

## SECTION 2

# THE HIDDEN SAINT BECOMING A SICK MAN

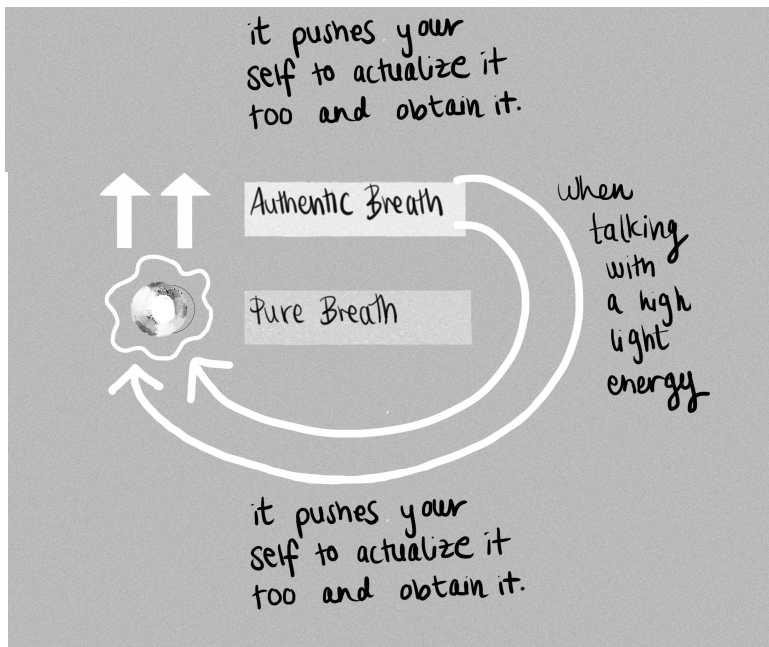
Looking into the anonymous letters that I have provided here it showcases the aspect of how such individuals seem to struggle to become a part of society due to the fact that they feel that they are the “odd” ones who are not good enough or maybe something is wrong with them.

Of course, such individuals will not suddenly become sick after a few or the first interaction that makes them feel like the odd one. No. They tend to become sick after facing continuous interactions that seem to make them feel that they are different and at the same time not good enough.

The more time passes and the more those people tend to end up meeting people who cannot provide them with a higher form of breath, the more likely such individuals will end up mentally sick. They tend to be surrounded by a community that lacks the knowledge and spiritual connection to help them reach the highest stage of their self (Rabbani) and thus, they end up having cognitive dysfunctions in the brain as they are unable to make sense of who they are in general. As described by (Yanawar, 2010):

“Illness can be understood as a liminal experience, as the patient straddles the boundary between the self of memory, identity and habitus, and the self of present experience.”

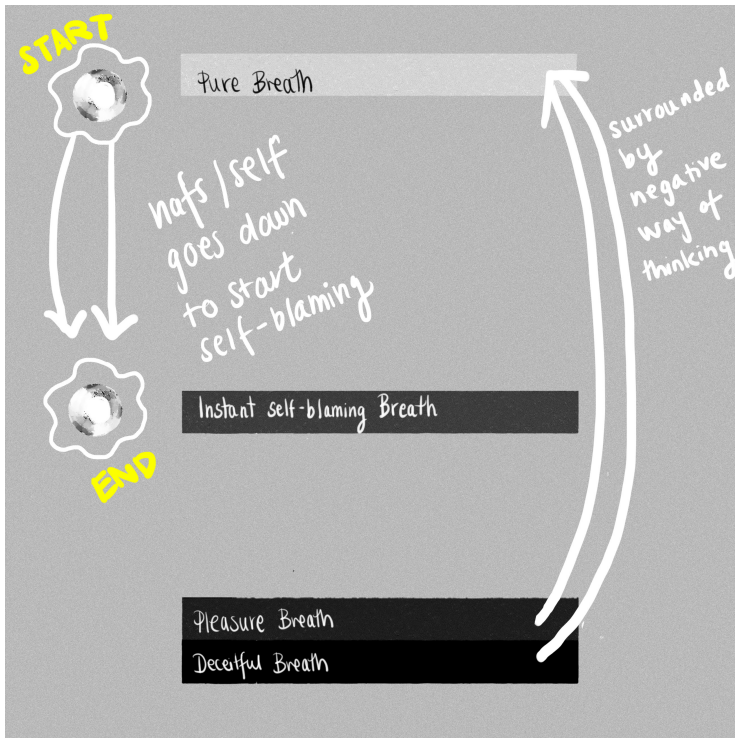
To make it even more clear, looking at the breath spectrum those hidden saints have their Nafs/Fitrah mostly situated within the “Pure Breath”. In order for them to reach the higher stages of becoming an “Authentic Breath” or the “Complete Breath” they need to be around people who have their breaths situated within those levels in order to help them become more conscious of themselves and know their potential. This is because like I have stated before, those breaths are a form of energy and thus, if they are surrounded by a higher “light” energy they will be able to start to feed on it as well and reach a higher form of themselves. This is shown as below:



Yet, what happens is the complete opposite and those people tend to be situated in an environment that mostly talks within the “Pleasure breath” and “Deceitful Breath”. What happens? They then are unable to make sense of their inner feelings (Light breaths) and how it correlates with

the outside environment (Dark breaths). And thus, the only way they can make sense out of this unalignment is by trying to mentally make sense out of it. The only way they can make sense out of it is when they start to lower their Nafs/Fitrah a bit to start having it mixed with what is called the “Instant- Blaming Breath” and thus, they start blaming themselves that for sure they are the problem. This is the only way it could make sense out of themselves and the world they live in.

The more this individual remains situated within those dark breaths the more their Nafs will start lowering and will start containing a mixture of the Nafs that contains a “Pure Breath” yet, with the opposites of both or either of the “Pleasure Breath” and the “Deceitful Breath”. Now looking at it as a form of dark and light it will look like this:

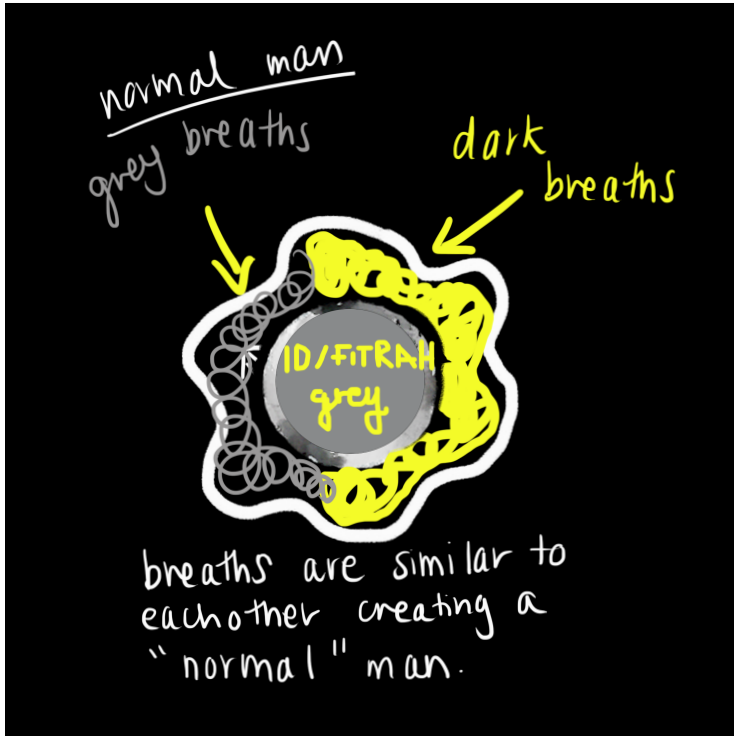


This hidden saint is thus affected with those dark energy breaths within the Nafs however, mentally they are unable to comprehend or unaware of the fact that they are situated in a deceitful or pleasure seeking environment that doesn't aim to act out of selfless love. In other words, this hidden saint cannot comprehend that there could such dark deception or a materialistic motives behind man's behavior and thus unable to become aware of such a fact they then end up logically making sense out of what is occurring by making them "their fault" or that they are the problem. They then start having inner monologues that tend to shift the blame on themselves which opens up the "Instant self-blaming Breath" within the Nafs. This will then create a Nafs looking like this in order to create sense or logic out of the outer environment:



It is the ones who already had their very own Fitrah changed when growing up - do they have the capability to mentally comprehend such

a deceivable and materialistic environment, in which then they wouldn't need to make logic out of it by blaming themselves but by rather becoming a part of it? This then doesn't make the individual activate the self-blaming breath within his inner monologues but rather they also deceive and pleasure the mind since it is already logical and aligned to their own fitrah as seen below:



Yes, those Breath spectrums are also the way we talk to ourselves. The inner monologues we have. The human is capable of attaining a new breath not only from talking to someone outside that has it but, also by trying to make things logical mentally they can also start opening up new breaths. How and why? Because in Islam God said that we are all made up of the same “breaths” and thus, we have the capability to open up new ways of speaking to ourselves...only if we want to. We can choose to be truthful to ourselves...only if we want to.

As I have stated before in regards to the Breath Spectrum, a healthy and fully aware individual will be able to have the ability to talk within all of the 21 breaths as they become consciously aware of all the “energies” or aspects of human nature. An individual is coined sick once they have their Nafs situated between only two and sometimes one form of breath. They can also be coined as a sick man if their mixture of their Nafs is a bit too variant from each other and not really creating a balanced way of talking and perceiving things. They tend to keep on talking in the same way, unable to change or become more aware of the different breaths they can attain. They tend to remain perceiving the world from a point of view that does not necessarily replicate the true nature of how life really is and who this individual really is like. Thus, they tend to believe that they are something when in reality they are not it.

Of course, people can be considered as sick even if they have their Nafs situated within only the very light breaths such as the “Authentic” and “Complete” breaths as the individual tends to gain higher universal truths of the world but neglect the worldly knowledge of things. As (Brownski, 1978) coined “Natural logic” and “Supernatural logic”. This is what leads them to neglecting the self (Natural logic) and automatically thinking or believing that they are “god” or a “Prophet” (Supernatural logic). It is only when the individual is constantly surrounded by people who can provide them with the “knowledgeable” breath can they start to understand who they truly are and that they are not God himself.

And thus, it is always better and fundamental for the human being to be able to grasp as much as different breath energies as they can in order to fully understand human nature and the true reality that they live in.

I argue that today the modern man is in fact very sick as they tend to have their breaths situated within the “Pleasure Breath” and the “Deceitful Breath” In which I will showcase later on. However, the main focus here is that those hidden saints are in fact not surrounded by normal people but by sick beings and thus, they start becoming sick as well.

Those hidden saints who start becoming sick are in fact reflecting back the energy that they gain from their environment through a “logical” way or the most “logical” way that they can reach since they lack having anyone help them become more conscious. As stated before, those mentally sick people are in fact showing us physically what is wrong with our environment and society’s issues today. And we are ignoring it.

I will now focus on the two most popular types of mental illnesses that seem to affect such individuals and will discuss more through the THT and Breath Spectrum how and why it occurs. This will also showcase and prove how the THT and Breath spectrum aligns with such issues and is thus an authentic viewpoint that can help individuals reach their highest form of themselves.

## **PERSONALITY DISORDERS**

Personality disorders are understood to be an unhealthy way of pattern thinking, functioning and behaving. Such individuals are unable to create long lasting relationships and tend to have self-harming attributes that can range from self-neglect (not eating, showering..etc.) up to suicide or threatening o kill themselves.

As Personality Disorders vary yet, they tend to have the similarity of the aspect of having a dysfunctional thinking pattern in regards to self-image and the environment they are in. I shall focus on Borderline Personality disorder (BPD) as it is now considered as one of the “Most Difficult” personality disorders (Malibu, 2022) due to the individual having difficulty “getting along with people” as stated by Dr. Thomas Lynch, assistant professor of psychology at Duke University and the Duke University Medical Centre.

When searching normally on the internet about the characteristics of a BPD it states that they have:

- ★ A deep inner sense of loneliness
- ★ A deep fear of neglect
- ★ Unstable relationships due to idolizing someone and then suddenly

devaluing them

- ★ Impulsive risky behavior
- ★ Suicidal thinking/ self-harming behaviour
- ★ Low sense of self or unstable identity (sometimes acting like they do not exist)
- ★ Wide mood swings ranging from paranoia, rage, shame to becoming
- ★ extremely happy

Further trying to understand the ways such individuals can get better, I found some information stating that through the usage of medication as well as therapy it could help. But then here's what's a bit confusing; they all state that somehow spontaneously "throughout time" such individuals get better and are "cured". A study published in 2012 followed 290 patients with BPD every two years for 16 years. What they found out is that all of them "spontaneously" got cured after between 2-8 years from initial diagnosis. After 16 years, 99% had achieved a two-year remission, while 78% had experienced an eight-year remission. The same study revealed that symptom relapses tended to wane over time as well, from a high of 36% after two years to around 10% by eight years (Pednault, 2021).

Ok...something doesn't make sense here. How does a mental illness and especially one that is considered the hardest to cure is all of a sudden "spontaneously" curable by time?

Have you ever seen an illness getting cured "throughout time" and by becoming older?

Don't the majority of human illnesses do in fact get worse as you get older in age? How does this one all of a sudden get better?

Maybe the fact that BPD gets cured "by time" is in fact due to the individual growing up and learning how life really is in order to interact right? Then maybe it's not really an illness as much, it's a form of naivety/innocence and lack of knowledge that makes this person behave in such a manner? It is only when the individual receives the sufficient knowledge and care but still remains acting in such abnormality could we then coin them as "mentally ill". Since they are refusing to see the true reality of



themselves and the world.

However, I argue that today the modern world has limited the access of true knowledge to such individuals that they lack the ability to truly understand what's wrong with them and how to start aligning their self-perception with the perception of the world. It is only by time do they tend to discover through their natural logic what this world is really like and how to become a part of it in order to be coined as cured. It is by growing up, gaining knowledge do they tend to understand how to integrate themselves with the world.

I believe that through the THT and Breath Spectrum that I shall illustrate below, such individuals will be able to have a much clearer understanding of why they are behaving the way they do and tend to attain what is called Borderline Personality Disorder. They will stop viewing themselves as the inferior ones who are “sick” but rather individuals who seem to understand the world from an innocent/naïve point of view that should be fixed!

It will help such individuals to be able to gain a higher form of knowledge and understanding of themselves and the world, which will aid them quicker in regards to being able to not only become a part of society but in fact, act as a significant role in generating authentic connections in this world.

This is because when looking around trying to find any report or research that can explain in detail to those BPD people why they act this way, I wasn't able to find any. All I found was detailed descriptions of how they act and always blaming it due to having a cognitive dysfunction in the brain. They also provided options such as medication and therapy in order to get better. However, there was nothing to directly address the BPD patient himself in explaining to them why they act the way they do. It's like they are talking about them as if they are mentally ill people who will not be able to understand their own faults and thus simply telling them how they behave (to show them how they know them) and what they should do.

All that makes the BPD patient feel is that they are just like that because something is simply weird or odd about them and can't be fixed. This in fact, makes them more scared of themselves and hopelessly feeling unable to control themselves because all of the above behavior is who they are. They then start to think that maybe who they are or how they behave is not truly them since it's written in psychology books and that they are sick and being controlled by the mind. It scares them.

By providing a detailed explanation and talking to them on a personalistic level they would understand.

By sharing stories and giving examples as well as integrating the THT and Breath Spectrum they would fully understand that the way they are acting is not irrational but in fact very rational due to the circumstances that they were around. They will understand that it is not their fault however, it is their responsibility to change such an environment and become an individual.

## **WHAT IS GOING ON?**

### **USED AND ABUSED**

As stated before, whether you have faced abuse with neglect in your childhood or just normal neglect, at some point such individuals will start initiating inside of them the "Instant self-blaming Breath" in order to rationalize the environment that they are situated in. The environment either abuses (Deceitful breath) or uses (Pleasure breath) individuals however, the hidden saint is not aware of such fact and thus, tends to blame themselves in regards to the outcomes they receive.

Such individuals are unable to comprehend the fact that yes, the majority of the interactions of the world today revolves around using and abusing people and thus, they think that those people they interact with in the environment are in fact the "same" and that they would never be deceitful or aiming for personal pleasures.

Due to not realizing such an aspect, the hidden saint is then either used and abused; however, they are unable to logically understand why this is happening since they view those other people as if they are the same. Thus, the only way they could logically comprehend why this is happening to them is because it's their own fault and due to their "vulnerability".

The biggest contradiction they are not aware of is that people are attracted to them because of their "difference" or "goodness" but will soon dismiss it if it doesn't go their way. That's just how people function now the majority of the time. However, due to not being that "wise" (can only be done through true knowledge) they are unable to view it that way and rather think that this thing that is making them different is actually what's making them vulnerable and unable to interact with the community.

Since they are unaware of such deception and that in fact this individual is either an abuser who deceives or just an ignorant person who is using them for materialistic aspects or advice, they can only make the logical assumption that it is truly your fault.

And so they try to neglect the soul.

## **PLEASURE & DECEITFUL BREATH**

Let's take the example of the anonymous girl who wrote a letter to Bogat in which, she explains that she feels different and when asking a friend they told her they are in fact scared from her while contradicting such comment by somehow "enjoying" sitting with her as well as viewing her pretty than the majority of the girls. The girl then decides to try to re-shape herself to be "like everyone else" by wearing makeup and trying to socialize like everyone else. She states:

"I decided to play a role and kill something within myself; to kill what stood between me and other people and stopped me from being 'like everyone else'...I began changing and perfecting my appearance. I cut my hair like everyone else, wore the same kind of clothes as everyone

else and started wearing makeup like everyone else. And I began saying the same thing as everyone else...When the same young man went too far I slapped his face and instantly stopped being a mystery to wrack one's brain over. Previously I would have probably burst into tears...I would bang the table with my fist when necessary or elbow people out of the way. Goodness gracious, how people started calling me a 'chic girls' while older people referred to me by the name 'young lady'”

What this girl did is that she decided to try to lower her connection to the soul and start connecting more to the dark breaths she gained in order to formulate an ego. So she is trying to transform this transparent ego to become less transparent and thus, act in an alternative form of existence that is not authentic and in fact an illusion of existence just to satisfy the mind. This is because the mind of this girl sees that they are “wrong” and there's a need to start seeing itself as “right” just like everyone else.

This is because it would take the mind a lot to think and to reach a higher form of breath energy. It would require man to connect to his subconscious to be able to discover the new ways of higher form of talking.

When the girl lowered her Nafs to become Pleasurable as well like the other ones, she felt that this was wrong. She felt that this was not real. She even quotes:

“That was the last straw. It made me feel awful. I washed off my make-up, went back to wearing my former clothes and gave the wedding ring back to my mother. So my experiment ended. And here I am at twenty-one, alone again, but I don't need all those unreal things I had when I was playing a role, not for anything...I have realized that to do violence to your own soul is the most terrible thing, and one cannot play a false role in life without paying for it. I feel as if I lost something very precious personally through playing that role.”

For this girl, at least she felt or was aware of the fact that this is truly killing the soul since it's losing its authentic connection.

However, the majority of individuals who are within this situation have no idea that this is what they are doing. They are unable or unaware of the fact that it has to do with the constant struggle of wanting to connect to the soul but at the same time wanting to connect to the people who are in this physical world.

What then occurs is that this individual time and time again keeps on switching between highly connecting to the soul to all of a sudden blocking this connection to form an ego in order to try to try to be like everyone else. And this is where the two extremes lead to the person developing a personality that has two extremes - Borderline Personality Disorder.

Such individuals who are unaware of the fact that they are situated in an environment that is using them and within the “pleasure breath”, keep on trying to change and adjust their ego in efforts to try to make those people stop using them and to rather enjoy their company and to be friends. To form an authentic connection. This is because they tend to start filling their fitrah with the “Instant self-blaming Breath”.

One day they try to be very kind in hopes that those people would approve of them and finally connect in an authentic way. When they fail to do so they then try to change and adjust saying maybe they need to be a bit nicer or maybe less vulnerable or maybe altogether act in a different way the next time. The individual does all of this in order to try to make sense of why this outer environment is acting the way it is in a logical manner.

This then is what creates the deep inner sense of loneliness, unstable identity for such individuals due to the deep fear of being neglected from the community just like they always were. The more the individual remains within this cycle the worse they will get. Even Bogat questions in regards to the girl who wrote the letter:

“She failed to ‘get away’, i.e., to enter that land of the unknown where everything is alien, including one’s own self. But can such an attempt at escape ever end in complete success?”

No, it will end in a disaster.

What happens is that sooner or later those individuals do discover that the people around them are using them. However, due to the lack of true knowledge in regards to the THT and how we are all different and the aspect of the connection to the soul and that they are in fact a higher form of individual. This lack of knowledge makes such individuals rather start getting a bit paranoid and also out of anger (since they discovered the truth of those people) they try to do the same to them and ‘use’ them. They then start initiating inside themselves as well the “deceitful breath” and “Pleasurable breath” as a form of self-defense impulses not aware of the fact that it is in fact self-destructing them. And thus the Nafs will start to become sick and will start looking like (page 4) which has two completely opposite breaths which to the individual themselves is “unbearable” due to such extreme opposites. This is what creates self-destructive acts.

They start developing their self-destructive impulses due to having more fear installed within their fitrah. The individual starts becoming scared of people as they discover that their intentions are not the same and are not good. They become less human since they start lowering the “Pure breath” that is inside of them in order to include the same deceitful and pleasurable breaths as their community has. As Bogat stated it very well:

“It is often said that the most vulnerable thing in a person is what is best in them, what is most humane. There is truth in this view, and it can give rise to the temptation to run away from oneself, from what is best in one self, in order to become impervious and safe.”

And so from the outside you would find this person all of a sudden compulsively shopping and then all of a sudden not really caring about what to wear. You would also suddenly find them impulsively saying the meanest things out of self-protection and then suddenly acting like an angel and apologizing and helping a lot. Or even sometimes you would find them viewing someone as perfect and then all of a sudden devaluing

them as they tend to sense all the different breaths within this person's Nafs. Those contradicting and extreme characteristics may seem odd to the person from the outside but it is what makes sense for those individuals.

Sadly, those people feel that they are in this never ending maze of wanting to feel safe and to feel connected to people but failing. They end up lashing out in anger and doing risky impulsive things out of fear that they are neglected and not the same as people. They cannot and are unable to understand or become a higher form of themselves as no one has given them the key to the door that will make them leave this maze for once and for all and to just be a human being who is not coined as mentally sick man.

This continuous struggle and inner contradiction is what makes them become addicted to drugs as they unconsciously desire this higher form of connection to the soul but fail to find it in the physical world. The drugs are the only means that actually aid them in escaping the reality that they are in. I shall explain further on how the drugs do help a bit such individuals as it helps them to start initiating inside of them the "knowledgeable Breath". You know the saying that drugs make you a spiritual person? Well they do.

Nevertheless, this form of escape provides this person with a higher form of connection to the soul than what is available to them in this world and thus, you find them highly addicted to drugs and psychedelics.

By time or at worst, when this individual keeps on facing threatening situations that makes them feel their sense of loneliness and neglect more; they start becoming psychotic. Why? Because here's the thing:

Once you initiate a new breath it will forever be implanted into your Nafs.

What this means is when you connect highly to the soul you start understanding the world more from a truthful and logical standpoint

and thus, your brain consciously becomes aware of it as well and thus, there is no going back. Your brain already knows and comprehends those truthful facts. Also, if you obtain a very dark breath within you it would take a lot of conscious effort to try to control it and have it silent.

And thus, you find this individual constantly trying to form an opaque or strong ego to try to connect with others however, it's out of their hands that subconsciously the mind and fitrah wants to go back to having the transparent ego. Why? Because the mind and the heart already understands that this is the most right and logical way of living. They also now desire the even higher forms of logic and truth from both the "Authentic Breath" and "Complete Breath" but are failing to find it which makes them

The individual is then faced with the issue of whether they should have a transparent ego or an opaque one. Whether they should view the outside world from a logical point of view or in an illogical way just to get along with people. This constant struggle between the ego & perception of the outside world is what generates a psychotic way of thinking. The loss of contact to reality is the inability for the individual to be able to decide whether to view this outer environment as an authentic one or an inauthentic one. This is because the people around them are telling him something (we live in an unauthentic world) while their heart is telling them something else (we live in an authentic world). They are even unable to decide who they are. Are they an authentic person who behaves logically or are they an unauthentic person? What are they? As they seem to do both.

They have one of the highest and one of the lowest breathes deeply branched within their Nafs which is a very contradicting and hard aspect to truly control and manage without requiring outside help and knowledge on how to do that.

Doing both in an illogical manner is what then makes them coined as a mad individual. And so they end up in a mental hospital for having a deep mental disorder that we called BPD.



How sad it is for such people to never get to understand the fact that they have the capability of nourishing this authentic breath in order to become what we call an individual who connects this world through authenticity. Through kindness and through wanting to know and abide by the truth. How sad it is that they never got to understand that there is a god and that there is a way to reach this higher form of being. Even sad that they never got to know that there is nothing really wrong with them...they are just hidden saints.

They were never able to find anyone who can help them strengthen this authentic voice inside of them that could end up generating a new authentic thing in this world and were rather used and abused due to it with nothing in return. How could they when all they have been surrounded by are people who have strong egos in order to try to play this game that we call life. Rather than having anyone inform them about this game they are being in fact being played.

The loss of having those people thrown into mental hospitals when in fact they have the ability to generate new and authentic ways of living may it be through science, arts or humanities is the biggest unseen issue that we have in this world today. And it is what will make us stop existing in a rational and authentic way but rather in the most illogical and damaging ways for humans.

As one lady wrote to Bogat talking about those hidden saints she says:

“There are people on earth who have time for everything, who are affected by everything which happens in the world. Thinking, wholehearted, sublimely obsessed people...Some may call them half-crazy eccentrics, I do not care. Those who do not see how essential they are for the collective and society are all the poorer”

## **NEUROTIC TENDENCIES**

Rejection and inability to expand the inner world to the outside world

The aspect of neurotic tendencies concerns the nervous system of such individuals. It can occur for several reasons but the main focus here is regarding the hidden saint.

