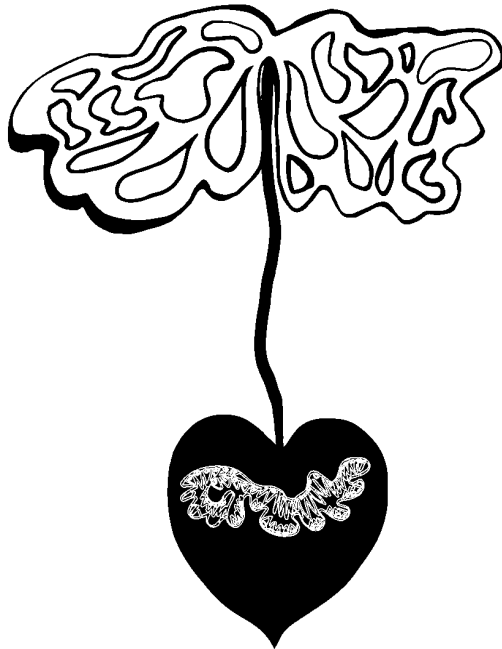
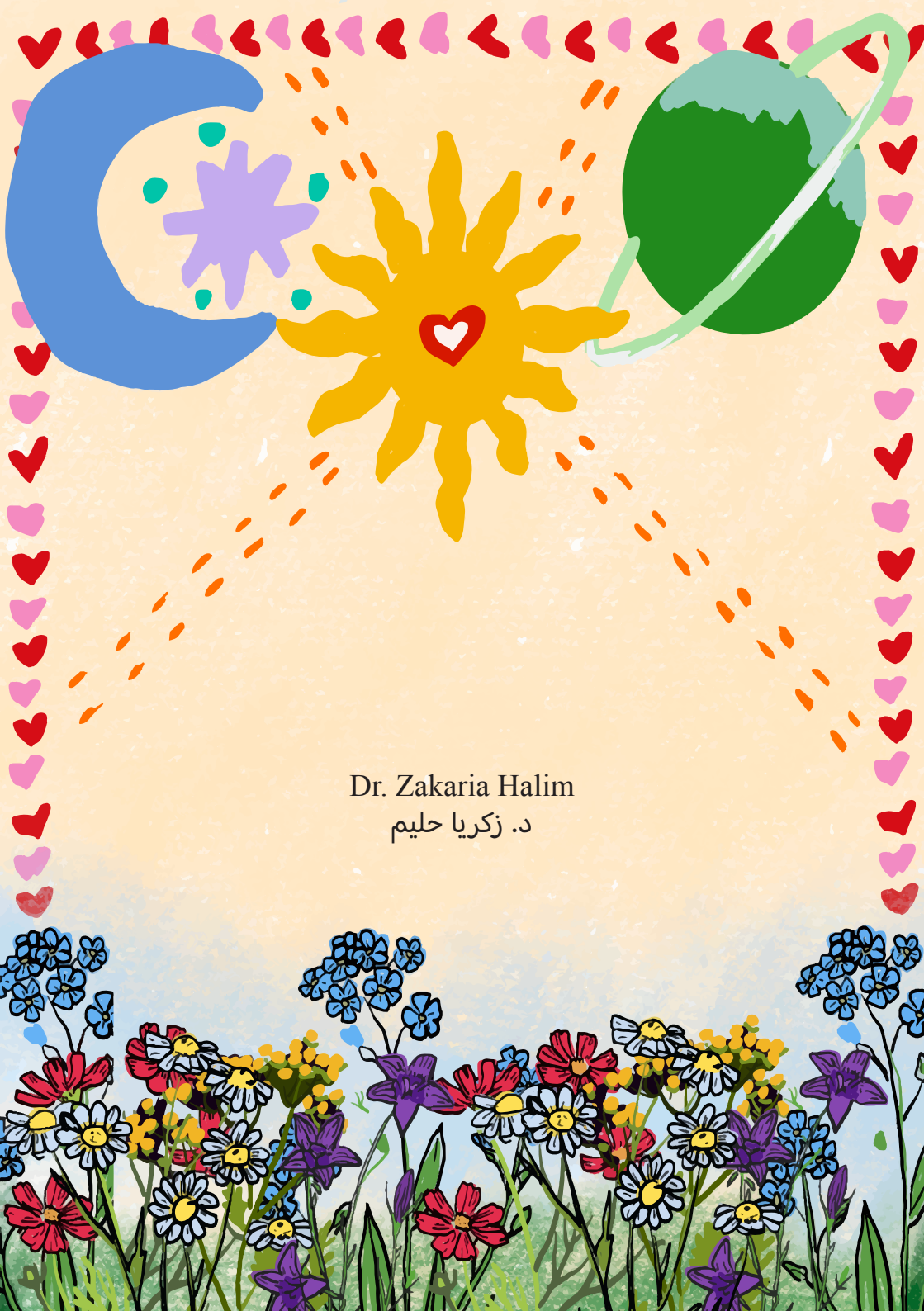


**AGE OF ESCAPISM/PSYCHOSIS &  
HOMO- DIABLOUS:  
THE AUTHENTIC VS INAUTHENTIC  
BATTLE**

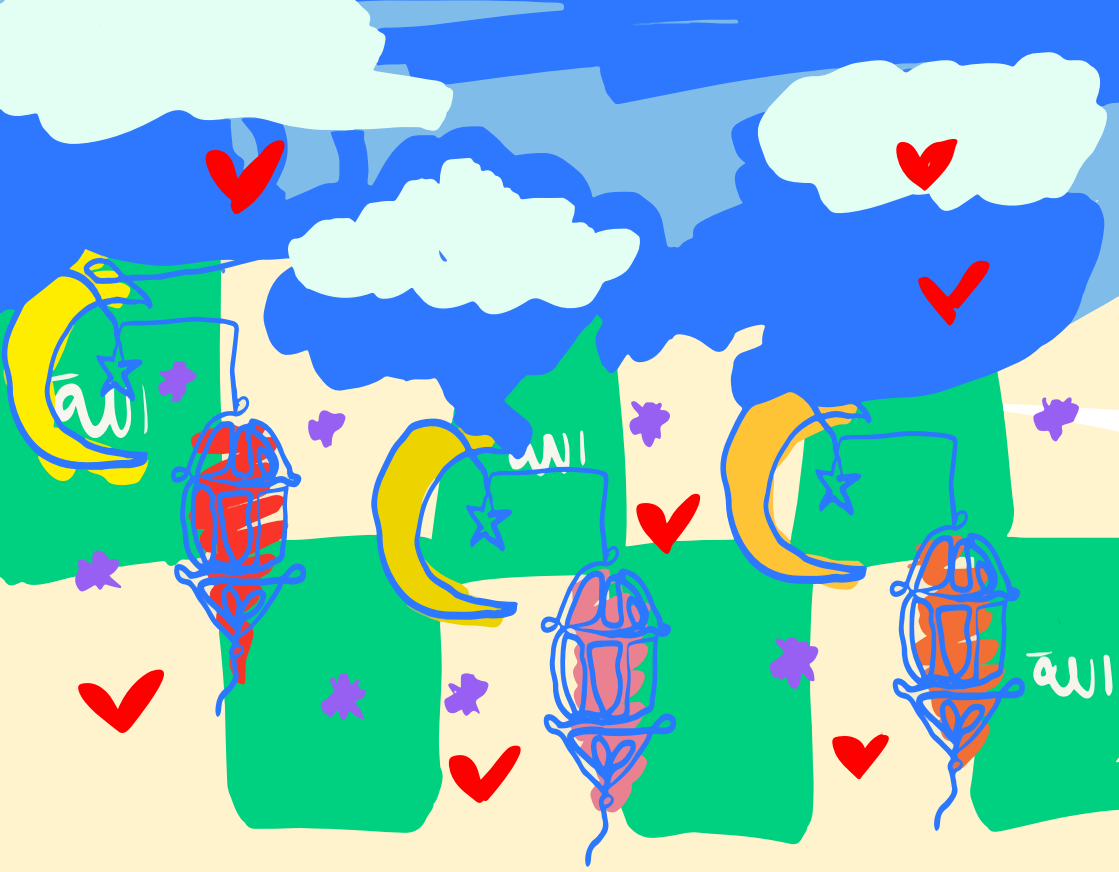


**SAKRAN**

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Dr. Zakaria Halim  
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Your Light never fails to shine through

Your Light never fails to shine through

Your Light

Jo clemens  
جو كليمنس

shine through

Your Light never fails to shine through

*For writing it down helps one to understand something important for oneself, and perhaps not only for oneself.*

*- Letter sent to Yevgeni Bogat in his book "to be an individual is it the lot of only a chosen few?" chapter called "Confessions of a Lonely Man"*

**Pity this busy monster, manunkind**  
**Not. Progress is a comfortable disease:**  
**Your victim (death and life safely beyond)**  
**Plays with the bigness of his littleness**  
**-electrons deify one razorblade**  
**Into a mountainrange;lenses extend**  
**Unwish through curving where when till unwish**  
**Return on unself.**  
**A world of made**  
**Is not a world of born- pity poor flesh**  
**And trees, poor stars and stones, but never this fine**  
**specimen of hypermagical**  
**Ultraomnipotence. We doctors know**  
**a hopeless case if –listen: there a hell of a good universe**  
**next door; let's go**  
  
E.e.cumming

## **SECTION 1**

- ★ INTRODUCTION**
- ★ EPISTEMOLOGICAL ERROR**
- ★ THE TRUE HUMAN THEORY**
- ★ HOW IT ALL BEGAN AND ENDED**
  - ★ DARK HEART**
- ★ UNDERSTANDING THE INDIVIDUAL**
  - ★ THE SICK MAN**

# INTRODUCTION

In 1978 J.Browniski added this quote in his book “Magic, Science and Civilization” In which he has stated that there will never be a “Universe next door”. However, in this book I argue that there is in fact a new universe being created that is the “inauthentic” world which is now considered as the “globalized” world.

In this book I argue how the inauthentic world is increasing while the authentic one is slowly reducing and completely becoming detached within today’s “Modern” world and thus, increasing the number of mental illnesses, lack of meaning and illogical way of interactions through self-destructive impulses.

This book is divided into 3 sections in which the first section illustrates the difference between a “genuine” and a “Spurious/Fake” culture and how today we are losing meaning and True ontological security of man leading to mental illnesses, I will also discuss the effects on Egypt and the world due to this phenomenon.

In the second chapter I have provided a framework through Sufism and Islamic concepts in regards to why man has become inauthentic and why authentic and even supra-rational individuals are now becoming mentally sick. I have also provided a true and genuine healing method that can push genuine individuals to become true individuals and grow beautifully rather than becoming mentally sick and attaining a diagnosis of personality disorder, Schizophrenia or neurotic tendencies. I have also shown how humans are all connected through “Breaths’ and ways of talking in which I was able to illustrate this by bringing in examples and sayings from different cultures and backgrounds that seem to have common solutions and ways of understating that are natural and just like Sufism.

In the last chapter I have highlighted how the lack of authenticity will affect Egyptians citizens as well as what will occur in the near future



due to the West's approach of neglecting god but cheating their way to attain "development" which is in fact a comfortable diseases just like cc.cumming has stated.

## Ontological security & sense of continuity

In my previous paper, I have shown how today's global aesthetic is kitsch due to the lack of having clear institutions that provide innovative, rich and meaningful cultural capital to individuals as was done in the pre-modern era.

Religions used to yield in-depth social, cultural and artistic aspects that provided a safe and clear perspective of life which can be called "embeddedness" (Binkley, 2000). This is because it successfully provided "protective cocoons" that "flood social interactions, cultural outlooks and experiences with cohesive meanings, and tie daily life to fundamental patterns of trust and reassurance" (Giddens, 1991). As stated in the paper "Kitsch As a Repetitive System" embeddedness can be defined as:

"A condition of daily life in which uncertainties, existential questions and a sense of the freedom and creativity of human action are bracketed by reassuring traditions and habits of thought which penetrates the deepest crevices of the quotidian, is broadly taken to represent the forms of sociability characteristic of pre-modern societies."(Binkley, 2000)

However, with the start of the modern age and the increase of globalization there was a lack of a clear institution and more of a mix of "detached things" (Bornstein, 2019) that were thrown away around the world. What I am interpreting here are not only products that were sold or brands that operated globally that led to an unprecedented choices of consumer goods but ethical outlooks as well as life plans that "undermine the security of conventional life" (Binkley, 2000) this has led to what Giddens calls "ontological security" to be jeopardized, which I will discuss further on in this paper.

Ontological security could be defined as a stable mental state derived from a sense of continuity in regards to the ideologies and concepts taught in one's life. In other words, this "sense of continuity" is what allows a person to identify themselves as the same throughout the years despite what they might have encountered in their lives. Aspects such as routines, recurring practices, comforting cosmologies and world views remain the same and are shared, which creates a sense of embeddedness as defined above earlier.

It could be seen as a way for the individual to connect to aspects that make them feel safe and that the world will "continue" based on their world views and "everything will be ok". It's a way for the individual to not view life as a "doomed" and "unsafe" world but rather that it will "continue to live" without having the need to change due to any threats.

In order for the individuals to easily achieve this sense of continuity, it had to be trusted and reassured through other individuals who agreed on the "continuity" of life and to devote their lives in aspects that support "life" over "death" and "logic" over "illogical" aspects. Individuals unconsciously acted out in a way that supported "life" and "continuation" in the most natural ways.

This sense of security provided trust between people in order to agree on the continuity of life. It basically gave "meaning" to the individuals in regard to why they had to act in that certain way and the benefits that would be gained if they acted the "right" way. As a result, it allows the person to believe that they have a true, authentic and a "stable" sense of self. What I mean here is not the physical aspect of the individual but the Self itself which I will explain more later on in this paper.

Only a genuine culture is able to provide a true ontological security for all humankind. I shall elaborate more on such points below.

## Genuine and Spurious culture

If you look at all ancient cultures and civilizations that were successful and were considered as a “golden age”, ontological security was derived through religious, philosophical which made it successful for the individual to be able to have a stable and clear sense of self. What I believe is that since the ontological security were derived from both religious and philosophical aspects and were truly applied not only on to the common people but the leaders of those civilizations, created a successful framework of life views that were coherent and weren't contradicting

**“ONLY A TRUE AND REAL ONTOLOGICAL SECURITY CAN BE DERIVED WHEN IT CONSIDERS ALL OF THE THREATS AND SUFFERINGS THAT HUMAN BEINGS CAN ENDURE IN THIS WORLD. THIS IS BECAUSE, BY CONSIDERING THE VARYING DEGREES OF SUFFERING AND PAIN A PERSON CAN ENDURE, COULD WE ONLY THEN CREATE AN ONTOLOGICAL SECURITY FOR ALL MEN AND NOT ONLY A FEW. MAY IT BE PHYSICAL OR A SPIRITUAL ONE. IN ORDER FOR THE INDIVIDUAL TO HAVE A CLEAR SENSE OF SELF THE MOST IMPORTANT ASPECT IS TO FIND MEANING FOR THEIR SUFFERING AS WELL AS THEIR ACTIONS. A SECURE AND REAL ONTOLOGICAL SECURITY WILL ALLOW THIS PERSON TO FIND SUCH MEANINGS.”**

What I mean by a true and real ontological security is one that takes into account that there has to be both a satisfaction to the remote and immediate ends of man. Hence, only a genuine culture can provide a true ontological security. As (Sapir, 2013) described it as:

“ not of necessity either high or low; it is inherently harmonious, balanced, self-satisfactory, an attitude which sees the significance of any one element of civilization in its relation to all others. It is a culture in which nothing is spiritually meaningless, in which no important part of

the general functioning brings with it a sense of frustration, of misdirected or no unsympathetic effort”(Sapir, 2013).

Which is the opposite of what could be called a “spurious” culture which is defined as “fake” and “are just as easily conceivable in conditions of general enlightenment as in those of relative ignorance and squalor” (Sapir, 2013).

To put it in other words, an authentic culture is one that is aware of the highest degrees of suffering or evil that can occur in this world and is able to address it by providing solutions and allowing the person to see that his suffering and energy has meaning and to gain some sort of an ontological security...to continue living and to support “life” all around them.

## **EPISTEMOLOGICAL ERROR**

Gregory Bateson wrote that we are “governed by epistemologies that we know to be wrong” back in 1972 (Boehnert, 2012). Epistemology can be defined as the way we view life and are able to interpret it.

I argue that today’s movement towards modernization through scientific thinking, capitalism and the philosophical theory of humanism is a move towards a very limited epistemological framework that provides a poor reflection of the reality we live in today. This is called an epistemological error.

Modernization is in fact a spurious “fake” culture that does not take into account all forms of ontological security required for man. I shall prove such a statement by highlighting how modernization was not able to provide a sufficient ontological security for the mentally ill; which in fact proves that it is a fake culture. It has failed to fully understand the mentally ill and to allow them to prosper in life and manage their personal issues. When discussing the mentally ill, I mean specifically

individuals who face personality disorders such as: Borderline Personality Disorder, Bipolar Personality disorder, Narcissistic Personality disorder and Schizotypal Personality disorder and many more. I also mean the neurotics, the psychotics and the “madman”.

I shall then propose a modern solution through the field of Transpersonal psychology or Cultural psychiatry that will illustrate how individuals with personality disorders are in fact exquisite human beings that have a lot of potential which modernization has failed to unlock and unleash. Modernization views such individuals as a form of “redundancy” who are unable to evolve with life and co-operate on a daily basis.

The modern solution which I shall call from now on The True Human Theory [THT] will integrate both multicultural aspects to provide a full unitary worldview which has been urgently called for by many prominent scholars such as Bertrand Russell and Jacob Bronowski since the Second World War and ever since then, such call has been ignored. Through transpersonal psychology and the solution that I will present, it will showcase how religion is in fact the only authentic culture in our world that does consider all the ontological security of human beings... especially the mentally ill.

And so, The True Human Theory [THT] Model will not only help the mentally ill but can be didactic to the normal human being by helping them reach their highest point of authenticity and becoming more conscious of themselves, their actions and what they are not aware of, yet.

After that, I shall argue how modernization is in fact the core reason why personality disorders are on the rise as such people are able to sense the loss of an authentic culture. This is because modernization has reduced the level of authentic connections between people.

**“THE MORE SENSITIVE A PERSON IS OR THE MORE A PERSON IS AROUND “FAKE CONNECTIONS”, THE MORE LIKELY THEY ARE ABLE TO SENSE THIS LACK OF AUTHENTICITY WHICH THEN LEADS THEM TO BECOME WHAT IS CALLED “MENTALLY ILL” AND HAVE PERSONALITY DISORDERS.”**

I shall then conclude on how modernization has affected the Arab region in particular, Egypt in regards to mental illness, loneliness and the loss of an authentic culture.

### Modernization and Ontological security

As stated before, epistemological error occurs when a point of view does not take into account the full reality that human beings live in. A culture can be considered as an authentic culture only once it is able to avoid any epistemological error since it sees reality as it is. It sees the truth. And so, only an authentic culture can provide theories and ways of life that make sense to all man-kind.

### Modernization

In his “Homo Deus” book Hariri initially highlights the various threats that man has been facing for years such as famine, plague and war and how it has been decreasing thanks to capitalism, the scientific revolution and humanism that helped the world reach a “phenomenal economic growth, which provides us with abundant food, medicine, energy and raw materials”.

He then discusses how since such threats have been tackled and “wars became increasingly restricted to those parts of the world – such as the Middle East and Central Africa – where the economies are still old-fashioned material-based economies” and that today the “Modern Man” has new issues to tackle and achievements to be made. What are they? To live forever and enjoy Pleasure all the time. He states:

“Modern science and modern culture have an entirely different take on life and death. They don’t think of death as a metaphysical mystery, and they certainly don’t view death as the source of life’s meaning. Rather, for modern people death is a technical problem that we can and should solve”.

He further discusses that such objectives, which are to live forever and enjoy pleasure all the time, stems from the scientific revolution that has taken over the world since world war II stating that there is no god . Also, the initiation of the humanism philosophy at the same time, made the human being himself a god. Humanism is the theory that humans don’t need religion to be guided as they know between right or wrong. It also states that human beings can solve problems through science and reason without religion or its traditions and storytelling. Yuval even states “The attempt to gain immortality, bliss and divinity merely takes the long-standing humanist ideals to their logical conclusion. It places openly on the table what we have for long time kept hidden under our napkin.” That is what Modernism is.

## Ontological security

Yuval also predicted that the collapse of humanism/modernism will occur which will then end human beings and create a new form of beings called “Homo Deus”. I agree too...but let me tell you why...or the whole story actually:

It’s because the economic and philosophical systems (Capitalism & Humanism) that we are currently abiding too has generated a spurious/fake culture (Modernism) that has forced man to become inauthentic and fake as well . It has made man become altruistic, cultivated an atmosphere of cynicism as well as doing irrational things that don’t make sense since it does not aid in the “continuation” of man but rather, the extinction of them (just as Yuval highlighted) . As a result, this has torn down the ontological security of man, meaning the “sense of continuation” or the “common sense” of man that has provided an authentic culture, keeps men working together and for each other which then makes sense.

I argue and will showcase how ontological security or authentic culture can only be obtained by integrating religion or religious concepts due to its story telling advantages that help unite different epistemic bases and allows a different kind of sense making that is open-minded (Islam, 2013) and includes all types of human beings. It provides a unitary world view.

Modern psychology has failed to understand or heal the mentally ill due to their fake perspective of the world and the human being. By integrating religious concepts and stories within today's culture to help mentally ill individuals make sense out of the world that we currently live in and heal. It will also prove the lack of a unitary world view of globalization and modernization and how it will lead to the end of human beings.

