy it, right? Or you're watching a cricket game, you show your emotions, you get tense. 'Ten runs, one over, come on!' Right? Do you show your emotions in Salat? No. Because your heart is not into it.

You need to put your heart into it.

And the trouble is you do not know how to put your heart into it. How do you put your heart into your worship?

The only way of putting your heart into your worship is that you put worship into your heart.

What you're carrying out with your body, it has to sink inside your heart. Teach your heart to remember God. Teach your heart how to pound with God's name and God's name will then purify your heart.

So Sufism is an art, however, it cannot be taken as a part-time job because it's a life-changing episode. It changes everything. It is an act of transfiguration, transformation. It transforms you. Your mindset changes; your feelings. Your emotions change. Your point of view change. You no longer have hatred for anybody, you become extremely tolerant, broadminded, broad-heart. Everything is positive when you become a Sufi.

You go beyond religions and limitations introduced by the religions because you recognize oneness in creation, because you recognize God, and you believe every single creature in this world is the creation of one same God.

This is why you begin to respect humanity regardless of their religious or cultural background, or their colour, nationality, their languages. You believe in inclusiveness, you do not believe in exclusiveness.

It is very unfortunate but it's true that our religions teach us exclusiveness. Whereas Sufis are more into inclusiveness, in oneness. Sufis have this ideology of oneness in which they recognize even dogs and cats, and other animals as a creation of God. We begin to respect not just human beings, we begin to respect everything created by God. We're able to see oneness in every single particle of creation.

Lesson 9 - The Never-Ending Struggle: Spiritual Maintenance

In spirituality, our struggle against our Lower Self is the main objective and it depends on how bravely one struggles against the Lower Self. But at the same time the ongoing struggle, our fight against negativity appears to be even a stronger struggle than that of purifying the Lower Self.

Fighting against all these odds mentally, emotionally and practically - it is a never-ending struggle. Because there is a lot of negativity in this world, every step we take we encounter negativity - not only the negativity of people who do not belong to a spiritual world but also negativity that comes out from people who are practicing spirituality.

A lot of people have very less endurance and ability to understand, and they lack in wisdom. And they're not able to think straight enough to diminish the possibilities of multiplying elements of negativity around us.

So it's just not the Lower Self that we are struggling to purify but also negative mindsets of different people because everybody has his or her point of view about everything. Everybody looks at things differently. What is a cup of tea for one may be poison to another, at least to their understanding.

Purifying the Lower Self was never easy; it has always been a milestone in spirituality. The most difficult chapter of spirituality has been purification of the Lower Self. But with the ratio of negativity in the minds of people today, it has become even more difficult to successfully obtain purity of mind, purity of thoughts and the cognitive calibre that processes the meaning of words and the translation of our actions and deeds.

It is almost impossible in today's day and age to keep our mind straight and clearly understand the consequences of negative thoughts and negativity.

Today we have more temptations and variety of meanings of one word and a variety of meaning of one action and one deed. Everybody has become an intellectual in himself. We have left behind the criterion of sanity, criterion of spirituality, criterion of morality. Everybody has become a self-appointed prophet, self-appointed messenger, self-appointed God. There is no scale. These are end times.

Blessed are those that have found enlightenment of the heart, and even more blessed are those who are lucky enough to maintain enlightenment in their heart.

It is not easy because when we obtain enlightenment of heart it is a gift of God. Like when the baby is born, it's a gift of God. You do not create the baby, it's given to you by God. But then raising up the baby, that's a difficult task. Why do people have babies frequently? Because they don't have to do anything. God does it; he creates. But after the baby is born, and we're supposed to take care of that baby, then we have problems.

Similarly, for the Initiation of the Heart, enlightenment of the heart, we don't have to do anything for it. It is a gift of God. It is granted to us. But then we have to work for the spiritual maintenance of the heart and that is the most difficult part. Some people are strong enough, brave enough to make sacrifices and still continue to maintain and sustain their enlightenment; and others become wary of the spiritual maintenance of the heart.

The best solution is to become a representative of this mission and come on to the divine radar, where you successfully tell God that you are working to please him and you're working to take this word of God around the globe; giving this mission of love and peace to everybody. In that case maintenance of the heart becomes very easy because then His Divine Eminence Gohar Shahi takes care of the maintenance of your heart.

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