When it comes to the hidden saint, neurotic tendencies tend to occur primarily due to the individual assuming or thinking that they have finally found some form of a home or a base that either understands them or can take care of them. As the boy who wrote the letter to Bogat stated that the “Vacuum has been filled”. Their deep inner sense of neglect and loneliness strive those people to try to find the “place” where they can finally be themselves, do what they want and find people who love them and love them back. And thus, this can concern falling in love, trying to become financially secure or any aspect that allows such individuals to start feeling that they are at one with the people and community while being aligned with their inner self. Furthermore, due to obtaining a deep inner voice which we call the “authentic breath” Such individuals have a deep yearning to try to have this inner world become a reality in real life. This branch of breath strongly wants to grow more in order to become something so authentic that it’s real not only for the individual but for all. They want to unleash such potential and inner richness to the world.

It is only when such individuals end up in situations where relationships change or end suddenly or with no logical explanation do they start getting “shocked” by it. They feel neglected once again which scares them and can cause impulsive behavior. The more such circumstances of failed relationships, work-related or financial problems occur in sudden aspects and for no logical reason (based on the sickman’s perspective) the more such individuals will start having their nerves very lightened.

This then initially leads them to operate in survival mode in which they initiate their self-destructive impulses as it’s fueled by fear and envy of neglect. Thus, you would find them impulsively destroying relationships or aspects within their life out of sudden fear that another neglect might occur. They end the relationship because they are scared that the person might leave them first.

The sad thing about this is the more this occurs the more you find this person for no reason suddenly raging from minor issues and unable to interact normally with people as they tend to be very emotional. Or what one would call an “emotional wreck”.

The worst that can happen (and does happen more often nowadays) is that individuals start getting nervous breakdowns that not only drain the energy from them but seriously damage their health in many ways. The more shock they receive and breakdowns they get the more it destroys the neurotransmitter receptors in the brain (Yanawar, 2010). This person would then start forgetting a lot and will be unable to concentrate a lot. This is because they simply cannot handle any more stress and thus would not try to concentrate out of fear they might get stressed again.

Modernization ignoring true authentic knowledge

It is sad that such individuals are not being told exactly how the environment they are around really is and how they are positioned within it. If only someone has informed them in regards to how the truth of the fact that they are not the “same” as the rest as sadly the rest have become affected by darker forms of breath throughout their lives. Those people were taught how to interact within this human world yet due to their neglect and untouched fitrah they do have the potential to be what is called an individual or a Rabbani or whatever you want to call it. What I care the most about is that such individuals have been deprived of knowledge that would help them not only save themselves from such illness but to rise above and create authenticity in this world. Create real true meaning in this world! Create life!!

Furthermore the aspect of ignoring the soul is the biggest mistake modernization has accepted within its framework of life practices. If only knowledge in regards to Sufi healing or understanding the aspect of the Nafs, Fitrah and just exactly who they are depending on the breaths would people with Personality disorders or neurotic tendencies be looked upon from a completely different perspective.

Those people are not mad people, they are just too rational and sensitive! They need to be within an environment that supports them to maintain

this high connection to the soul to become an individual.

It's maddening how flat the understanding and description of such individuals is. As stated in the previous chapter, modernization's definition of disorders is probably not "carving nature By the Joint" (Young, 1995). It's not even looking at the natural state of man! The real state!

The aspect of psychotic and neurotic disorders which describe the madman is completely understood wrong in modern psychiatry. It is maddening and weird how as Yanwar stated that the concept of rationality has changed so much and is changing a lot right now but somehow the madman has remained irrational!

The funny thing is that through the THT and Breath spectrum that was adopted from Islamic and Sufi understandings I have just shown in a very rational and logical way why they are mad! Why isn't anyone from the modern world exploring such aspects?!!

But it seems that no one has the time nor the inner capacity to fully understand and comprehend such individuals and they end up being medicated and failing to be a normal citizen in the community.

Something about Modern psychiatry is so focused on the "Perfect" man and is focused on addressing the mind as if it's the solution when in fact it all has got to do with the balance between the Nafs and the Soul.

I shall now provide a way for such individuals to be able to heal and truly get better. It will adopt the Sufi way of healing as well as integrating modern aspects that are investable nowadays and will discuss their benefits as well. May I add that I believe that the next section will concern this hidden saint as well who is sick and thus, will address them personally in order to showcase true understanding and compassion for such people.

## **LET'S HEAL**

Now I will assume that you are coined as a mentally sick individual who

lives in this modern world and is unable to maintain any form of a stable relationship, job or self-image.

I'll tell you exactly how this cycle goes...

You feel like you have this big empty hole inside your heart and you feel tired most of the time. You feel that deep inside you there's a whole other life and a world of creativeness that keeps you accompanied and fills your mind with imaginative situations and desired outcomes in life. You keep imagining non-stop...it is what makes you, you. You daydream most of the time and every time you wake up and look back to the reality of your situation it drains your heart even more. Because you know there is so much more to life and so much more to you.

What makes you more able to keep on daydreaming is the fact that you are taking drugs. It makes this inner world even more real and helps you fill this hole inside of you. Every time you take drugs it makes you feel like you are at home and it's the only way for you to sooth this deep sense of loss and irrationality. It also can help you sometimes be able to socialize with people since they tend to have the same aspect of trying to escape their reality.

Nevertheless, you go to the outside world in order to connect and to try to be "like everybody else" as well as trying to find a way to fill this hole by creating what I call a real "base" that will help you gain and maintain a life. What happens is that most of the time you meet people that either dismiss your significance or unable to understand your frequency or what we call today you "vibe". You are either ignored or intentionally dismissed in order not to be heard.

Other times when you suddenly do find someone who is either interested in such a frequency or is within it do you start bonding/connecting to them. You begin to feel very happy that this hole inside of you is starting to get covered since you have finally found some form of a base. May it be a relationship, job offer or finding new friends.

No, here's the complexity of this situation in which I will try to simplify. Firstly, you start off by having a transparent ego (I.e. being yourself) and opening up to the people around you. Surprisingly you find them as well being able to do so and are in fact attracted and driven within this authentic way of talking and connecting to you. However, over time you suddenly find that such a way of talking and connecting on an authentic level doesn't occur as often.

In fact, you suddenly find the individual or the community you are within switching sometimes to being authentic, truthful to suddenly being inauthentic (opaque ego) and deceitful.. however, you as a hidden saint are unable to comprehend or understand why you are constantly switching. From authentic to inauthentic.

You are then unable to make up your mind whether these people are good people or not. Or whether they are acting the way they are because maybe you are the one who is not good and they have discovered that .

What happens then is that you also switch from being in a complete self-neglect form trying to "please" those people and make them more authentic and real with you. And when you find that this doesn't work as well you become impulsive and angry since you have given yourself up for them in order to connect while they still haven't and remained deceitful. You then conclude that they are "evil". This then makes you very defensive, impulsive and paranoid which encourages you to form opaque egos that are very dark as a way to protect yourself since you now view them as "evil" people.

So you keep switching from being super kind to super paranoid in the way you interact. Making you look and feel like a madman. You too start feeling like you're losing control and you're not making sense which makes you hate yourself even more. You then activate your illness (dysfunction in the brain/unable to make sense) even more and you start having breakdowns which drains you and make you stay away from people and back with more drugs until you are able to act more normally again.

This cycle goes on and on for the sick individual who's living in this modern world.

From feeling paranoid that maybe everyone is trying to hurt them or is jealous of them due to their discovery that they have a deep inner world filled with desires to become 'invisible' in a sense just to please others in order to attain any connection.

## **ESSENTIAL RULES AND FRAMEWORK OF LIFE**

What I have described above is more or less the cycle of the sick-man yet, can differ with different circumstances. However, the focus revolves around the dysfunction in the brain caused by the lack of being able to understand why you are in fact different and cannot be "like everyone else".

This paper is aiming to help you finally understand why and to provide you with a higher form of breath which I coined as "Knowledgeable breath" to help you become more aware of the reality of the world you are in and aid you in becoming a better version of yourself. Now there are facts that you need to know and truly understand by heart. The more you try to reject such facts or deny them the more you and your soul will suffer in which you will remain mentally ill.. The facts are:

## **PEOPLE ARE DIFFERENT AND CODEPENDENCY**

You have this deep sense of wanting to connect to people because you are highly connected to the Unity Ocean (Yanawar,2010) that I have discussed earlier in the first section. You are positioned within the "Unity/ Wahadiyaa" station of this ocean while in this modern world, the majority of the people you have and WILL interact with are in the Disunion sector. You even sense that you hate the fact that you might have fought or cut off with someone due to feeling that they are fake yet wanting to fix things because there is still something that connects you to them. However, you are feeling this while they are not. In other words, you genuinely care while they genuinely don't. Which makes you suffer

more.

You need to understand that yes some people simply do not care or feel as much as you and no there is nothing you can do about it. If you would like to know why, I have given you the most logical and simple explanation which I hope helps you in figuring out why you simply feel more and have this inner dire need to make people live together happily ever after.

I know that there might be some situations that have caused you trauma due to not believing that there could be such evilness and lack of caring in this world but in order not to victimize yourself and always have doubts that cause you shame; you have got to understand that people are different and it wasn't your fault.

You have this rare/authentic light inside of you that attracts anyone, may it be a good or a bad person and that is why you need to start deciding who deserves to see this light and who doesn't. In other words who deserves to be cared for and who doesn't.

I know it is very hard at the start to try not to care for people who do not deserve it but the more you remain having this light shown to everyone the more you will meet abusive people who will exploit you and then help you learn this lesson.

You have to feel and think about the person you are interacting with and then decide if they are within the same Unity Ocean that is called Unity/Wahadiyya. This is because such people will also be connected to the soul and thus will have the same level of caring and understanding as you do. But that doesn't mean that you fully depend on them and become in essence "one". This is wrong in which I shall explain later.

Now, that doesn't mean that anyone who is in the disunion ocean should be ignored or treated with hostility no but, rather you need to start learning the art of social skills and communication in order achieve a balanced relationship with them that will neither end up hurting you or causing the relationship to end badly. I know it is very hard but one of the ways that



will help you achieve this successfully is to stop having this constant dire need for external forces and circumstances, other people and other things to help you become better. This is called spiritual parasitism (Bogat, 1989)

It is within you that you can help and heal yourself. You have this light inside of you that acts as a healer (Yanwar, 2010) and has the capacity to heal itself, which is you. It is only when you turn to look inside and try to find ways to increase this light could it then start attracting an outer environment that will help you heal and achieve a higher connection to the soul in which I shall explain later.

However, my focus here is the aspect of spiritual parasitism. I know you continuously want someone “out there” to help you out and give you a hand but what you don’t realize is that you are putting your hopes on the external which makes you lose your focus on the real issue which is making yourself grow better by connecting to the soul and increasing the light within you.

This makes you continuously co-dependent on people or a person thinking they will help you out and remain real with you until interest or desires clash making you suddenly see this person as fake and not helping you out. This aspect of spiritual parasitism is very dangerous because it then justifies any moral degradation as a result of circumstances, completely excluding the individual’s responsibility for himself (Bogat, 1989). Depending on people to help you heal and then failing in doing so can lead you to becoming more impulsive as you feel you are threatened and let you do bad actions to people justifying that they deserve it due to not being truly helpful.

This dire need to have someone help you is because you have what is called an “unnourished soul” (Bogat, 1989) in which you do have a light within you yet it needs to be nourished in order to grow and attract the same frequency of light within the outer reality environment. You need to nourish your soul. It can only be done alone.

You firstly need to understand that people out there will not help you as much as you will help yourself. Becoming codependent on people will lead you to remain within the cycle I have discussed earlier and eventually may have you acting in the most damaging impulsive ways. It is only when you realize that you do have the strength inside of you to heal will you only then take a step back from finding someone to help and truly finding yourself.

Once you have been able to successfully avoid the issue of spiritual parasitism, you will be able to stop co-depending on people and start becoming an individual that interacts with other individuals. Once you stop believing that the solution is “out there” and is in fact within your very own hands will you start becoming less paranoid and depending on outer circumstances that can make you impulsive. You will suddenly start feeling safe because the cure is within your hands and not somewhere outside hidden.

I know you might feel “weak” or unable to do so alone but let me tell you something you might have not realized yet about yourself since you truly are a hidden saint. Do you know why you see people using you and only coming when they need something? It’s because they can sense this light inside of you and you are able to help them heal or become a better person through your inspiring words and authentic ways of interaction. You have something powerful inside of you. How about you start putting this power towards yourself? I can only imagine what you can turn out to be.

Lastly, this aspect of feeling the need to make people closer together and have them happy together should not be used within your community (since they are failing to help you with that) but what I want you to realize is that once you start healing you will be able to satisfy this need by starting to create an outer environment that is authentic and helps people in some way in which I shall explain later.

**CONSTANT AUTHENTIC CONNECTIONS IN THIS WORLD IS IMPOSSIBLE**

Constant authentic connections in this world is impossible. You need to understand that in this world authentic connections are just brief moments, especially when a person is in need of help.

If you are trying to find a kind of a relationship hoping that it can be “true” or “real” all the time then you are setting yourself up for a big disappointment. You need to learn and understand that yes, we truly live in a stage where everyone is acting out depending on their reality and desires. It is because of that that human beings together are unable to form a constant authentic connection. It’s human nature. Even with your families and parents you will find that some moments or circumstances show their lack of authenticity.

That is why you have to know for a fact that you cannot control how people interact with you and they cannot always be real with you. That is one of the main reason why you need

to start becoming independent because no matter who you meet you will always get this sense of fakeness because at some point desires and perspectives do clash. It’s normal and you need to understand that.

However, that doesn’t mean that you have to stop being authentic or to stay away from those people, no. What you need to learn is that you can only be constantly authentic when it comes to talking to yourself and god. However, when it comes to people you have to start learning the skills of the breath spectrum in order to learn how to interact with them and to say the right thing. This is because the majority of the time people are not authentic and if you do not learn how to talk to them you may end up doing something impulsive just because you feel that they are fake.

You need to start growing up and become wiser when interacting with such people. You need to learn that yes they are fake, but you cannot directly inform them as it doesn’t really help you out (in most situations) and in fact makes you look mad. And thus, you need to learn the art of communicating through understanding the different ranges of the breath spectrum. If you feel someone is being deceitful or fake rather than

becoming impulsive and saying the harsh truth (authentic breath) you will then be able to know what to say since you have learned different ways of communicating. You will actually learn that sometimes With such individuals it is just better to remain silent (highest form) which will take practice and time and which I shall discuss more later on.

You have to understand that stating the truth out there especially with people who are deceitful and arrogant may cause you greater damage. You have to learn how to interact with them just as if you truly are in a play because if you think about it we really are in a play and the real world is still going to happen once the full picture is finally taken (Page).

Also, you need to start learning to initiate and realize the different breath spectrums within your Nafs in order to stop the instant self-blaming and constant self-sacrificing breaths from activating once you meet or interact with someone who might be manipulative. For example, by starting to increasing and activating more the knowledgeable breath and the Valid breath you would be able to judge more realistically the circumstances and neither blame yourself or the person but simply understand that this is how life is like or that “it is what it is” and thus you will be able to interact in a more beneficial way for yourself and the environment you are in. It will help you to start being truthful with yourself.

There is also a need for human beings to understand other darker breaths as this is human nature and what allows an individual to be a fully independent one in which I shall explain later. People with neurotic tendencies and personality disorders already obtain very dark breaths within their Nafs in which they need to acknowledge and find ways to express those breaths in a positive way.

I know you might be sad realizing the above aspect and the fact that you just cannot always be true and real with people. But the only way you can sooth this inner suffering is when you truly believe that this life we are in is just a passing phase to test us who we really are. What our truth is. Is it light (true existence) or dark (fake existence). Also, the aspect of becoming religious and believing god’s words that yes the majority of

people will choose to live in the dark will help you understand why you meet so many people who are just not the same as you are.

You can only have an authentic connection with yourself and god. Of course, you already have this self-authentic breath inside of you but rather than constantly showing it to people who might at some point exploit it and make you feel lonely; you need to start sharing this authentic voice with God and communicating with him. Doing this will help this light to grow more rather than being used by people. This is the only way the aspect of loneliness will truly be removed and help you start becoming a balanced individual in which I shall explain later. Not only do you have to remain pure and truthful but you need to start becoming holy and acknowledging god because as (Yanawar, 2010) stated:

“The capacity to heal is expected in a holy person: even when healing methods are ostensibly naturalistic, they are expected to succeed partly because of the healer’s holiness”.

## **ALONENESS & SECLUSION**

Now considering that you are mentally sick and coined as a mad man within your environment, I want to ask you something..Do you think that the same environment will help you become better?

What I’m trying to make you understand for once and for all that your environment is the main reason why you are sick. Now it’s not their fault also, it’s just due to the circumstances that you are around what is coined as by (Sapir, 2013) “flat people” or as the Shaykh nazim calls in the Nakshabandi order as “Plastic people”in which, I shall explain later. You have to try as much as you can to minimize your interactions within this environment since it keeps on providing you with illogic interactions that don’t match the nature of human beings. This then means that there is a lack of light within the environment that makes you sick. Lack of honesty and authenticity.

Looking into Sufism healing that concerns people who have neurotic

tendencies and personality disorders, they state that it's because those people lack within their environment what is called "Nasama" (Yanawar, 2010) in the modern world we call "Positive energy". Surprisingly too, in the practices of Prana and Pranic healing that was brought up by the ancient Chinese also have a name for this positive energy calling it "Prana" or "Ki" (Sui, 1998) in Greek it is called "Pneuma", in Polynesian "Mana", and in Hebrew it is surprisingly called "Ruah" (Sui, 1998) which sounds a lot like "Rouh" which is "Soul" in Arabic.

As you can see, different religions and healing processes all concern this "positive energy" in which the healer tries to increase within the individual's body through unlocking chakras (Chinese) or energy fields (Sufism).

This positive energy that seems to have different names and is what I have coined as "God's Reflective light" and thus, this would mean that the environment that is surrounding you is lacking God's light in which, in other words we can say that God doesn't exist around your environment but rather you are living around a fake existence that you can feel and is making you sick since inside of you too have God's reflective light that needs nourishment.

Now of course it's not realistic (especially in this modern world) to find anyone nearby who can be considered as a Healer to help you out and thus, the only way you can start increasing this Nasama around you realistically is to start removing yourself from this dark environment. What I'm trying to say is that before I introduce you to the methods that can help you heal you first must start detaching yourself from this environment and begin what I shall call "Open Solitude" which does not support the form of solitude where you start seeing the people around you as "bad" but rather to take a step away in order to nurture your soul, increase your wisdom and realize that it's a normality in life to have people who are considered as "Flat/plastic" and others as "cultures" (Sapir, 2013) (which is you) and that it is fine.

However, what is not normal or fine is to make the cultured person

(you) doubt themselves due to being surrounded by flat people. Thus, realizing this, you need to learn that through Open Solitude you take a step back away from those people in order to nurture your soul through self-education and development and only interact with them when circumstances require you to do so. This type of solitude that I'm trying to explain is the exact same one that one of the letters received by Bogat was talking about in which she states:

“Paradoxically, one returns once again to solitude. Solitude in order to read, think and learn to understand. But it is quite a different type of solitude: solitude not for one's own sake, but for the sake of others; not an enclosed solitude, but solitude open to all, as it were. I will be happy if you understand what I have tried to say...”

It's a type of solitude that is not caused due to hatred of people but rather by sympathizing with them and their lack of depth of understanding the truth and logical way of life. It's a type of solitude that pushes you to find your authentic voice and capabilities in this world to try to help yourself and others around you in creating an authentic way of connecting and a deeper sense of meaning in this world.

As one of the main universal rules of this life is that anything genuinely good should be hidden, this is what Open Solitude does with you. Since you are genuinely a good person, you tend to hide or remove yourself from society and only appear when required. You need to realize you are a very good and beautiful being that needs to be taken care of and no one will do that except for yourself. You are delicate and beautiful and this can only become an advantage when you hide and reappear and choose who to surround yourself with.

I'm trying to push you and make you aware that you have got inside of you the strength to help yourself and others in the most authentic manner but all you have to do is take a step back from “modern society” that interacts 24/7 and engage in your loneliness and solitude.

Once you have reached a higher level of awareness and development by

then, you would have attracted an outer environment that will make you be able to integrate your Open Solitude with others and have the benefit from the authenticity that you will provide. May it be poetry, philosophy or art.

Yes, I do believe that once you grow and nurture this authentic light within you it will attract or generate the same light in the outer environment. Of course, it doesn't magically happen, it does require your input and your ability to illuminate this light through maintaining a balanced transparent ego.

Remember the quote when God said "I was a hidden treasure, so I wanted to be known" and thus reflected his light to create what we now call our world? Well similarly this is exactly what you so consciously desire ; the fact that you have something so bright inside of you that is dying to be reflected and shown to the outside world.

A transparent ego is what allows you to align with the outer environment and thus just like god said whatever you will desire and actually physically work on is what you will obtain in our environment. By having a transparent ego you start to gain a higher knowledge of all-things that concern you and your destiny in this world. You thus start to act based on a higher form of awareness that can help you achieve new innovative and highly individualistic aspects that help you gain a strong and authentic voice in the outer environment and thus finally becoming "a part of society" yet in the most authentic way. Also, since you increase white light this means you increase the energy vibrations in the outer environment that helps you to start meeting similar people or environments that are similar to your energy.

In Islam, God stated that man has mountains, stars, sun and everything under his demand. He only just has to connect to god and form a loving relationship with her and achieve authentic connections in this physical world with the reflective light that they carry.

I know right now you might feel very lonely and not capable of staying



alone or always trying to connect with your dark environment but I just wanted to let you briefly see the benefits and what could happen once you decide to achieve a successful Open Solitude. It is the only way of life that will help you become better and is something that you will have to remain as for the rest of your life.

However, it is only when you have a change of heart by acknowledging God, could you only then truly create a positive and effective Open Solitude that achieves higher forms of authentic connections in the world. This will be explained in the next chapter.

I want you to see that once you decide to isolate a bit and focus on nurturing the soul through following the below “authentic healing” method, it will take you time to fully achieve it and heal and it will be the most painful, awakening and self discovery journey but it’s worth it. Trust me and believe in me when I tell you that after undertaking this journey you will truly love life, people and enjoy yourself as well by connecting with God. I’m not expecting you to heal or attain this open Solitude way of life within a year; rather, I want you to take your time, may it be the next 3 or 5 years, however just aim to truly achieve it. I know you are sick and tired and you will need time and help (from professionals in which I shall explain later when I introduce the Authentic Healing method) but at least start out and see what might happen along the way.

This journey will have its dark days and will push you to the limits but one thing I know for sure is that there is a dream inside of you and something big you want to achieve in this world that is what is keeping you alive . You probably are still lost about what this big thing that you can do could be so just like Jean genet said:

“A Man must dream a long time in order to act with grandeur, and dreaming is nursed in darkness”

So take your time to make this dream come true. For knowing darkness helps you find the way to the light.

## LAST NOTES

I'm adding this section because looking at the above rules that you should understand by heart I wonder that maybe you would be in shock of the fact that you need to get over the "dark" people or environment that have made you this way. Or that you have got to leave them alone. Or maybe you started to feel very sorry for yourself and a victim of your community.

I know this environment or community that you are in is what identifies you since you were born in it but you need to let go and move on. You need to stop wanting them to understand you or to try to form an authentic community with them because understand this:

When you heal, you go from wanting to be chosen to do the choosing

Stop trying to connect to them or understand them or be like them or make them help you become better! When you heal you will in fact start to realize that they weren't really any good for you and you will start choosing who you want to have in your life. You will stop having this spiritual partism and start being a confident person who chooses based on wanting to and not for the need to have any form of company.

Even though you have been through a lot, you need to stop viewing yourself as a victim and inferior to those people just because they have led you to act in this illogical way that is making you sick. In fact, you have got to realize that those people are very much aware of your strength and are using you but they too are very limited in their understanding to help you nurture this strong thing inside of you. You need to stop playing the victim and blaming them but rather just like a woman said in a letter (Bogat, 1989):

"Pluck up your courage, be strong and look at yourself from other people's point of view. Why do you lie in your dreary room and not bother to lift a finger to change your surroundings?"

You have the strength to do good in this world and achieve authentic connections so stop wanting something from them or blaming them and start focusing on yourself and how to get better. Let's start this spiritual journey...

## AUTHENTIC HEALING METHOD

As seen below, This is what I have coined as “The True Human Cycle”. It has 4 main aspects that concern your healing journey which is your Nafs/Self, Heart, Mind and Nerves. Regarding the order, this concerns what affects what first and as you can see it generates a circular pattern that is continuous:



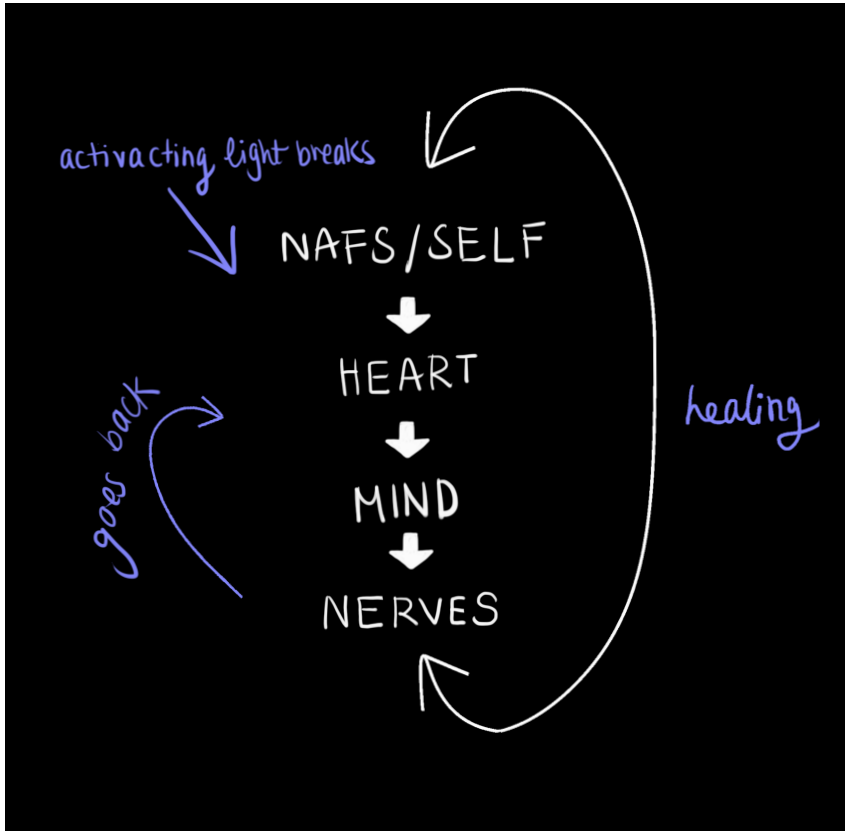
For example, you encounter a situation that is very illogical and harmful. What happens is that your Nafs starts increasing its energy towards dark breaths. Now remember the Nafs is situated inside the hearts so when it starts to accumulate dark breaths this then makes the heart opaque and unable to be transparent. Thus, any light breaths that are situated in your Nafs are unable to pass through to the mind as strongly as it could have and even sometimes if the environment is very dark it could lead to having no light breaths going through to the mind.