Highly sensitive and authentic individuals are able to sense the loss of continuation of human beings and the removal of an authentic culture day by day. As Erich Fromm stated in his book "Escape From Freedom": This feeling of individual isolation and powerlessness as it has been expressed by these writers and as it is felt by many so-called neurotic people, is nothing the average person is aware of"

Some highly sensitive people who can sense or have experienced the backlashes of modernization (feeling hopeless/ lonely due to the lack of inauthentic connections) tend to develop neurotic and psychotic attributes which is rather the indication of the loss of an authentic culture. Neurotic, psychotic and people with personality disorders are the physical evidence of what is wrong with our environment and the world we live in today. As (Brown et al, 1995) stated "The one who is psychotic makes the bad condition visible".

Modern culture has failed to help them because through the scientific revolution (17th century) , souls in nature were disproven and the psyche became the 'mind' and not the 'soul' . As a result, this has led to the modern culture being able to describe the pathological processes meaning ; grouping and describing each illness with a name in order to "diagnose" the patient. However, it has failed or provided very little evidence on the



science of cause and effect of such of the main psychotic and neurotic disorders Since the removal of souls and spirits, the qualitative difference between life and matter was difficult to specify thus, not making sense. Even if the soul is considered, it is seen as something beyond the expertise of the psychiatrist (Yawar, 2012). To sum it up, as (Young, 1995) states that the epistemology of modern psychology is not “carving nature at the joint” but rather just looking at the surface of it or not even looking at nature at all.

The more the world loses its authentic connections and culture, the greater the increase of neurotic, psychotic and individuals with personality disorders. Many studies indicate that Personality Disorders are on the rise for example, an article shows how a California based nurse is witnessing around 50% more people with Personality Disorders than she did in her lifetime (Montes, 2013). The more the world loses its authentic connections and culture, the more people will be unable to interact on a rational basis and so man becomes an irrational being that cultivates destructive impulses within them; which will end human mankind. Gregory Bateson once wrote : “the organism that destroys its environment destroys itself” which shows my point from another perspective on how we are truly cultivating our self-destructive impulses since we’re damaging the environment...and making people mentally sick may I now add.

Authenticity and rational actions supports the continuation of life and so acts as what could be described as a source of ‘light’ to this world.

**THE DAY THE WORLD LOSES ALL AUTHENTIC CONNECTIONS, IS THE DAY THE WORLD TURNS ALL BLACK AND ENDS...BECAUSE NO ONE CARED TO BE AUTHENTIC...NO ONE CARED TO GIVE ‘LIGHT’ TO THIS WORLD. THE SO-CALLED “MENTALLY ILL” INDIVIDUALS ARE CURRENTLY FEELING THIS LOSS OF AUTHENTIC CONNECTIONS AND HAVE BECOME NEUROTIC, PSYCHOTIC OR UNABLE TO INTERACT WITH TODAY’S CIVILIZATION.**

The critical need of a reconstruction of Economic & Social life was stated years ago by Bertand Rusell in his book “principles of social reconstruction” when such feeling of doom was felt by him hundreds of years ago (right after world war two) and was urging such solutions that has yet been ignored even before we have reached such high levels of Impulsive self-destruction. Why has no one done anything?

The aim of this paper is to not push people to become more authentic as this is not realistic or an aim of mine to be honest. I do predict that the world will end as well because the majority of the people will choose to be inauthentic and will give rise to the “Homo-Deus,” and in-fact, people will do whatever it takes to become a Homo- Deus. This paper’s aim is to provide a true ontological security for the mentally ill by integrating authentic concepts obtained through religion and its storytelling properties. Such a solution will act as an epistemic spillover to help those people make sense out of the world we live in and heal. It will also help them to adapt to the modern world. No matter how fake it gets.

This will also prove at the same time how the world we are living in is governed through the fake/wrong epistemology and through the [THT] model we will be able to derive some authenticity to today’s culture and help people heal and reach a higher level of learning than what modernization now offers. If we fail to do so, human mankind as we know it will end.

## Understanding through storytelling

A rational and authentic person will not be able to make any sense out of the concepts that Humanism, Capitalism and Scientific Revolution has brought out to the world. Such concepts reflected in Yuval Harari’s book “Homo Deus” personally, just don’t make sense.

How can scientists try to discover any “empirical evidence” (Harari, 2016) for the existence of god ? Proving the inexistence of god is in itself contradicting because that means that you are aware of the aspect of ‘god’ but are looking to disprove it. If you want to prove that there is

no god, you do not go looking for evidence to prove such a matter but rather your instant answer should be “God who?”. But that’s not what’s happening.

How can Yuval highlight that religion is fake, it’s stories are made up and science has proven to us that humans and animals don’t have souls but somehow ironically, in the next chapter he states how the development of science will in fact prove some religious concepts and theories to be right even more so and that “science and religion are like a husband and wife who after 500 years of marriage counseling still don’t know each other” I don’t understand. Why are we ignoring this relationship since it can provide a unitary point of view? And this proves even more so that there is something about religion and that it is not fake as he states.

Yuval highlights how antibiotics have given the ability for individuals to heal without the need to believe in god. What about the mentally ill? The pills don’t work. What should they do then? Not believe in god and the pills based on humanism? Then what?

In another earlier chapter Yuval discusses how the scientific revolution has pushed civilization into understanding the human brain more than ever but somehow it has still failed until now to understand why we need to ‘experience’ stuff. He says “If there is no such movement- and if every electron moves because another electron moved earlier-why do we need to experience fear? We have no clue.” Oh really? And is it rational not to think that maybe it’s because we need to understand something out of this personal experience??!! And maybe that saying what or how you feel is what in fact differentiates you from any other living species and by understanding how you feel (not just ‘knowing’ which I will explain later) you can reach the highest point of authenticity?

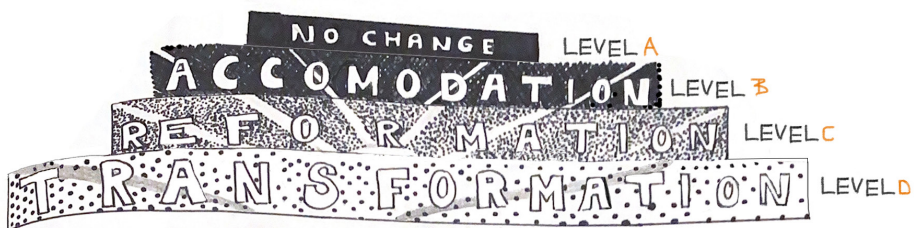
In his book he highlights how war is decreasing and we are at the most peaceful era. That’s not how it has been for the middle east. That’s not how it has been for me, personally.

I could go on and on about Yuval Harari’s book and highlight all of

the aspects that seem to be illogical and not making sense, however, that's not the aim. What I'm trying to show here is that there is a major epistemological impasse between the concepts that back modernization and the reality we live in. This has been highlighted by several researchers especially in the economic sector. (Boehnert, 2012) stated that the roots of economic crises is that the economic system does not reflect the complex systems or environmental science of the world. She writes:

“our failure to think in terms of whole systems and to recognize the ecological basis for prosperity is a consequence of a particular reductive worldview...Business models follow abstract economic theory based on mechanistic though but ignore ecology the basis on which wealth is created”

She continues to explain that the ecosystem that we live in has existed millions of years before humankind and that the economic system is not designed in respect to this basic fact. She highlights that such dysfunctional economical systems will cause an “ecological collapse” which is what I, her and Yuval have now agreed upon. The main point of her paper is that this is all due to epistemological error and the fact that we are denying to see the truth or what the world really is like. There is a major gap between people's values and the way they behave (Boenhaert, 2012). She then shows how through transformative learning individuals can get a deeper understanding of our environment and to be able to reflect it on the economic system to make it more realistic and to avoid any epitomical errors. In this field, Gregory Bateson developed what is called “The Logical Categories of Learning and Communication” (Kitchenham, 2008) and Dr. Stephen Sterling was able to interpret it as shown below to be able to show the different levels of learning which are:



- 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)

There is a need for Modernization to reach the Reformation and Transformation level of learning in order to avoid having any epistemological errors and get the true picture of the world. Since this requires a ‘different level of learning’, this then must require a ‘different level of understanding’. This is what I mean about differentiation between knowing (Level B) and understanding (level C&D). The approaches of Humanism, Capitalism and Scientific thinking which are the main pillars of modernization have failed to reach the learning levels of Reformation and Transformation.

This is reflected in the economic system as stated:

“The myth of growth has failed us. It has failed the two billion people who still live on less than \$2 a day. It has failed ecological systems on which we depend for survival. It has failed, spectacularly, in its own terms, to provide economic stability and secure people’s livelihoods. Today we find ourselves faced with the imminent end of the era of cheap oil, the prospect (beyond the recent bubble) of steadily rising commodity prices, the degradation of forests, lakes and soils, conflicts over lands use, water quality, fishing rights and the momentous challenge of stabilizing concentrations of carbon, in desperate need of renewal. In these circumstances, a return to business as usual is not an option. Prosperity for the few founded on ecological destruction and persistent social injustice is no foundation for a civilized society” (Capra and Henderson, 2009)

I argue that the root cause of this epistemological error (may it be in economics, business or philosophy) is due to the fake/spurious perspective of man that was yielded through Scientific Thinking and

Humanism. By seeing man as a body and mind with no soul, it then reflects in all systems of life that then yield an epitomical error. By understanding the true anatomy of man we will be able to reach Level C & D learning which will allow us to truly understand human nature and where we might be going future wise. The modern concepts of man are, I believe, very limited in regards to the understanding of humans and their nature. Modernization views man as having a mind and a body but no soul (Ywar, 2016) (Harari, 2016) which is in fact untrue. This then makes modern culture/globalization a fake culture.

A genuine culture is a culture that truly looks at the person as a whole meaning, that they have a soul and that it suffers (Sapir, 2013). It allows them to deal with suffering by seeing it as a form of spiritual frustration that can be dealt with through attaining internal peace within themselves. This allows the person to cope with their suffering.

A genuine culture sees that a person has desires, fears, passions, reason, will, impulses and most importantly a soul. It also is able to understand the different neurotic tendencies of people that are generated due to suffering and therefore is able to provide security no matter how intensely neurotic a person can be through the genuine belief and understanding of the “afterlife” (this depends on how sensitive their nerves are). A genuine culture is one which gives the true outlook that life is unfair, hard and filled with obstacles yet, these elements are what allows a person to understand what “suffering” is and through this suffering by connecting to the soul. It’s weird how Yuval Harrir discussed human desires and way of thinking in his book “homo-Deus” but never once mentioned the aspect of impulses which are what truly controls us.

**I ARGUE THAT THOSE LEVELS OF LEARNING WHICH REQUIRE PEOPLE TO ‘UNDERSTAND’ AND NOT JUST ‘KNOW’ (LEVEL C & D) REQUIRE US TO LEARN BY HEARING STORIES, UNDERSTANDING TRADITIONS AND BACKGROUNDS , UNDERSTANDING HOW AN INDIVIDUAL FEELS AND TO HAVE THE ABILITY TO REFLECT IT UPON OURSELVES TO FIND A COMMON GROUND.**

If economists don't listen to people's stories, how they feel or truly understand the different cultures other than the West, then they will fail to provide a unitary economic system. If the economic system keeps on viewing people as "resources" (which is very limited and seen as Level A thinking) rather than Human beings who have dreams, desires and most importantly impulses (Level C) they will fail to provide a creative and sustainable economic system (Level D).

Storytelling provides a different type of sense making that acts as an epistemic spillover than can help fix the epistemic error that we currently have (Islam, 2016). If storytelling acts as an epistemic spillover in regards to understanding the true nature of man it can then help us to understand exactly why those current systems that modernization follows will cause a collapse in civilization and (can) help us find ways to avoid it.

As stated by Gazi Islam (2009) in his paper "Finding a Space for Story: Sensemaking, Stories and Epistemic Impasse": "Stories provide a "sense" to the world incompleteness that theory treats as error or imperfection... stories makes sense of the world while allowing multiple epistemes to "inhabit" a particular story. This makes stories ideal for situations where epistemic impasse results from conceptual and institutional friction". It is irrational for scholars like Yuval Hariri to discredit all the stories that are yielded from religion and to call it "fake" when in fact, it allows a person to make sense out of everything around them and to find meaning. If we discredit those religious stories throughout time, humans will tend to have meaningless lives and will find it hard to find meaning. It is only by using those stories which, I believe are from an authentic culture can we then begin to reach the higher levels of learning which are: Reformation and Transformation. If we keep on discrediting those stories, we will fail to reach a higher understanding of man and thus a collapse in civilization will occur.

I shall now tell a story, a really nice one. It combines all different cultures, may it be Sufism, Buddhism , the philosophical thinking of the West in

the pre-modern age as well as pop-culture icons. It involves taking drugs, undergoing modern psychotherapy and trying to understand God from a different perspective as well. It Includes combining different epistemes in order to show a true unitary view of man.

The story will showcase The True Human Theory [THT] which will allow us to view man as how he/she really is and thus, it will firstly help us to understand why modernization will cause a collapse in civilization. Secondly, it will allow us to view the true reason why individuals become mentally ill and diagnosed with Personality disorders or other illnesses. It will provide the truth of the fact that such individuals are not “lower in the evolutionary scale” (Yawar, 2016) as modern science presents but rather, they have the ability to evolve more than anyone else...if we just give them the right type of support/Environment.

I cannot and it is not my job to convince anyone that religious stories are in fact true. I can only wish that even if you don't believe in such stories to just read what I have to say. Because maybe just maybe...it's what will allow you to become who you really want to be. And I mean it.

Enjoy ☺



# THE TRUE HUMAN THEORY

## How it all began and ended

Based on Mostafa Mahmoud's book "The Greater Secret", that discusses Sufi practices especially in the sphere of Al Emam Abou Al Azayem's teachings ; in the beginning we were what is called a "steady eye" (Mahmoud, 1999). This meant that we were an eye that wasn't able to move due to being surrounded by complete darkness. Since our eyes were in the dark, we were not able to reflect anything which meant that we were nothing. We did not exist. Eyes reflecting darkness with darkness is just more darkness. It's nothingness.



However, our steady eyes had a consciousness that made us understand and realize that we did not exist. From afar, there was this light that approached those eyes and thus, made those steady eyes aware of the fact that we need this light as it's what will help us exist. This light is God. All eyes became attracted to this light.

As much as all eyes were drawn to this light with no control, however each eye perceived the light in different ways:

Some eyes felt that they were in love with this light and cherished the beauty of it. They were so happy that they finally could be "alive". They Cherished the truth that the only thing being or real is this light (God)

Some eyes felt sad as they compared themselves with this light and felt

ashamed of their nothingness. It made them doubt themselves and thus, the light (God) as well.

Some eyes felt threatened from this light and thus, were fearful, stressed and at the same time, envious of such power. They viewed it as power rather than beauty. And thus, felt threatened and hate towards this light (God).

Those feelings align with the basic emotions of human beings as stated by (Bu et al, 2019) . In their study they conclude that human emotions stem from three aspects which are : Sad, Fear and Joy (as shown below).



Regardless of what each eye felt, there was a need for this light since it is what will allow those eyes (us) to exist. God then approached those eyes (by connecting to their consciousness) while they were in the dark and informed them that he will reflect his light on us to exist. All eyes were drawn to this beautiful light and yearned to exist. He also made those steady eyes aware of the fact that they currently are conscious of the fact that:

- This would obviously mean that he is the only “living” being
- Anything other thing than the “light” as a form of being is thus, an illusion of being
- Once he reflects his light on us (the steady eyes) to exist, this would mean that we are a reflection of him and so (in some way which I

will discuss later) we are a part of him. And that's the best love story anyone could ever have. Because think about it, what more can define love between two entities than having them become one? It too aligns with the fact that when two people love each other so much, they start thinking about having a baby which stems from the desire to make this love "whole" and "alive" and "one".

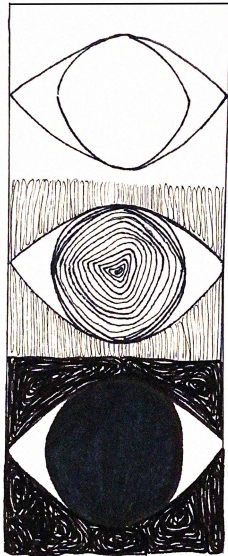
- Since God is the one who approached those steady eyes, it was God's greater love for those eyes that pushed for their existence. He loved those eyes so much that he kept on telling them so and hoped for them that once he reflects his light and provide them with "the garment of existence" (Mahmoud, 1999) to try, out of love, to reflect to him the same amount of light (that they personally received) which would indicate their true proof of love to god. If we all do reflect the same amount of light we will thus become the full and true reflection of God's light.
- He kept on politely requesting and also yearning those eyes to change their conscious/perspective towards this light as to not be fearful or ashamed from it, but to love it. By loving it, they will be able to absorb the truth of this light fully and thus become one with God, Become one with oneself (love yourself) which thus, becomes a true love story.
- He then lastly stated that when he reflects this light and we form our truths, whatever truth we are, is where we will end up be. If some eyes reflect the majority of the truth which means the majority of God's reflective "light" he (God) will leave them there. Which is their truth. However, those who refuse to see the "truth" and deflect the majority of the light that God provided they will then logically be "darker" and thus, will be left in the dark. Because it's their truth.
- This then shows that God is fair because he placed you depending on your truth. Nothing more. Nothing less.

I want you to think about it realistically. Sometimes we hear a lot of "love stories" that reflect the same concept. A woman or man who have so much love for themselves and others and thus, has something "beautiful in them" that attracts a lot of different people. The greater this love the

more they attract individuals towards them and are seen as “beautiful” individuals. Some of them are lucky enough to meet a partner who shares the same level of love (towards themselves and others) and thus, live a nice love story. Some of them are met with individuals who seem to compare and thus feel ashamed and always state that they are “not good enough” for that person. This relationship tends to be hectic for the more loving individual. Whereas sometimes you find them with someone who is fearful, envious and stressed from such beauty and thus abuse it.

Back to God and the steady eyes (us). Once God made us aware of the above, he then said that he will now reflect his light upon us and whatever we reflect back, will translate to whatever we “absorb” from this light and thus; this will be our ultimate truth or “nature” which will be discussed below. Once we wear “The Garment of Existence” and become beings, how much we absorb light will then lead to the garment gaining more “light” and becoming a complete reflection of God’s light. However, may I add it cannot be the full picture of God’s light as it’s only limited to the eye (which is much much smaller than the grand light of God’s full existence). And thus, if an eye fully absorbs all the light that God reflects, it will mean that they have reached their highest form of “God” within themselves. This makes you “one” with god but not “fully” god or the whole truth. Just a part of it, which is your truth as well and thus, satisfies your needs fully as well for God’s as this is what he wanted.

This paper would like to discuss the concept of the steady eye not in colors but in black and white as a way to illustrate the amount of absorption those eyes can bear and how much white “light” can it reach. And thus, this would mean that the feeling of love is pure white light (white) the feeling of sadness as (gray) and hate/envy as (Black). This is because the main source of attraction between the eyes and the light is love and thus anything outside of love can lead to lower absorption of this light. This is illustrated below:



steady eye that consciously  
felt and is driven by love  
and thus saw the full  
"truth"/light.

Steady eye that consciously  
felt and is driven by shame  
and thus saw some of  
the "truth"/light.

Steady eye that consciously  
felt and is driven by hate  
and thus rejected the "truth"/  
light.

You may ask, what's the purpose of all this? well it's simple. Based on a story that is well told in the Sufi community specifically in the sphere of Ibn-Al-Arabi and Rumi's teachings, God once said:

**“I was a Hidden Treasure; I loved to be known, so I created a world where I might be known.”**

And so it seems that God created this whole world with its people, animals, planets and other creatures to see if we would all be able to reflect back the same amount of light he has given us individually and thus, reflect back his full light. If you think this is selfish, it isn't because logically speaking it's what will allow us to fully be the best versions of ourselves. And to even exist. So we should Love this! Reflecting his light back is a better source for us than it is for him because either way he doesn't really need this reflection. He just wants us to exist with him and see if we really know him or not. Really love him or not. He even said that this world he created “might ‘ know him.

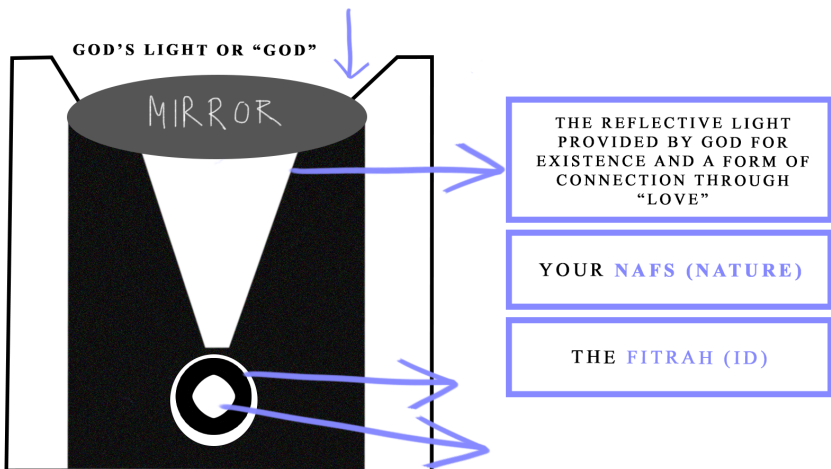
Sufi teaching showcases the perspective that our main aim in life is to get to know God more. Love him more. This is done by getting to know

your “light” which is a part of him, it means you are getting to know him and yourself at the same time. God really doesn’t want us to care about whether we are doing “good” or “bad” in life as much as he wants us to focus more on our relationship between us and him (his light) and how to love it more and get to know it more (which means thus, to get to know ourselves as well and God fully). I shall discuss this later on.