This then affects the mind as it then tends to start gaining “negative voices” that cause you to become sick and unable to interact with people and yourself the right way. That’s because even if you try to bring out the light breaths from your heart to speak to your mind, you will think that it’s not logical because the outer environment is showing you the opposite. So for example, if you encounter a situation that was deceitful yet, made you feel it was your fault, you will in fact believe that and even if just one positive voice came to your mind telling you that maybe the person who caused you such shame is in fact the problem you wouldn’t believe that voice because the outer environment is probably showing you the opposite and thus you believe the dark breaths inside of you and neglect any form of positive or knowledgeable way of talking.

The dysfunction in the brain and the increasing initiation of negative thoughts affects the nerves negatively. The nerves then become more sensitive (than it already is for you) and act out of fear of the unknown or having to encounter another similar traumatizing situation. The more you encounter dark breaths day by day the more it will make you more impulsive and self-destructive. Whatever negative actions you eventually do or say in the outer environment also starts generating dark breaths inside the nafs as well and thus, creating the cycle again yet at an even darker level than before. Eventually by time when there are little or no light breaths passing through the heart, you get a nervous breakdown.

This then shows the circular and continuous cycle of human beings when interacting in the outer environment. The Nafs affects the heart which then affects the mind and then affects the nerves. Whatever the actions

or impulses you follow with then creates energy that fills your Nafs as well. So if you decide to continue to become self-destructive with your impulses you will then remain creating the usual dark breaths that you are aware of and know due to your outer environment supporting you to do so. However, if you start consciously altering those impulses to become creative and generate light then you can start generating light breaths inside you Nafs :



This then clearly abides by the logical concept that even though you cannot control the outer environment and what it provides you with yet, you do have control on your actions that might in fact change you as a person and eventually create a more logical outer environment for

yourself and others. Yet, it takes commitment and the desire to become better, remold ourselves and achieve a higher consciousness to be able to change your self-destructive impulses into creative ones...even if the environment is not helping. This is what we are trying to do right now ☺

## **AUTHENTIC HEALING METHOD - KNOWLEDGEABLE BREATH**

Now I won't provide you with a set of instructions to follow which can help you have access to your higher self. Rather what I'm trying to do here is to make you acknowledge yourself more in regards to who you are and tell you different stories from people or religious ones that can help you know more how you can control yourself as this is the highest form of an individual. I have been doing that all along in this paper and will continue more now in this section as providing you with True knowledge based on Sufism tends to purify the heart more and make it transparent. That's because the more you truly know yourself and the connection you have with God the more likely you will start feeling safe and more receptive to a positive outer environment.

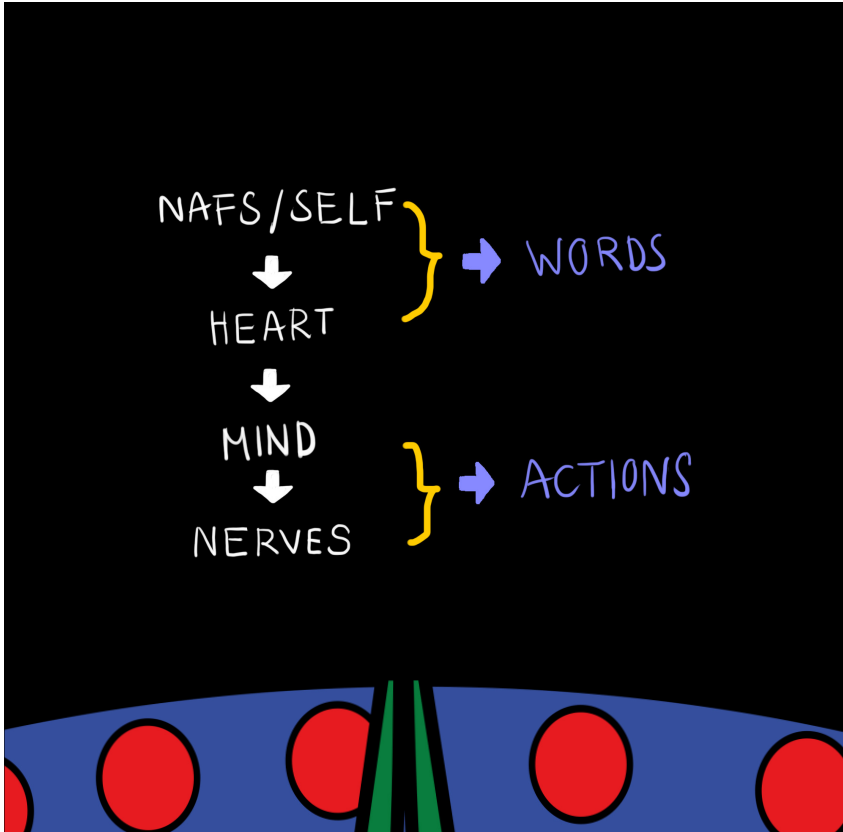
I believe an individual is an eye and a conscious as he started out before having God's light reflected. And thus you have the consciousness to see how you are acting and decide upon such action if it's wrong or right. You have the capability to choose while animals don't. you have the ability to keep on doing right or change and do wrong and either realize it's wrong and change again or continue. Animals only have to abide by nature and they are not bothered. However, you are conscious of such inner natural instinct and (for you) you get to decide whether to go with your instinct and even understand it more (if you have the power inside of you) to create something authentic out of it (a new you that will attract a new environment) or go against it which will create something new as well yet inauthentic, deceitful and self-destructive for human kind. I may have gone a bit off topic but this will be brought up again in the conclusion to inform you something for the one last time in order to reflect upon western philosophical movements and way of thinking.

Anyway, going back to purification; this process in Sufism is called Tasawwuf (Yanawar, 2010) and it is believed that True knowledge can heal and remove the dysfunctional problem that both the heart and the mind has (not only the mind as you can see ). To achieve Tasawwuf, you are required to take your time to have a deeper understanding of yourself in order to achieve a connection with a love greater than oneself (Mernst2, 2019) which is God.

I shall provide you with true knowledge regarding your true natural self and ways to break this damaging ‘cycle’ that you are in. I hope by providing you with such ways you would a change of heart and mind and to start furthering viewing the simplicity of the reason behind the “dysfunction” that you have and how all it takes is for you to acknowledge the power that you have in order to start changing you actions that will sooner or later change your outer environment too. It just takes time and a little bit of self-appreciation. And as I have said in the last paragraph you are not an animal...you don’t have to abide by your negative environment. You have the power to be an individual and choose to go against such negativity and remain in a positive light. Because honestly ,if you are still reading on till this section then I know by heart that you are trying as much as you can to heal and I believe this determination will end well and lead you to find yourself for once and for all. Just consciously choose to change and to believe in the below methods that can help you truly do change.

Looking back at The True Human Cycle, the areas and ways of healing are separated into two entities. Concerning the Nafs and the Heart, it requires you to find ways to connect more to the soul. For the Mind and the Nerves, it requires you to find ways to become more conscious or aware of your actions in order to control the body and how it reacts to the outer environment. Surprisingly you might think that for the body you need to ‘do things’ physically to control it whereas in reality you truly need to cultivate more positive breaths or words to your brain in order to know how to control your body. For the connection to the soul, this will require to physically do ‘actions’ that will help you connect to it. This is

illustrated below:



The purpose of both the words and actions that you will do it to try to increase your Nasama or God's reflective light which is what will help you heal and be able to change the outer environment more and step by step:

## **ACTIONS & WORDS**

Illustrated below are the types of Actions and Words that aid in cultivating Nasama in order to heal:



| ENTITY  | HEALING METHODS  |
|---|--|
| <p>★ <b>NAFS</b><br/>(AWARENESS)</p>              | <p>Balanced Solitude<br/>Acknowledging Dark Breaths<br/>Yielding Artistic Capabilities<br/>Dancing &amp; Music</p>   |
| <p>★ <b>HEART</b><br/>(PURIFYING)</p>             | <p><b>Tasawuuf</b><br/><b>Praying</b><br/><b>God’s words ( Zikr)</b><br/>Giving back to people (healing stages)<br/>“Purifying” massage<br/>Ablution/showering</p>                               |
| <p>★ <b>HEART + MIND</b><br/>(TRUE KNOWLEDGE)</p> | <p><b>Psychotherapy and Cognitive behavior therapy</b></p>   |
| <p><b>MIND</b><br/>(TRANSPARENT THINKING)</p>     | <p>Interacting with people (experience)<br/>Reading<br/>Talking to yourself<br/>Sufi Meditation<br/><b>Drugs</b><br/><b>Medication</b></p>   |
| <p>★ <b>NERVES</b><br/>(SELF-CONTROL)</p>         | <p>Achieving Artistic Work<br/>Reading (higher sophistication)<br/>Quietism<br/>Playing sports<br/>Self-discipline / Good Conduct<br/>Sufi Meditation<br/><b>Drugs</b><br/><b>Medication</b></p> |

I shall go through each one of those aspects below but before I do, you might be asking well which one do I start off with regarding this cycle? My Nafs or the Nerves or do I have to do it based on the stages you have aligned them in?

Well looking at the above table through the True Human Cycle (below) you would find that the best way to start off is through the process that allows you to integrate both the Heart and the Mind or (soul & body) which is through undergoing psychotherapy. Thus, in order for this to truly work out you need to make sure that you find a suitable psychiatrist. What I mean by suitable is someone who believes in the spiritual essence of the Human and not only through modern scientific methods and discretion. The Doctor should view your status more as a form of a sickness of the soul than a “disorder” in the mind. Such doctors I believe have the capability to not only “know” different illnesses and sicknesses but also have the capability to “understand” the sick individual. What’s important is your commitment and the willingness to heal which will help you formulate a healing cycle eventually by time and start becoming a healed individual.

What’s even more important is to truly do this for the love of wanting to know god more, be closer to him that will also make you love yourself and know yourself more.

Looking at the cycle, I believe that by starting off right in the middle of the True Human Cycle (Heart + Mind) it will act as an initiation and a discovery of the other aspects on their own. Think of it as a motor wheel that as soon as it starts working the others start spinning as well. You need to make sure you engage with the right people when undergoing this healing process as healing does not only concern your connection to your spiritual side (God) but also to connect with people who can guide you through it. It is impossible to heal without also connecting to people authentically and thus, by doing so with the doctor and spiritual guide it will help you heal and gain authentic connections in this world. Doing it alone can lead to you gaining untrue knowledge or even worse can cause further damage. This is because sometimes you can mistake and egoistic

impulses for intuition in which by having someone to guide you can help you see such mistakes. As Yanawar stated:

“Attempting to direct your own spiritual progress tends to lead to worsened egotism and illusion. The concept of spiritual directorship means that people who are fallen can regain their innate purity by being guided by someone in whom the Fall has already been reversed”

So you need to make sure you find a psychiatrist who has went through similar experiences and was able to overcome them (thus becoming a psychiatrist to help others) or someone who has a deep spiritual connection and has been able to heal people with disorders through psychotherapy and help them become more authentic rather than just trying to make them “like everyone else” which is impossible for someone like you.

The majority of the healing methods require little or no money at all which aims to make sure it’s a scalable way of healing. Since the majority of neurotic or personality disorders occur due to poverty, this takes into consideration such facts. If you’re broke I don’t want you to feel hopeless about the healing process rather, think of it in a positive light. As one famous person (who I can’t remember) once said that the best adventures happen when you have empty pockets...

If your financial situation is low or if you are unable to find someone suitable to undergo psychotherapy, I have provided you with my personal email so you can reach out to me so I can help you out. Don’t worry I’m here to help and make this truly achievable ☺

## **MAIN AIM OF HEALING**

The main aim of this whole process is to “Purify” yourself through balanced seclusion and gaining True and Personalized knowledge to increase Nasama within your Nafs and the outer environment. It is believed that by undergoing the journey of purifying yourself while attaining the right type of knowledge, the energy vibration of the ‘Light breaths’ within you will start to increase thus, weakening the dark breaths inside your Nafs. At the same time, this strong “Light” breaths within

you will attract an outer environment with the same form of light as well.

In Sufism it is believed that purifying yourself (tasawwuf) helps you to attain more of God's light within you and make you more connected to your soul (Yanawar, 2010) . If you think about it, you become more "holy" which helps you heal yourself because as stated in (Page) the capacity to heal is expected in a holy person (Yanawar, 2010).

I want you to think of it as a magical and sensual process that occurs in which, whenever you push more and commit more into increasing your inner light the more the desired outer environment that you want will happen. Just like the quote Regarding God and achieving a Rabbani state in which he stated that once you reach this stage once you say a thing "Be" it will be. Of course this doesn't mean that when you wish for something it will automatically happen but rather, whatever your soul truly deeply desires will eventually find it. Thus, it might be something that you still don't know. Thus, this journey is exactly why you need to undergo it as it will help you gain more awareness of your truth and be able to reflect it in the outer environment.

As this paper is providing you with True knowledge to help you heal, and gain a faster awareness of your Truth, the journey you will undertake will further help you gain more true knowledge and more importantly personalized one which is coined as "Hidden knowledge" (Yanawar, 2010). As stated before, since we are pushing to connect more to the soul, this will then lead you to start attaining knowledge that is personalized, situational and ever-changing depending on your life journey (Yanawar, 2010). This is what I meant by receiving "Knowledge-of—all-things" in (Passe ) that only concerns you and your journey. This is also your Journey to being closer to God that is authentic and caused out of genuine selfless love.

As stated before in (Page) everyone has their own type of God (their reflection) and their own journey that makes them eventually highly connect with her. As Shaykh Nazim once said "the paths to God are as numerous as human breaths". In fact I would like to change this wording

a bit and say that the paths and perceiving of God is as numerous as the different sets and intensity of breaths a human contains.

Through such knowledge and path taken, you will eventually be able to yield an authentic personality and character of yourself that will soon reflect in the outer environment. This will occur by creating something authentic which will inspire people as well as generating an authentic and logical framework in life.; may it be in music, art philosophy or science yet, it will concern providing further True knowledge and understanding of the world.

True knowledge is a worldly aspect that could be attained in the world. However, Hidden knowledge can only be achievable between yourself, the outer experience you encounter and how you will internally interpret it. Since you are already highly sensitive, attaining Hidden knowledge won't be hard, however, what might be hard at the start yet is essential for attaining such knowledge is the need to remove attachment of people and move it towards attachment of God. The more you achieve this the more you will gain Hidden knowledge. As Caliph Hujwiri once said :

“Purity (safa) has a root and a branch : its roots being severance of the heart from “others” (aghyar) [i.e. other than God], and its branch that the heart should be empty of this deceitful world.”

So to conclude, the main aim of the healing journey is to make you reach a higher form of self-knowledge that will allow you to connect more to your soul and achieve an authentic and healthy being while (subhan Allah) you will find that at the same time whatever you deeply desired or whatever your soul requires will find it and achieve it in the outer environment.

As Sheikh Esref once commented that Self-knowledge through Sufism healing process (Tassawuff) can lead to the knowledge of the rest of the world:

“If you understand yourself, the ant from the desert and the city, the

flea, horse and cow, Peter and Mehmet will come to you and introduce themselves. Even if there are millions of them. Even [thought] this is physically not possible.

But if you understand yourself, you will be beyond physical things. And every creature, in order from above, has to introduce itself to you and to show its secrets.”

Now would it be wonderful to reach such state... You’ve got it in you ☺

## WORDS & ACTIONS EXPLAINED

I shall start off with the Heart + Mind aspect followed by the Mind then the Nerves. The Heart will be left at the end to further showcase how it’s the missing piece of the puzzle that Modern Western Medicine has completely neglected.

Now let’s look into each action and Words required:

### HEART + MIND

Psychotherapy  
+ Cognitive Behavior Therapy (CBT)  
+ Method of Confidence

*The purpose of this activity is to help you attain truthful perspective in regards to yourself and the environment you live in. It helps you to become aware of your own inner strength and to base your worth and value based on it rather than from outside aspects that are not in your control and can also be deceitful. This is done by providing **True Knowledge**.*

## FLAT DOCTORS/ CULTURED DOCTORS

As stated in (Page) Modern Doctors are generally positioned within the

Level B of learning the patient in which they try to adapt the status of the sick-man based on the different type of “disorders” that are described in the psychiatric books such as the International Classification of Diseases (ICD -9) and the Diagnostic and Statistical Manual (DSM) 5th edition (Yanawar, 210). Since it is then viewed as a “disorder” and not an illness of the soul, doctors aim in “fixing” the issue by providing systematic and generalized ways such as medication.

Such doctors are unable to view the patient as a normal human being who may have experienced a tragedy that needs to be listened to and deeply understood in a personalized manner. Also, how this deep trauma could in fact push them to become a better and a more authentic person than the majority of the people in the world. Rather, they tend to view them as some kind of “mad” or not within the “normal” human framework and thus they tend to aim for normality of conformity yet, any deeper form of happiness or the ability to transcend norms (Yanawar, 2010). is out of the question with such psychiatrists.

One prominent psychiatrist, Dr. Zakaria Halim who is a specialist in Forensic Psychiatry has even written his thesis about such an issue 30 years ago. He has informed me that there is an issue when it comes to the difference between psychiatrist doctors “Knowing” and “Understanding”. He informed me that the majority of Psychiatric doctors are incapable of reaching the higher level of learning C and D due to the lack of “understanding” the patient.:

Level A – No Change (no learning ignorance, denial, tokenism)

Level B – Accommodation (1st order – adaptation and maintenance)

Level C – Reformation (2nd order learning – critically reflective adaptation)

Level D – Transformation (3rd order learning – creative re-visioning)

I believe such doctors who are incapable of higher learning could be coined as “Flat Doctors” who lack the depth and the understanding of the soul due to them not being connected to the soul themselves but rather, to the ego more that satisfy their inner desires of being a “doctor” and just

“fixing” things. A genuine and cultured Doctor who is connected to the soul and addresses problems as illness of the soul will not aim in “fixing” the patient to satisfy their own ego when in reality it’s not fixed but rather controlled. Rather, they truly try to understand the patient and connect to him in order to allow “Light” words of True knowledge enter their Heart + Mind. They do not view your act of impulsivity and addiction as an issue that needs to be fixed but rather, that there is a reason behind such destructive acts and the need to acknowledge why in order to know how to change such actions.

They move with you through your life experiences and help you to push your mind and heart to evaluate it the right and truthful way which takes time and requires true and genuine support from the doctor. This is because it would take you years of self discovery and experience life situations to be able to adjust your mind and feelings the right way.

## **PSYCHOTHERAPY**

When searching online you would find that most search results state that Psychotherapy was invented by Sigmund Freud as a “Talking” method to help patients understand their actions and behavior to help them adjust to it.

In reality, Psychotherapy has been around way before that and was in fact used in Sufism healing. In Sufism it’s Called Sufi psychotherapy and its core function is the art of “understanding” by “Providing knowledge and understanding of the human and its problems in life and how to seek the solution of the problems that is good, true and noble.” (Solihin and Munir, 2017).

Thus, it focuses on True knowledge in regards to your environment and your Self.

### **True Knowledge regarding the environment (Mind)**

Having found a cultured doctor, there are many ways that psychotherapy



helps you. Firstly, it creates a professional and authentic connection with your doctor in which they help you in trying to understand that not everything is black and white. Secondly, you have to rise above the majority of people by finding your inner strength through expanding your skills and knowledge. Lastly, they try to make you have what is called a “balanced- seclusion” (page) by avoiding spiritual parasitism (Page) and ensuring that you try to surround yourself with genuine people which shall be explained below.

As I have explained earlier inside your Nafs there is a highly dark breath energies mixed with highly light “authentic” breath energies and thus, it makes it incapable for you to be able to judge people anything otherwise then either “good” or “bad” but not in the middle which is a “normal” person. This is what’s inside of you. Thus, you are unable to do two possible things:

★ Pick up other “Light” breaths that the individual might have which, may allow a genuine form of relationship

★ Understand that Normal humans have a mixture of “light” and “dark” breaths yet, it depends on the intensity of the energies of those breaths and thus, that is why people in general have good and bad traits. But, it depends if those bad traits are **bearable and acceptable or not.**

★ **Bad traits that are acceptable makes this individual coined as a “Normal” person**

★ **Bad Traits that are unacceptable and damaging makes this individual coined as a “Bad” person**

Most people in the world have been brought up having their “fitrah” touched by may it be family influences, friends or both. This makes them automatically lose or have the “Authentic” Breath very very low which for you, is highly activated since you experienced some form of neglect (may it be a positive or negative one) which lead you to have our “Fitrah’ untouched or your authentic self-untouched. This automatically makes

you think that they are “fake” people which kind of annoys you and makes you bored and uninterested. However, here’s the thing that this type of therapy is trying to make you become fully aware of:

You have got to understand that just because they do not have an “authentic” breath within them that it then makes them fake. In fact if they were brought up around a logical, loving and highly positive surrounding they attain still “light” breaths such as the “Pure”, “Valid”, “Knowledgeable”, “Good”, “Thankful” and “Sacrificing” breaths that doesn’t make them authentic but they are genuine in their interactions. For example, you would find someone who doesn’t have a strong authentic breath and thus, doesn’t mind being within the 9-5 system (following/abiding the system) in which, you would assume that they are ignorant or unable to be real as you are however, in reality they might be much more knowledgeable about true aspects of life, positive and satisfied about their lives in the right manner and trying to be in general a better person. More than you are.

Understanding that the “Authentic” breath on its own doesn’t make you better than them in which you assume. Being authentic without attaining breaths that make you genuine like those “normal” people is the main reason why you are failing to make this “authentic” breath that you have to be more activated as well as reaching higher forms of breaths. This is why when you really want to do something good in this world but every time you try it it ends up as an unfinished project or you leave it half way through. You are not genuine with yourself in what you want to achieve exactly and so whatever you start off with you end up losing interest in it.

By realizing the aspect of being genuine, the psychotherapy is trying to push you to make you realize how interesting such people are as they provide you with a positive environment in which they will respect you as well as instill in you ways that will make you activate genuine breaths. Such people will appreciate you and your uniqueness and they too do get inspired to start having their own “authentic” voice since you are exchanging breaths.

By pushing yourself to become more interested in such people as well as doing activities that associate the Mind (will be explained later in this section) , you will start attaining various and differing breaths ranging from breath 5 – 10. This will then increase and push the “authentic” breath to become more stronger. As a result, the more authentic you are and the more you push to activate it; the more you would want to know the truth and thus, pushing you further to create a stronger relationship with God (Focus on ways to purify the Heart) that will activate the “Complete” Breath as well as the highest form of silence as you very much need them for your survival. Why? I’ll explain right away but to focus now on the issue of being genuine; by surrounding yourself with genuine people as well as forming a loving relationship with God you will be able to “survive through the prettiest” and thus live a “one of a kind” and a beautiful life.

In Psychotherapy they try to push you to survive that way by helping you to control yourself in life situations by changing your thoughts, feelings and actions (Singgih, 1992). And to achieve what is called a “positive personality” (Dzaky and Hamdani, 2000). This positive personality aspect is what I would like to call to “survive through the prettiest” which is the ultimate natural state of survival for man rather than trying to abide the unnatural state of survival that man now abides which is “survival of the fittest” that is making you sick.

Through psychotherapy the doctor helps you to realize such aspects by “talking” to you and exchanging words that help increase True knowledge and thus increasing the “Knowledgeable breath” energy inside of your Nafs. What they are trying to eventually make you understand is the true environmental situation and the truth regarding yourself in order to push you to find new and better ways of dealing with your current negative reality.

Now, the other realization psychotherapy pushes you to realize are the other forms of people who we coin here as “Bad” people. Such individuals have accumulated either from childhood or by time rather than “Dark” breaths that are within numbers 14 – 20. They tend to be

selfish and stingy in all manners (Cheap breath), constantly blaming others and rarely blaming themselves (Blaming Breath & non-instant blaming breath) or even worse so self consumed that they are just aiming to make themselves and only themselves “happier than everyone else” and finding their way by being deceitful (Pleasure and Deceitful Breath). Those types of people do not bore you but rather can make you more interested in them with their deceitful lies. However, by time you will start to get this strange and nauseous feeling that something isn’t right and eventually realize how fake and bad they are which can cause you great stress.

What I’m trying to make you realize faster in which through talking with your doctor and experiencing life you will tend to discover this:

What made you sick is that unfortunately you have been positioned within an environment that is filled with people who have those dark breaths and are “Fake” which will use you, exploit you and still make you feel like you are insignificant and in fact sometimes if they are really bad people they make you feel like it’s wrong that you ever existed in this world.

Interacting with such individuals while you have this strong “authentic” Breath within you either makes those people exploit you and then throw you away when they are done with you. Even worse, some of them who their hearts are filled with envy only view you as a threat due to your realness and always aim to “bring you down” in the most devious and secretive ways.

The lack of you gaining True Knowledge in regards to yourself makes you lack the confidence and self-love to be able to handle such people in the most wise and may I call it “chic” way that will not only help you stop being used but also to force them to be able to do nothing but watch you grow and survive through by being “pretty”. The aim is to rise above and not actively fight them back. They neither deserve the time nor the energy. Believe me. There’s much more interesting things in life to do and focus on.

Of course the difficulty to reach such a manner is not only due to lack of self-love and knowledge but also because of you and the inability of understanding that for such people, you have got to understand that you have got to “act” around them and play the game just like they are doing. You have got to create an outer mask for those people. Because you have a responsibility towards yourself to not get hurt like you always do. Like I told you before this world is just a virtual world. The heaven you so wish to live in in which all are holding hands and working together is not in this world. It’s still yet to come for you.

I know throughout your whole life you’ve been asking why people can’t just be real and themselves but you have got to understand the reality of the fact that the people you are surrounded by will not like this authenticity that you have and the more you show it to them the more they will take advantage of you and still envy you. This will result in you activating more the “Sacrificing/Mujahid Breath” and “Instant-self Blaming Breath” that will destroy you inside out.

For example, you experience some sort of a tense situation with someone at work. Let’s assume that they have tried to do something sneaky to find their way. Since you are sick you suddenly get this intense feeling of fear and deception which leads you to act out impulsively and just tell the truth about your co-worker. The ugly truth. Eventually you’ll find other co-workers informing you that you might have gone a bit off and that maybe what you said was “too harsh” and “unprofessional”. This makes you even mad because deep down you know that your co-worker is in fact the one who is deceiving you but somehow you end up getting the blame. This makes you even more emotional because you internally criticize yourself even more than you already do (since people are blaming you). This then can make you end up lashing out on the rest of the co-workers since they are not taking your side and thus making you look mad. You go back home feeling as if everyone is just “bad” and “evil” since they never understand you and don’t want to admit the truth like you. And most likely or definitely you will take any favorable drug to sooth this sense of shame and guilt.

It is only through pursuing True knowledge in regards to yourself will you be able to stop seeing yourself as inferior and thus, victimizing yourself and feeling “unsafe” which pushes you to uncontrollably state true things about the person in front of you in order to protect yourself making you feel and look mad. True Knowledge regarding yourself will further help you accept the fact that this is a virtual world and with such “Ingenuine” people you simply have to put on a mask that reflects their ingenuity and interact with them from afar or often. Or whenever you need them because they are living with you.

Rather than blaming yourself or instantly sacrificing something for them just to try to connect with them, rather play with them their game of ingenuity. If you are finding them only talking to you to use you (Pleasure Breath) then try to start activating with them for example the “Cheap breath” by always giving them convincing reasons why you simply can’t help them but will still make them feel that maybe you’re not being genuine as well. Give them a taste of their medicine. Be stingy with them just as they are with you whenever YOU ask them for something. And then every once in a while since you are a good person and a much wiser one you decide when and how often you would like to give them any form of a “light” breath may it be by providing them with good knowledge or showing your authentic side only when they are in dire need of some kind of help or inspiration. But make sure it won’t hurt you.

By providing a reflection of their ingenuity every once in a while showing your authentic and good side, believe me , those people positioned within mostly the “Pleasure Breaths” will be slaves for you. What I mean is that since all they aim is to gain pleasures in life they try to exploit you since there is some real substance inside of you. By controlling the relationship and having the upper hand and reacting as the above you will be able to make them start seeing that firstly, you are not naïve and you are fully aware of your capability which makes you perceived as powerful. Thus, the way they will interact with you will be not through exploiting you but by “asking” you respectfully and having you decide if you would like to help them out or not.

This will take time and practice because I know that you are used to always being genuine and real but the more you understand and experience their ingenuity the more you will find yourself knowing and wanting to reflect it. This will push you to also start activating breaths 14- 18 in order to start playing the game with them and in truth start participating in this thing we call Modern Life.

This is why you have to interact with such people from afar or every once in a while in order to ensure that those breath spectrums are not highly activated within your Nafs and just used for the outside world and never affecting the inside substance of your Nafs that can make you act in a negative manner. It takes high control and awareness as well as being able to be spontaneous and insisting on staying away.

As the famous female Sufi Mystic once said “What’s inside of me, I don’t let out: What is outside of me, I don’t let it.” (Upton, 1988) and that is exactly what you should do with such people because they are “flat” or “Plastic” (Yanawar 2010 and Sapir, 2013).

Regarding individuals who are far much worse and “darker” taking for example your co-worker or anyone who can be considered as a narcissist will have their Nafs mostly positioned within the “Deceitful” Breath. With such people once you discover that they are deceitful (due to high sensitivity) this can cause you to create surprise in a negative way. This can make you impulsively try to reflect the same type of “Deceitful” breath because they have caused great harm to your ego. If you do that, time and time again you will find yourself feeling unable to do the same thing because you’re just too “vulnerable” and can’t have the same way of irrational desires and evil way of managing things. Take for example the girl who tried to “remold” herself in the letter written to Boagt in (Page). When she tried to put on a show just because she felt like she wanted to “fool” those people just like they are fake she felt bad about it. However the aspect of her capability of remolding is a strength since she can rather try to remold to reach those higher forms of Breaths and silence.

This will make you feel like you have “lost” against this person and was unable to have justice happen. And even when you start switching to your true “Authentic Breath” to expose their deceit, you will surprisingly find people not agreeing with you because it’s simple. Such individuals are so deceitful that no one could recognize the truth that you are stating. Plus they are “flat people”.

This is exactly why when it comes to deceitful people whose main aim is to try to hurt you, there is a need for you to start initiating the “Complete” Breath as well as the highest form of silence. With such individuals you just have to “Let go” and learn to be guided by the “soul” in which I promise you, will somehow flip the situation by exposing the truth of this deceitful person and having people respect you for your realness.

Reaching such breath and silence can only be achievable once you have decided to take steps on your own to achieve the rest of The True Human Cycle. Only then will you start initiating a true love relationship with God that will help you attain such breath and silence.

Only then will you be able to positively let go of such bad situations and let your soul guide you through it spontaneously. It will provide you with power and knowledge on how to deal with it.

So to conclude this section, What the doctor will try to make you understand throughout the years are the difference between genuine and ingenuine people. They will help you whenever you meet people in circumstances to be able to better judge them and not see them as constantly either good or bad but rather within the spectrum of how genuine they are and depending on it you decide when to be authentic with them or not. They try to make you realize that authentic moments are not constant with people but can be shared with the ones who deserve it. The ones who care. You just have to start choosing right and this is only done through experiencing people and life whether they are bad or good, in order to know.

Regarding your authenticity, they will push you to realize that the only authentic moments that you can have are with yourself and thus, you have



got to start taking interest in what makes you authentic and grow it with yourself. By trying to push you to view yourself in a positive true light rather than always having those negative thoughts about you; they aim to appreciate and love this authenticity within which, will help you to be able to start being alone and enjoying your own company while you try to find ways to grow and become more authentic. They try to push you to view yourself as a much higher, wise and authentic person who needs to have time on their own to work on their talents and not focusing on the dependency on people so much. To try to have a “balanced solitude” as stated in (Page).

This is done by providing true knowledge about yourself which is explained below.

## **TRUE KNOWLEDGE REGARDING YOURSELF (HEART)**

Now of course realizing this will make you feel that the “world is against you” and you will start positioning yourself as the weak victim who can’t face those animalistic motives of man. This is because you already sense that most of the time people just don’t understand you when in reality you are saying the truth. This can lead you to become very destructive.

Psychotherapy tries to instill within you True Knowledge regarding yourself and how powerful you really are! For example, if you encounter an irrational experience and you inform them while feeling like a victim, they will try to make you see the true perspective that it isn’t because you are weak and the person is deceptive rather because they feel threatened or envious of your inner authentic self and that you need to put your trust in it to not overreact in such circumstances. This is in order to stop **VICTIMIZING YOURSELF** when you encounter such situations and in fact seeing that you are so powerful and authentic that you need to start filling those shoes or else people will take advantage of you (and they already are).

By knowing and realizing your own beauty and strength you will stop

victimizing yourself and in fact, feel safe and secure which will start making you react towards such situations in the most wise and spontaneous ways and help you gain a positive outcome from the outer environment.

For you to believe the truth regarding yourself and your strength will take a lot of time and therapy because this is the biggest issue that you have.

The fact that you are incapable of seeing the beauty and the strength you have and thus making you insecure and always being impulsive in a damaging manner. This is of course due to the fact that your past traumatic experiences have made you initiate inside of you what is called the “Instant self-blaming” breath which in fact makes you view yourself as the worst thing there is to life!

Your traumatic experiences have also activated the “Sacrificing/Mujahid” Breath which makes you most of the time self-neglecting yourself. This could be seen when you never state what you actually want just to try to make the other person ‘like you’. It happens because the majority of the time you do sense that people are jealous of you so you try to sooth this jealousy by minimizing yourself and your desires. It can and does reach high levels of you not eating or taking physical care of yourself affecting your hygiene and nutritional health just because you feel ashamed of yourself. You are punishing yourself by simply trying to not exist.

It is only by talking with your doctor who will push you to further see your talents and skills and find ways to further develop it. The doctor will help you view the benefits of your authenticity and to motivate seek more of it. So think with me right now, what do you think you’re really good at? Let’s think out loud the different options there could be:

- ★ Writer
- ★ Painter
- ★ Acting
- ★ Psychologist (Maybe art psychology?)
- ★ Science
- ★ Maths

- ★Engineering
- ★ Philosophy
- ★Fashion
- ★Furniture Design
- ★Graphic Design
- ★Music

Or maybe more than one thing I guess? Just take your time in this healing journey as a path of adjusting and understanding more what are your main skills and competencies. What makes you stand out and what you feel makes you fully satisfied. For the environment you can interact the majority of the time with your mind but with yourself try to interact and use your heart more. Connect with the inner god that's inside of you. Try to understand more what it likes, what soothes it and what makes it be more "transparent" and accepting of who you are I guess. Be guided by it in this journey of solitude while talking to your doctor and I promise you, you'll find your way.

As the famous Sufi Mystic Rumi once said "As you start to walk on the way, the way appears to you".

Letting you know a bit about my journey of discovering that I am in fact an Artist and a Philosopher; 4 years ago I was still working a 9-5 job in the entrepreneurship sector not knowing what I really wanted to do in life but taking my time and trusting my path. One day I found a job interview for a company located in Zamalek. I went to get interviewed by the CEO who surprisingly after 2 hours of questioning and providing him with truthful answers about myself and showing him my artwork he told me that maybe I should do something about my artistic skills. Develop it more. He then encouraged me to work on a poster for his company in which, made me realize that I have to learn graphic design in order to be able to make what he had in mind. Putting aside the poster, in general I was excited and thrilled to have someone "shun a light" regarding my skill and encouraging me to try out something new. I then decided to take a course in Graphic Design which also made me meet people who were genuine and I still continue to talk to them until now every once in a

while. As for my artistic skills, I have now been able to successfully have it formed as a professional way of living.

It's funny how pushing yourself to try new things and change a bit at the beginning of the journey to experiment can in fact help you find people who can help you see this light inside of you.

Through this journey the doctor further tries to tell you more sense in why you act impulsively and highlights to you your very own behavior in order to help you adjust it and change. This is a form of therapy that is called Cognitive Behavior Therapy (CBT)

## **COGNITIVE BEHAVIOR THERAPY**

Believe it or not Cognitive Behavior Therapy (CBT) was in fact founded by a Muslim psychologist called Abu Zayd Ahmed Ibn Sahl al-Bakhi in the nineteenth century (Mernst2, 2019). It is under the umbrella of psychotherapy.

What this partially aims is to inform you and make you more aware of your actions and what triggers it. This is in order to make sure that through your journey you get to analyze your actions from a more truthful perspective that allows you to change it and adjust to new ways. As a part of you really wants to find a way to make everything better within and outside the environment, the doctor helps you by making you recognize the unhealthy behaviors that make you unable to form a healthy balanced solitude.

Issues such as the Spiritual Parasitism that is discussed in (Page) are one of the aspects in which you have got to stop looking outside to try to attain self value or inner substance. It is only through you and the achievement of loving yourself and knowing your relationship to God that provides you with rational security and helps you form a balanced solitude.

It will push you to take time being alone to find what is your strength and how you can nurture it outside. This way you will be able to nourish

your soul (Page) and attain higher connection. Once you start to find your strength and build upon it sooner or later it will reflect on the outer environment creating an impactful authentic substance to the world.

What the doctor will try to make you and hope that you realize through your behavior is that since you to attain the art of remolding yourself into a higher form of being, what's still missing is in fact the greatest art of all is "the art of finding good people around you and of being able to shape good people." As stated by one of the letters sent to Bogat. A true healed individual is not someone who secludes him- self while providing authentic things may it be in the Arts or Sciences but rather in trying to attain and maintain a truthful and meaningful long term relationships while helping them get better.. Why? Because even when you start believing in yourself to find your way and have found it, you will still have this sense of heavy sadness because you are not connecting with people and you're doing it by yourself.

This might be because yes for now, you are within a highly deceitful and ingenuine environment but please don't make that push you away from trying to find people to connect with and rather, create what a lot of the people who wrote letters said an "outer shell" or to "break away in order to protect what is best within himself. It will gradually fade away leaving you only solitude and futile regrets". And it really will.

So yes, for now seclude and hide away. Now you know why the universal truth that good things should hide (Page) is right. Because anything good exposed will be exploited and will never be able to transform to a "great" thing creating authentic substance. However, once you have started to grow and become healthier you need to push yourself to trust in your journey that you will meet more genuine and authentic people to try to connect to them. This all has to do with the Heart aspect and is out of the doctors hands. It all has to do with your relationship with God and your trust in him.

Remember the feeling of wanting to be like "everyone else" (Page) well someone wrote something very beautiful about this to Bogat that explains

it in a very simple manner:

“The human soul is also subject to entropy. Here, the growth of the degree of indefiniteness is expressed in the desire to be ‘like everyone else’, to level oneself with ‘everyone else’. What ‘everyone else’ means not with the best but with the worst because the best are never ‘like everyone else’. They are unique. And in order for everyone to become better, each person has to work at his own soul, morally improving himself and enhancing his distinctive uniqueness. It is paradoxical that people who try to ‘be like everyone else’ are usually unsociable and reserved though one would think they would want to mix with ‘everyone’. On the other hand, a person whose soul is constantly at work and who is keenly aware of his unique personality, is, on the contrary, open and sociable; he wants to overflow into the people around him, to give them something, endow them with something. And this constant giving of the self, makes a person richer at heart rather than poorer”

You see, artists and philosophers or people who attained the authentic breath by being brought up by people who were genuine and authentic as well won't mind later on to live a live in seclusion. I mean look at all of the philosophers and Artists in general and you find them mostly being able to accept being cut off and just providing authenticity (and sometimes inauthentic...I could write a whole other paper about this so I'll cut it short now.) work. They love being on their own and don't really like being around people. They use their sense of loneliness to produce authentic work and not to try to understand further the truth in regards to such loneliness. Thus they might not need to acknowledge God since their ego satisfies their reality.

Well for you it's different. because you really were sick and in order for you to fully heal is to not only connect to your higher soul but to connect to people as well. Why? Because it's in your nature and in your Fitrah that you want to be around people. You want to help them out and I know you can sense this a lot. If you won't you will remain sick and will have this heavy sadness in your heart. It is only by working on the activities of the Heart will you then be able to achieve this worldly connection with

people. Putting your trust on such activities and in God what this will do is push the desirable outer environments to open their doors to you in which shall be discussed later on.

You see, the main aim for you is to not only achieve authenticity but to reach a higher form of uniqueness that can be found in helping others and creating an authentic network in this world. This is how you truly live forever. By passing down this beautiful thing of yours to people who deserve it and have it remain to live on. Artistically and humanly as well.

As one of the letters written stated:

“Because nothing is more precious than human bonds. One can retrieve something that is lost, such as money, or even one’s reputation or physical strength, but we cannot retrieve the people we lose. They never come back. The ability to keep a person, in spite of everything, is possibly the greatest of all human arts...”

so it’s not only to produce authentic work that will inspire people even from afar but to try to form an act of giving back such authenticity to people directly and in relationships. Because this is how good things happen in life (Page). Without them people will lose hope of each other and become inauthentic.

The aspect of God, the Heart and fully healing will be discussed later on however to conclude this section.

## **CONCLUSION**

Psychotherapy aims to make doctors provide you with truthful insights about yourself and the environment you live in. They try to help you acknowledge your inner strength in order to rise above such irrational circumstances caused by ingenuine and deceitful people and to focus on ways to further build yourself and form an authentic community and to fully heal.

Of course, there are various aspects within psychotherapy that further

help the patient. For example, the usage of cognitive behavior therapy helps patients remove irrational beliefs about themselves that are negative as well as ones that concern their environment. Doctors help them to interpret it on a more realistic basis (Sohlihin and Munir, 2017).

It is amazing how forming a professional relationship with a cultured doctor could help a lot mentally ill person transform into an influential one. They take their time and have the patience to go with you through your journey and persist in making you see things truthfully. All of this by simply talking and exchanging “light” breaths. By simply stating the Truth.

I hope by time and experience while talking to your doctor you get to see your own beauty, expand on it and create your own world that would make sense.

## MIND

Interacting with people (experience) +  
reading + talking to yourself  
Sufi Meditation + **drugs + medication**

*The aim of the activities that revolve the mind is to start having what is called a Transparent way of thinking. Also, to help individuals be able to start creating genuine relationships and be able to avoid ingenuine ones.*

*By being spontaneous with events may they be either negative or positive and realizing that there is “more to life” and more to yourself which could be celebrated in a spiritual way; will make the individual start becoming more wise and not feeling that “it the end of the world” and be able to attain peace by celebrating life and oneself potential and closeness with god.*



## INTERACTING WITH PEOPLE

Achieving balanced solitude can only happen through trial and error when it comes to forming relationships with individuals. The main aim of such activity is to :

- ★ Be able to achieve a Balanced Solitude (Page)
- ★ Start showing interest in Genuine people and avoid In-genuine or Fake individuals whenever you can

By interacting with people while undergoing psychotherapy, you will start to realize that you cannot achieve a constant authentic relationship as I have stated the reasons why in (Page). Realizing this will only happen after failing to maintain many relationships and achieve positive situations. This will push you by time to start creating a framework of ways when it comes to engaging with people.

You will learn by time that you are in fact much wiser and more capable than the majority of the people around you and thus even if they are fake you sympathize with them yet from afar. You rise above and focus on yourself. You will start to enjoy your own time in solitude as you will use such time to explore this authenticity within you and have it on a continuous basis as you have always wanted it yet, between yourself.

With individuals who have high dark breaths, you will learn how to interact with them to get what you want and from afar. This is in order not to hurt yourself or cause any damage to the relationship which can lead to such individuals feeling that their egos were hurt and will seek revenge. This will be done by focusing on creating a mask only when engaging with them in order to hide such authenticity and appear as a “normal” person who serves as no threat.

The more you are able to achieve a successful balanced solitude the more you will be able to have the strength to help man, create goodness in this world through close relationships and inspire people through your work. You will not be asking for help from people; rather, you will be the one

who is strong enough to help them and always viewed as a higher form of an individual that will be respected.

Regarding the topic of Genuine and Ingenuine people that was discussed in (Page), the issue with you is that you automatically view Genuine yet people as boring and Ingenuine people as very interesting and “lively”. Why? Genuine people don’t care about the outward show but care about being real and creating genuine connections with people. They tend to abide by the good and rational since they have the interest of other people at heart. They don’t aim to please themselves on the behalf of other people.

However, ingenuine are the opposite in which they tend to create an outward show to convince you that all the solutions to your problems are with him. When in reality such a person has no interest in helping you out but rather using you for their own benefit whether you realize that at the end or not.

At the beginning you will be attracted to try to initiate a relationship with those ingenuine people only to learn later on that they aren’t sincere. It is by time and through experience will you be able to understand more such reality that whatever they put on as a show is in fact a hoax and as J. Krishnamurti said “The greater the outward show, the greater the inward poverty.” They will not provide you with any help but rather create more problems and use your skills. So just stay away and only interact with them when you have got to as I said before, start working on that mask (page) to be able to interact smoothly and peacefully with them. This is done by understanding the lower ‘dark’ end of the Breath spectrum and only using it whenever you are interacting with them. This will be discussed more in the Heart aspect.

Regarding Genuine people at the beginning you might find them boring and they might make you a bit (makhnoo2a??) this is because you just don’t understand how can they peacefully be within a system that from your perspective is very limited, systematic and repetitive without losing their mind? Without finding their “outer voice? For example, working a 9-5 job for more than 40 years or how can they always be so calm, content

and thankful for their lives when they haven't achieved authenticity or something "big" from your point of view.

You have got to understand that those genuine people are the ones who will in fact in still within you the ability to see yourself from a new light, be more patient and be able to form genuine connections with people. Such people formulate their life based on logical and good perceptions of life by simply trying to avoid anything "bad" and to try to do "good". Thus, when under stressful life events you see them being patient and fighting their way through in the most genuine ways without blaming anyone. You would also find them not focusing on themselves and how to attain pleasures in life but rather seeking to fulfill their duty for men and help them out if they are in need.

Being around such individuals and just observing how they work their way through life will help you attain inside of your Breaths between 5-10. They will help you to understand what is good and what is bad and showcase to you how by abiding the good it does create a peaceful and simple life. You will be able to see how they are very thankful of their simple lives (Thankful Breath) and happy of the fact that they are simply good people (Good Breath). You would also find them always correcting themselves or actions whenever they admit to themselves that they have done wrong (Valid Breath).

Meeting such people and connecting with them through a balanced solitude will help you see yourself from a more rational and positive point of you. It will also push you to stop constantly blaming yourself and seeing yourself from a more truthful perspective.

What life experiences while undergoing therapy is trying to make you do is to start removing yourself from the environment that you are in which has a lot of ingenuine people and to push yourself into finding genuine ones. Of course this will take time and error as you will be attracted first by ingenuine people who will fool you but please don't let that make you

lose hope in humanity. Because believing that all people are ingenuine can make you egotistic and detached from people. Just like what a lady wrote to Bogat in regards to replying to the boy who wrote the letter in (Page) she told him:

“Look for a friend. Look actively, for this is the principal task for your soul, and don’t stop or flag if you become disappointed in someone. Get up and go on looking! The luxury of human interaction takes effort to achieve!”

Even if people now fail you and are unable to understand you, please don’t lock yourself completely away. Rather just move on, pick yourself up and continue to believe inside your heart that soon you will be met with someone who is genuine or find a genuine community to help you out. Such individuals will help you more in making your inner light reflect in the world and become a reality to all.

## READING

There is no doubt that reading has a huge effect on the mind. In this section I’m focusing on reading books that involve understanding the human nature of people as well as stories that you might find similar to your life journey.

This will open up your mind more and make you aware of how all Human interactions have got to do with the person himself and nothing with you as they only see you through their own self, their own mirror. This will help you a lot to stop taking things personally and to start thinking more logically and accepting reality.

Other books such as “The Laws Of Human Nature” by Robert Greene which I think are great can help you a lot realize the different personalities of people and help you make up your mind better about the reality of the people around you and how they are. This can better help you understand how to interact with them as well.

You could also read biographies of people who you feel might have similar sufferings as you do. This will not only make you feel that you

are not alone but also any form of egoism or the thought that you are the only thing “special” will be removed because you get to understand that there are many people who are similar like you and are just as beautiful as you are.

Read whatever you want but make sure when you choose a book you do it by heart and feel whether it’s calling for you or not. You get what I mean. You’ll tend to realize that sometimes the book is meant for you for such a moment to help you shed ‘light’ on something important about yourself or your environment. You’ll begin to understand exactly what is good and what is bad in various aspects.

Reading can also help you unlock both the “Good” and “thankful” Breath as some books can help you realize how blessed you are and the potential that you have. For example the book by Bogat that I have been referencing all along (Page) can indeed make you feel thankful of your uniqueness and feel good about yourself at least you are a good person. Such breaths could help you start creating positive inner monologues between yourself and thus, shifting your reality to another perspective.

## **TALKING TO YOURSELF (THANKFUL AND GOOD BREATHS)**

At the start of your illness you will still have a very negative way of talking to yourself. From constantly self blaming yourself to sacrificing your needs to other people and even worse off, you lie to yourself by stating very negative things about yourself. This is because of the negative interactions that seemed illogical to you just as it did to the boy who wrote the letter to Bogat in (Page).

Once you start receiving true facts about yourself through your doctor and other activities, you have got to start controlling and shifting the way you are talking to yourself bit by bit. You need to create a safe and secure way of talking to yourself that will not cause you great shame. If you are finding it hard, tell your doctor exactly how you feel to help you adjust it by forming you the reality of the situation and convince you otherwise.

Reassurance that what you are thinking is wrong will help you start not believing such lies and trying to pick up on things that you should be “thankful” for and make you view yourself as a truly “good” person which is all that matters at the end of the day. Just like the boy who wrote the letter in (Page).

Surprisingly once you successfully disrupt such a negative illusion with the truth you might find yourself swearing at yourself out loud or saying negative things out loud. That’s fine. When asking Dr. Zakaria Halim why he states that it is because it is evidence that you are healing. So keep on going sooner or later these negative breaths will be lowered and only used rationally.

Also if you can always talk to yourself loudly explaining why you think you are a “good” person and state what you are “thankful” for. This is to talk sense into yourself and reject the idea of shame and self-hate. Also be humble about it and try not to say things to soothe the ego but rather to connect to reality and the reality of who you are. To your soul.

As Bruce Lee once said:

“Don’t speak negatively about yourself, even as a joke. Your body doesn’t know the difference. Words are energy and cast spells, that’s why it’s called spelling. Change the way you speak about yourself and you can change your life. What you’re not changing, you’re choosing”

It’s simple. Choose your words wisely. Choose them realistically.

## **SUFI MEDITATION**

In Sufism, there are different forms of meditation which is illustrated in (appendix I) that helps individuals become more present, acknowledging a higher form of love between them and god as well as to help them see the beauty and essence of God (allah) inside of them and around them in

all of nature.