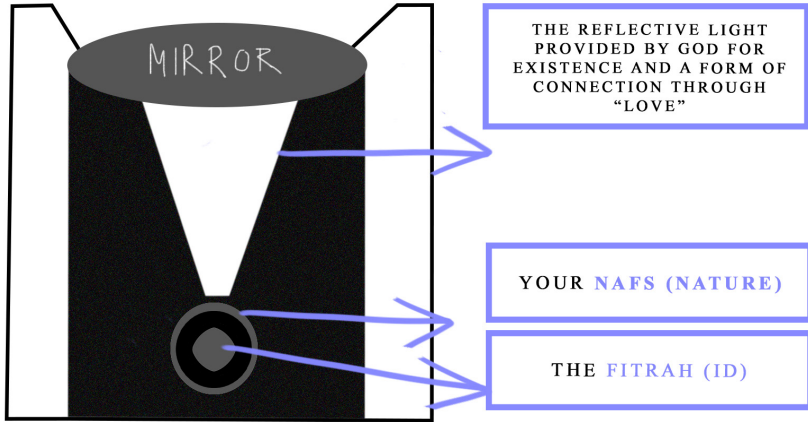
Nevertheless, God then dropped some form of a “mirror” and reflected his light on those steady eyes which transformed this eye to what is called “fitrah” which, can be coined as “Nature” and formed a Garment of Existence over it called the “Nafs” (نفس) which is translated as the “ID”.

The Nafs can be translated in many forms; however, I will now use what can be translated as “ID”; which is the human being. Whatever this eye (Fitrah) saw (its truth/ nature), it was able to reflect it through the ID or the Nafs. And so if the truth/ “fitrah” or the “Nature” of the eye is driven by “love” then the Nafs or ID will reflect such nature. If the Nature of the eye is driven by “fear” then The Complete Self will reflect such nature. This is illustrated as below:

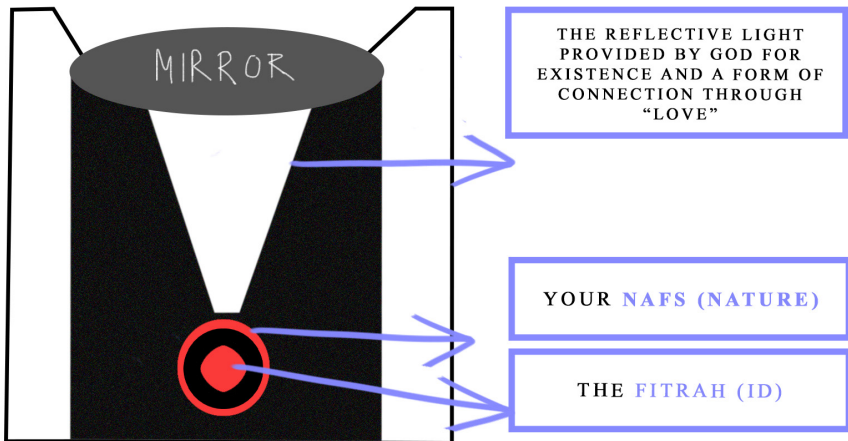
Example of someone who has a fitrah/nature driven by love (white):



Example of someone who has a fitrah/nature driven by Sadness (Gray):



Example of someone who has a fitrah/nature driven by Fear (Black)



Of course, the reality of the fact is that human beings are able to feel love, sadness and fear simultaneously and thus, this would make it evident that the "Nature" or "Fitrah" of individuals all span between those 3 emotions with its different levels of emotions with its intensity in which

would create infinite possibilities of the Nafs. This indicates then how each Nafs/ID is truly unique with its various kinds of blended emotions. Just like Afroto said in his very famous song “Far2 Khebra”:

“صعب تقرأ إن كله فطرة”

“It’s hard to read the person, they each have their own fitrah”

The Complete Self or what we can call now, The Human Beings who were able to absorb a lot of light due to having its “Nature” being attracted to the light, went to “Heaven” or went to “full light”. Which is its ultimate nature. Whereas human beings who were not attracted to this light and provided a weak reflection to it were left in the dark. Which is “Hell”. Yet, it’s their ultimate nature as well. This then shows how God is fair and would never place a being against their nature at the very end of the day. Wherever we ended up is because of our nature. We belong there.

And so, everything was finished and done. Every eye/Firtah and it’s nature was placed there and the story was done. Yes. It’s finished. We all lived, died and ended where we naturally should be. So yes it’s over. It’s been over and done however, only based on God’s perspective. From his perspective, it’s like he took a picture and it’s done. The light went through the lens and whatever was pictured was the final and ultimate reality of our beings.

**FOR US? WE’RE STILL LIVING IT. YES THIS STORY I’VE JUST TOLD YOU...WE’RE LIVING IT IN SLOW MOTION AND IT STILL HASN’T ENDED FOR US, YET. WHY?**

Well firstly, it’s because our steady eyes and its consciousness are unable to absorb this light as fast as god provided it and thus, we are seeing it from a different dimension, one that is compatible with our eyes and consciousness. This then is what has created the concept of “time” for humans. God is outside of time, which I will explain later. We are processing this light in slow motion and through it we created a



dimension that is what we call together “the world”. One that has both light and darkness. Real and fake. We are living it much much much slower than how it actually occurred or based on God’s perspective. It is even evident when reading the Quran, specifically Surat “Al Nahl” where God states:

أَتَىٰ أَمْرُ اللَّهِ فَلَا تَسْتَعْجِلُوهُ سُبْحٰنَهُ وَتَعَالَىٰ عَمَّا يُشْرِكُونَ

The Event ordained by Allâh will come to pass, so seek not to hasten it. Glorified and Exalted be He above all that they associate as partners with Him.

Looking at the Arabic version it says “أَتَىٰ أَمْرُ اللَّهِ” which translate to “God’s judgment came” which is in past tense. The next phrase he says “فَلَا تَسْتَعْجِلُوهُ” which translates to “Don’t rush it up” which is in future tense (Mahmoud, 1998). Thus, we are living something that has already happened.

However, God did provide us with the summary of what would happen which is that, the majority of those steady eyes (us) will not perceive this light out of love but out of fear. He also stated that the majority will end up in “Hell” which I would like to describe as being left in the dark. I mean he stated that the world will end badly so I’m not really surprised by what Yuval stated in his book “Homo Deus” as it’s already known.

You then ask yourself, does that mean I’m living in slow motion a story where the ending is known to be bad? Where we don’t in fact reflect back the light of God? Then what’s the purpose of all of this?

Well, even the Angels asked God that. They asked him why create something that will do evil in their world? In their own existence? What’s the purpose of this? (Might I initiate that this also shows that somehow Angels were created at the same time however they seem to process the whole story much quicker than us but still, not as much as God).

In Souret Al Bakara ( فرقبلا قروس ) it states a story where God, the

Angels and Adam (human being) were all together and God told to the Angels that he created Human beings to be “successors” in the world. The Angels replied in astonishment “ Are you going to create something that will corrupt this earth, cause killings while we pray for you and worship you?” his reply was :

“I know what you do not know”

He then went to Adam and taught him the knowledge-of-all-things which in the Quran is described as “All the names” and then asked the Angels to say if they are aware of any of those “names” in which they replied that they know nothing except for what He (God) taught them. Adam then is ordered by God to tell the Angels “their names” in which Adam does so and then God says to the Angels “didn’t I tell you that I know the unseen mysteries of the skies and the world and I know how you appear like as well as who you truly are in the inside?”

And so, we never would really know why then God has made us exist knowing that we will not reflect the full light of his reflection. However, I can’t help but think that maybe if he made us aware of the fact that such a thing will happen (as he did through the Quran)...maybe we have a chance of changing it? Personally I mean. I mean the above story really shows how human beings are the only creatures that god created that made them more aware than anybody else. He even made us aware of our very own future. This is evident since the story shows that the Angels themselves did not know their “own names” whereas Adam did. Doesn’t that show just how highly aware and knowledgeable we can be? I also can’t help but think that maybe the fact that we are living it in slow motion is a form of mercy by god?

It’s like someone took a picture of you and then they tell you “ oh the picture is done and ready but, I’ll give you a week where you can just magically change what you looked like, but will still give it to you today”. You get what I mean?

I feel that maybe God has made our conscious and steady eyes see this

light in slow-motion so it could have the time and the ability to change for the better by becoming more aware. This would mean for a chance for the eye to move...not stay steady. This would mean to change it's ID, it's core perspective by moving more towards the light and seeing the real truth. The more it does that the more it actually exists. Even better, he provided us with a book telling us how the future will look like just so we become aware of this disaster and maybe change it. Change ourselves. Our perspectives and become someone better. To change fully to love and become a part of God's reflection. Also, logically speaking when things go in slow motion, more details appear. Thus, I believe that by having our conscious view of this story in slow motion it is able to see in detail why exactly it ended up where it ended up and maybe just how...it could change, it could've moved. It's a form of mercy and fairness.

This slow motion perspective has thus allowed us to see in slow detail how our "fitrah" or nature turned out the way it is. The slow-motion perspective has thus provided the fitrah/nature to see itself in an environment called "the world" in which this environment can help change the fitrah/nature of human beings. Make the steady eye move more towards the light. Because what can change the nature of anything other than changing its environment? Since the environment is nature and the fitrah is nature as well then they both align. They are the same thing. And that's the chance that god is giving us now. He has provided us with an environment that is made out of the same reflective light as us and thus, we and the environment are connected. Whatever happens to our fitrah/nature is reflected into our environment.

He is now giving us a chance to see if we can become more aware, more conscious emotionally and mentally through the environment he provided us to truly see what his light can provide [the beauty of the trees, animals and life in general]. And to move our steady eyes, our ID to become more like it. More natural, more love and more like god. Through this environment we become aware of the truth of the fact that the only existence is through his light. Through selfless love. And to try to let the natural environment he created connect to us through love and vice versa. And so this would create a cycle and a union of selfless love that would

leave an environment that fully reflects God's light and so He would enjoy just watching it and to accompany it. Because that's just what He wanted. To try to see if we can entertain him with our company. He wants us to be genuine friends. Or whatever you want to see. Whether we want this friendship or not is what we get to decide on this earth. Whether we change our ID to become more natural, more into loving God is what will decide based upon.

The more the absorption of light to the fitrah/Nature of humans the more truth, beauty and love is reflected into the environment. The less light a Fitrah/Nature is able to absorb the more hate, envy and uncertainty is reflected into the environment. However, this relationship is vice versa. Whatever the environment presents is what also affects the Nature/Fitrah of the individuals. The more the Environment is able to provide light the more the fitrah will gain more light. If the environment doesn't have that much light then, the fitrah will highly likely be on the darker side.

To be honest with you, I am not the type who is into wishful thinking and I am a bit realistic. The Truth of the fact is that I believe we have already lost any chance of being able to have the majority of the people absorb the light of god. This means that what God said in regards to the majority being on the darker side and the world ending disastrously will occur and we have failed to change it. This is because we have chosen to live in an environment that is mostly in the dark...lacking any sort of "love".

To summarize everything that was explained and illustrated it is best said by Anais Nin when she stated:

“What we call our destiny is truly our character and that character can be altered. The knowledge that we are responsible for our actions and attitudes does not need to be discouraging, because it also means that we are free to change this destiny.”

Anyway, before I go on to explain exactly what is this “light” absorption that I'm talking about, I would like to just pinpoint some things. This is

to show how the above theory is already right and truly making sense.

## Religiosity and God's light

In Sigmund Freud's book "Civilization and Its Discontent" he states that he views religion as an illusion. However, a friend of his wrote him a letter stating that he agrees with such a statement yet, he regretted the fact that Freud failed to appreciate the "real source of religiosity" which he states is a feeling or a sense of eternity, or that something is limitless and unbounded. That feeling could be called 'oceanic'. Freud states that he himself is unable to feel this oceanic feeling however if anyone does feel it then he is entitled some way or another to call themselves religious. He states:

"On the basis of this oceanic feeling alone one was entitled to call oneself religious, even if one rejected every belief and every illusion"

That 'oceanic' feeling that his friend describes in which provides him a sense of "eternity" and "limitless" is in fact his friend feeling the story that I have just told you. His friend feels that maybe this world we're living in is not the only thing we have...maybe there's more to it. Or that it even happened already. And Maybe we have the power inside of us to change some things that have already occurred to the better. Freud even states that such feeling is a "indissolubly bound up with and belonging to the whole of the world outside oneself" which is the feeling that you are one with the environment. It seems that the western civilization has come to terms with the true fact that we are one with the environment but have failed or refused to come to the realization that it is due to the fact because we both come from the same light of existence and it's because of God's love to us and that he wants us to love them back. I shall discuss such points later on in this paper.

This also points out that it's true that Freud's friend is in fact religious without even knowing. And Freud as well. It is only different levels of connections to the soul. For example, I once bumped into someone who identifies themselves as Atheist and when I asked them what they believe

in they simply stated that they do believe that they are connected to the environment but find no need of a God since they already know right from wrong. They also stated that they personally feel a responsibility towards the environment and so he always tries to participate in activities that help the environment.

I informed the guy that he is in fact close to god and religious without even knowing it. When he asked why I informed him that his very own Fitrah/ID is filled mostly with God's light (selfless love) and so it feeds on the soul more than the ego which then creates a connection. This makes him what is called in the Sufi sphere as being a "Haqqani" which translates to being righteous. It's true there are individuals out there who deep down feel a sense of righteousness and responsibility towards themselves and the environment which is due to the fact that their Fitrah/ID is mostly filled with God's light and this makes them automatically more connected to their souls. This is why such individuals you will find them always stating the truth, being fair and acting out of selfless love without the need of having a God or religion. Such connection is what provides people like Freud's poet friend a sense of an oceanic feeling.

Why hasn't Freud been able to do that? Well it's because his Fitrah/Id does have a lot of light in it but still has a bit more fear and sadness than his poet friend. Also, it has different desires that feed the ego more than his poet friend. Thus, his Fitrah/ID tends to feed more on the ego than it does with the soul and thus, is able to have a righteous mind set and be called a "Haqqani" yet, not as much as his Poet friend. This would mean that Freud would speak the truth yet, not as much as his poet friend. That's because his love is not that selfless as it is for the poet but more concerned with his ego and self-image due to feeling threatened from the environment. And so, this is why his poet friend is urging him to see the truth behind religion and how it can help them attain this oceanic feeling since he is connected more to the soul which is God's light.

Going back to my atheist friend, he then asked me what is the purpose of God since there are already people who are acting good without the need of him? I informed him that there is in fact another stage after being a

“Haqqani” or Righteous and that is to be a “Rabbani” which translates to Godly. I told him that I’ve realized that the only people who have reached such a level are due to the fact that they have suffered so much in their lives from the hands of people who were filled with envy, hate and sadness, and yet their ID/Fitrah was eager to remain filled with light. Since such individuals are not able to find in their environment anything that reflects the desired light their Fitah/ID wants (common sense, helping, being rational and acting out of selfless love) this then makes them forget their ego (since they are not in control of it in their environment) and focus more on connecting to the soul. Such individuals are then so connected to the soul that they begin to acknowledge “God” and somehow receive guidance by him or by his breath that has provided their soul. This allows such individuals to be able to somehow survive in harsh situations. Don’t you sometimes see someone who lives a life that you deem as unbearable but find them somehow more content and in peace than you ever will be? Those are the types of people I have just described. This very strong connection to the soul is what then transforms them to become Rabbani/ Godly as this oceanic feeling is transformed into a greater one which is the feeling of Oneness with god. How you are a part of him. This feeling of oneness and connection to the soul is what allows such individuals to receive their true knowledge that this world is just a virtual one that we are all passing through and what accounts as the only true love is the one you have for your God who is a part of you as well. They also tend to be guided by God which helps them be able to survive the harsh environment that they are in. As Sheikh Nazim stated:

“When one reaches the level of Rabbani, God dresses him in His Own attributes and makes him his deputy. Then he grants you will power that is not your own, but His. But the way to attain the Station of Rabbani leads through the Station of Haqqani, and whoever intends sincerely to be Haqqani will receive guidance from Him.”

There is even a holy hadith that in where God states:

Oh My servant, be obedient to Me  
And I will make you Rabbani

Then You (also) will say to a thing “be”  
And so it will be.

The more an individual suffers due to the environment and wishes to remain having their Fitrah/ID filled with light, filled with love, the more they will be pushed towards this feeling of oneness.

**TOO MUCH SUFFERING CAN CAUSE SUCH INDIVIDUALS TO COMPLETELY NEGLECT THE EGO AND JUST CONNECT TO THE SOUL WHICH CREATES WHAT IS CALLED IN THIS MODERN WORLD AS THE “MADMAN” WHO SAYS “I AM GOD”**

which I will explain later on.

And so my Atheist friend got to understand that the more you suffer and insist on providing selfless love still, the more you will be able to realize this sense of oneness and become a Rabbani. This is because such individuals tend to neglect the ego as they view it an illusion of existence and that the true existence is through the connection of the soul. He then ironically said “ I hope to god I don’t have to suffer so much in life”.....

Because being Rabbani means to let go of your identity, your worldly issues and pleasures and focus more on the soul, connecting with God and giving back even if it means your whole worldly life. It only takes a wise person and someone who has the depth feeling of understanding this whole concept of life, himself, God in order to reach the height of being a Rabbani. So many people find it hard to let go of their ego because it would mean to let go of their sufferings and attachments to worldly things. It’s realizing that the people or the environment that made you suffer will never help you to heal because none of it reflects God’s light but feeds on envy, hate and sadness. And so, the only option for available light through the soul in which the Fitrah/Id could then connect with it. However, connecting fully to the soul would mean losing power in this world we live in since it feeds upon irrational concepts and destructive impulses. It takes a rational, strong and selfless person to reach such



height.

Anyone who does good and is Haqqani/ Righteous without the need to believe in God will not go to hell. They will just be in a lower level of heaven. The myth that not acknowledging god but being good will lead to a person to go to hell is not logical. As I've stated before it all depends on the level of light you absorb and how much you do is where you will be placed.

So if you absorb a lot of light but not to the extent of acknowledging god you will still be placed in this level of light which is still heaven. Also, the myth that human beings will go to hell if they do wrong is what makes such individuals like my so-called atheist friend hate the concept of God since it is coming out of fear. The truth of the matter is we are humans and not god and thus, we have to and MUST do wrong. The act of doing wrong is what makes a man realize what is then right. As Al Ghazali stated in his poems:

“Without the darkness I wouldn't have known light”

And it seems that the more people are situated in a “dark” environment which means that it represents illogical concepts and supports self destructive impulses the more likely they will acknowledge God because they can see exactly what he said will happen. It is only when an individual decides to view this suffering through selfless love (A white Fitrah/ID) can they only begin to comprehend such concepts. If an individual decides to face such suffering with fear or envy it will lead to them blocking the connection to the soul and feeding the ego. This would thus cause man to become irrational as well as acting against the environment as well but they see that everyone is doing so, so why not?

Thus, there is a purpose behind living in an irrational world or doing irrational things because it is what will lead us to suffer and thus, question this suffering. It is only through looking inside and understanding why such suffering exists will we then tend to discover that it is based on our desires. Our desires are what leads us to suffering if they are not aligned

with the environment or if they are irrational. It is only by accepting such truth could we then change our own desires and have a change of heart. Only then can we be able to open our hearts more to light and have our Nafs/Nature and Fitrah/ID changed. It is only when a person is aware, conscious and insisting on proving selfless love.

However, the majority of the people have decided to not blame themselves and to not look inside of them but rather blame people, environment and circumstances that they are in. Therefore, this has led to more and more people having a change of heart that is not receptive to light which then affects their own Nafs/Nature and Fitrah/ID becoming an irrational and self-destructive being. Why? Because they are unable to have a transparent ego.

### Transparent ego

I would like to further ask and know why some people feel it and some people don't? Why do some people feel this sense of connectedness and eternity while some others don't?

Of course, based on my above explanation it would make sense to say that it's because Freud's friend's fitrah/nature is able to absorb more light. This means it is able to absorb more truth, love and reality and thus, is able to sense this oceanic feeling. However, this is a very simplified explanation and an overall outlook. This is because Freud explains that such feelings occur because the individual tends to detach their ego from the external world. Since the ego is originally "all-inclusive" (Freud, 2002) with the world, once it detaches itself from the outside world it shrinks which then lowers our sense of self. He then explains that this oceanic feeling is due to the difference between the person's limited ego (caused by detachment) and the potential it could've been if it weren't detached. I argue that this is wrong.

I argue that the reason why some people are able to feel this 'oceanic' religious feeling is because of the fact that they have what is called a "transparent" ego. This transparent ego is what allows a person to connect

to their soul. In fact, it also makes the ego limitless, spontaneous and adaptive to the environment through selfless love. The more transparent it is, the more it is able to adapt without disconnecting. And thus, not harming itself or the environment. An ego can be transparent only through selfless love. It then becomes connected to the soul which is the knowledge-of-all things for the individual. It initially starts as having this oceanic feeling and could be felt more as a form of “oneness” when it is connected more to the soul. Focusing on the oceanic feeling, It’s the feeling that something has already happened and that something is calling us from afar wanting us to reach a realization in regards to who we truly are and that we are all one with it. That thing is God. It’s this feeling of wanting to be closer to god, closer to his light. This means closer to the realization of such a fact, or such truth.

And so this would translate that when an individual has made their ego reach the highest level of transparency, it reaches the highest form of selfless love due to fully connecting to the soul that allows them to become aware (Knowledge-of-all-things) of this love story I’ve just told you about. And so, this individual would simply understand the fact that all they need to do is to give back to the environment love in the most selfless, spontaneous and unique form (since they are connected to God and thus reach the highest form of their individuality) and reflect back god’s light through their eyes in order to return this love back.