Since the issue with you is that whenever you encounter a negative experience your mind tends to create very negative and harsh comments about yourself. This tends to cloud your thoughts, making you unable to control it and can sometimes lead you to panicking or hurting yourself. Through undergoing Contemplation of God, Breathing Meditation and Walking meditation it will begin to make you stop panicking, become more aware of what your mind is doing and realize that it's being "too serious" or "too much" when perceiving such circumstances. So to basically realize that it's not the end of the world and to take things rather in a less serious aspect. Just like Osho said once:

"I don't think existence wants you to be serious. I have not seen a serious tree. I have not seen a serious bird. I have not seen a serious sunrise. I have not seen a serious starry night. It seems that are all laughing in their own ways. We may not understand it, but there is a subtle feeling that the whole existence is a celebration"

And that is exactly what such mediations try to make you realize. To celebrate yourself and life and to not engage or focus on those worldly damaging matters. Now let's look at them

## **CONTEMPLATION OF GOD**

Since you have now understood the deep connection you have with God and how he is the strength within you. By constantly contemplating such thoughts and seeing how God is guiding you and has chosen you out of love to have you near him more than the average person; you will start viewing those tense worldly situations as less threatening and how this is all just a virtual world where our minds have created its reality.

However, your heart feels something else which is the real thing, that is you are a man of God and we are just passing through this world as a form of a test. By contemplating on such thoughts and about God and

his nearness to you, you will then start taking such tense situations rather more calmly and deal with it spontaneously.

The more such mystical thoughts fill your mind the more you will be able to feel safe, perceive your inner strength and simply rise above such irrational and damaging circumstances.

By reading and filling the mind with the mystical ways of your connection to God and your inner strength the more you will be able to respond to such dark breaths with the most rational and convincing truths.

## **WALKING MEDITATION**

By walking while gazing at what's happening around you will help you become more present and thus, removes this deep sense of anxiety and be able to see how "unserious" life really is.

Let's assume you are about to explode out of fear and insecurity in front of someone because they have done something a bit devious which makes you feel unsafe and that the world is ending. What you should do is to CUT OFF the current situation and just ask them if you could "have a walk" for a bit to think things through. Once you are dismissed you should go out in the streets and just simply walk while observing life happening around you. Contemplate about how life is in fact much bigger that what is currently holding you back.

Contemplate God, yourself and how this is just a small stop in your long journey that God is leading you through. By taking a step back and becoming more present you will be able to remove such doubtful and untrue thoughts in regards to you being diminished or having the world all against you.

So to conclude the section of the mind, the main aim is to stop associating yourself with your Mind and what it tells you as it will be providing you with very harsh and deceitful things about yourself that can cause you to panic and think that it's "the end of the world" for you and your journey.



By doing those Sufi meditation techniques you will begin to detach from your mind and realize how it's just a tool that can sometimes lie. You will be able to see and understand the truth by connecting more to the soul. You will start to realize that the essence of life is not to be serious in order to find ways to survive as the fittest but rather to not be serious in order to grow beautifully.

Calm down. You've got this ☺

## NERVES

*The purpose of those activities is to help you become more aware of what triggers you and to be able to control your overall reactions to negative circumstances. Such activities help you to change the way you react to become “creative” rather than “destructive” and to survive through the prettiest which is the right and natural way to grow and develop.*

Based on Bertrand Russel we have 2 different types of impulses which are the possessive/destructive impulse and the creative impulse (Russel, 1916). Of course due to your surroundings and life experiences you have now become very impulsive and destructive not only to you but to life situations. Even worse, you are unable to control it.

When met with difficult life situations you tend to suddenly rage and can in fact do the most destructive and harmful things to you and your environment. After every rage you end up with a big sense of shame that makes you not want to interact with anyone anymore and just close off.

What you need to do is that you have got to control yourself by becoming more aware of what triggers you and what soothes you. Discipline yourself as the more you do that to your nerves the more you will avoid raging or doing something destructive and in fact change/break the cycle for once and for all.

Since your nerves and impulses are the ones that control how you will

‘REACT’ in the outer world, then it is the most important aspect to control and understand in order to change the outer reaction to a more positive and creative one. The more you do this, the more you will start reacting based on your soul in which, will attract the right type of outer environment and allow you to finally shine this light within you for the world to see it.

I shall provide you now with ways to sooth, control and understand your impulses more but before I go on let me give you a simple way of knowing whether the impulse that you feel is destructive or not:

The only genuine impulse is the one that lets you want to know more, understand and gives you a sense of ‘aliveness’ within you and celebration of life. The bad impulse is the one where you have to persuade yourself it won’t harm if you act upon those impulses (Russell, 1914).

Learn and understand the above difference by heart and you will start to finally react the right way in negative or irrational circumstances. Now let’s look at the more long-term ways to attain such control:

## **ACHIEVING CREATIVE/BEAUTIFUL WORK**

One of the ways to turn around your destructive impulses to become creative is by pushing yourself to produce any authentic work whenever you feel the impulse to destroy.

Let’s assume you have become very impulsive whenever you receive any form of rejection or feeling that you are again losing a relationship and risking being alone. Whenever that happens you get this sudden urge to either self-harm yourself or begin raging in front of any situation.

What you have got to learn time and time again when you are met with traumatizing events is that yes, you do feel a sudden “shock” in your nerves due to being surprised which makes you uncontrollably react negatively but you have got to learn the skill to become quite as soon as you receive this sudden shock.

You have to remain quite, think about the situation and what made it trigger you, sympathize with yourself and then reach the conclusion that yes you are hurt but it's not the end of the world and that maybe such situation occurs in order for you to learn that you shouldn't value yourself based on outside aspects and the need to have and believe in the your inner substance as this is what accounts as your true value. Whatever your inner substance is, you then have to try to push yourself to grow it and make it a reality in order to stop depending your value on outer things but rather, things you have made personally. Which will never fail you.

Let's assume that you got fired from your job all of a sudden which makes you panic, become impulsive and just wanting to either rage at your co-worker or say something unsuitable. This is because you have placed your value on your job and position. You have got to learn that once you are met with such news you remain silent and then you go back home and think in silence why you have felt this sudden shock or pain when receiving the dismissal. You then talk to yourself in realizing that your job doesn't define you and that there is still much more in you than what your job offered.

You then have to see by time what are your main skills and competencies and then use it to express the shock and pain that you are feeling. So create a small environment between you and yourself only, where you can start expressing your shock and impulsivity.

What you are trying to do here is to start being creative whenever you are impulsive rather than destroying things and aspects. Thus, turning this pain into something valuable rather than destroying yourself and potential opportunities in life.

Have you ever wondered why some people are able to turn their pain to something valuable while others dwell on theirs and become pessimistic and self destructive? It is only when they choose not to view themselves as a victim and to rise above.

It is only when they truly believe in the fact that they have a rich inner

substance and nothing in the outer environment will affect their self worth or value to themselves. It is only by pushing themselves to grow this inner substance will they be able to remain calm no matter what the world tells them.

This is what you have to do as well and can only occur once you have truly started to love yourself, celebrate your existence and let the light inside of you shine through. The aim is not to remove the pain that you feel whenever you are met with irrationality but rather to be sad yet, rise above it and produce something out of it. Be creative with your sadness and not destructive with it.

So take your time, see what your skills and talents are and work on them in order to start reacting differently in the outer world.

## **QUIETISM**

Quietism is a way for you to be able to push yourself to reach a stage of peace, stability and tolerance (Yanawar, 2010).

The more you control yourself and remain quiet in triggering situations the more you will be able to stop raging. You have got to achieve this because this inner rage will soon eat you up and consume all your energy.

You have got to practice it by becoming more self aware and quickly making sure you control yourself whenever you feel you will do something negative.

During quietism, you will develop to become more mature and to realize that it all depends on you and how you react. It will also help you to start focusing on the activity of the Nafs which is Yielding Artistic Capabilities. Being quiet while pondering on what made you trigger it will help you to further find exactly what you are good at in order to stop being triggered so much.

So next time you feel that by raging or reacting impulsively you will get

better or “remove what your feeling inside” this is in fact wrong. The more you do this the more you will not be able to focus on yourself and will keep on depending your value on outer aspects. And even if you feel bitter try to understand this:

“Even if unpleasant things seem to come from people, they came ultimately from God, so anger and bitterness towards people is pointless. Such negative emotions in Naqshbandi-Haqqani thought, represent the ego’s rage at having its will thwart. As a fundamental exercise, dervish are instructed to swallow their anger. This helps to adjust the ego to reality” So just like what Shaykh Nazim said, swallow your anger through silence and realize that as I said before, God is pushing you to find yourself worthy from within rather than from without. So rise above circumstances and put your effort to work on your inner substance.

But in order to rise above, there is a need for your creative impulses to be dominated by desires that are less personal and ruthless, less liable to lead to conflict than those that are inspired by instinct alone (Russel, 1916). So when generating your inner substance to the outer world it shouldn’t focus on your ego and form some kind of fake self image to protect you from outer rejection. Rather it should focus on desires to create beauty, celebrate life and connect to God more. This is exactly what Sufism and Natural way of living is.

If this becomes your true and main drive of your creative impulses then it will never be affected by outer circumstances and will in fact grow beautifully. It will not be attached to your ego but rather to your soul creating a higher form of being from you.

You have got to force yourself next time to remain quiet, ponder and find ways to become more creative in expressing the pain you feel.

It's a fact that the more you read and educate yourself the more sophisticated you will become. Sophistication pushes impulses to become creative rather than destructive (Russell, 1916).

So try to read books that talk about facing enemies the right way or how to deal with issues in a wiser man. Such books will help you to realize how being impulsive in negative situations will never provide you with good solutions but rather will always end up in shame.

It will make you realize damage just brings more damage and arguing with people with a lower mentality will always bring you down to their level. There is a need for you to learn to become more wise through silence, choosing the right words and being creative with your struggles. This is what sophistication is and this is what you need to reach to become.

## **PLAYING SPORTS**

Since you are highly connected to the soul, this gives you the oceanic feeling that there is more to life. Being a very spiritual individual can sometimes make you feel like you are trapped in a body that can't act as the soul wishes it to act.

This intense feeling of just wanting to explode or fly or just be everywhere is an expression of your high connection to the soul. This can also make you a bit neurotic in life because you really want to express this "freedom" may I call it but are unable due to being in a trapped physical body. This is due to your high sensuality which will be discussed later on in the heart section.

But in order for you to be able to handle such feelings you tend to use drugs or have sex in order to escape your physical body and get to sense more your soul. There is a need for you to stop doing that and to try to form more healthy habits to release this tension.

One of the ways is through playing sports which will help you unleash

your energy. I know at the start of your illness you may be very far off from wanting to play sports and I understand.

Just take your time however, you need to stop escaping and try new methods that will make you more present and healthier. Also, there are other ways to release such sensual tension through exercise done to the heart which shall be discussed later on.

## **SELF-DISCIPLINE / GOOD CONDUCT**

Discipline is called “Adab” in Arabic which focuses on controlling yourself in ensuring you abide by what is “good” for you and your environment. This is to ensure that when interacting with people you are always reacting the right way and whatever choices you make between yourself are right and good.

As a Sufi Mystic Women called Aisha (tenth century) stated:

“Commit yourself to good conduct both outwardly and inwardly, for whenever one transgresses the bounds of conduct outwardly, he is punished outwardly, and whenever one transgresses the bounds of conduct inwardly, he is punished inwardly” (Helminski, 2004)

And the only way to achieve this is through discipline and good conduct. Through self-respect and appreciation of yourself and how God has made you close to him you will be able to achieve it. Without self-respect and the belief in yourself through God you will never be able to heal and achieve your higher form of self.

It is only by deciding to choose to discipline yourself and respecting yourself will you only be able to achieve the aspect of breaking the damaging cycle. As they always say “identifying the pattern is awareness, choosing not to repeat the cycle is growth”. So choose to grow. Choose to change. You have it in you.

## **BREATHING MEDITATION**

As illustrated in (Appendix I) breathing meditation occurs on your own in which you inhale you mentally repeat “Allah” and when you exhale you mentally repeat “hu” while increasing your breaths gradually. This is to be done within 10 minutes.

It surprisingly interesting how normal meditation or yoga sessions always ask people to exclaim “aaaah” once they exhale. It’s very similar to “alllllaaah” which shows how such frequency of voice tends to bring comfort.

By doing such meditation every day or when you feel like your mind is clouding your common sense again, it will help in creating space between you and such thoughts by connecting more to the soul. It will help you take a break from your mind and detach from it.

Also outside of Sufi breathing meditation, normal breathing and awareness should occur when you are met with stressful situations. When you do just excuse yourself and when alone, simply force more air inside your nose by taking big breaths. Simply breathe while looking around at your surroundings. Try to see the other reality of the celebration of life and not the stressful one that you are currently in.

If you look at it closely whenever your mind starts domineering and clouds you with negative thoughts, you will find yourself surprisingly not breathing that much or on a very lower scale. This is the exact moment where you become impulsive. This shows how the more you think the more you lower the breathing intake which is what makes you “inside your brain” and unable to think it through. More breath means more Nasama, more connection to the soul, more intake of reality that you are not alone and that you have your soul. Your god. Celebrate that and forget this current issue you are in. it will move on and other things will happen.

So take a break from thinking and start breathing. Don’t be controlled by the mind and ego, give a chance for your soul to give you a better and more real perspective.

## **DANCING**



A lot of research illustrates how dancing can help soothe the nerves as it tends to help you release your energy. Dancing in general alone in your room can help you a lot to soothe your nerves and help you become more present in your beautiful reality. However, there are other types of dancing that help you to connect to your soul.

In his paper, (Spair,2013) illustrated how human beings have both immediate ends to satisfy as well as remoter ends. The immediate ends are aspects such as eating and having a place to live in and being mentally fit. However, remoter ends are free available energy that is left in man that should be used to contribute to your immediate ends. Sapir used examples such as magical rituals where people dance in which they release their remaining energy for remote ends that still align with their immediate survival.

Today in Modern culture you find people using their remote ends as a means to escape their immediate ones by partying which doesn't align with the immediate ends at all. This causes disruption and makes people unable to reach higher forms of connection to the soul.

Nevertheless, in Sufism there is what is called the "Sufi Swirling" where you listen to Sufi music and keep on swirling like the solar system. Try it while putting in mind and heart that you want to connect to god more and be able to see more beauty around you to celebrate.

I'm not telling you to not go partying and dancing, no of course you can do whatever you want and it won't hurt. But the more you do this dancing with some sort of target the better. For example, Sapir gave an example of a girl who dances not for religious aspects but because she is an artist of Ballet Russe. He stated that this girl attains adequate culture to compensate for her loss of attaining direct ends from it. However, the ballet dancer does not have the inner sense of hopelessness as you do this, you would need more than just dancing for the sake of yourself. It will have to be for something more than that. Something for religious reasons. Why? Well it's because it will help your heart in which I shall

explain later on.

But, the focus here is to use dancing to soothe the nerves thus, it doesn't have to be done for a religious aspect but more as a way to help you cope.

## NAFS

*The activities here revolve around ways to understand all the various Breaths that humans can obtain and to realize that not everything is black and white. Also, to fully and acknowledge oneself own breaths to be able to develop in two main ways. The first way is to be able to accept your pain and negative breaths to be able to “move through them”; and not have you disrupt your way of thinking. Also, to be able to obtain all the 21 different types of breaths with their silence, to be able to engage in the world we are living in and become “A part of society”.*

## **BALANCED SECLUSION (ACKNOWLEDGING BREATH SPECTRUM)**

To achieve balanced seclusion you have to know who you are as a human being and the different types of Breaths that unite you with man.

I have provided you with the Breath spectrum as a way for you to look into all the different types of ways human beings talk and what types of silences are attainable as well. Through it you will be able to better judge exactly what types of breaths you are lacking or need to strengthen. It also helps you to understand how human beings are not black or white but have different mixtures and intensities of both good and bad attributes. Once you have stopped judging people as black or white and rather started seeing them as normal human beings you will then be able to rise above any negative circumstances you encounter and choose to rather focus on yourself and the celebration of life and people. As Shaykh Nazim Said:

“You can never say ‘this one is white; that one is black; this one is yellow; that one is red; or this or that. No! All are human beings. Once you accept this fact and go and become a carrier of people’s burdens, Allah say ‘I

will open My Divine Presence to you”

It will help you be able to better understand the person in front of you and view them as sophisticated beings who can be both genuine and ingenuine depending on circumstances, desires and what life presents to them. The Breath spectrum will help you to start learning the skill of communicating with them without judging them as black or white but simply normal human beings.

So as I have stated before, ingenuine people start to understand breaths 14 & 18 in order to know how to create a ‘mask’ in front of them to be able to get what you want without exposing their fakeness or your true authentic self. So if they are acting stingy or don’t provide you with help yet you do the opposite. Try every once in a while to reflect the stinginess and selfishness that they act upon while every once in a while giving them what they want. This will push them to change a bit and to give you more of what you want since you are no longer naïve and would want an exchange for what you have done.

As for fake and manipulative people who are within the Deceitful breath and the most devilish types of silence you need to learn to attain both the highest form of Silence and the Complete breath to be able to simply just break off and walk away from such circumstances. This is in order to break the devilish cycle that they are putting you in. It is only by walking away in silence and choosing not to participate in it will you only be able to break the cycle and let your soul manage you through it.

The Complete Self Breath will help you to rise above such circumstances by detaching from the mind, accepting reality as it is and letting go and see whatever happens, happens. As (Mernst2, 2019) called this phase “The Contented Self” she describes it as a “state of accepting all that happens and living in the moment, rather than past or future. In this state of peaceful spirit, a person is relieved of concern for material values and everyday problems”.

Also, if there is a need to talk with such devious people, by connecting

to the Complete Self you will be spontaneous and very rational when you talk with them. As Shaykh Nazim stated:“His response would be according to what one needed to receive at that moment” . due to being highly connected to the soul and guided by it.

You will start viewing this deceitful person as a very naïve, weak and limited minded individual and will let nature take its course with them.

The more you practice quietism and undergo the other activities regarding the Heart (will be discussed in its section) the more you will be able to reach the Complete breath and Silence.

Regarding interacting with genuine people, you will begin to pick up on their “good” behavior and positive way of talking and thinking. This will help you to appreciate yourself and celebrate your existence which activates your authentic breath more.

To finally heal is to be able to engage right with both genuine and ingenuine people while taking time for yourself to sit alone in solitude in order to continue nurturing, developing and connecting to God. You shouldn't “depend” on anyone and you shouldn't neglect yourself and your passions just to be around everyone and “be like everyone else’. This is not who you are or programmed to be. You are here to celebrate yourself and life and help others in need.

## **ACKNOWLEDGING DARK BREATHS**

There is a need for you to acknowledge your dark breaths. By that I mean for you to state out to yourself what types of negative ways of talking and perceptions you attain that might be causing you to think irrationally and talk negatively. By acknowledging such breath you begin to truly know and accept yourself as a whole. You will also begin to notice when you are lying to yourself and when you are not.

By indicating the dark breaths within you, you will be able to understand what aspect makes you feel pain or push those negative breaths to activate

more. By doing so, every time you are met with a situation that you know will make you feel pain you will be able to control yourself by comforting yourself. Comforting your inner bruised child.

This will help you to ensure you control more your perception and way of talking and to change it once you indicate that it's an irrational way of thinking or talking. Also, since you are sick you will realize that you attain very strong Dark breaths thus, other than controlling it use it creatively rather than have it destroy you.

Paint a painting, compose a song or just do anything you feel can help you "let out" those breaths in the most creative and beautiful manner. This will mean that you will try to use this inner negativity to create something positive out of it that will sooth you.

And when you are met with a situation that could bring the dark side of you either inside or in to the environment , you will then be able to "talk to yourself" as if you are a parent of tis inner wounded child and is able to provide her with common sense eon why she shouldn't react in a negative way and that she is much more "better than that".

This will take time and effort and for you to listen to yourself and your pain. As Bryant McGill stated:

"If you can sit with your pain, listen to your pain, and respect your pain – in time you will move through your pain"

We are not aiming to remove this pain as this would mean for you to feel "less" but rather to talk through it and be able to rationalize things to feel safe.

Also acknowledging Dark Breaths will rather lead you initially to express your animalistic nature which can make you do things you know are morally wrong. Of course I'm not talking about aspects such as rape or killing someone as if you start feeling this is what you want you better talk more about it with your doctor to understand the reasons behind such dark desires. I'm talking here about aspects such as cheating on

someone (sexually and in other ways) or maybe drinking, doing drugs and fornication.

Whether this is fine or not is not the issue as in reality it will happen so we need to discuss it. Remember in (Page) when I stated that in order to know more light you have to go through dark aspects in your life? Maybe that's what your journey is trying to tell you.

So acknowledge the dark breath and engage in what it wants until you are capable of controlling it. After realizing that whatever it is you so deeply desired that was wrong was not really worth it and that there is a higher humanistic goal that is what you actually want to achieve and will satisfy your needs.

Suppressing animalistic nature while you are sick will cause you to start criticizing yourself a lot though the "Instant Self-Blaming" breath. It is only when you undergo the experience and realize that it does not define you or control you will you be able then to move through it and start searching for true meaning.

We are human beings and we are made to make mistakes. Without making mistakes we would never learn the truth.

## **SENSUALITY THROUGH THE SELF**

I shall call such activities Sensuality to the self as they help you attain the sense of celebrating oneself and allows you to "express your soul" and gain this sense of "high" without Escaping.. This is because you are a highly sensual person who has high senses that need to be catered to, and used.

Expressing your soul would be done by having your Nafs become associated more to your "Authentic Breath" which will push you to express such authenticity. It is believed that doing those activities does provide you with a positive "high" that satisfies your senses. This is because being highly attached to your soul makes you feel like you want

to “escape your body” since you feel like you are a “free spirit” living in a trapped body.

It is only through such activities as well as activities that revolve around sensuality through God (page) will you be able to attain a positive sense of high that will nourish you and help you survive through beauty.

Trying to attain this sense of high through drugs is a form of escapism and is done without your participation which will leave you to become addicted to the drug and by time unable to receive the same type of initial “high” you used to get. Why? Because it is manufactured and not done internally by you.

Below are the ways to attain such sense in a positive rational light:

## **YIELDING ARTISTIC CAPABILITIES**

The aim of attaining balanced solitude is for you to be able to take your time to see what your capabilities are and what you would like to do.

This will not be discovered instantly; rather, it will be revealed throughout your journey once you start trying something new. So go ahead and try different things out that can help you develop your skills more. For example, you could go and take a Graphic design course or maybe check out different communities who might be in the field that interest you.

The aim is to try to make your Nafs associate with both the “knowledgeable” and “authentic” more than it used to and help lower the level of both the “Instant Self Blaming” and “Sacrificing” Breaths.

## **MUSIC**

Listening to music can help you when you have been experiencing negative situations that seem to make your Nafs activities more within the dark breaths.

Listening to music that helps you express your pain or realize your worth can help soothe out the Nafs and help it to realize the Light breaths within it and to use it. This helps you to realize your inner strength and uniqueness thus helping you to stop basing your worth on outside experiences.

## DRUGS & MEDICATION

Now I have left the aspect of drugs and medication at the end because those are “modern” approaches for healing. Thus, they tend to be less natural forms of helping you to become better which can have major damaging aspects if not taken with care and precautions.

### DRUGS

Today western authors such as Michael Pollan and Jamie Weal provide the option of taking psychedelics to either help people who are mentally ill to heal or to find meaning in this world since Weal has stated that meaning is collapsing; which is exactly what I have stated in the first chapter of this paper.

Well it true. Taking psychedelics can help individuals realise that life is so much more than making money and being famous as well as allowing you to see the beauty of yourself and the glory of your creation as well as connection to nature. Even god said

“يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِن تَفْعِهِمْ”

Which means “when they ask you (O Muhammad SAW) concerning alcoholic drink and gambling. Say: “In them is a great sin, and (some) benefit for men, but the sin of them is greater than their benefit.”

It is only when done no more than 3 times in your life can this actually help you. More than that will destroy you and make you something which is not yourself. I shall explain this later but first let’s take a look at how it can benefit if only taken a few times.



## BENEFITS

The benefits of psychedelics is this: They make your brain cells talk to you . Remember the whole story of the steady eye, how we began and the fact that the story is finished and done and that we are experiencing it in slow motion? (Section 1 of THT).

Well, when you take psychedelics they tend to activate your subconscious which was in fact your very own consciousness before you were a human on earth. Thus it shows you parts of your whole life story. Where you have been. Where you have ended. The truth of this world and how it is survived through beauty. Through God's beauty that is reflected. Take for example the new Netflix documentary by Michel Pollen called "Watch How You Change Your Mind" where one patient took psychedelics and said that he saw himself as an unborn baby inside his mother's stomach in which the umbilical cord was wrapped through his neck. He stated that he tried to remove it from his neck in order to survive. He then goes back to his mum to tell her the story in which she tells him that when she was pregnant with him there was in fact an issue of him having his umbilical cord around his neck!

He then said that they had some sort of an emotional and in depth connection with his mum when talking about it and I felt that he realized how "it's all about him" and his potential. It has got nothing to do with the outer environment.

In the documentary, a scientist who was dedicated in understating psychedelics and how they help heal. At the start he only took a small dose in which he states that he had a "wonderous experience but I didn't know how it happened. All my thoughts turned into pictures Beautiful! I lay down at home in the afternoon...and then it slowly faded away. Watching these strange pictures and feeling exhilarated.". Watching him talking about it made me feel that he just couldn't pin point in words exactly what this feeling is due to how beautiful and ecstatic it is. He really wanted to but just couldn't.

Wanting to understand more he then took more LSD. He took .25 Mg and then went back home with his bicycle. What he experienced is this:

“Everything in my field of vision wavered and was distorted as if seen in a curved mirror. I also have the sensation of being unable to move from my spot. Riding home, my condition began to assume threatening forms. That was a terrible, torturous experience. The feeling that I’m in a different world. This is probably the end. I’ve passed to the other side.”

Michael pollen then stated that the doctor felt that he had gone mad. But continued to state;

“But as the effects subsided, he walked out into the garden and he said everything glistened and sparkled in a fresh light. The world was as if newly created.”

The Doctor then continues stating his experience saying:“The climax of my despairing condition passed. Now I gradually began to enjoy the unprecedented colors and plays of shape. Kaleidoscopes-ish fantastic images on me. It was particularly remarkable how every acoustic perception became transformed into optical perceptions. And the following day I woke up feeling that I have started a new life.

It’s beautiful how human beings when talking authentically and truthfully they share a glimpse of truths without knowing. When he said that he viewed the world distorted as if seen in a curved mirror. Well it’s exactly what this world is!! It’s a reflection of God’s light passing through a curved mirror just like I stated in (Page). Thus, he was able to view how this world is just a virtual reality that is not the final real reality! We are just passing through it and he felt “it’s end” since psychedelics do provide you with a fast forward sense of what will happen in this world soon. That it will end.

Now the aspect of seeing things in much more colorful aspects and how things all turned to become an optical perception is in fact him seeing the truth and the reality of how this world was built and how it survives.

Which is through beauty! However, beauty for the sake of beauty is irrational. It is in fact because God enjoys seeing his beauty reflected back to him. He enjoys seeing how the plants, trees and nature celebrates him by reflecting his light of beauty. And surviving through it. He enjoys seeing human beings reflecting his light within him In order to survive through beauty just like all the rest of nature does.

People who are highly connected to the soul are usually positive and can see the “beauty in everything”. You find them enjoying the simple and real things in life, may it be to enjoy nature, life or celebrate themselves. This is exactly what psychedelics try to make a mentally ill person or someone who doesn’t understand the world feel and finally comprehend. They finally realize that life is much more than competing with one another or surviving through the fittest but to simply enjoy our existence. To enjoy the beauty of nature and be able to simply celebrate our existence just like the trees and plants do.

Mostafa Mahmoud said (2002) that you being able to see the beauty of life all depends on whether you realize that you have a soul or not. Whether you are connected to it or not. And once you do there is no way going back because it is in fact the truth of this world. That it is surviving through God’s reflective beauty or Nasama or positive energy or whatever you want to call it. **THIS IS GOD’S PRESENCE.**

I mean look at Van Gogh and his paintings!! He is coined as Pziaophernic because he can sense the truth of this world which is beauty. He can see the other side of life clearly that we cannot even comprehend. He can in fact sense God’s presence due to being highly connected to his soul.

Also, the scientist viewing life in pictures is in fact the reality of this world. It is just continuous captures of pictures of life to make all together what we now name as “time”. Time is simply a form of steady picture all together. Just like when forming a cartoon. He then gets to view everything in an optical sense to also sense that time is ending.

Thus, by taking psychedelics it helps you to see God’s presence through

beauty and realize your own inner beauty as well. It shows you that life is in fact spiritual and not all materialistic. Thus, people who were sick or couldn't find any meaning in life start to see life as an act of celebration of just being. They realize that they don't have to do anything to be "good" or "beautiful" and in fact they simply already are by just being.

Also, psychedelics can show you a glimpse of your final destination. Yes...it's true. You can get to feel where you have ended up. In heaven or in hell. In the Documentary a psychiatrist even described psychedelics as : To fathom hell or go angelic, just take a pinch of psychedelics".

Other than not being able to describe the euphoria or highly sensual feeling when viewing the world through psychedelics. It is even hard for people to describe rather very highly sensual feelings when not only do they view nature through beauty but all of a sudden go into a "trip". I have met some people who have reached such heights when taking psychedelics. They state that they find themselves in a place that is just "too fast" , very very very beautiful and ecstatic that you just want to blow up into a million pieces when experiencing it. Do you want to know what that is? It's this person getting a small glimpse of their beautiful final destination. Heaven.

Now I shall ask a rhetorical question since this is not our concern but something that should be thought about. What if the person who decides to take psychedelics to go on this trip does in fact get to experience a small glimpse of his final destination. Which hell. What do you think such people will do in life after undergoing this trip? I'll leave this for you to wonder.

So to conclude this section, psychedelics make you celebrate life and yourself. It makes you realize more this sensual aspect of yourself and to be able to view things from a different perspective that is not threatening.

Of course different types of drugs provide different types of access to feel this beauty or to become more spiritual.. For example, Ketamine can show you more things that have happened or will happen in your life as well as your final destination rather than help you understand the beauty

of being. Thus, it all differs and I could write a whole paper of how each drug affects the mind and perception so I'll just cut it short and leave it here.

Now let's look at the damaging side of taking psychedelics or drugs :

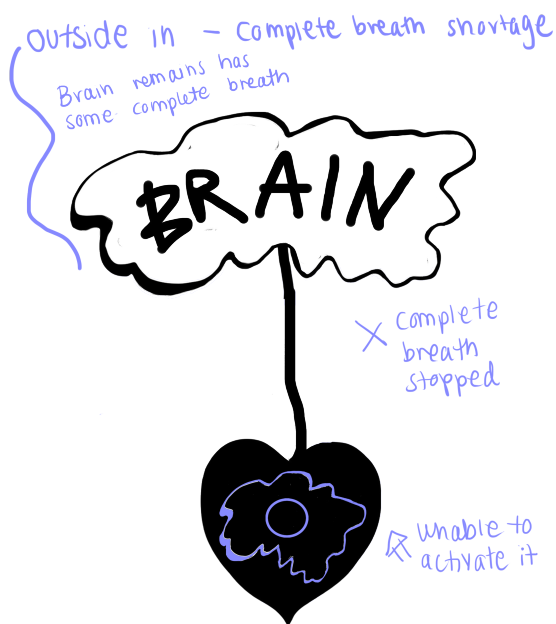
## **DRAWBACK OF DRUGS**

Now in reality drugs are never taken only once and twice once you have experienced this euphoria or revelation of the beauty of life. This is especially concerning people with mental illnesses such as personality disorders and neurotic tendencies. Let me explain why:

You attaining both only very Light breaths and Dark Breaths makes your heart mixed with two very contrasting aspects. You are a very highly spiritual being who can sense there is "so much more" to life while also feeling this big sense of loss because you just can't exactly pinpoint what this loss is and when you try to analyze it you begin to talk in a negative dark breath since this is the only thing you know. Thus, you tend to feel sad, dreadful and depressed with this "big whole" in your heart that you are unable to fill and satisfy.

When taking psychedelics, the experience tends to fill this hole in your heart because you start to realize new aspects that concern the "Complete Breath". The Truth of this life. However, it is done through what I would like to call the Outside – Inside Approach .

Taking psychedelics makes your mind realize that this spirituality that you feel is in fact true and that you are a part of it. This is done by firstly pushing your unconscious to unravel which then makes you view life how it really is. Very beautiful, euphoric and ecstatic. This then provides the heart with what is called the "Complete Breath" yet, in small amounts. This then makes your heart more "Pure" while you are under the influence and thus makes you see the reality of things. It will look like this:



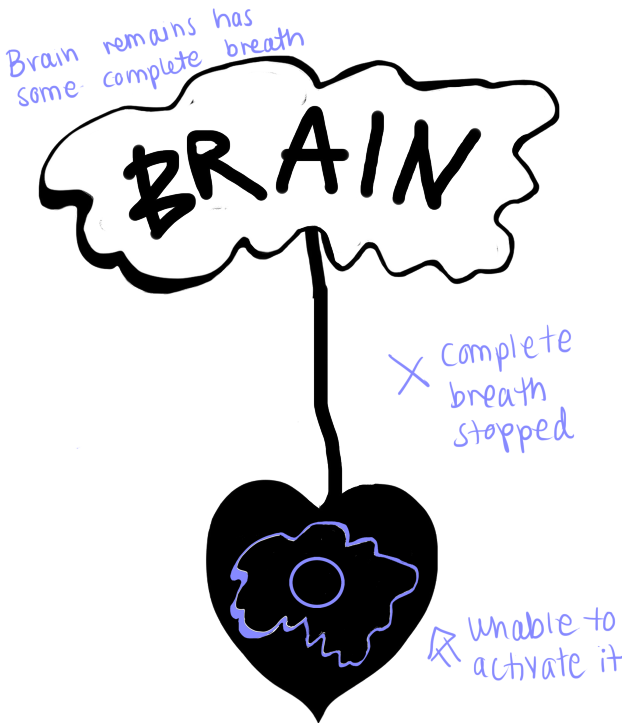
While experiencing the drug you will tend to activate the higher sense more than it already is and you feel this state of ecstatic...this feeling of just being too alive. Like you want to blow up in a million pieces and become one with nature. It's very sensual and euphoric.

You will also get to see the truth behind the beauty of nature through colors and a sense of some kind of energy flowing. This is God's reflective energy. The Nasama or the positive energy that I was talking about. His presence on earth. Just like what Mostafa Mahmoud said in his book "The Mystery of Life" where he provided an example as if humans didn't have the capability to see who was behind the designs of trains, cars or caravans. Thus, we would assume that such elements were in fact brought up bit by bit on its own in different intervals of phases of time. We would also be able to compare and evaluate them as we do chemically with nature since they all do contain similar elements that bond them such as wood, metal, motors where sometimes they work with diesel and sometimes with steam...depending on its nature. He states that this is exactly how I would like to state "Flat" people see the world as

they are incapable of seeing that there is a creator behind it.

But once you take psychedelics or drugs you start to get to see more up-close the truth that there is a creator behind all of this beauty and you get to sense it too..

But once the drug finishes its effect what happens is that you are left with a mind that knows there is much more to this life but your heart has lost its form of purity. This leads to the initiation of the “Complete Breath” within your Nafs to be left cut short since the heart is unable to regain the same form of purity that it was in. This will look like this:



By not trying to look for a more natural solution by which I mean a way where you physically and mentally participate without having outside help (drugs) you will end up in two scenarios in which I shall also

explain why.

The first scenario is that you will crave to gain this sense of euphoria and sensuality that your mind will trick you to find it not through your soul but through your ego. This will convince you to keep taking drugs since it's a "good" thing. The drugs will push you to further understand how life is all about "celebration" and "love" and "unity" and how "we are all one". Since you are gaining such perspective from drugs and not through the relationship between you and God, what will happen is your mind will trick you into thinking that the way to achieve the highest pleasures is through having sex.

Yes, just like what Dr. Zakaria Halim said that when it comes to "Drugs" the word "Sex" has to come right after it. Drugs will trick your mind to assume that for you to gain this high sense of euphoria in life and to express your spirituality it will be through sex and enjoying one another. This is how the 70's in the United States of America were basically.

Not realizing that this love is between God, you and nature, what will happen is that individuals who are mentally ill start becoming addicted to sex as a means to try to attain this high euphoria and to express their sensuality. This is also why individuals start having orgies as well as not clearly defining physical characteristics or genders that they like, stating that it doesn't matter as long as they're "attracted" and that it's based on how they feel around them.

What happens in such scenarios is that at the start the individual feels satisfied and alive however by time they will start feeling drained and that this hole in their heart is never filled. They will realize that I'm sorry to put it out there; that no matter how many person they fuck or get 'close" with IT WILL NEVER FILL THIS HOLE IN THEIR HEART.

It is only when they are willing to admit this to themselves will they be able to try to pass through it and find the real way to fill such a hole and to activate the "complete Breath" naturally. Not admitting will leave such an individual remaining in this animalistic state and never being fully

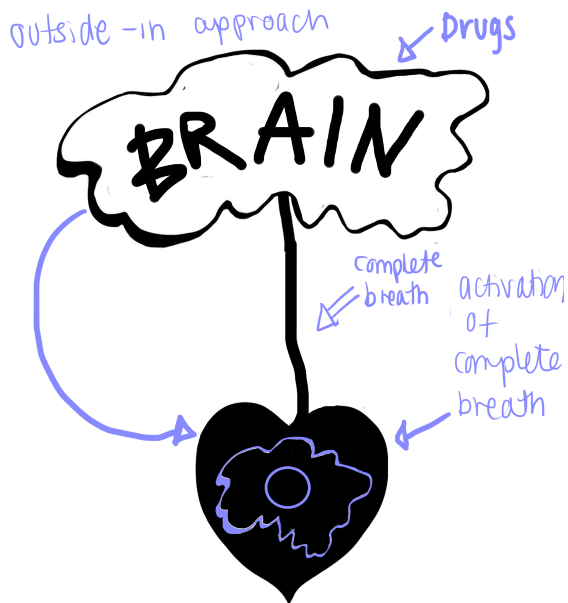


satisfied with himself or life. Whether they admit it or not. Once they realize that there is in fact a way to sensuality through the Self rather than attaining sensuality through sex will they begin to change for the better.

The other scenario which is much worse in my opinion is that even when the individual realizes that sex wasn't enough yet they haven't realized how to naturally obtain it; they will start secluding more from life and just simply take more drugs. What will happen is that this will start activating more the "Complete Breath" yet since they only had the "Authentic Breath" and dark breaths such as "Instant self-blaming", the "Sacrificing Breath" and the "Deceitful Breath". This person will start to leave behind everything in life and keep dreaming.

You find such individuals leaving all reasonability in life and becoming what is coined as "schizophrenic" they realize that this life we are in is not the truth yet, since they obtained it from drugs they just view themselves as the ones who know the truth while others don't. They then simply zone out from life and maybe think that they are the "chosen one" or just unique.

It is only when it's done through an Inside-Outside approach could individuals truly heal and be able to understand that yes life is all about love, unity and celebration yet, it is because and only through God's relationship with you. Rather than taking drugs to help the heart achieve higher purity and pass through "Complete" Breaths to the Nafs, what the Inside – Outside approach is rather the opposite. It has to be activated from the Nafs first to push the heart to become transparent which will then unlock your subconscious to reveal to you your hidden knowledge. Looking like this:



How do you push the Nafs to activate all this? Well through words!!!! GOD’S WORDS. As well as you activating an inner monologue between you and God.

Just like how psychotherapy is pushing you to activate more your authentic breath and other lower light breaths through exchanging words and breaths; it is the same exact thing when it comes to trying to activate within you the “Complete” Breath rather you have to start talking to God and have him talk to you back!

This will be discussed more in the Heart aspect but to conclude, what this means is that in order for people to generally heal and become better they need to see the bigger picture of life and the true reality of our being. However, doing it through drugs is unnatural and will eventually leave you off even more drained and lost. This is only by understanding that it has to do with the purity of heart and that the right way to achieve it is through connecting to god and participating in god’s words.

By understating that sex is not the only way to achieve this sense of

euphoria and that there is in fact a more magical, mystical and spiritual way to achieve it yet, it would take you to truly love your existence and yourself as well as God to achieve it. Only then will you be able to truly unlock the hidden knowledge of yourself and the world around you and act rightfully which is the main point of this whole journey in life. Attaining the Complete breath without having any balance with it will lead you to thinking you are something special and that the world just doesn't understand. It is only when done right will you be able to be coined as a truly "Good" person who will create authentic connections in this world before they leave.

The Western culture neglects the aspect of the transparency of the heart and just thinking it as if it only concerns the mind will push them to further be unable to see the truth behind healing and the truth behind the truth itself...which is god. This will be discussed more in the conclusion.

## **MEDICATION**

The aspect of medication is very different from drugs and it varies a lot depending on the person's circumstances. Thus, I will not be writing a lot in this section but I will just highlight some aspects about it.

Medication truly does help patients especially if the sick individual is unable to control their actions or inner dialogues they have with themselves. Thus, the aim is to take medication while trying to understand why we are acting the way we do and how to better control it. This will take time and will require you to have a plan with your doctor on how to become better in general.

I may not know how critical your situation is but I believe the more you believe in yourself and your ability to heal the more you will be able to by time stop taking medication. This is because the medications are the ones that are currently helping you manage hopefully until you find the outer environment that you have worked on and will enable you to connect with logical people and attain more Nasama.

In the meantime take your medication while working on your journey until you find yourself capable of controlling yourself fully and thus, becoming a strong individual.

## HEART

*The aim of the Heart is to attain purity in order to be able to increase the development of the Complete Breath within you. By attaining the complete breath this will automatically help you start activating the rest of the breath spectrum in order to heal and become a fully one of a kind individual.*

As stated in achieving Balanced solitude when working on the Nafs, the time you have alone will require you to connect to God which will help you to work your way through when interacting with people may they be logical or illogical. It will help you to spontaneously start activating the rest of the Breath spectrums when interacting with them and be able to achieve a healthy way of interacting with the world.

Below are the ways to achieve purity of the heart and to attain a lovable relationship with your god.

One of the letters received by Bogat told him that “It takes a good heart not to be lonely”. Now think with me realistically...will you really be able to achieve balanced solitude by really being on your own while interacting with them for afar? Do you really think you will not feel lonely or maybe threatened or that you're different?

The truth of the fact is that balanced solitude is achieved when you interact with people spontaneously and realistically while on your own you have your god who you talk to and helps you lead the way. There is no other way. If you tell me doing it without having a god I'm telling you for a fact you are lying. And I will also tell you that for sure you do feel this inner sense of sadness with a twist of envy over people that they seem to understand each other but not you.

You will never be able to achieve balanced solitude and accept illogical people and way of lives without believing in God and the reality that this is just a journey to the final real destination. Without such belief you will not be able to handle illogical aspects and accept them because believe it or not God himself said that this will happen and will increase with time. You have to rise from all of this and just focus on growing beautifully while identifying who to share this growth with others who deserve it. It's simple.

Through this you will be able to rise above envy, rise up hatred , stupidity and lack of ingenuity in this world. You will be able to show God's face on this earth through focusing on just reflecting his light through you and celebrating life with him. Think about it that way.

Now let's look at how to achieve this to be able to finally unlock the key that will help us heal and achieve the healing cycle.

## **TASAWUUF**

Tasawuff as stated before is a way to root a deeper understanding of yourself and achieve a connection with a greater love than oneself (mernst2, 2019) which is God, life and helping people.

As stated by various Sufi practitioners it helps them to achieve positive self-acceptance by believing whatever happens to them is a sign from God as some stated "I enjoy my life with my family, so it just flowed. Because we believe that whatever happens in life has been arranged in such a way by Allah" and another stating "I accept myself comeplly, because it is all Allah's gift. But I also realized that I had a deficiency in myself"

This is because they realize that within them is their God yet they have an animalistic aspect within them that causes their deficiency yet, they don't hate it. They tend to accept it and find ways to control it. It might be through expressing it while trying to activate more the "God" and

“Thankful” breath through Doaa that will help them push their Nafs to have a more pure authentic self that is not charged with dark breaths. It takes time, patience and the need to not shame oneself if they are unable to control their animalistic side. It also needs to be taken as a conscious decision to try to remove one’s Nafs from dark breaths.

It also helps individuals to start having what is called “Environmental Mastery” which is relating to the outer environment through common respect while not meddling too much in other people’s affairs while aiming to inspire as much as possible. Surprisingly the example I shall provide is of a woman called Milya who was surprisingly not a “Sufi” since she probably had no idea what this is but was acting like it since as stated in (Page) it is in fact the natural way of being. Anyone good will follow it whether they even know what Sufism is or not. Even surprisingly was described in the letter in which I shall talk about now as having a “Prophetic” Heart.

Milya was written about by one girl named Melitina to Bogat expressing her deep love for Milya, how she helped her, inspired her and truly made her see life as a gift. She stated that “She took active part in other people’s lives because she had no personal one of her own” and how she “regarded everything in the world as alive and that is probably why she remains alive for us today even though she is no longer with us...” Surprisingly Milya was able to achieve balanced solitude by firstly helping others, respecting oneself by having boundaries and not really fiddling into people’s lives. Just helping them spontaneously.

Interestingly for me, up until the letter was done Melitina did not even mention once or knew what the hell Milya was doing in her personal life. All she knows is that she is a strong independent woman who comes every day at work to inspire, help and lead. She even stated “Besides teaching us at the workplace of publishing house, she taught us how to live, to love and to communicate. She taught us to be both demanding and tolerant towards people. Not to condemn for nothing, but to approve unthinkingly either. How could a person like that feel lonely?”

Maybe because she believed in her God? We will never know but I am sure of it. Nonetheless, “Not everyone found Milys ‘convenient’ or ‘welcomed’; she hated slyness, unprincipled and opportunistic behavior and was uncompromising in combating it. She was often rather harsh with people, even her superiors, if they violated moral standards, and yet, she was not a troublesome person. She was a patriot of the publishers who wished nothing for herself and whose only goal was to ensure profoundly moral human relations both at work and elsewhere”.

This shows how she uses the same technique as discussed in (Page) of using Dark breaths for specific situations that require her to do so.

And this is what I mean by starting to have self-discipline, self-respect and boundaries within yourself to be able to reflect to people just like how Milya does. The way she is reacting is what I mean by attaining balanced seclusion which will be done by attaining a relationship with God. As Militina says:

“How little it takes to be liked at work- live according to your conscience, honestly do your duty and be a responsive and sympathetic friend. It seems very little, and yet in everyday life, this is quite unattainable for some people, bound up in their daily concerns and problems. To attain it, no doubt one has, like Milya, to know how to cut everything insignificant and superfluous out of one’s life. Not to torment oneself because someone else has been given a pay rise instead, not to be bothered by the obsessive thought that one colleague has bought an expensive chandelier for her hallway, while another parades around in a leather coat trimmed with llama...Milya knew how to rise above the pettiness of everyday life, and she bequeathed this to us.”

This is exactly what is meant by being Tasawuff and being a Sufi. Now I have provided this example rather than getting Sufi ones in order for you to clearly see that such act is not hard to do or that it takes a special person who knows Sufism to do it but rather, all it takes is a normal person who knows their worth and their God (Which I am 10000% sure that Milya knows) to be able to just simply grow beautifully and leave something of

true value and authenticity in life. To teach to do good and be good.

This is exactly what you should be aiming for and could only be achieved once you believe in the Tassawuff concept as well as undergo the rest of the activities of the heart. You will be able to rise above all the envy, fear and hatred within your environment and form something beautiful of yourself no matter what.

Thus Tassawuff helps you also to be able to find a meaning and a purpose in life that will be discovered through your journey and only when initiating conversations and inner monologues with God will you be able to be led the right way and given a purposeful balanced life. Now let's look at how to achieve it.

## ZUHUD

Zuhud is the practice to “detach” yourself from the modern world we are in. This means to not let luxurious things affect you and your being. If you don't have the money right now it's fine, who cares this is just a journey we are passing through and maybe God is wanting you to understand something about yourself. Maybe once you do you will start getting money? Maybe that's because you genuinely didn't care and left it all to god? Have you ever truly tried doing that? Of course your doctor in psychotherapy can help you realize how some aspects in life are fake and that having money and cars is not how you should value yourself.

But you have to make your own conscious decision to agree to such a statement and to live life through a simple manner just like Milya does. Also, like Sufi practices do to accept whatever comes and goes and as indicators of god communicating to you something important about oneself.

Of course I'm not asking you to not try to make money or buy a car, no, the main aspect of Zuhud is to not chase such aspects but to let them come to you. Through your genuine work and interaction. As I have stated in (Page) regarding that God has in fact made this world under our order



only if we abide by him and our inner God.

So enjoy life's pleasures yet, make sure that it is attained not by having to manipulate or chase after it but by simply having it come to you. Attaining worldly aspects is not wrong or sinful as long as it does not distract you from your connection with God and you give back. In fact this could be a gift from God.

In fact, I do believe that it's a good technique that if you were blessed to have a lot of materialistic aspects you could use it to grab attention of people to create awareness regarding something that is good or for good aspects. The aspect of someone having money would automatically define them as a 'bad' person is wrong.

In Islam there were prophets such as Soliman who was the richest man who has ever lived in this world. God gave him control of everything may it be angels, humans or devils as well as made him a king! But nothing distracted him from worshiping his God and he used his power for purposeful and good things. Thus, it is wrong to assume someone who is rich as not being religious as this is just an "outer" look not what's inside their heart..

Yanawar (2010) provided an excellent example of what I'm trying to say:

"Do you know Muhammed Ali, the boxer? He was on the Parkinson chat show, years ago, and [Michael] Parkinson asked him, you say you're humble, but you have a Rolls-Royce. He said "I have two Rolls-Royces!" Then he explained, 'You people go to pray in church, which has lots of material in it, lots of show, you don't go to a hut to listen to a wise man. I have these Rolls-Royces to grab your attention.'" And the audience applauded."

So Zuhud doesn't mean to leave everything behind in this world and just focus on worshipping god. No. What it means is that whatever worldly gifts God provided you with which is coined as "قازرا" in Arabic, to make sure you are detached from it and only used for your "outer" life but not your inner substance. Not your Nafs.

It's funny how I can't find a single English word that can suit the word "ارزاق" but it basically means your "luck in life" and this is all under God's control and we have no control over it. Some people are born with more money and more capabilities than others and some don't yet, this is all as a form of God's test to see what to do with our positions.

## **TAWAKOL**

This is by starting to have the attitude of trusting God as a place of dependance by relying on him, surrounding every problem of life to her and to ask for her help and believing in "Allah". As Milya once said to Melitina "You Must go on living! Whatever Happens, you must, you must!"

So start putting your trust in God, acknowledge him and truly see life as an act of celebration and maybe if you follow through you'll receive a gift in this life..who knows!

Of course, when believing in Tawakol one must say whenever doing something "Tawakalet ala Allah" which means I have left my depended on God. This can act as a form of pushing you Nafs and your heart in to acknowledge the "complete Breath" and start having your mind believing that God exists within you and that he can be dependent upon.

Also, most importantly Tawakol is made up of two things to ensure that it is truly Tawakol which is the aspect of willingness to do something. Second, an effort to get the best results. Therefore, it is a combination of self-reliance and relying on Allah as well (Rusdi, 2016).

## **KHAUF**

This is translated to "fear" in English yet in Sufism they mean "Fear born of Fear" which aims to create a more "Constructive" attitude towards fear rather than Destructive attitudes.

Fear for Fear means "the one who runs away from the fear of Allah

towards Gods.” Based on a Sufi master it is good to have some fear in your heart and Nafs yet in a rightful manner. This is why it’s normal for a human being to have dark Breath since it balances out as a whole and makes you realize that you are a human being. Who is vulnerable and makes mistakes and should be careful about it. To sum up the right type of fear that is constructive it was best said by (Msnr, 2019):

“Fear creates two attitudes, namely destructive and constructive. Destructive attitudes make individuals do things that are deviant or abnormal. On the other hand, constructive attitudes accompany individuals in directed and positive attitude. In the psychological paradigm, fear may cause individuals to exercise self-control and thus reduce their intensity of negative behavior. Feelings of fear of Allah will also make individuals careful in thinking, feeling and doing deeds. Therefore, Khauf attitude will prevent individuals from abnormal behaviors that have the potential to cause psychological disorders and even inhibit the development of self potential”.

Since it’s a combination of depending on God and yourself, your part will require the self-discipline part (page) where you control whenever you are met with things that may push you to do or act wrong and just decide to cut it off and move away from it. Be wise about it and know there is so much more to life. Don’t let the energy of envy or destructive fear take you and cloud your senses making you not acting as a higher form of yourself.