Now looking back at Freud poet’s friend, it seems he has some form of selfless love that allowed him to have a certain level of a transparent ego. It is evident through the fact that becoming a poet is an act of denying the ego in some aspects of the materialistic world and focusing on contemplating about his feelings or the nature of the environment he is in. This decision allowed him to actively connect to the soul more. And so he starts to feel this “oceanic” feeling which is a very beautiful feeling of truth and reality of oneself and life around him. This is what allows him to be able to give birth to his poetry and provide the world with true or beautiful knowledge through his unique twist of words. It is also what makes him truly happy and makes him a true “individual”. An authentic way of living. As much as this feeling is what makes him content, he still seems unsatisfied to

explain what is the cause of such feeling. And such feeling does signify that there is still something missing. Something unexplained. However, this feeling is still very satisfactory for the individual as they tend to feel more whole. This is because their Fitrah/Id is absorbing more light which means more being. As Swami Vivekananda said:

“In the long run this power of meditation separates ourselves from the body, and then the soul knows itself as it is-the unborn, the deathless, and birthless being. No more is there any misery, no more births upon this earth, no more evolution”

Why has this man failed to reach the higher level after this oceanic feeling, which is this feeling of “oneness” to god? It’s simple. It’s because he is unable to reach a higher level of selfless love. What would that mean? It means that it would require him to sacrifice everything, even himself (Yawar, 2010). He also has to let go of his suffering...after he has suffered a lot. Which is the most difficult thing to do. Because who are you without the pain you went through in your life and made you who you are? Reaching the level of oneness makes an individual realize that or attain the knowledge of how they are the same as others which forces them to feel their insignificance as an individual and to dedicate their lives in helping others and acting based on what their god inside of them (the light) is telling them. It is only certain individuals who are able to reach such levels in which I shall explain later on.

The reason why the poet failed to reach this level is because the oceanic level is in fact a beautiful connection that allows the poet friend to gain the understanding of the basic principle that we are all united. This insight or feeling can make an individual gain the ability to develop a unique skill that allows them to reach a higher form of individuality. This then can cause narcissistic qualities and selfishness as the individual feels that they are “special” due to this spiritualistic feeling. This is because they reached the truth from a single-minded perspective that they and the environment are one but have completely neglected the aspect of God.

That’s why when Freud asks in his book “what claim has this feeling

[oceanic] to be regarded as the source of religious needs?” The answer is because failing to recognize this sense of unity is all due to God’s presence [reaching the oneness stage] will in fact cause narcissistic tendencies as the individual will think that they are “special” or “God-like”. Even Freud agrees with me in regards to the aspect that some spiritual individuals are in fact narcissistic. It is only because they have failed to recognize that such power or individuality all comes from God.

This also shows how people who choose to go on a spiritual path through praying, meditating or playing with chakras can in fact be done for selfish reasons as it does allow the person to connect to the environment and thus reach a higher level of awareness and individuality. It also makes an individual reach a level of “peace” in their mind which helps them to cope with life. It is only when recognizing God can this spiritual journey reach its final stage and allows them to reach a higher awareness that we are all one and that there is a god. This however will result in the individual completely removing the ego [not even transparent] and act as a servant of God by helping others. Yet, who wants to remove their ego? Who wants to be a servant? It is only the humble, the one who truly loves God. This oceanic feeling feeds the ego and it is only when the individual realizes that this is wrong and the need to let go of this superiority can they then start to feel this sense of oneness. I will argue later on how such a feeling can only be attained to what we call in this world “The Madman”. As (Yawar,2010) stated “A person may not recognize selfishness or greed under the cloak of spirituality”.

What Freud has stated is in fact incorrect as basing it on the fact the ego got threatened from the outside world is just a form of self-projection. Freud discusses how the ego feels threatened by the environment and thus is isolated. I think that’s him. And that’s why he is unable to feel this connection. This is because he felt threatened from the environment and thus created a strong ego (“The Great Sigmund Freud”) towards it in order to protect himself from it. This big ego he formed makes the ego itself not transparent at all and thus, he is unable to connect to his soul as much as his friend (the unknown poet) was able to.

However, you might ask me then why is he able to form a high sense of individuality as well just like his poet friend or even more? Well that's because a weak connection to the soul is what allows the ego to grow strong and thus, not transparent. This Ego formation does provide a sense of self and can achieve high levels of individuality as well. However, this would be less connected to the soul and environment and thus, it disrupts the true reality of us being one with the environment and God as well. As a result such individuals (like Freud) tend to not be able to feel this oceanic feeling and form an illusion of reality and being. Why? Because his desires feed the ego more than connecting to the soul. His poet friend has desires that are more oriented to the soul and not the ego. Individuals who feed the Ego rather than the soul develop a sense of self that is in fact not authentic since it is not connected to the soul and environment. Thus, they are unable to feel this connection of unity. Furthermore, this also leads to the individual having an alternative reality towards the environment as they in fact feel threatened by the environment and not a part of it. And so, This damages the environment as such individuals act through selfish love [that is in fact fear but unconsciously known] that harms them as well since they are in fact one with the environment.

This then also aligns with the fact how his poet friend is mostly guided through love which helps him to know more the truth as well as feeling it. However, Freud seems to be guided mostly through fear which makes him unable to see or feel the truth. He is unable to absorb as much light as his friend did.

Another point is that in Hinduism, the concept that God is within you is also applied in this religion. A well-known Hindu Guru called Ramana Maharishi was once asked "Can you show me God" in which he replied:

"No God cannot be seen, he is not an object of senses which can be seen. You can't see God because you are God! How can you search for That which you are? God is not an object than can be seen. God is the subject. He is the seer. Don't concern yourself with objects that can be seen. Find out who the seer is...you alone are God."

It is not only Sufism or Islamic stories that could aid Freud's friend or people like him who have such "oceanic" feelings. It seems that such concepts are rooted in various religions in regards to their stories and the concept of the Human being. However, Western's ignorance and lack of understanding seems to block such kinds of knowledge, deeming religion as some form of "illusion" and their stories as a lie. This also causes a mass

Now of course, that doesn't mean that a human being can be fully god as I've stated before we exist through his reflective light. What is meant here is that by absorbing as much reflective light we can become closer to god. And thus, the more we are able to see the god within us the more we are able to see the way he sees, hear and be guided by his light yet, only within the framework of our lives. In fact, what is the most exquisite thing about Human beings is that you can truly view them as having inside of them a God, angel, devil and an animal all at once.

Human beings are sophisticated beings who have very contradicting entities all playing at once and thus, it would take a very high level of consciousness as well as sensitivity to be able to balance such entities and have it under your control.

Third point, whenever you hear someone say "I feel empty" or "I feel this void inside of me" it now perfectly aligns with the fact that they are filled with darkness...with "nothingness". This would then show how such individuals who state that they feel this way need more light. More truth, more love and more sense making. But, They are left in the dark and provided irrational concepts that truly mean "nothing" and thus are always kept in the dark. Always feeling empty.

The True Human Theory also aligns with individuals who always feel like what they are experiencing is a Deja-vu. Or the fact that they saw someone and felt that they have met many times before but don't know when. All of those feelings perfectly align with the theory as it shows that those people have felt the future that has already happened. They felt it

and now they are seeing the same people in the present. It all depends on this person's sensitivity and consciousness..

The last point I would like to make is the fact that when read in the very first Surah of the Quran which is called Sooret AlBakara, God states that the first main reason why majority of

Human beings are not able to gain these religious feelings (that Freud discusses in which he states that it forces an individual to be called religious whether they like it or not) or what can be called an "oceanic" feeling is because firstly, they are unable to feel. Which indicates that it concerns the level of sensitivity of human beings. The second reason why is that because such human beings "didn't know" which means that they lacked the knowledge to understand such feeling and maybe try to attain it. This then indicates that it is because such individuals were unconscious of the true knowledge in regards to their relationship between them and God.

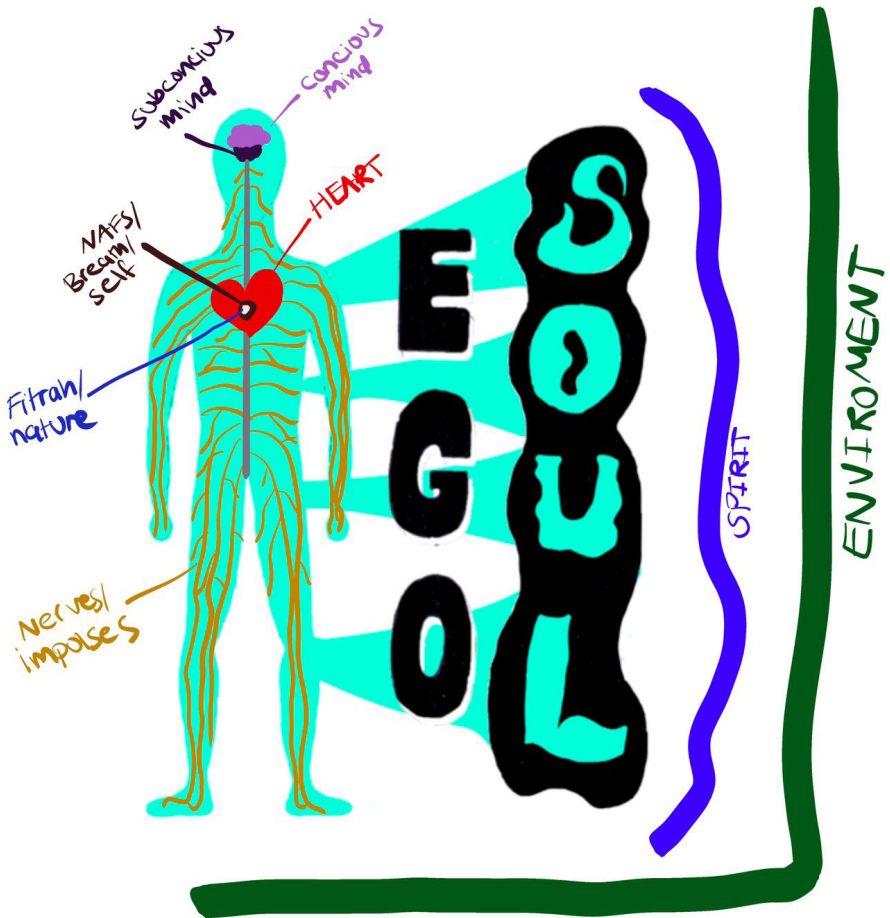
I just wanted to point out such a thing because it also seems to very much align with the issue between Freud and his poet friend. Freud was less sensitive than his poet friend which made him unable to feel this "oceanic" feeling; however, both were unconscious of why such feeling exists because their culture lacked the ability to provide them with authentic stories of who they really are as Human beings. Thus, Freud even states that he seems to struggle to work with such "intangible concepts" as their base of knowledge made it intangible. If their culture did provide such stories or haven't seen them as nonsense then maybe such concepts will begin to make more sense and become more tangible. It would have made them more conscious.

I shall now expand this theory to discuss and showcase a more detailed analysis of man and exactly what is a transparent ego, how we are able to feel and why we need to connect to the soul. I believe this theory is added to today's modern culture, it will provide a true authentic addition and help make people make sense out of themselves and the world.



## Suffering, God's Light and Life

Since we are living the above story in slow motion, we then get to expand the human being by adding more elements with the Nature/Fitrah and Nafs/ID. Those elements are the human heart that is connected to the nervous system. There is also the brain which has the conscious and subconscious mind. The other physical addition is the environment. Between the Human being and the environment lies three main elements which are: The Ego, Soul and Spirit. This is illustrated below:



When discussing God's light on earth it is represented through two main aspects which are: True knowledge and Selfless love. Thus, this would mean that in the world God's light represents logic, making sense, truth, wanting to help, connecting to nature and wanting to encourage selfless love.

Now, if man were to be left all completely alone with the environment that God provided and was untouched, he would automatically gain a Nature or ID that is viewed with love. This is because he would be left alone with nature in which he would contemplate for a while before attaining the feeling that they are one with the environment. He would then act according to nature and be a part of it. Be one with it. Have a transparent ego. Thus, the human being would be filled with light which translates to being a rational, honest and logical individual. The more conscious and sensitive an individual is the more they are able to feel and understand the truth of this connection. This unity that we are all one.

God's reflective light, in the Quran God describes this light as "directionless" light meaning, it is not coming from a specific area but it is everywhere. In Souret EL Nour God describes it as:

يُوقَدُ مِنْ شَجَرَةٍ مُبْرَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ

"kindled from a Blessed Tree, an olive that is neither of the East nor of the West."

What I mean by god's light being knowledge is that, the white light which is "god" illustrates the Knowledge-of-all-things. The real truth. God has the knowledge of everything and no one but him. This is because it would be impossible for a human being to bear the whole "truth" of this life we're living. it would require an unimaginable high level of consciousness as well as sensitivity which is impossible for any man to reach. As (Brownowski, 1978) said

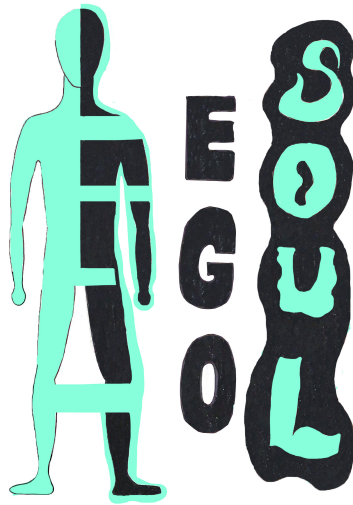
"If our senses were to give us a complete picture of the world, we would be overwhelmed in some way". And so it would be impossible for the

Nafs/ID to be able to absorb all the light that god has reflected. Whatever the Nafs/ID absorbs is “your truth” but not the real truth. Just the truth.

However, God did provide the Nafs with the ability to reach its truth by access to the knowledge-of-all-things that concerns it personally. He did that by “inflating” a white light through him and formed it around your Nafs/ID. That formation is what is called the “Soul”. Having an environment that represents God’s light encourages the individual to have a transparent ego. This transparency allows the ID to connect to the soul which then provides them with the knowledge and truth in regards to this unification and initiates an Oceanic feeling which causes man to feel a state of bliss and achieve individuality.

Regarding the spirit, this is a very complex and detailed phenomena. However, it can be summarized as the type of entity that someone is spiritually connected to. It can be anything from god, nature, animals, music or yourself. However, it is only through the spirit of God can an individual move from the phase of oceanic to oneness. Any other spirit connection will fail to provide the ultimate truth of oneness and will in fact either provide a sense of loss, narcissism or superiority. Being in connection through the spirit of god would mean that the individual is seeking to connect to their soul in search of being closer to god. Loving god. Which is the main aim of this life.

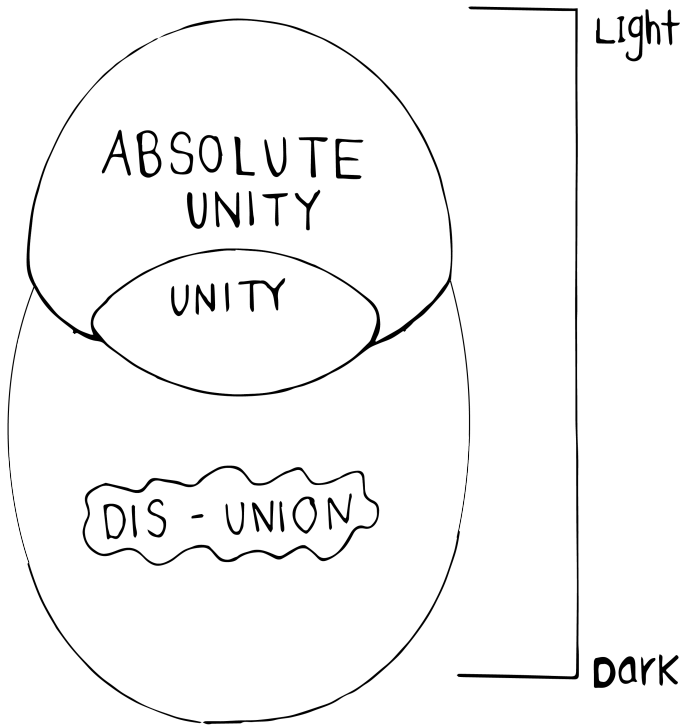
Looking closely to the soul, when someone is connected to it they tend to be guided by their own “light” which also translates to being guided by God.



Guidance of soul/ego

Regarding the aspect of the oceanic feeling or the feeling of oneness, this is illustrated below through what is coined as the “Ocean of Unity”:

## UNITY OCEAN



The ocean of unity is divided into three main areas and is dependable based upon the individual's level of conscious and selfless love. Individuals who have a low level of conscious or selfless love or both tend to view the world through the first phase which is coined as Disunion in which the individual feels hopeless and lonely. They are unable to form a connection to their soul [knowledge-of-all things] and thus, fail to understand the truth of our unity. The second phase is the phase where we all should be or the "normal" state of being is the state of unification which is called "Unity" (Yanawar, 2010) in which the individual feels united with his fellow human beings and the environment. Individuals who have a high level of conscious or selfless love or both tend to become aware that there is more to life and start having this "oceanic" feeling. This feeling

is a privilege to the individual as it also allows them to form a high level of individuality due to being a bit to connect to the soul in some way or another. The highest phase is called the Absolute unity (Yanwar, 2010) in which the individual loses his sense of self [no ego at all] and becomes one with this unity. Thus, this would translate as being in the presence of God as well.

It's funny how by coincidence in Sufism practices such feeling of oneness is described as different "Unity oceans" which kind of matches Freud's Friends comment of an "Oceanic" feeling. It gives you a sense of how human beings share the same type of wording and breaths spontaneously when describing something. This is something to remember when talking about the aspect of the breath spectrum below.

The issue with this last phase is that it requires an exquisite effort from an individual in order to be able to reach it. As stated before, some individuals who reach such a stage are called in our modern society as "mad men" . This is because such individuals seem to have left behind the ego completely [not even transparent but removed] and the physical world and have spiritually connected to such unity. This is because such unity cannot be done physically only spiritually and the feeling of it is stated by many as "divine". Now why are they called "mad men" ? Because the majority who seem to reach such a phase say that " I am God " which is associated with schizophrenia and mental illness. They also can't seem to go back to the physical world. The issue with such individuals is that they have reached the highest level of selfless love but low level of consciousness. This means low awareness in regards to the true knowledge that they are in fact not God but they have reached the highest connection to the soul that made them know everything...yet, based on their lives and not the ultimate truth as stated before. This lack of knowledge is what makes such individuals ignorant and unable to see the truth. It is also because most likely such individuals are connected to the spirit of "selfless loss" but not God. And so, it results in them viewing themselves as gods.

It is only when such individuals have been provided with the right

knowledge of life and their relationship to God can they then become more aware of the truth. It will provide them the ability to connect to the divine presence without losing their mind and leaving the physical world behind. To prove my point, the Sufi teacher Abou El Ghazali also seems to sometimes reach such a high level of unity which is the Divine Presence. In his poems he describes such a feeling of oneness as too beautiful that sometimes it's hard to leave it and come back to the world. Also, sometimes he is so taken by it that he becomes unconscious and starts yelling "I am God! I am God" (Mahmoud, 1999).

It is only when he becomes conscious again of his own reality, his truth, that he is just a human being who has the ability to connect strongly to this reflective light. He would understand that he was just a steady eye that was very close to this reflective light that he thought he was God himself but it can never be as he is just a small reflection of him. By understanding that this guy miraculously is able then to go back to the physical world again and not be seen as a mad man but of someone who is very knowledgeable, wise and educated and he even inspires and helps others with the knowledge that he obtained from such unity.

Can you see the big difference? How just by becoming more knowledgeable and aware of the truth can turn a mad man into a gifted one. Why is the west denying the existence of god that can help better like such examples? I shall illustrate below what Globalization, capitalism and Humanism has done to the Human being to showcase why.

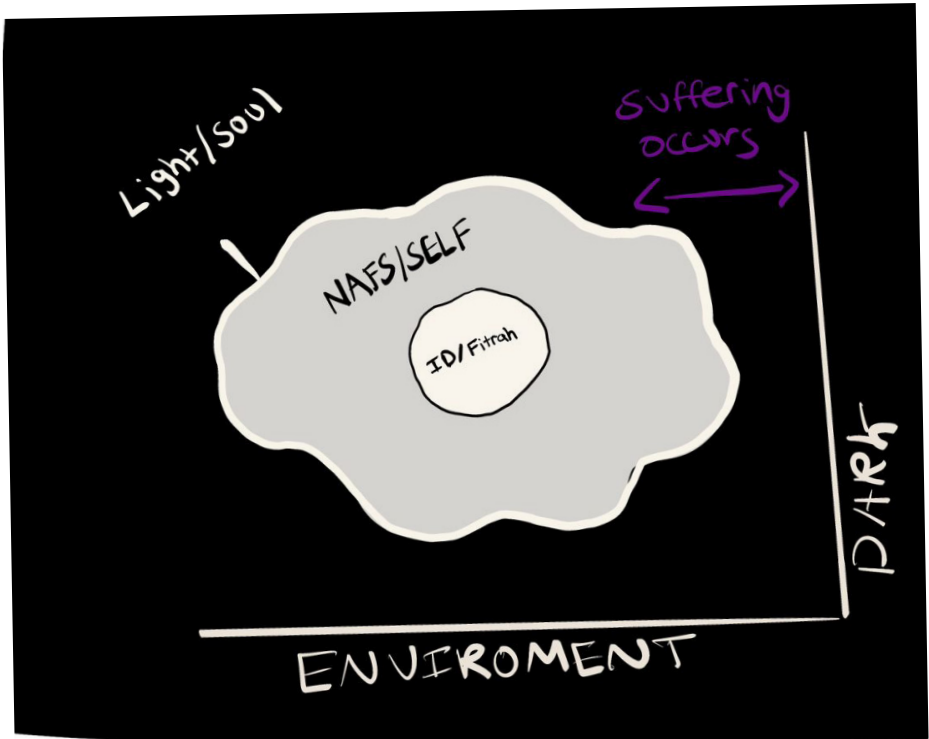
## Modernization/Survival of the fittest

Now looking today at modernization and its concepts, it seems that it has completely eliminated the aspect of the soul. Thus, what I have been explaining from the start is nowhere near the true reality we live in. What modernization has done is formed an environment that is filled up with irrational concepts, ways of life and objectives that truly make no sense and leads man to the dark.

The biggest myth that modernization has brought upon us and is making us move more to the irrational idea of “happiness”. I’m sorry, but what does it mean to aim to be happy all the time? Happiness is a myth. There is only content and peace which makes you feel warm, safe and fine. But there is no such thing as happiness. There is only pleasures and joy in this life and the modern world is telling us that the achievement of constant pleasure is what will bring us happiness. What this has resulted too is that the individual is using the environment rather than connecting to try to help them achieve happiness or be happy. This is because they then feed the ego by attaining or using things in the physical world within the environment. As a result, the environment gets damaged and the individual as well. This is because the individual ends up still feeling unsatisfied as it was just an possessive impulse (Russell,) . The reason why they are not happy is because they’re unaware of the fact that they need more light inside their Nature/Nafs in order to match their pure white Fitrah/ID. It is only when connecting and not using the environment can they start feeling a sense of peace and content because they’ll feel connected.

God has initially created us [in this world] all with a white fitrah/Nature and so we struggle when the environment provides irrational concepts and ideas as it tends to then affect the Nafs/ID making it less receiving to light and thus finds itself suffering (top right).





You may then say that all the individual has to do is to try to not use the environment and to find a way to connect to it. This would then lead them to connect to the soul which provides them light towards the Nafs/Nature and so to match the Fitrah/ID. Yes, that could happen but because of Capitalism it has made us firstly, to not have the time to focus and find ways to connect ourselves and the environment. Secondly, It has turned people into “resources” in which we use each other rather than connect or even help out. This whole system has damaged the relationship between men as it made them feel threatened by each other as they are both fighting to try to get the biggest salary or family house. It has made us all compete in very limited skills whereas if individuals just took the time to connect to their soul they would find their own skill that would make them unique and thus, no need to compete. In fact, it would push them to try to make others reach such highest forms of human being as to make them connect to their souls as well. As Erich Fromm stated:

“The concrete relationship of one individual to another has lost its direct

and human character and has assumed a spirit of manipulation and instrumentality”

Capitalism and its concepts has made man in an animalistic state by acting without even thinking and to only think about staying alive. There is more than staying alive [physically] because of the reality of the fact we can never die because our souls can never die. We are eternal and the connection to the soul allows such feelings. If humans connected and gained such feelings they would think what the hell are we doing? Because there is so much more than this. Then constantly fighting and trying to survive or make a living.

This system has made man feed on what is called their possessive impulses rather than the creative one (Russell, 1916). And so man will constantly try to use the environment and others, create a strong ego that blocks the connection to the soul that creates a fake identity which provides an alternative reality to their existence.

The more an environment provides irrational concepts that cause man to view the environment they're in as a threat, the more such an aspect occurs. It is only when a man takes the conscious decision out of selfless love to not be a part of such a system, can they only start connecting to the soul and receive some light. But not everyone is capable of doing so. Why? Because such decisions will require man to be alone most of the time, acknowledge their suffering and their own faults, and adapt to the environment spontaneously.

Now who in this world wants to be alone most of the time, to face their suffering by stating their own faults? No that much. Why? Because it basically means to let go of your ego. Make it transparent. To let go of your irrational desires. Don't force yourself to be whatever the environment tells you to be in order to “survive” but to rather let go and let it be. Even if you don't survive. Why? Because the reality of the fact you are eternal. You're just moving from one phase to another. This is also what forms a sense of continuity. Connecting to the soul pushes the individual to use their creative impulses (Russell, 1917) in which will result in you

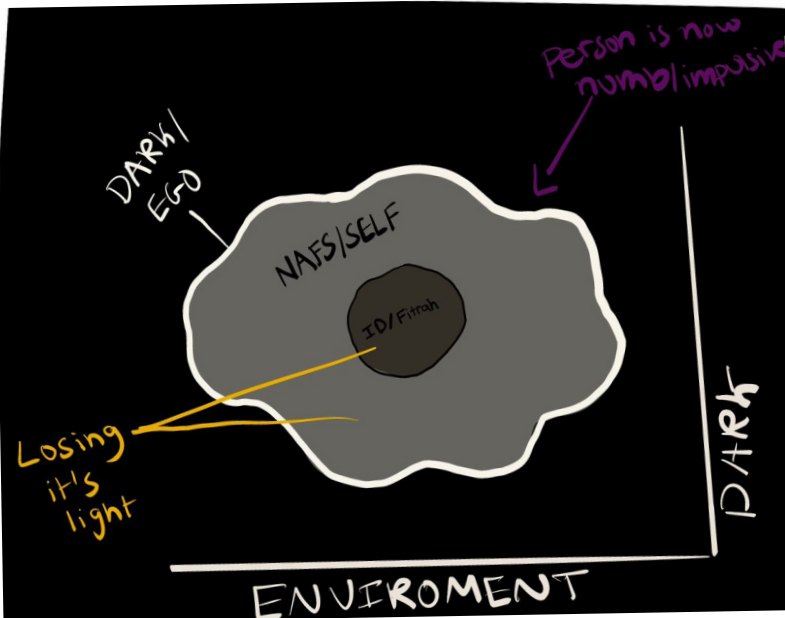
producing or connecting to people authentically and thus creating light. Creating rational connections and outcomes that help people understand the world they are in more. Connecting to the soul means connecting to the light that god gave you. The knowledge that makes you more aware of who you are in your environment.. Thus, whatever you do will be based on creative impulses which will serve man one way or another. This will mean that you will reflect the face of god and push more people to do so. The end result? We would all reflect God's light In front of the mirror. Just like He wanted.

The truth of the matter is that right now, the majority of the people have avoided doing such things. They fear being alone as such feeling is dreadful to begin with and the truth of the matter is individuals in reality live a very harsh life due to such a system. They are always pushed and pulled between trying to connect to the soul and trying to create an ego in order to survive in this world. Even worse, the stronger the ego the more likely the system will aid you in surviving. It has also pushed people to fear death more than anything else in this life. Modernization has pushed people to view death as the worst thing that can ever happen. Viewing it in truthful spiritual phenomena will make them stop fearing such aspects and in fact embrace it, push them to try to try to view it in a creative manner that will make them rise above as humans before they leave this earth. However, modernization has made us fear death so much it's causing us to start doubting life either through fear or sadness. It all depends on you.

And so, what has happened is that the majority of the people have chosen to be led by such modern systems that have fueled fear or envy and nothing more. What does that lead to? It changes the very nature of who we are. It changes our Fitrah/Nature. It initially starts with disconnecting from the soul by making the ego stronger. This then blocks the light coming from the soul and so the nafs/ID gets affected and loses light. Now here's the part that shows who we truly are. If the Fitrah/Nature decides to be affected as well once it receives such affect from the nafs/ID then this is the nature of what it has chosen to be. This is who you really are. The more you move towards increasing your ego the more

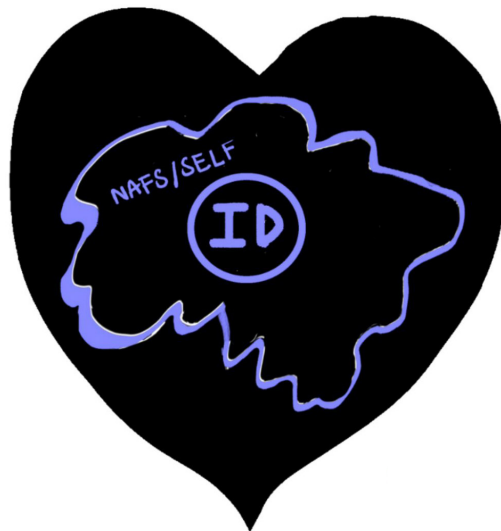
your nafs/ID will either be fueled by fear or envy and less by love. It is then up to the Fitrah/Nature to decide whether it wants to accept and continue doing so or not. If it accepts then the Nature of yourself changes and becomes darker. Meaning less rational and towards possessive and destructive impulses.

You then ask how can individuals just accept irrational concepts that tend to push towards destructive impulses? Well it's simple. They either don't feel it's irrationality or they are unaware of it . regarding the feeling aspect it is all based on the heart. The heart decides everything. The heart and the brain are connected to the nervous system which controls your impulses as well. Now the heart is something special and unique. It is true the phrase "the heart wants what it wants" perfectly describes it. If the heart wants to be filled with light which translates to an authentic culture that is aware of the soul, rational concepts and selfless love then it will be more receptive to the light that the soul around it offers. When the heart decides so, it then affects the nervous system by making it "lighter"... meaning more sensitive. The person thus tends to feel more. Inside the heart is the Nafs/Nature and Fitrah/ID which indicates that they correlate with each other whatever they receive from the environment. This is illustrated as below:



The tricky part is with the brain since it is also connected to this nervous system. The more a heart is receptive to light the more sensitive the individual is. This then provides a strong need for the brain to become more aware of what those feelings are in order to be able to make sense out of this sensitivity meaning, what this heart is sensing. If the brain becomes aware of what the heart is sensing it then provides a good flow of cognitive understanding.

People who have the ability to move more towards irrational and self destructive concepts is due to the fact that their very own heart wants that. They desire that. Their hearts are not receptive to the light of the soul and so ineffectively makes the nervous system more “darker” meaning they feel less. Their minds can easily function as they are not receiving that many signals or “feelings” and so they are able to make up their mind on what they are feeling...what they are seeing. Their brain doesn't need to understand why it's not irrational because the heart itself doesn't “feel” the need to. This is illustrated below:



# DARK HEART

The truth of the matter is that the majority of people in this world have been filled with mostly fear, envy and little love or sometimes none at all. The majority of civilization have decided to close their hearts and are unable to view the irrationality of the concepts that the world is currently living on. Even Erich Fromm states that such urgency seems to only be felt by writers and so called neurotic people because they are the one who have the hearts that want to receive light. Not only them but artists, musicians, scholars, anyone who craves to serve their creative impulses more than the possessive ones. Anyone that wants to love... selflessly. Such people are looking outside such a system with doubt that something just doesn't make sense. Like how on earth are we aiming to live forever? Where the hell are we going to go? There is a reason that in nature things do not grow indefinitely (Daly,2008) and the fact we're doing the opposite with the population and the economy is a major issue. Collapse of civilization will occur soon. Economically first, then us. As (Ruseell, 1917) stated:

“Our institutions rest upon injustice and authority: it is only by closing our hearts against sympathy and our minds against truth that we can endure the oppressions and unfairness by which we profit. The conventional conception of what constitutes success leads most men to live a life in which their most vital impulses are sacrificed, and the joy of life is lost in listless weariness. Our economic system compels almost all men to carry out the purposes of others rather than their own, making them feel important in action and only able to secure a certain modicum of passive pleasure. All these things destroy the vigor of the community, the expansive affections of individuals, and the power of viewing the world generously”

And so bit by bit the world will lose its light. Yes, God will be dead. But so will we. Because we are from the same light. And that's why human extinction will occur.

What's even worse is that people who struggle with this dissatisfaction and are filled with fear and envy and are trying to find a solution are mostly told to go and "socialize" with friends or family to make them feel better. It's true, people are social creatures who need to interact with each other to survive. But what happens here is that you find emotionally void people who are in need to light [love] meeting other emotionally void people as well. What happens? They use each other. And that's literally what's happening everywhere in the world most of the time. People think that they are in love or in an authentic friendship when in reality they're just using each other. Why? They just want money, power or a better "Instagramable" life thinking it's what will fill this void inside. And deep down they know it's not rational but wouldn't admit. Why? Because it's hard to love ourselves and easier for others to do so. It's because it's easier to fake happiness and connection than to actually obtain it. As stated by Erich Fromm:

"They both use each other for the pursuit of their economic interests; their relationship is one in which both are means to an end, both are instrumental to each other. It is not a relationship of two human beings who have any interests in the other outside of this mutual usefulness"

Another reason is because it requires men to be alone most of the time in order to connect with themselves and understand their sufferings. The system we are currently in doesn't leave us for a second especially due to the "social media" phenomena. People are in dire need to connect and so they reach out to other people and still feel the same void because the issue is connecting with yourself. Plus this modern society actually views being alone as a dreading action and a horrible one.

The current society we live in lacks the general knowledge of understanding the importance of being alone and spending time alone. Human beings were not programmed to interact 24/7 of the day each week. It is insane what social media has done, making us all constantly looking, comparing and feeling like we're missing out on something or that someone will help us make this void inside of us go away. Even worse, it makes the individual unable to pinpoint exactly why they are suffering and tend to

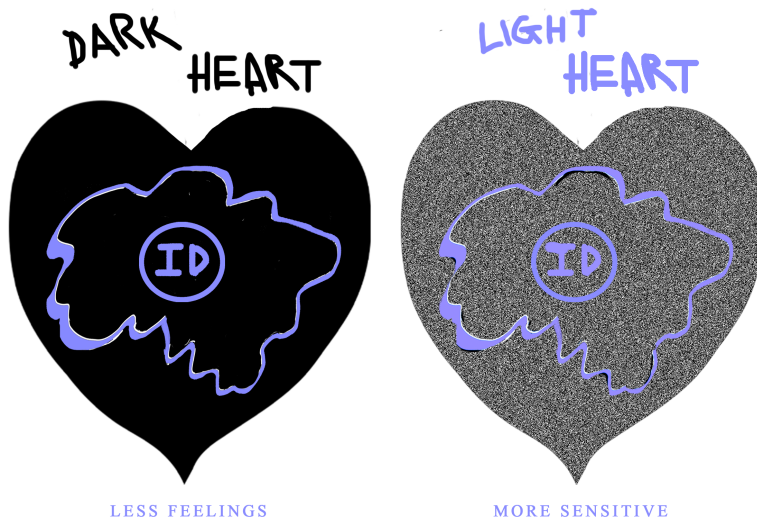
provide false theories as to why they feel the way they do (Russel, 1914). They either feel like they're not good enough which then makes them fill their Nature/Nafs with fear and eventually affecting the ID/Fitrah as well of the individual. Or they tend to believe that it's the fault of people on why they feel the way they do in which, makes them fill their Nafs/Nature with fear and envy and thus, affecting the ID.

The only way such individuals can make a change of heart is through a change of mind. How? By changing their desires. This modern society has made man desire money, fame, control and power. Some individuals who were born around such concepts tend to suffer because they realize just how much it humiliates the self. It would require manipulating people to work, constantly fighting and trying to prove yourself while not really being yourself. By making such individuals more aware through providing true knowledge in regards to the critical need of the soul and authentic connections. Also, the understanding that they need to let go of such desires and to only desire to know oneself. What about the necessities of life such as money, power and everything else? It will all come to you somehow. Yes, it's true. You know the saying that once you stop desiring something it comes to you? Well it does. It's because you have decided to survive through beauty and not by becoming the fittest. By connecting to the soul you decided to survive not through possession and power [which feed the ego] but by creating and helping which will eventually make you an individual who is able to create something unique that would help people. Thus, you survive through beauty and not by being the fittest. I want you to look to at people like Picasso, Kanye west, Erich Fromm, Steve Jobs, Walt Disney and many many more and question whether those people spend their lives following money, interacting with people 24/7 or were they alone most of the time trying to understand what they love, what is life, what's the best thing about them and finding a way to make it grow? They're connecting to their souls. They survived through beauty. The songs, the innovative products, concepts about life... all new things done and born by connecting to the light that God gave them. And it's very true regarding what Dr. Mostafa Mahmoud once said that the truth is that the one who will survive is through beauty all else is an illusion. You want proof? Is there anything we remember about the Ancient Egyptians



as much as their beautiful work of arts? they survived but the kings and queens at the time left nothing. We only remember them because of their beautiful tombs however, some we are not even aware of. Power rises and falls but beauty never fades. It's long lasting. And so what Darwin said is not true, it is just a concept that abides by the modern system but not the natural one. It's the survival of the prettiest and not the strongest. Will people in 100 year's time more likely remember who the hell was Rudy Guiliani or who was Virgil Abloh? I'll leave that for you to answer.

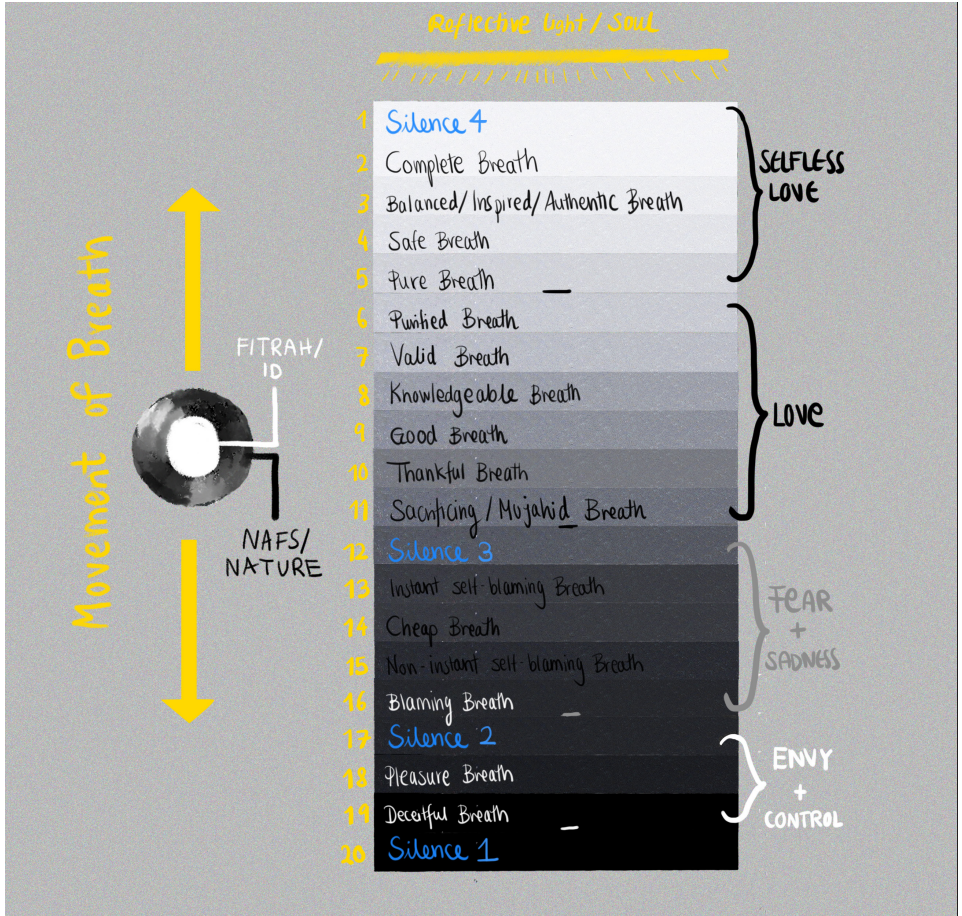
However, if after an individual receives rational concepts and ways to deal with their suffering and adopt it, it means that their heart was not receptive to such light and thus, were not able to change their minds. They didn't want to change their desires. If the individual remains doing the same thing they do it's because their heart is not receptive to light and in fact their Nafs/Nature and Fitrah/ID are feeding on the ego which means satisfying constant impulses of possession. Their heart desires irrational concepts. This is all due to the Id/Fitrah of the individual. If it still remembers and holds on to the truth [light] it will be receptive to that light. However, if the Id/Nature of the individual by then changes towards envy or fear then it will never be receptive to logical concepts. This is illustrated below:



# **DARK HEART**

## **UNDERSTANDING THE INDIVIDUAL THROUGH THE BREATH SPECTRUM**

We can never be able to truly know exactly the amount of light that is within an individual's Heart, Nafs/Nature and Fitrah/Id. However, interestingly we can start to comprehend what is inside by listening to the Nafs/Nature. As stated before the Nafs can be translated to many things. We have used it to portray the "Nature" of human beings. However, it can be translated into another word which is "breath". You see this "Nature" of yours is called the "Nafs" because it breathes. It talks and expresses. Through it we can understand what state of light and darkness this person is in. The mixture of different shades. who they are really. The more a Nafs is receptive to light the more you tend to hear them say specific things. However, if the Nafs is more receptive to the dark which are illogical concepts you would also find them following a certain mood or way of talking. This is illustrated below:



## BREATH SPECTRUM

I would like to present to you what I have coined as the “Breath Spectrum”. The above showcases the various types of “breaths” an individual could obtain throughout their lives. I want you to imagine those types of breaths as waves of different shades of “breath” lights. When contemplating around the different variants of lights and states of breath you come to see that the more conscious, wise and sensitive an individual is, the more likely they would pass through the majority of the breaths. The more limited minded or insensitive an individual is either due to their upbringings or state of Id/Fitrah the more likely you would

find such individuals within a specific frame of breaths.

Human beings are sophisticated and complex and so they have the capability of being within various kinds of breaths which formulate who they are. Each type of breath has its shade of light that also acts as energy. Whatever type of way a person speaks is the type of energy breaths that they use within the Nafs/Nature. This also translates to the type of ID/fitrah that they have. And so those Breaths can be varied in regards to the intensity of the energy that is omitted and depended on the person's state. Before I provide an example of the above to make it more clear, I would like to first explain the Breath Spectrum (put trademark) and its components.

Below I shall provide a detailed analysis of each form of breath. Also, (Appendix A) illustrates in points the meaning of each breath.

## Phases of breaths

The Nafs/Nature is inside the heart of the individual. It's been stated that it has the ability to move towards the light of the soul or away from it (Mahmoud, 1997) and so it either rises or falls. As stated before human beings throughout their lives move between those shades of breaths and thus can cultivate various different types of breath energies at the same time. That's translated in reality by how you always say there can never be an individual without some sort of fault or issue. A normal person can be thankful most of the time or able to validly admit their own wrong doings but still find them being deceitful every once in a while. And so the reality of the fact is that the majority of human beings have their own exquisite mixtures of breaths that formulate who they are and indicate if the person has remained in the Fitrah/ID of nature which is selfless love or has changed to something else that is unnatural and inauthentic in regards to existence and perceptions of life. Yet, whatever the majority of the type of shade of light it emits is then translated as what this person mostly is as a character. What his Fitrah/ID really is.

The more the breath is closer and connected to the soul the more you tend

to find them talking in a more rational manner. Now breath number 3 & 4 are breaths that are strongly connected to the soul that allows an individual to reach the level of “supra-rational” (Vidich, 2000) in which the Nafs/Nature is constantly in a state of spiritual connection and inspiration. It is either because the environment encourages spirituality or the individual is situated within a very “dark” environment that is very irrational and thus has pushed and forced their Nafs/Nature to reach such heights in order to find any sort of light that it’s ID/Fitrah really wants but can’t find in the physical environment that it’s in. I shall explain this later on.