## **MAHABBAH**

This concerns the feeling of love you have for God or Allah. This would require reflecting upon your inner beauty and how it all comes from him. How he wants you to listen to it and have you enjoy a way of life that has never been done before since each person has their own kind of soul to reflect.

This can be done by constantly thinking about such a relationship, pondering it and just enjoying and celebrating yourself and God. Also, there is a need for you to start doing the activities that I will describe

below in order to activate such love from your side to God since God has already reached out first and is waiting for you to respond. This will require prayers and giving back to the outer environment in the right form (just like Milya).

So to conclude this section, as you can clearly see how simple Tassawuuf is and how there is even someone else (Milya) on the other side of the world who has no idea what Sufism is in fact acting upon showing it's a natural way of life.

All it takes is for you to:

- ★let go of the irrelevant materialistic need and ego by understanding there is so much more to you
- ★Trust in god while fulfilling your duties with your heart guiding you and your mind choosing the “right” thing
- ★Have fear that yes Dark breaths and energy can drag you down (it already is) and there is a need to cut off and stay away from it out of fear that this will hurt your relationship and love with god
- ★Celebrate your existence through your relationship with God that is filled with true love

This is how you achieve a purer heart and this is how you will successfully be guided by it to grow beautifully. It's a beautiful mystical journey that you should believe in and it will pay back.

## **PRAYING**

Praying acts as a form of an initiation to start a close relationship to god from your side. The aim of praying is to see it as times where you get to meet your God, praise him and talk to him about anything you like.

It helps you to physically start recognizing that you are not alone and that you have your god who's both around you and inside of you. Such an aspect helps to calm your nerves and allow you to start gaining the right type of confidence when it comes to dealing with life and people.

Now take your time and you don't have to force yourself to pray all of the 5 main daily prayers. In fact Shaykh Nazym of the Naqshbandi encourages people to take baby steps. You could just pray the two prayer cycles in the morning or even a "single prostration". You have to understand this shouldn't be something forced but felt and when the time comes (and it will) you will start praying more. Take your time.

Also, it helps to attain within your Nafs the Complete breath as stating god's words or talking to him is the only way to start activating it naturally. Through it and by time while working on developing our relationship with God, it will help you attain hidden knowledge that you will sense throughout your journey and help you grow beautifully.

I just wanted to add that not instantly you will feel that you are forming this connection. It will take time and in the beginning you might feel nothing but the more you do it the more it will accumulate more Nasama that somehow you will feel more secure and less sensitive towards outside forces.

## **GOD'S WORDS ( ZIKR +QURAN)**

Zikr is translated as "Mention" in which, mentioning God continuously in your mind and tongue can help increase the Nasama which will unlock more the Complete breath.

By always mentioning God in your mind and tongue through Islamic (what's it called heheh) you will be able to make your Nafs start charging more towards the Complete Breath which will make you become wiser and a better individual. This of course should be done off by heart and with God in mind because lacking genuinity affects the strength of those breaths.

The more genuine you are and the more you are speaking from your heart the more it will push your Nafs to be activated within the Complete Breath.

Reading the Quran could be a way for you to spontaneously “get a message” from God as a form of responding back to your prayers. Also, reading the Quran with a Sufi Sheikh can help you understand yourself more and the nature of this world.

Reading the Quran helps you attain more of the “complete breath” as it tends to be associated with very positive words that help to unlock your unconscious mind to the truth of life. Highly positive words provide light breaths within your nafs that help you acknowledge the fact that your life depends more on you and your relationship with God than outside aspects.

In Bogats book he states:

“Experimental data show that even words themselves such as ‘nobleness’, ‘exploit’, ‘greatness’, ‘skill’, ‘courage’, ‘honor’, ‘fame’, ‘truth’, ‘conscious’, ‘virtue’, ‘love’, ‘concern’, ‘duty’ have a healing affect on the human soul, while anti-moral semantics, irritant words sch as ‘evil’, ‘cruelty’, ‘lie’, ‘baseness’, and ‘vulgarity’ intensify the morbid state of the individual because in the first case, they remind him that the focus and meaning in life lies in the people around him, in society, while in the second case they make him think that he himself is the focus of the meaning of life. Even words have the power to heal the soul or make it sick!”

And this is exactly what the Quran tries to help you become aware of and how it is done by connecting to the soul and reflecting inner god’s light within you to the environment. It further tries to show you more how this is all a virtual world and the real world is still ahead of us. This helps you to give you more patience in regards to the irrational things that are happening around you since you start to believe that this “isn’t the real thing”.

It also helps you accept the negativity and irrational ways of living because in the Quran God keeps stating again and again how the majority

of people will choose irrationality and how majority people will have their eyes, hearts, mind and ears simply “closed off”.

Also, surprisingly in the Quran God speaks to you about people and their understanding depending on what’s “inside their heart” and showcases how the heart is in fact the most important aspect of humans/humanity and the ability to evolve. It talks just in the same way I have been describing our journey and what we are made of.

For example, the aspect of us reflecting his light is evident in Surah Ar-Rum 30:20 where he states:

“And among His Signs is this:

That He created for you mates from among yourselves  
That you may dwell in tranquility with them,  
And he engenders love and compassion between you;  
Truly in that are signs for those who reflect”

In here God states that any man who forms a relationship with someone else through love and to “dwell on tranquility with them” which would mean that both of them would be within a peaceful calm state thus, within the Light breaths ; this would mean that they are truly reflecting God’s attributes to the world. That they can see the god within them and act according to him and through his reflective light.

Or in surah Mohamed and many other Surahs, God describes people who are unable to see the Truth or sense this mystic feeling of religion because he has simply “Printed on their hearts” which makes it Opaque and not Transparent.

Also surprisingly, the very first Surah which is Surah AlBakara he initially states that people who are unable to seek or feel the truth is because they are unable to “feel”. He stated such aspects twice and then the third time he stated that they lacked “Knowledge”.

This is an indication that senses are higher than knowledge and are able to

help people to attain knowledge. But no matter how much “knowledge” you obtain it can never push your senses. This is why to have a change of mind you have to have a change of heart which can only be done through God.

It is only a mystic man with faith who can attain higher form of knowledge through their senses. As Ayn Rand states: “A mystic is a man who treats his feelings as told of cognition. Faith is the equation of feeling with knowledge”. Thus, God stated that the minority will be able to sense the truth while the rest will be ignorant through attaining what I would like to call “Half-truthful” knowledge. This knowledge without attributing your senses which is a fake reality.

In the same Soura As well he tries to show you how he understands the “darkness” of such bad people who you might have experienced a negative situation with. He even states that some people have hearts that are even harder than a rock. Tht even when the rock breaks you can attain water from it but the hearts of such people don’t even give you that. That’s how bad some people are.

So the Quran helps you to show you that yes God understands the negativity and the lack of understanding of people that you too can sense. It thus helps you to start rising above such aspects and seeing what your call in life is.

The Quran pushes your heart to become more transparent and thus, pushes the complete breath within the nafs to start activating in your mind and unlocking your subconscious. So you basically start off by feeling that there is more to life and that life is a celebration when reading religious words and then sooner or later (by consistent effort to push the heart to remain transparent) your mind will begin to see it in the same way. So not only will you feel it but your mind will start coming up with more rational ways of thinking and interacting while your heart and nafs will reassure it with logical ways as well.

Your mind will start thinking in ways that only aim to grow beautifully



and will push itself to remove any unnecessary senses of threat, envy or hatred. This occurring pushes you nafs to remain more within the Balanced breath and thus, it works successfully as a cycle or continuous receiving and giving of rational concepts. From your Nafs (You speaking God's words or thinking about him) to the heart to make it transparent which then opens you conscious more. Through this your mind starts to become aware of more aspects which feed the heart more and push your Nafs to remain within the "Complete breath".

## **SELFISHNESS & GIVING BACK TO PEOPLE (HEALING STAGES)**

You already are someone who gives back to people; however, you are currently doing it as a form of a trauma response that you feel that maybe you are not "good enough" thus, you give back to people.

This is a negative form of giving back and affects your health as you tend to compromise yourself making you neglect it and its needs.

At the beginning of your healing journey you have got to stop acting on your trauma and stop giving yourself away to people who are in fact using you and won't really return the favor this is why I believe that to start achieving balanced solitude and attain a connection with God it has to be done through a positive and rational selfishness.

In her book "The Virtue of Selfishness" Ayn Rand talks about the word selfishness and how it has gained immense negative perceptions about it. She states that this is because philosophers have attached it to the concept of altruism and have made people view the code of ethics as either being "selfish" or "selfless" . This then makes man see their desires as either a form of "Sacrifice" or "Negative self-interest" that will be obtained on behalf of someone else. Well this is not true. You have got to be selfish as you are a human being yet, as long as based on a rational self-interest it will never clash with anyone. As (Rand, ) states:

"When one speaks of man's right to exist for his own sake, for his own

rational self-interest, most people assume automatically that this means his right to sacrifice others. Such an assumption is a confession of one's own belief that to injure, enslave, rob or murder others is in man's self-interest- which he must selflessly renounce the idea that man's self-interest can be served only by a on sacrificial relationship with others has never occurred to those humanitarian apostles of unselfishness, who proclaim the desire to achieve the brotherhood of men. And it will not occur to them, or to anyone, so long as the concept 'rational' is omitted from the context of 'values'. 'desires', 'self-interest' and ethics”

You have got to understand that as long as you have rational values, desires and self-interest it will never be on behalf of anyone or yourself. Is it only through rational selfishness will you ever be able to achieve a successful balanced solitude with God, yourself and the outer environment. As Rand stated “Only a rationally selfish man, a man of self-esteem, is capable of love- because he is the only man capable of holding firm, consistent, uncompromising, unbetray value. The man who does not value himself, cannot value anything or anyone” .

A rational self-interest or desires can only be rational once it is only solely aiming for God. Nothing more nothing less.

You have got to acknowledge your value and uniqueness by loving God and how he has reflected to you those unique attributes that have made you authentic. Through creating a love relationship between yourself and God you will be able to have the right type of selfishness that will allow you to take your time to “survive through the prettiest “which is exactly what Ayn Rand is trying to make people understand that this is the only way where individuals can grow peacefully without the expense of one another. It is only when we acknowledge God , express our love to him and have the aim to grow through your soul which is the most unique thing and the only way where people can grow together the “Good” “rational” way.

So next time you find someone telling you it's selfish of you to take your time to build on what interests you or what makes you unique instantly

know that they do not attain the same rational desires of wanting man to be free and attain the truth but rather an irrational desire that is both self-destructive and destructive to the people around them.

You have got to learn the right type of selfishness that allows you to value yourself, take time to create this relationship with God while also giving back to people while ensuring you have a rational desire behind it. Giving yourself away to please people is based on irrational desires and lack of valuing yourself.

Once you have achieved the ability to love yourself through your god and attain self-esteem it would mean that you have started to heal and become an individual. This then will push you to start giving back the right way and helping people out in a way that will make you “happy” as “happiness is possible only to a rational man, the man who desires nothing but rational goals, seeks nothing but rational values and finds his joy in nothing but rational actions”

By having rational self-interest you will remove this trauma response and be able to have a connection with God that will help you to give back the right and balanced way.

## **ABLUTION/SHOWERING**

If you are not into body massage or don't really feel it's your kind of “vibe” if I may say there is another way as well that helps to purify the heart and aim you to become more present thus, able to feel this “high” in a natural way.

This is done by taking a shower using any form of natural salt to remove the negative energy.

## **SENSUALITY AND ATTAINING “HIGH” THROUGH THE GOD & SELF RATHER THAN THROUGH SEX & DRUGS**

I left this section as the last bit because this concerns the issue of trying

to make you understand that this ecstatic, sensual and “high” feeling you get with sex and drugs can in fact be obtained through other means that are rational and not self-destructive.

The issue is that you are highly attached to your soul which makes you coined as a “free spirit”. Free spirited people do in fact feel that they want to “escape” from their bodies and act as a soul.

Now I have provided in the section of the Nafs (Page) ways for you to attain this sense of high in better forms. For artists, poets and people within the ‘normal’ spectrum of senses find those activities more than enough to express their soul and get a brief “high” that calms them down. However, for you this will not be enough. Why? Because your senses are even higher which makes such activities not enough. Plus, you have experienced traumatic events that need more than yourself to help you out. You need god. You need the ‘Complete breath’. Whereas for artists or creative people it’s an option for them. That is why you are sick.

You will paint as much as you want or express yourself as much as you want but you will still find that this is not enough. This is because your sense of “pain” is even more than the normal. Thus, there is a need for a higher calling than oneself to be able to overcome this pain. As you have already achieved the “authentic breath” by painting or whatever but still seem to feel empty and feel like you need to do more.

You then turn to the drugs because they provide you with this higher sense of “high” that satisfies your senses and helps you “break free”. But the drugs have major drawbacks as stated in (Page).

It is only when you realize that those high senses you have can only be satisfied through contemplation, imagination and mystical meditation regarding God , yourself and his creations could you be able to attain this sense of “high” through an inside-outside approach (page) that is dependable, rational and right.

This is exactly what Sufi people do in order to attain the same sense of

high that you tend to receive when you take drugs, yet is done with the intention of wanting to become “closer to god” and naturally. The sole purpose is only god.

It is believed that Sufi mystics once achieve this state, they are in a twilight zone that allows to push their senses and imagination towards the “Transcendent reality” which not only satisfies their “Free spirit” but can also by time they receive prophecies, future events and the truth behind this world which is exactly what the drugs do unnaturally.

As (Helmisnki, 2003) states:

“Mystics and philosophers have maintained that imagination, as one of the functions of the psyche, operates in the twilight zone between the world dominated by the senses and the world dominated by transcendent reality. By clothing the transcended and the formless in images, imagination bridges between these two worlds. Its ability to function in this way increases in states in which perception is withdrawn and the psychic energy is directed inwards rather than outwards, that is to say, in sleep, in voluntary “active imagining”, in meditation, and in mystical states. By producing such images, imagination acts for the dreamer as a revealer of things to come; its point to, or prophesies, future events which lie dormant in the realm of the spirit..”

Other than the fact that such experiences sounds very similar to the one that the Doctor who took LSD had (Page) yet without any drugs! All it takes is a strong imagination, desire to become close to God and last but not least.....to have some major big time on your own to sit in peace and to simply activate your imagination and senses towards God and celebration of yourself and life through him and his beauty.

This is exactly why you feel like you want to be alone most of the time!! Your soul is unconsciously telling you that it needs some time to wander off and explore itself in this mystical feeling. WITHOUT DRUGS.

So whenever you feel like you want to explode, you try to find a drug

to calm your “nerves”. This will damage you by time and will not make you be able to attain the Complete breath the right way. It is only through in-depth contemplation, imagination and truly loving yourself and celebrating yourself will you attain this high the right way. Yes, even though all you feel is restlessness due to your free spirit, the only way to soothe it is by resting and contemplating about life.

Time and time again your mind will turn to drugs and sex . It is only by time and the realization that this isn’t good enough for you will you just simply try to do the below activities and let go for once and let your imagination satisfy you on its own.

I believe that what differs Sufism from the rest of Islam is that it likes to view life as a form of celebration as a form of unseriousness which is the core way to be able to unlock your senses to the transcendent reality. You being serious and viewing life in rules and segments doesn’t help you to unlock your imagination and to see the truth that you are yet not able to see.

I argue Sufism techniques are the natural way to attain this high and is the only way that will turn people into spiritual rational beings. Trying to attain it from drugs will lead man to become an animalistic being who will try to attain this “high” through more drugs or sex .

Below are the ways to achieve this rational high:

## **FASTING**

Surprisingly people with personality disorders tend to also have what is called eating disorders. This means you sometimes eat a lot and other times you don’t eat that much as a form of self-neglect.

Well believe it or not you are doing so because you are rationalizing events out of love for people and hatred towards yourself. So when they do you wrong, out of love you tend to blame yourself and thus self-neglect while you remain loving them. This is an irrational ethics and values (Page) which make you self-neglect out of a mix of fear and love.

Not full selfless love.

The aim is to remove such self-neglect but rather turn it into a more rational way of doing it which will provide a positive outcome. How? By having the rational ethics and values of doing so in order bring yourself closer to god. By rationalizing the fact that you are doing so to “Purify” yourself from worldly things, to become “Lighter” (which I shall explain in a second) in order to rise to the highest form of Breath and silence and remain growing in the most natural way forward.

This could only be done right by loving yourself and realizing how this brings you close to your soul, your god and acts as a form of self-control and not depending on the worldly outer environment.

So rather than doing this fasting or self-neglect thing randomly and depending it on irrational ethics and framework that damage you and your health and is in fact what pushes your illness more. Try to do it with more control, awareness and more rational intentions. Try to do it out of love of god and valuing yourself and your soul.

Sufi’s tend to fast in specific times as a form to “lose themselves for the divine” which is what I would like to call the “Healthy High”. I Don’t know when was the last time you ever tried fasting but the majority of you may have done it since we practice Ramadan every year (here in Egypt). Nonetheless, for the people who do fast, don’t you feel that when you are fasting you feel like you just want to rest and just zone out. Not to sleep. No. But to just simply zone out?

Well this feeling is because you are starting to become lighter since your nafs starts leaving the “pleasure Breath” and begin charging within the “Mujahid Breath” and the “Complete Breath” which makes you want to just zone out for a bit. The best part is when you break your fast this then creates a form of self discipline and awareness in which rather than having the nafs go towards the “Pleasure Breath” it remains within the “Good” and “thankful” breath since it is reminded that everything they attain in the world is due to God and not because they simply “deserve it’.

Thanking God and not yourself in Sufism is called “Takhali we Tahali” which is translated to “To let go and identify it with God”. Anything Sufis feel they are good at or whatever good they do, they always recollect it back to God and not to themselves. Thus, you would always find them saying that it’s not them who are acting out good but in fact, it’s God that’s telling them to do that.

It’s funny how nowadays the aspect of fasting and their (Sufi?) benefits are being played out in which people try methods such as intermediate fasting to try to bring their “Health back” without questioning why and what does that mean?

I mean, even look at the new Kardashian series where Kourtney Kardashian and her new husband Travis Barker try this new “cleansing method” where they don’t have sex, don’t drink coffee and eat specific food. I mean why isn’t anyone asking why we should be doing this?

It’s just so weird how people see such techniques as a form of cleansing moments in which they then go back to their lives thinking this is the normal; when the reality of the fact that this cleansing thing that they are doing is the “normal” thing and their lives is just not normal. That’s why they need to take “breaks” from it. See? Super simple. And I still just don’t get why people don’t get it.

But anyway, since I’m addressing the so-called “sick man” you probably do understand me and thus, my focus here is to try to help you control your form of self-neglect and make it positive.

While fasting (in the rational way!!) you can then do the activities below which can further help you satisfy your need for a “high”. Of course this doesn’t mean that the first time you do it you will attain the same experience when taking psychedelics.

Since this is done naturally and through a conscious and rational motive, it will take time practice and most importantly faith and love to be able to



attain such “High”. What we are simply initially aiming for is for you to move outside the zone of drugs & sex and to satisfy your needs in a more spiritual way. To realize the truth and not let your mind and ego control you to become in an animalistic nature. You have to rise above.

## **“PURIFYING” MASSAGE + SCENT OF “LOVE” + MUSIC MEDITATION**

The best that I can describe such experiences is as if you are in a spa day or it’s summer time.

Picture yourself in a spa session or that’s it’s summer and you are laying down in front of the beach with the music grabbing your mind not making it think and the air breeze just making you feel alive. You have your eyes closed for a while and then after let’s say an hour of simply resting you open your eyes. How do you feel?

Don’t you suddenly get seconds of seeing everything around you just so bright and clear. Don’t you also feel like you have been filled with..how to put it into words...with more “life”. Like you are energized yet not in a manner where you want to run 20 km straight but rather energized in a “calm” manner? Like “nothing matters” but in a positive light?

This is exactly what you should be trying to achieve when undergoing this activity yet putting in mind that you are pondering about the beauty of life, yourself and God. I want you to truly enjoy and celebrate yourself and see how God has made you special. To think of him and keep him in your mind.

Now assuming you have been able to find a secure place out in nature may it be a garden, the sea or the mountains. What we are trying to focus on is rather than having to “touch ourselves” sexually (in other words touching your sensitive area) we are going to focus on touching every part of our body except for that part!

This is what true sensuality is, I believe. In Sufism there are various

massage techniques that aim in helping you to purify yourself and remain attaining the Complete Breath. It focuses on you becoming more conscious, aware and to focus on the reality of things in regards to yourself and others.

There are many Sufi massages you could search to try to find what is suitable yet the one I believe is a very good one is called the “Etheric Body Massage” which is in fact done for babies but can be done for yourself as well. There are other techniques that I have developed based on how it made me feel and how it activated my senses.

Now, sitting in nature it would be better to add in Sufi mystic music as well as fragrances that Sufi like to coin as “Fragrances of love”. For example Jasmine is used as a metaphor by Sufi poets to evoke the beauty and fragrance of the Divine Presence. I have provided a list of different types of fragrances [Appendix J] that would be good to have.

As for Sufi Music I have also provided various links that I personally like to listen to [Appendix K] and help my mind stop thinking and just drown into the flow of the song.

What we are aiming here is to try to activate all your possible senses towards Nasama or “Positive energy” while having your mind wonder about God and existence. This will then push you to what is called the transcendence stage.

However, of course like I said it all depends on your will, faith and if you truly are focusing on achieving this transcendence. No one can help you achieve it (not even me writing this). It all depends on you and your faith in God. It all depends on the aspect of attention (contemplation), visualization, and gazing while having God in your mind and heart.

Making sure you feel you have truly removed all the negative energy from your space, just continue to sit around the music, beautiful smell and nature. Just ponder life, god and celebrate your beauty and how it resembles the way nature is.

I believe that if such activity is done with the intention of truly wanting to heal, to get better, to love yourself, to celebrate God and existence that this by time will help you start attaining a higher form of awareness and silence which is complete peace.

## **MUSIC MEDITATION AND SUFI SWIRLING**

If you are not really into massages then you could try to listen to some Sufi Music meditation as they aim to unite you with the Divine or Nasama which is God's presence on earth.

While listening you can also start dancing in a technique that is called a "Sufi Swirl" where you keep swirling and move like the solar system does. I genuinely believe that you can do any type of movement you feel spontaneously and to just let out the inner energy you have.

This can help you "zone out" and to start connecting to the higher frequencies that surround you (in nature). While dancing place you hand on your heart and say one of those things:

Allah (God)

Allah hu (God, just He)

La ilaha illa 'llah ("There is no God but God")

La ilaha illa hu ("There is no God but He")

Keep dancing and twirling till you feel like you have somehow become "lighter". Such practice can help you to avoid using drugs by focusing on achieving the same type of high but by associating yourself with the mystic music and connecting your heart to God.

## **SIMPLE CONTEMPLATION AND WALKING**

If you feel like you are the type of person who would rather just be in silence in order to try to overcome their drug use and focus on controlling it then, this type of technique would suit you.

Whenever you feel like you are pushed to start thinking irrationally or focus on worldly things then try to leave the situation immediately.

You then have to try to seclude for as long as you feel like but make sure you are surrounded in nature. Just sit there and simply contemplate, visualize and gaze about life and God and how there is so much more to life that whatever occurred to you. You could also walk but while walking focus on looking down on your leg rather around you. In Sufism they state that one should let anything from the outer environment to “Bring them down” thus, by looking at your feet you are avoiding to look around you which might affect you negatively and to focus that it all depends on God and you.

This technique can also be used in emergencies where you just feel like you want to blow up and can help you remove the cloud in your thoughts and help you regain more rational senses.

## **CONCLUSION**

You can talk as much as you want with your doctor and you can connect with as many genuine people as you can but even you know that this won't help you attain a more rational sense because the biggest missing piece is the aspect of recognizing God and the Heart.

It is only through “God's Words” that you can attain the Complete Breath. Other means such as drugs is an unnatural way of attaining which risks the individual not realizing the true aim of discovering such reality `` or”truth `` but rather, can turn it as a form of self-pleasurable and controlling manners which is wrong.

You have got to understand that you have experienced immense trauma and pain and nothing will ever make you be able to detach, move on and create something beautiful out of such pain without acknowledging a bigger goal than oneself, a higher love than oneself and that is God.

The aspect of “hidden Knowledge” is true, which is personalized

knowledge for an individual to learn to grow beautifully and always aim to serve people through God. It is only when forming a relationship with God and talking to him will you be able to attain such knowledge.

Failing to acknowledge God or speaking his words will leave your heart in a state of fear since you will remain feeling “Lonely” and unable to interact with people the right way.

Also, the ways I have provided to try to stop taking drugs and form a mystical journey to help you satisfy your senses could take time. This all depends on you, your willingness and faith in God to be able to push yourself to move from taking drugs to just meditating.

This is all based on your conscious decision to start moving away from the dark and achieve a higher form of light.

## 2nd Section Conclusion

In this section I have clearly provided a full framework as well as a rational and realistic concept that has allowed us to truly understand what are the real issues when it comes to individuals who suffer from personality disorders, neurotic and schizophrenic tendencies.

I have done so by using Sufi concepts and storytelling of understanding of man, their environment and the relationship they have with God. I have also integrated storytelling of people who were nowhere near the upbringing or the awareness regarding Sufi concepts and way of life but seem to somehow abide by the same way of understanding and interacting with the world.

This was done by bringing in stories from the book “To Be An Individual Is It the Lot Of an Only Few” that show how for a fact that people who are simply “Good” and “rational” are due to having what is called an “untouched Fitrah” that has left them to act just like how Sufi’s do. To act upon selfless love, to attain a transparent ego and to try to understand the world from a truthful and logical sense. They also tend to gravitate towards being “alone” and contemplate life.

Thus, this has indicated that Sufi understandings and techniques are in fact the “Natural” and “True” way of understanding the world and this is evident since some people who are located in Russia such as Milya (Page) seem to abide by it naturally and has led them to be “good” people who leave this world making sure they have passed down some form of an authentic substance for other people to live by just like she did with Milina.