However, Vidich states that being supra-rational means that the way of talking or expressing “does not speak from an intellectual level, and therefore even if one asked an intellectual question, his response would be according to what one needed to receive at the moment”. Thus, the person speaks spontaneously and seems to have the ability to come up with a new twist of words that are unique yet speak the truth. Their truths and ours as well. This is because the soul is made out of the same light as our souls as well. This is authenticity or may I say, originality at its utmost. And so such individuals can somehow “speak to the hearts of other people” as well. Those two stages are where poets, artists and religious gurus Nature/Nafs mostly reside throughout their lives. This is the energy they are mostly on. They are situated within the level D learning which is Transformational learning. This is where the poems and storytelling comes from, in which we now tend to dismiss and view as normal things when in fact for some people those words are what help them to realize more of their truth and the world they are in. It just depends on your type of Nafs/Nature as well and if your heart will be receptive to it or not. As stated by (Amiri, 2016):

“People’s dejected minds are the product of miserable modern societies that have changed them into taciturn and uncommunicative creatures in search of meaning. It would be easier for artists to communicate with people by letting them get the maximum meaning with the least amount of words. This is something that happens in the discourse of modern people” which shows the dire needs of such types of people, language and form of expression. This will be discussed later on.

Also, (Boehme, 1992) coined this type of talking as a form of “sensual speech” that is an immediate expressive instrument of the senses that is very connected to the “sensuous nature” which is the environment and thus, to the soul as well. Susan Suntag states that this type of sense is employed even by animals and artists but not by the sick animal, which is man (Suntang, 1967). It is a language that is free from distortion and illusion and Boehman states that it’s a language that will be reached once man recovers paradise (Suntang, 1967). Which I would like to translate is that the individual gets to connect strongly to the soul which is a part of God’s breath. And thus, you see like him, talk his words and act based on his guidance of light (Mahmoud, 1997) yet with your own personalized way because it’s still the reflection of your very own steady eyes. Our natural state of being is infinite selfless love and once we have reached our utmost natural state we become God’s. They are able to speak the truth fluently which creates some form of attraction towards people. people who share the same light or need it (the opposite) thus, dark breath.

A great example is how a science fiction writer called Kepler was actually the first man to state the aspect of gravity in his book called *Somnium* where he takes an imaginary journey to the moon and through it he was the first man that said that when you travel to the moon, gravity will go with you all the way, but there will come a moment when the Earth’s gravity will leave off and the moon’s gravity will become the more important. He was able to understand gravity 350 years before Newton ever stated such a fact. Even though Kepler got the calculation wrong, however, Bronowski was so intrigued to try to understand how Kepler was able to comprehend such a fact many years ago with just the sense of his imagination. What he discovered was that Kepler was reading Neo-Platonists books and specifically a book called *Nicolas of Cusa* which has stated something about the fact that massive bodies out to attract one another. Now how did this book know that? Well it took it from a fifth-century writer called Dionysius the Areopagite in which he said that :

massive bodies are sure to attract one another because the whole universe is filled with the love of God: therefore every massive body is filled with

love for every other massive body, and therefore all massive bodies are sure to attract one another

First of all, can you see the similarity between what Dionusius the Areopagte said and what I have been discussing in this paper in regards to that we all exist through the reflective light of God which has its main fuel as selfless love? That's when he stated that 'the whole universe is filled with the love of God'. This is the usage of the "complete breath" (I and Dionusius) in order to be able to inspire and push people such as Nicolas of Cusa and Kepler to have their Nafs "rise" towards their soul/ connection to god/light and start achieving the "Balanced/Inspired/authentic Breaths". Secondly, this shows how a higher connection to the soul allows individuals to reach a higher sense of logic which Bronowski coins as "Logic of another world" which is truthful and authentic. However, Bronowski states that it is impossible to gain a unitary world view from such individuals. I do agree however, what I argue is that through those people and what they say, we would be able to allow other individuals to have their Nafs reach closer towards their soul through "inspiring them" which helps them to have their Nafs reach closer to the soul and achieve higher truths just like what happened to Kepler.

I have left the first breath which is the "complete breath" on its own as it's the highest point that a person's "Nafs" can reach within their souls. In this phase the individual is able to comprehend all of the contradictions within life. And they are aware that they are a part of this contradiction. This is because they become aware that contradiction is in fact the normal essence of how this world is governed and is in fact, who they are as well. They also are able to comprehend the spontaneity of the world and adapt to it as they believe it is the right way of living since they are a part of this cosmos, a part of this nature.

Such individuals are so sophisticated in their thinking and open minded which means that they do not identify themselves with their ideas. They are able to see the "truth behind the mask" and are able to categorize people based on who they truly are and not what they seem or look like. They are aware that it is all based on what's inside and thus are able to

comprehend the contradiction of for example, seeing a religious person who steals or is gay. In fact, they see no issue or contradiction on the prior aspect as they understand the complexity of human beings and that they have no right to judge and know that anyone can be a man of “god”. Also, only people who believe in God can reach such breath as they form a strong relationship with him and tend to feel that they are guided by him. They know that in this world God is not here to protect them by taking care of them but rather by guiding them and sending them “signs”. You would find such individuals talking much less than the “authentic breath” as they only talk whenever they feel the “sign” to talk which would act as serving the universal force and being a part of it.

While the “authentic breath” focuses more on expressing forms of individual truth, the complete self acts as a part of the truth. For example, if someone within the complete breath feels the need to talk or act then they know that it serves as a purpose of doing what God intends to do in this world. A great example is within the Islamic story of the Prophet... who was told by the angels that he needs to follow this “Man of God” who is called. This man is not a prophet but is even more connected to God as he walks all over the country to act and serve what god commands him to do while the prophet is following him. The man was ordered to kill a child, steal and the Prophet was so stunned with what the man was doing that he didn’t understand how this man could be a man of god. The angels then informed him that in fact the man had to do these things as the child would have grown up to become some kind of a cynical person who will kill people.

Such a story gives a profound example of individuals like this man, who are able to reach the complete breath can most of the time be seen as the complete opposite of what is coined as a “religious man” when in fact they are the ones who are most connected to God. They know that life is not made up out of basic rules such as good will bring good and bad will attract bad. They know that bad and bad can in fact yield good which could be seen as impossible by limited minded people or that there are simply no rules applied and that we know nothing. I would also like to position true Sufis within this context as they tend to be men of god



yet, without having to show it through religious clothing or typical look since they know it is all based on what's inside the heart. What your Nafs is like. They also are able to comprehend and understand all the contradictions of life through the selfless love towards god. As (Yawar) states that Sufis must be like the earth; they must receive everything that people cast on them. He even further states how Sufi individuals can be anyone and will not try to change how they look based on what is seen as "religious". He states:

"When I first started dabbling in visiting Sufi groups, most of them were quite obviously idolaters, in the sense that they were observing simulacra of what out to be true, in the same way as nearly every religious group seems to do. You create an image; you observe it, rather than become nothing yourself and try saying 'oh, this is what they do in Jordan, this is what they do in Morocco' even speaking in perfectly good English in Arabic Accents! Whereas the first person I met from this group was a jazz pianist, and the other one, I think has a long-term mental illness, and used to do a bot of this, a bit of that but rather being simulacra, they were more themselves...They also preserves their humility and wit, rather than thinking they were 'something'"

Which clearly shows how different they are from people who are positioned within the "Authentic breath" since they tend to view themselves as "something" due to their high authentic individuality and not having the need to believe in God. Whereas the "Complete" Breath" are people who are willing to and are able to comprehend the complexity that they are sophisticated people but...they are still nothing and it doesn't really matter. They are more selfless and act towards having a true love connection with God. I shall showcase later on how some artists, musicians do not reach such a level due to insisting on being attached to their ego. It is only when an individual wants to know the ultimate truth and is willing to obey and let go can they only reach the highest level of the "Complete" breath.

Looking back at the story regarding Kepler, Bronowski states that

The second sector that starts from the “Pure Breath” until “Knowledgeable Breath” are the types of breaths that speak in a very rational manner. Such breaths have their Nafs/Nature situated in an environment that is more likely to support each other and has some form of love and a common understanding within the community. Yet, there is a fear of the unknown. It doesn’t have to be a religious one, just one that is educated and knows it’s a part of the environment. This allows the individual to talk in a very rational manner and to simply be able to be “good”. It speaks of knowledge, what is right or wrong, thankful and can let go of things for the benefit of other people yet, within a certain limitation. This is where scientists, philosophers, educated and the common religious individuals reside. They tend to speak the truth of our existence yet within the level C of learning which is Reformational learning. They critically reflect things around them and yet are not able to obtain the “creative re-visioning” of the world. They can’t think about it in a creative manner. They lack the imagination. And just like Einstein stated “Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.” And that’s what differs them from the above 3 Breaths which makes them Supra-rational. They are unable to get this sense of religiosity [creativity] or that oceanic feeling that Freud’s Poets friend was talking about. Therefore, they are unable to comprehend the concept of God as they see themselves able to do and act good without the need to. Why? Their environment is filled with Love and just the normal fear of the unknown and as I stated before it is only when you are in the greater dark can you then know the greater light.

The third phase is the “Good Breath,” which goes until the “Sacrificing/Mujahid Breath”. This is where the Nafs/Nature would be most likely situated in an environment that is powered by sadness and ignorance. Such individuals would speak in a way that they feel that they are submissive and forced to obey the environment they are in. yet, are willing to accept it in order to keep things going and keep what’s “alive” in them. To keep any form of light in the heart. They are in search of trying to remain good or have a logical life and thus are always trying to speak good to people, thankful of their situation and sacrificing the pleasures in life just to try to get through with life without going to the “dark” energy breaths

of life which would then affect their Nafs/Nature negatively. This is the initiation of the act of self-sacrifice that is deemed as healthy. It is what can be called as a form of “positive freedom” (Fromm, 1985) in which the individual tries to develop with the environment in a spontaneous matter and not to think about feeding the ego as firstly, their environment is not helping them and try to connect to the soul through “positive” way of talking that powers more light to the Nafs/Nature. This then is more likely where an environment is viewed as being “religious” for such individuals will not be thankful or willing to sacrifice unless it’s for a bigger entity such as God. Such breaths are unable to transform to the “lighter” stages without gaining knowledge or becoming more conscious and aware of the truth. I believe that conscious is more important than spirituality

The fourth phase is the “instant-self blaming Breath” which is alone. This breath energy is fueled by an environment that is filled with sadness and fear. In such a position the individual tends to talk in a way that is constantly self-blaming itself for the dark situation it is in. Such individuals are able to realize their own wrongdoings in the world or what is making them suffer yet, are unable to pinpoint how exactly to let go of this suffering. The movement of breath starting from there up till the Complete breath (1-13) is a form of a positive “I” in which the individual is able to or trying to admit more of their own faults, yet find an opportunity within this fault and not hate it. To use it to help them grow because it’s a part of who they are and they can’t just ignore it.

The fifth phase is the “Non-instant self-blaming Breath” and the “Blaming Breath”. The Nafs/Nature is situated in an environment that is powered by envy and sadness. Individuals would blame others for their current situation and are unable to see their own faults or way of acting. They also tend to admit their wrongdoing when it’s too late. It’s also a form of envy towards what “could’ve been”.

The sixth and last phase is the “Pleasure Breath” and the “Deceitful breath”. Such Energy breaths are powered by an environment that is

controlling and envious as well. In this energy phase individuals can say anything you can ever imagine. Yet, not for the purpose of truth, kindness and selfless love but to control and possess materials. And since it's far away from the light, the words they speak are not backed by truth but backed by nonsense. Irrationality. And so they can sometimes tell the truth yet, for their own benefit. This is what makes it hard to pin point such individuals. Because deceiving would mean using the face of truth to hide under it while in reality they are far away from it. It's inauthentic.

## Silence

“There are far too many silent sufferers. Not because they don't yearn to reach out, but because they've tried and found no one who cares.”

-Richelle E. Goodrich

Now silence signifies a lot of things. It signifies a sense of boredom as well as the realization that you are alone and that you truly know nothing (Amiri, 2016). It is a realization of the individuals own ignorance and a sense of isolation from the rest of humanity. It also exists as a form of decision (Suntang, 1967) about what to do about it. It's also a way to express a form of tiredness of a person trying to explain and have reached a point where they don't care to explain (Kanafi, 2007). This is because they have reached the realization of the truth of the fact that “no one really cares”. Thus, all forms of silences also signifies a person's ability to be more conscious than the average person would. The only way you can know which type of silence this person is on is only by feeling it. Feeling the type of energy/light this Nafs/Nature is on. Thus, it takes a deeply intuitive and sensitive individual to get a grasp of what type of silence this person may be on. Based on the Breath Spectrum, there are 4 types of Silence that depend on the environment and the way the individual is connected to it.

### Silence 1

This type of silence is situated in an environment that is filled with envy and control. Such individuals are aware of their aloneness however it

leads them to view the environment as a threat due to its ``dark'' aspects. You would feel that this sense of silence is very dark, very negative. You would find them mostly silent and then talking within the “deceitful breath”. Those people become aware of their aloneness and of the fact that people just don’t care. However, their Fitrah/Nature has turned envious of such a fact and has decided to control the environment in order to survive. This is where you would find most of the “mind games” are. Since the Nature/Fitrah is feeding the ego this also translates that the mind is taking charge of the individual and not his soul. And so it is all based on proficient mind games of who can deceive who more. Very smart, manipulative and “powerful” individuals in this world are situated within this type of silence.

## Silence 2

This type of silence is when an individual has a Fitrah/Nature mostly filled with fear and sadness and envy. You sense this type of silence is an “angry” type of silence. Such individuals become aware of their loneliness and that no one cares; however, the type of environment that they are in informs them that this loneliness is a form of weakness and a sense that maybe there is something wrong with them. This then makes the individual stay silent and then either “blaming” people for such an aspect or talking about desiring the “pleasures” in life as they believe this is what will cover their vulnerability.

You would find those people have in the past faced some form of abuse that made them ashamed of their aloneness yet, are unable to become aware that yes, it’s the persons fault that they made you feel this shameless, yet it is your responsibility and personal obligation to not be victimized by it and to “rise higher” from all of this in order to become a better person for yourself and to other people. However, some of them are unaware of such fact [lack of education] or do not accept such fact and thus, you would find them always staying silent in an angry manner and then either blaming people, society and an entity for their suffering [Blaming breath] or constantly saying “I deserve this” or “I deserve that” [Pleasure Breath]. They are trying to take back revenge, not noticing that

they are self-destructive as well.

Such individuals are quite deceitful but can be caught by people who have learned and believe in the fact that we shouldn't victimize ourselves at some point and to heal in order to become a "better version" of ourselves.

### Silence 3

This type of silence gives the feeling of a "depressive" mood. You know the type of person who is just so depressed they're just silent? It's also mostly viable when it comes to a person who contemplates killing themselves. A suicidal kind of silence if maintained for long. Such individuals tend to realize their aloneness and that no one cares but are deeply saddened by such a fact. They feel vulnerable, weak and tend to have a longing for a connection or trying to find the "one" who will understand them. Such individuals are silenced due to the sudden horror thought of what if they never find them or "it". They also tend to either fill this silence with constant self-blaming [Instant Self-blaming Breath] due to feeling that maybe it's their fault they are alone. They "dream" of a world where all would understand one another.

It is only when they become more aware through more suffering due to having such desire and perception would they only then start letting go of it and finally see that it is an illusion. It's just like what Van Gogh said :

"We feel lonely now and then and long for friends and think we should be quite different and happier if we found a friend of whom we might say, 'He is the one'. But you, too, will begin to learn that there is much self-deception behind this longing".

It is only when we come to educate ourselves that in fact the true longing is the longing to reach the God within you. To reach your 'complete self' and in order to do so you need to let go and become independent but in a positive way [positive freedom as stated by Erich Fromm]. It is only when knowing that maybe you don't need people and what you need is to stop hating yourself, self-pitying yourself and to look inside and face this contradiction they have of "dark" and "light" breaths inside their Nafs/Nature. As Carl Gustav Jung said:

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside awakes”

Some people are “freed” when they tend to realize that there is a god in them and Gods don’t self-pity, they sympathize and then let go for the better. However, some never let go of such breath because it’s what they feed on and what would then eventually change their very fitah/ID to become less natural than what it was. Becoming inauthentic since it doesn’t want to be receptive to such light or “fact”. They are simply in love with their chains. As Sri Aurobindo said:

“The whole world yearns after freedom, yet each creature is in love with his chains; this is the first paradox and inextricable knot of our nature”

It is only by freeing from such chains and not wanting to feed on such pain can we then begin to sacrifice such a concept of union with people and to begin to search within us a meaning and a union with the light we have. A union with god. That is the stage where an individual detaches himself from the ego and to start connecting through love of oneself, the community and to sympathize with them that they lack the ability to love. This is where an individual can start talking in a more rational, simple manner and just say that “it is what it is” and to let go. It’s the start of the initiation of the authentic self which is born out of love.

## Silence 4

Now this silence in the spectrum even exceeds the “complete Breath” which as I have stated before is commonly used by artists, poets and spiritual individuals. This silence is when a person has become very aware consciously and through his senses in regards to this “organic unity”(Amiri, 2016) that connected them, other people and the environment which makes us all one. They come to speak nature’s sense of talking and that is peaceful silence. It is the attainment of the total

consciousness of “god” (Suntang, 1967). They got their final answer by completely connecting to the soul and have let go on the ego. They have found a way to let go and remove any kind of “dark” breath inside of their Nafs/Nature. They decided they do not want to feed on it which then left their very own Fitrah/ID as it was from the very start, filled with selfless love.

Such individuals once they know the truth of their existence and are filled with content and peacefulness they then realize that yes people don’t care but they will only care if they want to and it’s up to them. And it’s not their issue. and so they stay silent and enjoy this sense of peacefulness. It’s true that individuals can reach such heights when they meditate or pray in brief moments of this blissful feeling. Or you can even picture a monk staying silent for 30 days. However, there are people who are continuously connected to such a sense of silence. They are so peaceful that they find there is no need to talk. As Karl Jasper stated:

“He who has the final answers can no longer speak to the other, as he breaks off genuine communication for the sake of what he believes in”

I argue that this is the phase where artists, poets and spiritual individuals are yearning to reach such heights by trying to survive through beauty in which I shall explain next.

## Survival of the prettiest

Artists, poets and spiritual individuals who constantly talk within the Balanced/Authentic and Safe Breath are unconsciously yearning to reach this level of highest silence or the “complete” breath and are producing their work as a form of an antidote of not being able to reach such levels. Even Susan Sontag in her very famous essay “The Aesthetic of Silence” has stated how Artists in fact produce art not to express themselves but as a form of antidote for consciousness and its inability to reach the full consciousness of “God”.



I argue that it's true that artists produce their work as a form of antidote for not reaching the level of "god's" consciousness but their work is a form of expression in regards to admitting the reasons why they are unable to reach such a level. They are admitting the "dark" breaths inside of them or their earthly attachments they have for the ego to try to provide an astute paradigm for regulating these very wide contradictions of having a very bright energy breath while having a mixture a very very dark breath... that was maybe attained due to having a dark upbringing or environment or simply because in this world there are "dark" aspects. Or the fact that this is the reality of the human being and since they have reached high levels of sensitivity they are not able to ignore such contradictions and are producing work to express it. It is only when reaching the "complete" breath can an individual be able to fully comprehend their inner contradiction with peacefulness and seeing no issue around it. And this can only be achieved by acknowledging God because it would also mean fully acknowledging yourself as well.

Art and poetry are ways for an individual to survive with such darkness inside of them through beauty and without hating themselves or blaming others. It is in fact what I believe should be the right and most logical way of surviving such reality. They are aware that they cannot kill this darkness inside of them or hide it as hiding it will only cultivate even more darkness. Rather than hating themselves, blaming people or attaching to materialistic things which they know and sense is a form of self-destruction they then try to bring it out creatively. Literarily. The more they bring it out the more they connect fully to the soul and attain this sense of silent peacefulness. That's why every painter and poet gets this sense of peacefulness whenever they're done with their work. But go back the next day again not feeling satisfied.

These works of art and poetic words fill other people's hearts and try to help them to face their own contradictions. It helps them to turn more to their spiritual side. Tries to make them more receptive to light. This is a form of what J/Borowski calls "The Unitary Theory of The World" in which he argues how scientific thinking does not grasp the whole concept

of man. He also argues how poets, artists and spiritual people possess some sort of the missing piece for science and knowledge to truly flourish and represent a unitary perspective.

However, for the artist and poets themselves they too are in dire need of something “more” to help them reach the higher spiritual side of them. Their work is an act of trying to survive in a beautiful way until they attain it. The silent peacefulness. The full consciousness of God as stated by Susan Sontag.

However, one might ask, do all artists and spiritual individuals want to reach such heights? No. Because such individuals have reached the highest level of authenticity and individuality yet, it would require them to firstly let go of “who they are” and not view themselves as Yawar stated as “something” and secondly to believe in the concept of god, love god and obey him.

Once an individual acknowledges their relationship with God and how it really is, they can then see themselves and their existence as being only real and truthful through the association of “light” and their soul which is God’s reflective light. Such acknowledgment provides the human a sense of strong ontological security since they feel that God is in fact a part of them and thus, they are strong and not alone. They then view any “dark” aspects that are attached to the ego as the illusion of existence and tend to have the courage to let go of it in hopes that the god inside of them will help them achieve it. It is only achievable by reaching the highest level of selfless love with God which allows the human being to not have one bit of “fear” or “envy” towards their inner contradiction or inside their Nafs. Not having any kind of fear or envy towards the inner contradiction of the individual will then make him stop “creating” things to sooth or express this contradiction and rather just be fine with it. You would find such individual’s letting go of what they are identified as in this world and become what is called a “man of god”. Such people you would find them not doing anything to satisfy their inner cravings and contradictions since they have found true love and rather focusing on spontaneously acting out of selfless love. They also then achieve the

highest level of silence. This is because when an individual lets go of their traumas or doesn't have any they don't really "create" anything outside in the world. It is only when a human being is unable to comprehend the inner contradiction do they create something outside of them to make sense out of it. However, when someone gains a higher consciousness and knowledge in regards to him and god you find them letting go of their traumas as they know it doesn't define them and that it is only a "worldly" issue and there is something much bigger than that. Thus, you would find them not yearning to "achieve" anything but rather just doing good and acting out of the soul.

The contradiction that I am talking about is the continuous fight between connecting to the soul and achieving an ego that is not transparent. All human beings face this struggle all their lives and based on the Islamic religion, the human can remove such contradictions by letting go of the ego and the world and focusing on ways to connect to the soul and become a man of god. They coin such individuals as "the living dead man". An example would be Abu Bakr who was named that since he was acting according to his soul solely and not his body (ego).

So God created this world which is all based on "pleasure" in order to try to avoid those pleasures and focus on the afterlife, which is the real thing? Yes and that's a contradiction in itself and can only be comprehended and seen with positivity if the individual understands that this world is just a virtual world and the real final destination is in another dimension in which, we already did arrive to it but are unable to comprehend that since we are just human beings with a limited conscious. Once they have reached the "complete" self.

Now what type of sophisticated and intellectual person would want to do that? Who can have a change of heart when they have reached such levels of "authenticity"?

It is only the ones who know that their sophistication is in fact nothing and that this world passed through it millions if not billions of "sophisticated" people and it is only when they understand their true existence and how they are one with god. It is only when they want to worship god and leave everything else behind them. Their traumas, their It is only when they

accept, full selfless love and not be afraid of such contradiction. And I believe it is only through the recognition of god and man's relationship to him. It is when they truly want to achieve inner peace and to truly love themselves.

Susan Sontag was able to provide examples of great artists, poets and philosophers who let go of their work and their identity as she states:

“Rimbaud has gone to Abyssinia to make his fortune in the slave trade. Wittgenstein has first chosen school teaching, then menial work as a hospital orderly. Duchamp has turned to chess. And, accompanying these exemplary renunciations of a vocation, each man has declared that he considers his previous achievements in poetry, philosophy, or art as trifling, of no importance.”

However, such individuals seem to lack the knowledge of their relationship to god (since they have no idea that Islam provides a very logical view to this relationship) and thus when they try to attain the complete breath or the conscious of god as Sontag stated, they find themselves either changing identities and still producing or “doing” something. So rather than creating something to find meaning in regards to this inner contradiction they go a further mile and create a completely new self. While still being unsatisfied and not being a man of god who serves people. since this is what at the end of the day, is the main requirement for us in this worldly matters.

For Wittgenstein, Duchamp and Rimbaud they have failed to reach such a level due to only two reasons. The first is of course because they choose to do so and the second is I believe is because the Western society has completely neglected the knowledge that the Islamic religion provides which can help such individuals to reach the consciousness of god. I wonder, what if they knew what I wrote here..what would they have done?

Whoever states that they have reached such height of what is coined as the “Complete” Breath without the acknowledgement of God is in fact deceitful because such breath can be reached when a person has reached

the highest level of feeling safe. The highest level of ontological security. And anyone who states they have reached it while being alone and without acknowledging god is deceitful because logically speaking and we all must admit it to ourselves that no matter how much you try to think that you can feel safe all alone and that you can accompany yourself. You know deep down this is not enough and that there is something missing.

Now let us think together....logically shall we

If the majority of humans are able to connect to their spiritual side, understand the contradictions in life through the words, images and work produced by those artists, poets and very spiritual individuals. If it helps them to become more aware and might make them more sensitive towards some aspects of themselves and the community they are in and if it helps them to gain more “light” within their heart for the Nafs/Nature to connect to and fill this “void” inside of them...

Who then can help those artists, poets and spiritual individuals who have reached one of the highest forms of Breath there could be but are still unconsciously or conscious trying to reach the “complete” breath and the consciousness of god? A I’ve stated before that artists and poets help other individuals to try to achieve a higher “breath” and have a Nafs and fitrah that is filled with mostly selfless love. But who can help those artists and poets themselves since they are seen as the heroes of our times? If they are the highest form of breath?

Maybe there is an even higher form of breath that’s not human?

Maybe it’s words or “breath” of god? As in the Quran.

Think about it logically. Doesn’t this in itself prove that there has to be a god? A higher order?

**I MEAN HOW CAN SOMEONE ACHIEVE THE CONSCIOUSNESS OF GOD OR THE “COMPLETE” BREATH WITHOUT HEARING THE WORDS**

## **OF GOD IN ORDER TO REACH IT?**

### **JUST LIKE THE PERSON WHO IS STILL LEVELED WITHIN THE DARK OR GRAY BREATHS, DON'T THEY RISE WHEN THEY LISTEN TO POETS, ARTISTS AND PHILOSOPHERS?**

Yet again it all depends on the individual if he is willing to listen to those words. If he is willing to love himself and god. If they are willing to admit and comprehend the truth. It is only through a change of heart and a higher awareness.

I now argue that even if artists, poets and philosophers or whoever senses this Oceanic feeling may deny the existence of God however, it is only through the Sick-man can we start proving that the need to acknowledge God is what helps such individuals to heal and attain the full conscious of god just like Susan Suntag stated. It will help them to become peaceful and avoid harming themselves and others.

I shall now discuss the aspect of mental illness, madness and modern society In order to further prove my point in regards to the existence of god, an authentic culture and how we are steadily moving away from such aspects day by day.

## **THE SICK MAN**

### **The Neglected Few**

In this section, I shall be using the book “To be An Individual, Is It the lot of an only few”? as a source of reference as it will clarify and showcase how practices of sufism are in fact natural phenomena occurring around the world without the knowledge of it. This shows how sufism is in fact the “Natural” state of being.

The book will also help us to showcase how there is a common way of talking or “breath” energies that seem to connect such individual indicating more how “Men of God” are all over the world without knowing and that we can never know as even god once stated that the “soldiers of God” is a hidden secret. it will further elaborate how such individuals have a tendency for mental illness due to having an authentic environment around them.

Mental illness is a very wide and varied topic that has endless explanations and analysis towards man. Thus, my focus here is on individuals who are associated with specific characteristics that seem to be common in regards to attaining or becoming mentally ill throughout time.

(Scenario 1)

Those people I’m talking about seem to have several or something in common. They were neglected at childhood as well faced some form of emotional/ physical abuse. However, what truly differentiates them from the rest of the mentally ill is that they have exceptional “light” nerves, a Fitrah that is untouched (since they were neglected) which results to a Nafs that is strongly connected to the soul which allows the child to act based on it. This makes this person become what we call a “good” person.

Due to the neglect such individuals have a different cognitive development than the ones who gained attention and support from their parents. Since no one taught them how people mostly think, interact and the complex relationship of man they tend to learn on their own. And thus, they become very simple, rational and transparent when analyzing and interacting with people. They tend to think that all human actions are due to the motive to make human mankind “be together”. Which means acting out of selfless love. They become supra-rational which is an even more rational state than what the general man operates as. The more simple you are, the more complex you can be to the non-simple and thus this person is seen as “different” from the majority of men. You would find these individuals have their breath/nafs situated within the 2-5 breath spectrum but have it

mixed with the “blaming” breath which is numbered as 16. This will be discussed below.

### (Scenario 2)

Another possible scenario could be that this individual was raised and taken care of within a household that could be described as pure, safe, educational and religious (the right way). You would find their parents have their breaths situated mostly within the 5-9 breath spectrum and thus the energy that is being transmitted to the child charges his Nafs to become mostly within those spectrums and act out of purity and knowledge. It is only when such individuals meet very irrational and dark interactions do they start becoming mentally ill due to being in shock in regards to the realization that the world is in fact not moving in a rational manner.

### (Scenario 3)

This scenario concerns children who were neglected however, didn't necessarily have to face any form of abuse yet, they do gain a deep sense of shame due to being aware of such neglect and seeing the difference between them and what is “normal”. An example could be someone who was in a foster care home and moving between different “homes” never finding a stable one.

I cannot really pinpoint exactly the characteristics of such individuals as I stated before human beings are so varied and there could be infinite circumstances that would lead to an individual remaining having the natural form of human beings which is a fitrah that is filled with selfless love and close to the soul (closer to God). However, what I do know for sure is that such individuals faced a form of neglect that still allowed them to read books or become educated as well as viewing abuse or their neglect as a “normal” aspect. They are incapable of viewing it as an act of abuse gained from their parents or caretakers but rather it is what they deserve. All I can say is that their form of neglect was veiled with its opposite of ‘being taken care of’. It was not viewed as directly being neglected. This creates some form of humbleness and pushes them more



towards having a transparent ego. They kind of act as if they do not exist until only they are required to act from outside forces. May I add that this form of humbleness is within a negative spectrum however, could be pushed towards a more positive one if understood more logically which I shall explain later on.

Also, all scenarios would require the individual to have developed an ability to have a deep inner monologue and a rich imaginative inner reality. This is due to the neglect that occurs in which makes the individual develop an “inner world” that challenges their imagination and mind. They also (most of the time) are raised within a religious family or community which allows them to comprehend the existence of god and a higher order.

Innocence and knowledge are considered to be primordial in the individual life based on Sufism and Islamic traditions (Yawar, 2010) . It is the basis of the Fitrah and as soon as the child is born within a community or energy that is surrounded by dark or illogical concepts, the child’s Fitrah changes as well. It is only when this child becomes conscious of himself and acts as an observer of the self, can they make the decision (consciously or unconsciously) to remain the same or have a change of heart.

Nonetheless, children who were brought up and remained having a fitrah filled with light are often described as what is coined by Yawar as “Hidden Saints”. Such hidden saints WHEN and IF given the chance to grow within a community that encourages their goodness are then encouraged to do good and act good for in itself. Due to their neglect, such individuals have the capability to “observe” society while being highly sensitive to their actions. Due to their high sensitivity and motive to do good is while having an environment that accepts them will then unleash people ranging from artists, poets, writers, scientific, philosophers and psychologists as well as individuals who initiate institutions that aim to do “good”. You might also find some of those “hidden Saints” not being anything significant but rather just a part of the system and doing good without saying a word or being noticed yet, having a big effect.

They could even be viewed as insignificant to society yet they tend to spontaneously help people through their words or actions. They tend to “inspire people” or push them towards becoming an individual too by connecting to the soul. Sometimes you would find those people being called “crazy”.

However, this all depends on the varying degree of abuse, neglect (or no neglect at all) and the type or level of education they have gained. As for example if a child was brought up in (scenario 3) where they were inspired and received warmth and love. You would find them likely to become hidden saints due to the tendency to discover in life that outside their houses...life and people aren't always that “good”. They have the capability to integrate themselves within society through providing institutions and platforms that encourage doing good. That's because they are used to interacting with people. Plus the more education a child is the more likely their nerves. However the more neglected, abused while being educated the individual the more you tend to find them becoming hidden saints yet outside the institutional systems and focus more on “balanced solitude” that aim to weave society together by doing good individually.

To simplify it at most. No matter what occurred or whatever their past was, you would still find such individuals with natural Nafs. This then makes them act or be coined as what Shykh Nazim coined as “Al-Haqqani” and Redhous's Ottoman Lexicon gave three meaning or characters in regards to it which is:

Proceeding from or regarding God  
related to the truth  
Just, equitable

If those individuals were nurtured and encouraged to remain connected to their soul and find an environment to express that soul they would find themselves moving in to the higher stage of becoming a “Rabbani” which I would like to define as:

Acting spontaneity based on the inner “god” conscious inside of you  
Ability to help other people since you know that spiritually you are “one”

with God as well and thus achieving an authentic community or pushing people to become more authentic

Know that you are everything and nothing all at once.

Those people are as described in one of the letters:

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

They creatively weave society together and create a basis of real truth through their words, art, scientific discoveries and for some of them (specifically scenario 2) the ability to make people come and work together for the greater good of society (through opening up institutions). Those hidden saints are in fact what generates a “good”, “authentic” society and allows for a natural existence. They are the ones who provide the ontological security of this world. They are the ones who are reflecting God’s light.

If they were to vanish from the face of earth, this would translate to having all the “light” breaths removed and thus society will be in the “dark” spectrum which is to non-exist. As stated in one of the letters:

“If creative potential were to vanish, so too would goodness, because ascendant existence would yield descendant existence”

Even worse which I will illustrate later on.. It will create an illusion of existence that is fake. The proof of it being fake will result in the illogical concepts that will be yielded in this world as well as the amount of “bad” decisions being taken that are rooted from self-destructive impulses which will create a bizarre world that only the psychotic mad individual can live in.

Today’s incorrect epistemologies and modernizations of irrational

concepts have led to people unable, unwilling and sometimes ignoring such hidden saints to help them unlock their full potential to become an individual who weaves this world's authentic concepts. In fact, due to modernization and the amount of ignorance that we have reached in which has led us to either ignoring, using and even worse envying such people due to acting upon our self-destructive behavior and not noticing how they can benefit civilization. Benefit us.

We are now living in a world order that pushes us to build an ego or as (Russel) stated "hardening of the walls of the ego, making them a prison instead of a window." The window is what I coined as a "Transparent ego". As you can see both of us are somehow talking about the same thing but describing it in a different way which shows just how much we are within the "authentic" self. Trying to come up with ways to explain how to achieve a higher connection or a better self.

Nevertheless, this then leads to those hidden saints who have morals, an inner consciousness and connected to the soul to be most likely met with people who are completely blocked from reality and live an alternative one that makes them form an ego. They tend to thus become lacking in morals or as stated in one of the letters :

"While the voice of the inner conscious is the one of the activity of homomoralis, egoism and envy determine the actions of homoamoralis"

The more the society becomes irrational and moves towards modernizations concepts of "achieving the best life" the more such hidden saints will no longer become actual ones who weave society together but rather end up becoming mentally ill, mad or at worst commit suicide. For individuals who had a less complex life and were within the (scenario 3) family background will most likely end up being in full solitude, futile with a lot of regrets and immense inner feeling of pain.

This will then lead to the inability to form an authentic culture and thus living in the "dark. In the illusion of existence.

However, we must acknowledge the fact that individuals who are highly

sensitive and initially had the natural Fitrah of Selfless Love could easily turn to become a very manipulative being once they are met with negative or “dark” breaths. Yet, my focus here are people who were eager to choose to remain the same and to be filled with light. Those people are the ones who refuse to change to become something “Bad”. Just like Kanye West said in one of his songs:

“You know how the game be, I can’t let them change me, cause on judgment day, you going to blame me. Look God it’s the same me”

Which is exactly what those individuals are trying to do. To remain the same as they naturally were. In the Islamic religion this is coined as “الطريق المستقيم” or “الصِّرَاطَ الْمُسْتَقِيمَ”

Which is translated as the “straight road”. Muslims ask God to provide them with this straight road which means to remain with the same natural fitrah. To remain logical and authentic. A straight road could also be translated as the only “Logical” and authentic road since it’s is straight thus it will provide the individual with a final destination (Heaven or full light) whereas all other roads would not be straight and thus will not have a final destination but rather be left in the dark (hell or the place where there is no light).

This also showcases the simplicity of the way to reach the heavens. Yet, as I have stated before it would only require a person who is “Simple” to be able to grasp such a concept. Simple is purity. However, if someone is not simple in their actions or desires, they would then find it very hard to remain within this straight road. In fact, they can sometimes find it mad to do so.

Before I go further on how we are losing more and more authentic people by the day I want to discuss the truth in regards to the aspect of “good” and the myth that it naturally exists on this earth with no need of man.

The Truth behind “good” and reality of goodness in this earth

I'll tell you a true universal rule: True goodness cannot be sensed. It is only presented. It acts in the present and is in itself an act and not a feeling. As (Bogat,1989) wrote in his lovely book (which I will be using a lot in this section) "To Be An Individual is it the Lot of the Only Chosen Few?" he was focusing on "goodness", good people and loneliness by sending out letters and receiving as well from people who seem to be viewed as good people in life. He states that one time he received a letter stating that "Evil loves sensations. Good avoids all sensations: it is secretive and does not like to be seen" which is where the vulnerability of good lies.

This is the universal truth as doing true good does not satisfy senses as much as it does provide a normality or a natural aspect within the community in order to continue. It's upmost description of it could be described as a sense of continuity In which, ironically speaking if a man continues in the same path they do not sense such continuity since it is the same. This is what is coined as the ontological security and sense of continuity of man. Rather, they think good things come "normally" when in reality such normality could have only been brought up due to the good people. If there were no "good" people there would be no authentic society or a "normal" community.

However as stated before, for good to actually be good it has to be secretive and not seen. And thus for a good person to be genuinely good they have to be secretive in regards to their good actions and rarely seen. This also aligns with the breath Spectrum In which, I have explained that the final and highest breath that is connected to the soul is the "complete" breath as well as attaining peaceful silence. And thus, a genuine good person would not be talkative, rarely seen and would serve as a man of god. Might I add as well this does not mean that if you see yourself as good then you hide no, that's not the case. What I'm trying to say is that if you are truly good you will naturally find yourself hidden. It's a natural law and I believe if you think about it you will see it too. Don't the people who always do good, help out and sacrifice themselves for others are the least to be praised or even recognized? They are sometimes even ignored.

That's one of the wise contradictions that only a person who has reached

the upper breath spectrum would comprehend.

This is what I would like to coin as balanced individuality. It's learning to become an individual for the benefit of society through self-development and development. As one of the letters received by (Bogat, 11989) stated: "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 sake, but for the sake of all, as it were. I will be happy if you understand what I have tried to say..."

And I hope you get what I mean as well.

this misconception that "good" just comes naturally in this world without having someone actually achieve it. It's like God is the one who puts the good in the world and then humans try to maintain it or copy it. This is a very dangerous misconception as it neglects the fact that it is in fact people who are the ones who provide good in this world. However, it is only through connecting to god through connection to the soul. As stated in (Bogat, 1989) book:

"In spite of its winning sincerity, I believe this certainty of the naturalness of the positive to be dangerous, because it leads to a grave delusion: that everything good in life is born of its own accord and everything bad is fruit of someone's wicked and evil doing. If this corresponded to the real state of things, then there would be no need to work at developing one's own soul. If it is innately good, be thankful to fate, if it is bad, blame circumstances and those who changed it for the worse."

This world ,we are just passing through to the final destination in slow motion while we have in fact reached the final destination. This then creates what is called a virtual world in which it is up to us whether we want to make god known or not. Make us reflect his light back or not. And that would mean whether we will be good people or bad people. We are the ones who decide whether God is here on earth or not. And whatever we choose is our reality in which we will end up living.

People have the misconception that God is here on this earth to “take care of us” while the truth is God is not here on earth. He is inside of us and he has his energy around us. It is only when we listen within and connect outside with what’s inside us can only then god guide us and thus, be safe. It is even written in Souret El Baqara (104):

“يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقُولُوا رَاعِنَا وَفُؤُولُوا انظُرْنَا وَاسْمَعُوا وَلِلْكَافِرِينَ عَذَابٌ أَلِيمٌ”

In which it translates to:

O YOU who have attained to faith! Do not say [to the Prophet], “Listen to us,” but rather say, “Have patience with us,” and hearken [unto him], since grievous suffering awaits those who deny the truth.

This is an indication that God even states that the non-believers who joke about the concept of Islam and God stating to the believers that how they would like to see how god will “protect them in this world”. Thus, God told the believers to tell the non-believers that God does not “protect” them but rather he signifies or alerts us and we listen to him. And this is true. The majority of us do have an inner alertness that we know we should listen to most of the time. It’s called consciousness. The consciousness of “god” as coined by Suntang. Now the aspect of being able to “hear” this consciousness all depends on how open and receptive your heart is to light.

The highest form of a “good” person has the strength and is able to be alone as spiritually they know they are directly reflected from God’s light (soul). And thus they are a part of something bigger and stronger that protects and guides them. They also have the strength and the ability to be alone because they know as well that they are capable of spiritually connecting with other people within their community. This would mean that their soul would be connected to other people who are also connected to the soul and thus would find themselves within a community that has a similar way of life, authentic and aiming to do good and “Live”.



They also become highly conscious and have reached the complete self in which they tend to grasp the understanding that good things should not be seen that often and only known to people who are good as well. As (Yawar, 2010) stated:

“Some saints could be more effective if not publicly identified; and it did not always help people to know of their own saintliness”

It is only the good people who have lived within scenario 3 or haven't faced any survival mode issues can only appear within society and be seen doing good. However, the rest in which were negatively neglected, abused yet have their Fitrah untouched will most likely require them to do good in silence and to choose to not be exposed so they could be exploited. However, they have to know that and become educated truthfully and aware of the reality of this world. However the majority of them aren't and what occurs is they are then governed by the wrong epistemologies that efficacy results in them becoming mentally ill or mad.

And thus, good or goodness does not just happen...it has to occur from people. As a letter stated:

“For good is the ascendance of existence to a higher level of development. (not man is turned into a tree, as in pagan myths, but a tree turned into a man.) Good is the triumph of higher world, a new man. And how can this possibly be accomplished ‘by itself’?”

### Wrong epistemologies/ Modernizations approach

The child who is this “hidden saint” and tends to act as a Haqqani could then grow up to become a Rabbani which then pushes such individuals to find ways to create an authentic connection to the world and thus, creating an authentic culture.

However, the majority of people in these modern days are taught

completely wrong and somehow very contradicting epistemologies and thus those hidden saints tend to live in environments that hinder the growth of such individuals.

These epistemologies are:

- ★ The more good and beautiful of a person you are..the more you must show it. It is what will lead you to success and a good life and even more...people will say that you are a good person.
- ★ Being too good in this world will bring you down. Try to change and “harden” a bit so you can manage your life better
- ★ Goodness cannot be a goal in itself. You must be hiding some kind of motive for you to be this good and kind. The truth that people do good for itself is a lie. They only do it because they want something in return from people.