Since I have evidently shown that Sufi understanding and framework is in fact the truth and the reality of human beings and the way to achieve “goodness” “authenticity” and to survive through beauty; I have thus used their concepts and understandings to formulate what is called the “True human Theory”, The “Breath Spectrum” and well as the “True Healing Cycle”.

Through the THT were able to understand the aspect that human beings and the world are formed through God’s reflective Light. The more light a person is able to absorb within him the more he abides through logical, rational concepts and selfless love.

I have further expanded the concept of light absorption and existence through God’s reflective light by detailing the human anatomy which attains what is called a Fitrah/Id, Nafs/Self , Heart, Mind, Ego , Soul and the Outer Environment. The individual has the ability to control whether to connect to their soul which aids them into connecting with the outer environment through rational and good concepts of life or to formulate an ego which will lead them to gain a “fake” perspective of the world and will lead them to an alternative reality of living which will be destructive for both himself and the outer environment. It all depends on whether this person is able to have a Transparent Ego or not in order to connect to the soul.

The more an individual acts rationally and out of selfless love the more their Nafs/Self is filled with “Light”. Such individuals, if met with an outer environment that is also abiding in life through rational and real concepts, will be able to grow and develop in the most beautiful ways and

attain a high form of authenticity. However, if such individuals are met with an outer environment that seems to work on irrational concepts that are self-destructive such individuals will become spiritually sick and will attain what is now called personality disorder, neurotic and schizophrenic tendencies.

I have argued that today more and more highly supra-rational people that have high potential to create “Goodness” and “Authenticity” in this world through may it be their artistic capabilities or scientific discoveries are met with damaging environments that contain irrational and self-destructive concepts and way of living. This has made them become mentally sick and incapable of seeing their own potential and strength. As a major negative effect, such individuals who are in fact the ones who reflect God’s light on this earth, create goodness and form authentic concepts of life end up being sick and viewed as “mad”.

Even worse, normal Good people who are simply rational are now starting to also be met with irrational concepts and life frameworks that are damaging them and making them become anxious, depressed and attain a deep sense of loneliness. This will be discussed later on.

The aspect of goodness on this earth is simply put here by God or by itself is not true. Goodness on this earth comes from Good people who aimed on forming something real out of this world that will align with their rational beliefs. Losing such individuals due to not helping them through the outer environment will lead to the people acting out in the most irrational ways. You will find them not acting out of “Goodness” but out of very devious and cynical motives that will truly harm one another but will somehow be seen as the new “normal”. This will form an alternative reality that is not true nor real and will be based on pure self-interest and deceitfulness. This is already happening which will be discussed later on.

I have then provided the Breath Spectrum to showcase in even more details what differs an authentic person from an inauthentic (Deceitful) as well as Genuine people from Ingenuine person.

The Breath Spectrum showcases the agreed phenomena that all western philosophers have agreed upon in which, what differs man from the rest of the animal chain is the capability to communicate through higher and sophisticated means through “words”. Such words are uttered through your “breath” which translates to “Nafs” in Arabic. The Breath Spectrum showcases the phenomena that human beings attain 21 different kinds of ways of speaking as well as 4 types of silences. Such ways of speaking are shared within human beings with one another and with themselves. Aspects such as the individual himself, upbringings and outer environment determine which types of breaths gets activated within the individual and thus, each person has different sets of breaths activated while some aren’t depending on basically who they are, their desires and level of awareness.

The Breath spectrum was able to show how people who are connected to the soul attain “Light” Breath forms that allow them to talk and act out in a rational manner and out of love for oneself and others. Individuals who are engaging more with their Ego tend to have their Nafs positioned within the “Darker” forms of breath that make them take and act out in an irrational manner. People who are highly connected to the soul and are supra-rational attain the second highest form of “Light” Breath which is the “Authentic Breath”. Such individuals are what we call as Artists, scientists, poets or anyone who formulate a beneficial entity that aids in making individuals more aware of themselves and attain True Knowledge in different forms. I have shown how some of those people are unable to attain an even higher form of breath that is called the “Complete Breath” either due to not feeling the need to or trying to but failing. For the ones who tried but failed I have provided evidence through Susan Suntang paper called “The Aesthetic Of Silence” which indicates how some artists like.... Have desired to move on from producing artwork and to try to attain peaceful silence and the “Conscious of God” which I have coined as the “Complete Breath” and the Highest form of Silence 1. This would be due to such individuals having a higher sense that made them feel that even though they are authentic and fully themselves they are still lonely. This could only be done due to them experiencing more pain from situations that were irrational and “Dark” which is unfamiliar to their own self. However, I argue that such artists and poets were not successful



in attaining such peacefulness and consciousness of God because of one thing. They are not speaking God's word nor communicating with him. This is the only way to activate such Breath and attain the highest form of silence.

Due to their failure they end up not fully transforming themselves to a Complete Individual but rather they completely change their identities and obtain another skill to obsess on in order to distract themselves from the inner pain or "emptiness" they feel.

I then stated that even if through the example of artists and poets, the aspect of God's words, achieving his conscious and the "Complete Breath" may be a theory; it is with the Sickman in which such concept will be proved that it is in fact the truthful and real framework of Human beings and their relation to themselves and the world.

Through the sick man who suffers from Borderline personality Disorder, neurotic and schizophrenic tendencies is due to the fact that they obtain the high form of "Authentic Breath" yet mixed with very dark breaths which are the "Deceitful Breath", "Instant-self Blaming Breath", "Pleasure Breath" and the "Mujahid Breath" due to being neglected in some form in their childhood. You see, such individuals have two polar opposite ways of thinking and interacting which can make them switch from "Good" to "Bad" or vice versa making them look "Mad" or "Irrational". The reality of the fact that once someone has experienced or tasted either darkness or light it cannot be removed. This is why once a breath is activated it will always remain engraved in your Nafs, Heart and Mind. Thus, we cannot simply tell those people to ignore their "demons" and to act rationally. They cannot and it will not work out!

The only way for them to heal is to balance out those breaths with the other breaths that are in between them and around them! Those people are required from them to unlock all their 21 Breaths, acknowledge them which will balance out both the opposites breath and allow them to understand themselves and the world realistically. This could showcase how they are in fact sophisticated beings who are required from them to

work hard on themselves to become better.

I then argue that the only way for them to unlock all breaths and to heal is to undergo what is called the True Human Healing Cycle. The THHC illustrates how healing concerns 4 main entities within the human being which are the Nafs, Heart, Heart +Mind, Mind and the Nerves.

I provided different types of activities and exercises that should be done for each aspect which will help them to accumulate all 21 forms of breath and achieve true healing. Activities within the Nafs, Heart+Mind and Nerves will help the sick man to become aware of all the different ranges of breaths up until the “Authentic Breath”. It will aid him in understanding his authentic capabilities that can help him grow beautifully as well as gain a truthful perspective about their outer environment in order to judge better.

However, the sick man is supra-rational and has experienced pain and thus, there is still in dire need of something more than themselves to be able to live. They are in need of the full truth since they have seen or experienced something very irrational. That is why even if they do the activities that involve the Nafs, Mind and Nerves it will not satisfy them as they will still feel a sense of “loneliness” and “emptiness” .

The only way to be able to solve such issues is through the Heart and achieving the “Complete Breath”. This has to be done by acknowledging God’s lovable relationship with oneself and speaking his words. It is through speaking, interacting and connecting with their inner god will such Individuals attain the Complete Breath, Silence 1 and fully heal.

This is because through interacting with God and connecting with him such individual will start to attain True Hidden knowledge that will act as a way to help them understand their call in life, comprehend and rationalize the “Dark” circumstances that they had to go through and be able to act as a “Man of God” that will create great authentic connections and frameworks in life before they die.

I believe that those mentally ill people are in fact very sophisticated, talented and skillful individuals who, if given the right type of support, will in fact create a truly one of a kind world that will include people working and interacting on an authentic level.

Why isn't the west acknowledging all of this?

I'm very confused and weirded out by what is going on with the west. I mean they can argue all they want with the aspect of the soul if it doesn't exist or not...but how can they deny the aspect of the Heart?

I mean when a patient tells their psychiatrist things such as "I feel my heart is broken" or "There's a hole in my heart" why don't they take their words quite literally rather than view it as some form of a statistical romantic description of their sorrow?

The aspect that the Western Civilization has disregarded God has led them to forget the main problem with this is that they thus have forgotten the Heart. Making people neglect the exercises of the heart that encourage the remembrance of God has led them incapable of attaining the "Complete Breath" the right and authentic way.

They then shifted the focus on the relationship of Man with God to the relationship between Man with himself and Nature. Through such relationships they aim on attaining "Natural" ways to help them "Love themselves", "be their best self" and "be successful" whatever that may be.

This has led to the "successful" people in the Western society doing exactly this:

They attain high "Knowledgeable Breath" due to being within an environment that supports education, individualization and creating new things. The individual is thus becomes viewed as "Educated" and is given the tools and capabilities to "Become who they want" which is achieving a higher form of breath that is the "Authentic Breath"

Once the individual has reached high levels of the “Authentic Breath” due to becoming supposedly more “Educated” about themselves and his outer environment. This then is what creates a so-called “Civilization” where highly “Sophisticated” people tend to attain what is called “Progress”. They are then coined as “cultured” individuals. Nevertheless, they start to feel more “lonely” as authenticity leads to the awareness of our inner uniqueness which thus differs us from the rest. They then begin to educate themselves further and try to find techniques to help them remain being “calm” and “happy” and to basically fill this hole of loneliness.

They then attain Half Truthful knowledge such as the fact that we are not our minds and that there is a way to control it by observing our thoughts and not associating with them through meditation techniques (Buddhism) . The Half Truthful Knowledge allows them to begin to understand how they are capable of controlling and adjusting themselves to become “Who they really want”. Aspects such as “Positive Psychology” , “Wellness”, “Psychedelics” as well as other new methods have provided man with “Knowledgeable breath” which I would like to describe as the half-truth. Nevertheless this then pushes them to work on attaining a little bit of the “Complete Breath” yet, in a dysfunctional and incomplete manner since it’s done for self-interest motives and not towards God.

This individual starts to attain the “Complete Breath” in which we are spiritual beings and that we are somehow all connected. They begin to realize the beauty of life , how simplicity is the best means and to begin to realize in a humble manner that there is more to life. I argue that this makes them attain only the Half Truth in which the other half is that the aspect of oneness is to realize how you exist through God and so is the rest and thus the aim in life is to love man and love God which will create genuine “happiness” for you.

Yet what happens is that this Western Individual doesn’t end up doing that but rather uses the perspective they gained from the “Complete Breath” to further fuel their “Authentic”, “Pleasurable” and “Deceitful” Breath thinking that this is the right thing to do! They use whatever insight they

got from this new perspective to strengthen their identity (Authentic Breath) in the world by showing off their unique perspective or outlook in life. This then makes people applaud for them which in return feeds their ego through the “Pleasurable breath” as well as “Deceitful Breath” that tells them that they are who they are because they are “one of a kind” and that this is something to be proud of.

This then has created in the Western Civilization two sectors of types of people. The first ones are coined as “Plastic” or “Flat People” who reside within the “pleasurable” and “deceitful” Breath due to the encouragement of capitalism and making them want to achieve more and attain the materialistic aspects of life. The other people are the ones I would like to call the so-called “geniuses” who are praised and popularized by the Plastic or Flat society thinking that they are some kind of unique people who possess exquisite skills. When they are simply doing things to connect to their inner god to use it rather than fully connecting to it.

The Geniuses take time to do Heart or Mind activities that are very similar to Sufism practices in order to attain the “Complete Breath” yet for their own personal self-interest. They then use such knowledge as a way to “benefit and inform” society which then makes those plastic people view them as how I have coined them, Geniuses.

And so they create a lie in which it gives the perspective that only a few individuals can “survive through the prettiest” which are the geniuses while the rest are required from the to “Survive through the fittest”. When the truth of reality is all of us can grow beautifully if we just aim in connecting to our inner God the right and genuine way.

I mean look at Yuval Harrari or Steve Jobs, Elon Musk and many many more prominent figures who seem to dress “simple” and have a “simple” way of life just like the Sufi’s but with a twist of making sure that they are the world most richest, smartest and innovative people in the world! Look at how Steve jobs always used to wear black and never cared about outer appearances and has many times supported the usage of taking

LSD!

How Elon Musk just decided to sell all his 7 houses and live in a simple “small rental Home” which similarity abides by the aspect of Tassawuff and Zuhud (Page). How to let go of materialistic things to focus on bigger aspects. For Elon Musk is to focus on how to go to space but for the Sufi is to focus on how to become closer to God.

Looking At Yuval Harari who seems to have a deep perspective that can only be attainable by being able to be highly sensitive. He has used his sensitivity to be able to guide himself as well as to search what the future may end up becoming. He has stated time and time about how he goes for 2 months each year to meditate at one of S. N. Narayan Goenka Meditation Centers. Which pushes him to gain access to the “Complete Breath”. Yet he uses it as a form of self-control development and to be able to have a clear perspective of what the future will be like. You then find him writing a book about our future and is now coined “Mr Know it All”.

Well one question, how does Yuval practice Buddhism and meditation but has got not one idea about Sufism which is very similar? And probably even the same! In his book “Homo Deus” he only mentions Islam as some kind of an outdated backward thinking religion but has never once realized the major similarities and that in fact they attain the same aspect of oneness?

Even an Investigative Article By (Msnr2, 2019) has realized how Westerners have adopted means and methods from Buddhism that are now very trendy but have somehow neglected the practices of Sufism. She states:

“Upon taking a step back to look at the western fascination with these models of wellness, we can see the ubiquitous influence of Buddhist practice on our efforts to focus on bettering our mental health. But can anyone imagine what it would be like if Islamic practices was being endorsed in an even slightly comparable way? Islam is not present in this growing American prevalence of “eastern” practice, despite similarities

in philosophy and certainly in mental health benefits.”

Even then, if you state Rumi who is truly one of the most popular Sufi's it seems that the Western Civilization has used his knowledge not to achieve a strong love connection with God but with your current partner. The book 40 ways of loving has been a popular hit where people think Rumi is talking about how to love one another and aspects of love for human beings when in fact he was talking about God! But the West is just simply choosing to ignore this.

It simple. It's because Sufism can never be done without a connection and acknowledgment of God as well as can never be done or achievable out of pure self-interest. And Yuval doesn't believe in God. Plus Yuval or the other men don't really need acknowledgement of God because they can handle their current life situations and the Buddhist meditation seems more than enough. It is only through the mentally ill people who want to heal can they acknowledge the Sufism practice because they truly are in need of God.

It's true once you have known darkness you can know light. Once you have been damaged only then will you acknowledge God.

But what is happening with the Western Civilization right now is that they have created people who think they “know it all” and the “Truth of this life” when in reality they have only attained half the truth. Attaining Half is the most dangerous form of understanding because as Manly P Hall said once “The Half-truth is the most dangerous form of lie, because it can be defended in part by incontestable logic”. This is exactly what the West is doing whenever we try to Acknowledge God.

It is only when an individual has experienced extreme pain and trauma and just wants to know the truth out of love of life and to heal and survive will they only begin to acknowledge God. There is no other way and there is nothing that I can write or say to prove them or make them be able to see the Full truth. It is up to their choices and their sense of awareness. The illusion that they are creating a “Developed Civilization” which is

now Modernization does not account for the fact that they are “cultured” individuals. As Sair (2013) states:

“We have already seen that there is no necessary correlation between the development of civilization and the relative genuineness of the culture which forms its spiritual essence. By the development of civilization is meant the ever increasing degree of sophistication of our society and our individual lives. This progressive sophistication is the inevitable cumulative result of our steadily growing knowledge of our natural environment and, as a consequence, our practical mastery of the resources that nature grants us. It is chiefly the cumulative force of this sophistication that gives us the sense of what we call “Progress”. Perched on the heights of an office building twenty or more stories taller than our father ever dreamed of, we feel that we are getting up in the world. It would be sheer obscurantism to wish to stay their progress. But there can be no stranger illusion than this, that because the tools of life are today more specialized and more refined than ever before, it necessarily follows that we are attaining a deeper and more satisfying culture. We are right to have faith in the progress of civilization. We are wrong to assume that the advance of culture is a function of such progress.”

Thus, they are in fact a civilization that has lost its spiritual essence and has now accounted culture as “knowledge” making them in fact lacking any form of an authentic culture. Culture is not knowledge to develop fast, Culture is knowledge to understand each other and one another.

That is why patients who state their feelings such as “My heart is Broken” are not taken seriously but rather doctors lack the in-depth understanding that can only be obtained by becoming a truly Cultured individual. They view the patient as “crazy” and that it is rather a mental and not a problem with the Heart that wants to connect to the soul in a high manner.

Even worse, Western Civilization has made their culture be based on efficiency rather than on meaning which has now pushed doctors to simply not have the time required from them to sit with patients and listen to them. They have also lost the ability to even provide any form of



“Complete breath” which a spiritual/cultured Doctor would have probably obtained. This is what is exactly needed from them as it provides the exchange of Light breaths and True knowledge but rather they give them medication which is just horrible to think it’s true “progress”.

Today many patients are trying to look for alternative means to heal in which many have undertaken the journey of Sufi healing and practices which have been very successful. However, the West is not even acknowledging it.

It is only through healing your Heart by acknowledging God could you truly gain the right type of access to the “Complete Breath” it helps them to achieve genuine “Happiness”. You may argue that what’s the point of pointing all such activities towards God since there are already people who are doing it seem to be successful in achieving survival through beauty without acknowledging God. I argue that the fact that it is done for self-interest reasons is exactly why its effect is not as strong as it would’ve been if it was towards God; because if it was then for sure such individuals will be able further enlighten their brothers and community. Much further! In fact more people would’ve grown the same way since this can be done by anyone if just shown the way! As Bogat’s book states that a Good -person is in fact someone who is capable of being one and forming one! What I’m trying to say is if it was towards God then they would dedicate their lives in showing people the way to be close to him and thus we would all be reflecting back our own light! Not focusing on “development” which is in fact a comfortable disease (quote from the opening of this paper). A disease to distract them from the inner lack of love they have for themselves and thus; their God.

However, sadly time and time again the Western Civilization have been finding means and methods to try to achieve egotistical aims through attaining True Knowledge yet to benefit and satisfy their egos and not for the higher purpose of God and achieving the “Complete Breath”. They have made this world the only real world we live in by removing the concept of god and having man create a complex mix of identification through both the soul and Ego which makes it hard for them to even

know the truth. It has formulated some kind of a networked mind game that we are all now living in and trying to satisfy ourselves by pushing more into living through the Ego and just using the Soul for it and not being aware of the fact that it is damaging them and their environment. Or maybe we are now starting to see this...shall we admit?

From Intermediate fasting, detox sessions , mediation, psychedelics to even having a Netflix Documentary explain the “astonishing” benefits of just simply having your legs naked on a garden field, the Western Civilization has created a complex issue of human beings being able to create a strong mixture of connecting to the Ego by using the Soul. This has made it even harder to be able to explain to such individuals the real and full truth and it will remain like this and will in fact increase.

As for the Sick – Man, he is left remaining sick and unable to fully acknowledge their truth and potential. The West can choose not to acknowledge the fact that they have failed with the sick-man in order to remain attaining an atheist framework and outlook of life yet, by time such a decision will come at our expense. As Ayn Rand stated that man:

“ Is free to make the wrong choice, but not free to succeed with it. He is free to evade reality, he is free to unfocused his mind and stumble blindly down any road he pleases, but not free to avoid the abyss he refuses to see. Knowledge, for any conscious organism, is the means of survival: to a living consciousness, every ‘is’ implies an ‘ought’. Man is free to choose not to be conscious, but not free to escape the penalty of unconsciousness: destruction. Man is the only living species that has the power to act as his own destroyer – and that is the way he has acted through most of his history”

I argue that the time of paying back the price of not acknowledging God and attaining wrong frameworks of life has arrived as today; not only the supra-rational individuals will attain mental illnesses and disorders but the normal rational and the normal “good” individual will start to become mentally sick and neurotic as well and this is prevailing. This

will be discussed in the next last chapter regarding where we are today.

What's even more confusing and maddening is you find all of Western Philosophers for more than 100 years now or more calling out on such major errors and how sooner or later something catastrophic is bound to occur but also within the aspect of neglecting God! I mean look at Erich Fromm discussing how there is a need for a "Positive Freedom" which surprisingly is what "Islam" basically means. In Arabic it can be translated into "Esteslam" which is Positive Freedom! Or how Bertbrand Russell called out a need for an "Organic Common Purpose " that will help us coordinate our impulses to be creative and not possessive. What on earth could be an organic common purpose other than God?!!!! Can we please for once think about it? Like really think WITHOUT FEELINGS!! Because if you tell me the common purpose is to do good then this will put us into asking what is considered good? And we would find ourselves running in circles again.

It is only when we think rationally that we can say that an organic common purpose is to love ourselves, others (nature, animals and man) and God. This can only be done by seeing what unites them all together and that is the SOUL! WHICH IS GOD! And this is exactly what Sufism is trying to show you in order to be able to achieve this balance between all entities and to survive through the prettiest!

I mean even look at Ayn Rand urging people to see how selfishness does have benefits if it's a "rational" form of selfishness but how can they see that or how can that be achievable if rational selfishness can only be achieved if the type of selfishness I possess will benefit others? Can anyone please think with me of a way to be selfish without hurting others? Like really think?

It is only when I'm selfish to focus on my relationship with God in order to help me be able to have a clear mind and a pure heart that will help me in engaging with the community in a rational and authentic manner! This is the only way!!!

But as you can see they all keep on running in circles which would drive

any person mad! They too have been tricked and blocked by their ego, unable to see the truth behind it.

Why or how? Well again it's simple. Looking at the example of Freud and his friend; how come Freud didn't think for once that maybe "The issue is with me" and that maybe he doesn't "sense" or "feel" as much as his poet friend? (who seems to understand a bit the benefits of religiosity) Maybe he needs to see why he is not able to feel as much as his poet friend? Maybe this has to do with self-denial? Ignoring "the bad" side of yourself.

A person feeling less is a person who does so in order to ignore the "truth" of himself. Simple.

And that is the main aspect why the Western civilization has ignored the concept of God. It's not so much due to authority as it has to do with the fact that neglecting God would mean neglecting the aspect of oneness. That there is always something Bad in the Good and Good in the Bad.

Choosing to ignore our "Bad side"

Seeing "good" and "bad" as separate entities

Unable to see the duality of good in bad in one thing which is us!

And that is why the aspect of rational selfishness cannot be achieved in the West as it will look as "bad" when in fact it is a good thing as Ayn Rand is trying to make the Western Civilization understand.

Also, this makes prominent Western people, may it be philosophers, scientists or even movie stars unable to fully consciously admit their "bad" side or see it through a rational manner that in fact brings them closer to God and to feel more! Rather they tend to deny it or it takes over them in impulsive manners (and hiding it from people). This is because to them it is impossible to be a truly "good" person (in their own perspectives and others) yet have "dark" or Bad desires. Thus what they do is that they focus on trying to be "good" without realizing that they are suppressing their dark breaths in irrational manners by saying that

they simply “don’t exist”. What this leads to is that they tend to feel less, unable to connect to God and themselves and Hide their dark side. This is exactly what Frued has done and that is why he is unable to feel.

Because the truth or rational way of seeing things is this: in order to be and continue to be a good person I must continuously try to see what is the “bad” in me and control it, guide it and be able to simply sit with it and talk it out.

As Western Civilization has made it impossible to see a person as just normal who is good and bad but either really Good or really bad which has pressured well-known people or individuals who thrive to keep on acting good in a way which is not them and is in fact not making them feel.

It is sad how Western civilization thinks that they have found the right path to enlightenment only to realize very soon that such tactic will cost them the ability to see normal people as just “normal” ; who have both bad and good traits that need to be faced and handled to produce a highly sophisticated individual out of yourself through connecting to God. Rather,

What is occurring right now is people are in fact acting way “too nice” in a fake manner which is something to be discussed in the next chapter.

This is starting to show more and more in the Western Civilization and it is evident with the decline of comedy. We all are aware of the issues that surround stand up comedians like who now face issues of being canceled. Comedy is used as a way to twist the truth by using humor in order to try to not take ourselves seriously. That is an initial step right to be able to fix our issues. Canceling Comedians who state truths in a funny way shows that we are unable to take things lightly nor are we able to face our vulnerabilities or even our truths. This proves more my point and theory in the West.

Also, this makes it completely understandable why their civilization is

unable to understand people with personality disorder or neurotic issues because they in fact show the good and the bad with no filter and in order to understand them and heal them you need to know the aspect that man has two opposite sides inside of him. The sick man just makes it visible due to the lack of having authentic human relations that can help him build those in between breaths (Breath spectrum0 and be able to control themselves.

Looking at how Western civilization is still ignoring this duality in one aspect, here we have people in Sufism such as who discuss and face the obstacle of Man's opposite desires and ways of acting. He wrote a book that's based on a play where the mind and all the different Nafs (good and bad) are discussing with transparency their issues in front of a panel of judges made of "...". It's a lovely book that allows you to see the truth of yourself without being afraid and to be able to deal with it rationally. This book was written in 1919!!! And here still we are ignoring such scholars who have provided us with a higher form of truth, a chance to have access to our "complete Breath" naturally...

I honestly think this is sad how we are unable to see what Islam and its scholars have been able to provide for centuries that can in fact make everything make sense for once and not like Western scholars who just keep on running in circles only caring about having their names and "titles" without providing a final answer, making it seem like it's a riddle that will never be solved.

I hope that this section has tried to put more sense into your mind and heart .I do hope it did help you become more aware of yourself as a human being and to allow you to rise above and grow beautifully.

There's nothing more I can say or do that can convince you of God because in fact Sufism has often stated how it's very hard to explain the concept of God or your connection to him because it's in fact a matter of "taste". So it's something you have got to taste and I can't help you taste it. Nonetheless I have tired in hopes that you see your inner beauty and around you. . And just like how Mostafa Mahmoud ended his book "the

Greater Secret” that discusses Sufism I would like to end this chapter the same way:

**“AND TO WHOEVER SAYS THAT THEY DON’T UNDERSTAND WHAT WE ARE SAYING WE TELL THEM: IF YOU HAVE LOVED AS WE HAVE LOVED THEN YOU WOULD’VE KNOWN AS WE HAVE KNOWN”.**