Those incorrect epistemologies that now govern our daily lives have negatively affected the full development of those hidden saints. They tend to view themselves as inferior and reflect negatively on themselves. They find themselves hungry for human interactions but once they do interact they are left gray and cold due to the lack of authenticity and connectedness that is within this conversation or connection.

You would find them very useful for people but they do not receive back any form of help or development as they tend to be “used”. Due to their neglect in childhood they are unable to appreciate or see their talent yet, people from outside are clearly seeing it and using it. While they don’t see it. Furthermore, such individuals have a very deep desire of wanting mankind to be “together” and to do good but they are unable to achieve that as they tend to realize later on that not everyone has the same desires of being together and acting out of selfless love. Such aspects can push such individuals to start becoming “sick” as the reality of the fact is that their souls are hungry for any form of connection but are unable to find it with people.

Today in the modern world you have to be cynical, controlling and manipulative in order to reach the top of the hierarchy. Being good or

goodness is now seen as a form of naivety that is yielded from a person who lacks the strength or knowledge to be successful. It's seen as committing suicide slowly as being "nice" in this world will not help you to survive.

People now tend to use, manipulate and take advantage of those hidden saints. It will only require another "good" person who has reached the level of being an individual to push this hidden saint to develop into a full individual as well who can benefit society. However, today it is very rare for such an individual to meet another good person who can help him. Rather, they are met with individuals who are in fact controlled by impulses and thus acting in an animalistic way. The ones who have their Fitrah filled with sadness tend to use such individuals to help them save them from "situations" or provide them even with comforting words in which they tend to act as psychiatrists for those people. Sadly, the hidden saints tend to view it as a friendship when in fact it is a one sided friendship in which they do not benefit from it.

Even worse, when they are met by individuals who have their Fitrah positioned between both envy and hate they are met with jealousy. This is one of the main reasons why the true logical concept of goodness is that it should be hidden. This is because you would find those hidden saints always showing how nice they are or their goodness which ends up being met with immense jealousy that can destroy this person. You would find this hidden saint unaware of such jealousy or the reason behind it as internally they are unable to see their significance due to their humbleness. And thus, when they are met with this jealousy they tend to think that maybe something is wrong with them and that they shouldn't be that nice. Or that they shouldn't be themselves. In which, without realizing it they are trying to stop connecting to their soul...which makes them sick

The final and worst scenario that occurs with those people in today's modern world is that they meet people who have their Fitrah filled with Envy. Such individuals are what we coin as narcissists. When those hidden saints meet such individuals they tend to be manipulated in the most

complex ways. What occurs is that such individuals become gaslighted and with their highly sensitivity are able to feel that “something isn’t right’ but are unable to pinpoint what it is exactly as appearance wise it’s in fact the complete opposite. And that will drive them mad. Hidden saints who are situated in an environment that mostly talks within the “deceitful breath” will for sure end up as a sick man as they tend to feel that everything is just fake. Nothing around them is real. But they can’t pinpoint it because they can physically see people who are just like them but seem to be “like them”. This sense of living in a plastic world causes such individuals to reach the highest form of mental illness, may it be personality disorders, neurotic tendencies which lead to psychotic and manic episodes.

Now I’m not saying that today in the modern world all environments are filled with irrational concepts and only talk within the dark and ignorant breaths. However, those wrong and inauthentic epistemologies seem to be within the social, business and economic spheres of life which is basically the majority of everything. They are mostly managed by highly narcissistic people.

It is only in the spheres of both religion and science is there still an authentic and logical way of viewing life however this also is starting to diminish. With the increasing cancellation of religion and the shift from science serving humans to science serving a new form of futuristic humans who are called “superhumans” or the human gods which I shall explain later.

And so, this paper is aiming to provide an authentic and realistic epistemology for those hidden saints as well as provide them with a full description of ways to heal and push further in order to become a full individual who can help others and generate an authentic culture. This is because day by day those people are being left in the dark and even worse in mental institutions unable to interact with humans while they are the ones who in fact provide goodness and authenticity in this world.

In the future or actually now, it would require for those people to educate themselves and push themselves as day by day they will find it harder to

find someone who can help them. And so I'm one of them and here to provide some help in case you can't find any.

At the start I believe there will be a very clear difference and a highly separated civilization that will be divided between an authentic and an inauthentic culture. After that it will progress into having a more inauthentic culture than having an authentic one. This is due to the fact that those hidden saints will not reach their highest level of becoming an individual to help but rather a mentally sick individual unable to communicate with people.

The day we fully lose those people and leave them behind will be the day where any form of an authentic culture will cease to exist. What this will mean is that we will not live on the basis of achieving selfless love but will be on the basis of fear and envy. What this will result in is that the most psychotic and cynical actions will occur within this new fake culture and will make the whole of civilization rise to a new level of insanity that will be viewed with complete normality from people since they too will be psychotic and narcissistic in their actions.

The truth of the fact is that this is already happening and many normal people are starting to sense this insanity and lack of safety within this new framework of life and thus, are starting to become mentally sick as well which I shall discuss later.

I argue that it is only through the Sufism framework and Islamic teaching can those authentic people try to regain their sanity and reform an authentic culture. This is because I argue that Sufism and Islamic teaching are authentic and thus will naturally aid authentic people even if they do not consider themselves as Muslims or religious. And this is my main point. Authentic people naturally follow or act in a Sufism manner without even knowing. They act in the most naturalistic ways that allow them to reflect God's light without even knowing that they are. This will be shown now below.

## Right epistemology/ Islam and Sufism

As stated in (Yawar, 2010) thesis, while meeting some of the Sufi mystics within the Nakshabandi movement he stated that he met someone called Esref in which he informed him this very important fact:

“People were not necessarily calling themselves Muslims, but were becoming in character-at least, compared to people in other parts of the world”

**AND THAT IS THE TRUTH. THOSE HIDDEN SAINTS OR GOOD PEOPLE WHO HAVEN'T EVEN HEARD OF WHAT ISLAM OR SUFISM IS ARE IN FACT ACTING AND BEHAVING IN THE SAME MANNER BECAUSE THEY TOO ARE HIGHLY CONNECTED TO THE SOUL AND HAVE A TRANSPARENT EGO.**

As Yawar stated that Sufism requires the transparency of the ego, those hidden saints have been able to achieve that with no issue since this is how they were raised.

This proves how Sufism and Islam is an authentic culture because it naturally exists in places that the words of “Sufism” and “Islam” are not even known or even worse they are perceived with hostility. There are people who act within the Sufism characteristics without even knowing about it. This is because they act out naturally and out of their natural form (Nafs/Fitrah) of selfless love.

When talking about Sufism characteristics I mean that

- ★ Highly connected and guided by the soul
- ★ They are “good” people who are guided by what’s “inside of them”
- ★ They tend to wear very simple clothes or clothing since they kind of neglect the ego and thus doesn’t want or have the ability to initiate a egotistic persona
- ★ Tend to naturally have an inner conversation with god especially when they lose hope
- ★ Has this inner need to wanting to be alone (reflecting) more than engaging with people
- ★ Possess a lot of abilities and talents yet are very humble about them and does not view themselves as superior at all
- ★ Don’t really like to be seen or stand out
- ★ Very simple and logical in the way they talk. By simple I mean have you seen how kids or autistic people talk? You feel it is super pure, childish yet making much more logic than the way grown-ups talk. For example when you suddenly find your child asking a question that is very simple yet you are unable to answer because it requires a deeper sense of rationalization in order to answer them back? That’s the kind of simplicity that I’m talking about.
- ★ Want to form a community and a sense of authentic connectedness
- ★ Acts as a “healer” for people by either giving advice, helping them out or influencing them with their “light” breaths to become a better person
- ★ Cannot comprehend why people act out of self-destruction and self-interest as well as it confuses them
- ★ Are initially shocked by the fact that people can deceive
- ★ Unable to ‘fit’ within the natural state of society as they are “too pure” for it
- ★ Attracted to knowledge and real logical facts
- ★ Favors connecting with people rather than achieving success or becoming “the best”

Today individuals who are in the West have no idea of Sufism or it’s teaching and even worse, people who now live in the Middle east (in which Islam is their main religion) have become so ignorant that they

have no idea what kind of comprehension of Sufism is and have made the Islamic religion one of the most avoided religions to talk about especially in a positive light.

To prove that those hidden saints are in fact naturally Sufis without knowing it, when reading the Letters in (Bogats, 1989) book of different people living in Russia who are genuinely “good” and do goodness in this world ; there were many who had the above Sufi characteristics and seem to complain in regards to their goodness and aspect of feeling that they are “different” and unable to fit in the daily life.

One girl wrote to him anonymously saying:

“ I want to tell you about my life or rather, about my way of life, and about my search for this way of life. I am a very meek person. When I was at the institute and lived in a hostel, people used to say of me: ‘Oh, you could put a crocodile in the same room and she’d get on with it.’ I think people liked me and at any rate they used to say nice things about me, but there was something hurtful and almost consumerist about their attitude to me. People would run to me as soon as they had a problem because I could sympathize and give sound advice. But no one was ever interested in my life, in why I was happy or sad. No one at all. And none of my sociable girlfriends or the young men who I went out with ever tried to have a deep relationship with me. I’m by no means ugly, in fact, I’m prettier than many (and that’s not my opinion), and I can be very jolly in a group, but really and truly nobody needs me...Anyway, I began to try to find out why. One young man explained to me: ‘you’re different from everyone else. It’s not even that you don’t wear makeup or that you dress rather plainly...the point is that you’re different inside, and that’s bad. It’s almost impossible to understand you: you’re just a different type of creature...’ I even asked him in surprise: ‘is it really impossible to understand me?’ ‘Well, if you really wrack your brains, then, of course it’s possible,’ he replied, ‘but just think, who wants to wrack his brains. You’re demure...and personally I’m afraid of people like you.’...that was when 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’ ”

This poor girl who is a Haqqani and is in fact what is coined as a “Sufi” is unaware of such a fact or aspect. Thus, she is unable to comprehend the fact that she is highly connected to the soul which makes her have a transparent ego. This is why she doesn’t really wear makeup and wears very simple clothes. Also, she is hungry for deep authentic conversations since she has her Nafs situated within the high breath spectrum 3-7 breaths (Fitrah was left untouched and remained natural) however, what she doesn’t realize is that her friends have not faced the same form of neglect and where in fact influenced by gray or dark breaths in which, has changed their fitrah to be consumed by either fear or envy. Thus, they are unable to reach the same breath spectrum as this girl and thus she feels the lack of authenticity whenever they talk or not being able to have “deep” conversations. They can only meet her as much as they have met themselves.

They are not interested in her not because she is uninteresting or not good enough but because of the simple fact that she is very simple in her way to the extent that it confuses them since they are not that simple and authentic as she is. However, since she does possess a higher form of light breaths than her friends, they tend to be attracted to her and the “advice” that she provides to her friends since it does allow them to see things from a different and a better perspective. And so, this girl is craving any form of connection but is unable to find it. Instead of continuously connecting with other people through their souls , the authentic connection is then turned into brief “moments”. It leaves her spiritually frustrated (Sapir, 2013) or left with an “unnourished soul” (...).

This is because what this girl needs is to have other people or at least just one person who possess similar/ higher forms of lighter breaths than can push this girl (who is still not fully developed and independent) to have a higher connection to the soul and thus, become an individual. What I mean by an individual is someone who is capable of having a “positive freedom” way of life and possesses the ability to have a balanced individualistic approach. This would mean to be in solitude yet for the

sake of doing good for people. As one of the letters received by Bogat regarding a woman who realized what it means to be a true individual in which she stated:

“I suddenly realized that it isn’t enough to stand up for oneself for the sake of solitude; one has to stand up for oneself for the sake of communication, in order to do good”

However, since the girl cannot find such support and is rather “used” by her friends she then faces the confusing issue of having brief authentic connections mixed with unauthentic ones.

There was also another letter written by a boy in which he states to Bogat:

“I am twenty-five and people say I have skillful hands! I can make anything. I could earn lots of money so I’m told, but I don’t, though not because I’m lazy. My only wealth is books, but I don’t even have a large collection because I lived in a hostel...I have no family and I spent my childhood in a children’s home and then a boarding school. But I’m not at all like your typical kid from a children’s home. I mean typical in the sense of toughness. I’d be surprised if every child receives the warmth and understanding which I (or rather we received in the children’s home... I see the main fault not in the fact that I knew too much goodness, but rather that I knew too much optimism. There was an unthinking, foolhardy belief in the unavoidable, inevitable triumph of goodness, or even broader, of good, in any situation. Goodness is a virtue and optimism is a fine thing, but in combination, they can give rise to something terribly defenseless...like me. my friends respected me, even liked me, for my unchildlike earnestness, fairness and strictness. But to tell you the truth I had few friends. I was fond of solitude. I tried to remain in the shade, though often I could easily have been a leader.I was even physically strong and was often applauded in the gym. But even there I disliked being first, being watched by everyone else”

As you can see the boy has the characteristics of what is considered as a “hidden saint”. Someone who has capabilities but is so humble through

their transparent ego that they are unaware of their unique capabilities and skills. This is because the boy is highly connected to the soul which allows him to be able to gain a higher form of knowledge and understanding of the world.

However, in the eyes of other people, those skills are what forms the ego for this boy while the truth is that this boy doesn't see it as a part of his ego but simply as "who he feels like he is". And so he didn't have those skills in order to form an ego due to feeling threatened by the world and to survive in it but rather for the sake of naturally loving knowledge and wanting to understand the truth. This is proven since the boy doesn't really use the skills he possesses to gain money but rather because they love knowledge and truth.

The boy then grows up and leaves the hostel in order to interact with the real world. He then receives the first initial shock in regards to the fact that people deceive and have complex motives . He even quotes:

“ I was puzzled by indifference and dreadfully shocked that someone could smile at me and deceive me at the same time. Of course, I had read and heard that dishonesty and injustice exists, but these things have never affected me. They existed abstractly, speculatively in a world where good always triumphed. But now they did affect me and I was horrified...”

The second shock he receives is that interactions with people are complex that he thinks. That they cannot be constantly authentic.

This occurs when he falls in love with a girl on the radio in which he sends her a letter. They then begin to form a relationship in which the boy quotes that he was "happy" and "lived full" because "the vacuum had been filled". In which this vacuum is the aspect of loneliness.

However, after a while the girl starts sending letters to the boy complaining about the fact that she felt that all the girls around her dressed more fashionably than her and that she receives no gifts while they do. He replied to her telling her what he really thinks about it in which he tells

her that “A person needs to have higher joys and values than that” and that she’s beautiful just the way she is. The girl then decides to finally leave him when he didn’t even give her chocolates when they met. The boy felt an immense sense of loneliness that somehow automatically, 2 years after the girl left him he was able to fill it “with conversations with God.” Why? He stated that:

“If God exists, I thought, he should know all about me and should help me somehow, because after the break-up with my first love, I have come to hate solitude. I realized how good it is to have someone at least at a distance.”

Since he began to accompany himself and the inner god inside of him, he began to have a rich inner world that made him ponder about life. For example he questions “How can strong, original personalities possibly be formed or remarkable human feelings be revealed amidst this drabness and uniformity?”

At some point he told himself why he doesn’t bring out those inner discussions with his neighbors in the hostel and form any connection. He then rolled out his monologue that discussed his favorite topic which was “emotional poverty, the absence of a need for strong impressions and contentment with drabness.” But before he could continue his neighbor exclaimed “Oh! If only I could draw! I’ve often thought about this myself! You see, if I could draw, I would decorate everything with colored chalks and charcoal so that every evening people would gasp with delight”.

The poor boy wrote to Bogat that:

“After that I didn’t want to say anymore to him, for I knew how to draw, I suddenly found myself wondering whether perhaps my “inner monologues” were rather like a screen in a puppet theatre. I felt a puzzling guilt, I felt ashamed...”

This then left him even more spiritually hungry for connection that he started to ponder again about what happened to the girl he used to talk to

on the radio. He began to think about her so much that he wrote a letter to the radio lying about how they both met and that he is trying to contact her again. He began to feel as if he was “half crazy”...

He got a reply from the radio stating that the girl was in fact now married which made him very sad but “felt slightly better when I had calmed down. It was a good thing I was alone.”

Becoming even more spiritually hungry for any form of an authentic connection with humans, he started wandering in the streets since he was “drawn to the street, to the people.” He went inside a gift shop and bought some chocolates and when he went out he found a woman in which he felt that she looked very lonely as if she was waiting for something. He then goes up to her to give her the box of chocolates but the woman shouts at him calling him a “creep”. He wrote to Bogat stating:

‘What could I say? I would have had to tell her my life story for her to understand at least a little. I apologized submissively...I got a feeling she had a chip on her shoulder about men.’

This further rejection made him feel ashamed. He was overwhelmed by “feelings of a hurt child; hurt, humiliated and misunderstood.” This shame was so strong that he started to become suicidal. He felt misunderstood, hated and most of all very lonely. He just could understand the simple fact of:

“Why can’t one stop a person in the street and ask him to listen to one’s life story? To approach him not with the old phrase: ‘Please could you give me a fag?’ but confidently: ‘please could you hear my confession!’ Perhaps one day this might become natural, but today it rather sounds ridiculous”.

The boy was becoming very suicidal that he stood Infront of a railway thinking:

“In the distance I could hear the rumble of an approaching train. One

more minute...One more minute...One more minute. I realized that it would be easy to do. Horrifyingly easy.”

But then something happens...

“And suddenly I thought...suddenly I thought and this saved me. Throwing myself and my life would be like my act of placing down my untouched food on the table for dirty trays. I sensed something dishonest in what I was about to do. All my life, despite all its awkwardness, absurdities and failures, I have been heartened by the thought that in spite of everything, I am an honest person; albeit gauche, clumsy and absurd! To be absolutely honest, this thought had consoled me somewhat until I had become disillusioned with my ‘inner monologue’ that I had given up altogether thinking of myself, of my soul”.

He then suddenly became very calm and went back to the hostel. At night he went to continue writing to Bogat telling him:

“I promised to tell you something very important. You’ll probably be disappointed. That important thing is the fact that I am alive. I am alive. I did not die. I am alive...”

Sufism and it’s naturalness

The striking similarities between the people who wrote those letters and the way a Sufi would act are so similar and exact that it proves how such a concept is natural in itself. It’s authentic. It occurs naturally without even having a name.

However, the main difference between those two groups is that Sufi’s have reached the point of becoming a Rabbani in which they act as an “individual” whereas the people who wrote those letters are still in the stage of Haqqani but are struggling to become a Rabbani, an individual. An individual who can fully reflect God’s light in which allows them to become a higher version of themselves that can serve humankind.

It is due to their environment that both lack the knowledge as well as

logical concepts that hinder the growth and development of those hidden saints in order to become a full individual who can sew the world with even more authentic connections.

I'm not trying to say that those people should be Muslims. Or to convert to Islam. NO. What I'm trying to say is that way before there was anything called a religion or there was even some kind of a religious book that informed people there was a god; there were in fact people who naturally and automatically got to know that. Those people were coined as “ “ in which they were one of the most authentic and highly connected individuals that were able to thus provide a rational and logical way of living without having to take anyone's advice! They just listen to this inner voice that's inside them while praying to their god. Their Fitrah that reflected the light of God thus provided them with their truth and their way of worship to this god. They were able to walk in a “straight road” without having any human being tell them how. Those people are in fact men of god with no need to “labeling” them what kind of religion they are in.

As Shaykh Nazim has described in regards to the journey from moving from a Haqqani to a Rabbani he stated that:

“A person who stands for justice is called “Haqqani”, and that title is the basis of all other honorable ranks in the Divine presence...It means nothing to Allah whether you were known in this world as a Muslim, Christian, Jew or Buddhist, but He will be concerned with whether you deserved the title of Haqqani. Those who have been Haqqani in this life are transformed, their very essence adopts the Divine attributes so that they become “Rabbani” or beings who pertain to the Lord intimately. It is about these people that Allah Almighty says in a Holy Hadith: Oh My servant, be obedient to Me and I will make you a Rabbani Then you (also) will say a thing to “be” and so it will be.”

This then brings up something as well that should be a universal fact .And as I've stated before any true fact will be contradictory in its essence. That fact is:

Your God is different from my God. BUT he's still the same god.

Each and every person has their own way of connecting and understanding God and that is because based on the THT the person is initially a steady eye and thus, is able to absorb, understand and see this reflective eye depending on themselves and their eyes (and conscious at that time). And thus, your way or journey to god as well as the feeling of him will be different from the way I interpret my god and how I was able to arrive to have a connection to him. Since we all are reflecting this light and not absorbing the actual light we then are unable to fully comprehend the actual truth of god but only the reflection that we can see through our eyes. Which is then our truth but not the actual full truth.

So for example, I could see or feel that my god is merciful, kind and understanding while some people can interpret god as strong, fearful and strict. I could argue with this other person stating that god can't be that harsh which indicates that my truth is different than that person. Or the way I connect with God is different from that person. It also shows me who I am since whatever I view my god as is in fact how I view myself. But the matter of the fact is that god in general is all of it and everything a person could ever describe as what they call as their god. And so this could be my truth and way of seeing god but it's not the actual truth of god.

So to be honest, I genuinely do not care what type of religion you follow or what concepts you believe in but as long as you do believe that there is a god inside of you that you can talk to to help you remain logical, truthful and to achieve a higher self to help others by undergoing a strong spiritual path then you are coined as a man of god. A man of logic. A man of life.

The people who wrote those letters needed someone to help them achieve this higher connection but failed to. They were already Haqqani's but failed to reach the stage of a Rabbani (an individual). It was what would allow them to become a higher form of themselves and thus help their



community with the unique skills that they have. They needed someone to inform them in regards to the aspect of god, worshiping and what a nafs and fitrah means. But they never were able to get close to such concepts...they were never able to fully understand themselves.

Rather, they lived within a community that made them end up either thinking that they are not good enough or even worse that it would be better off just to kill themselves. It has made such individuals become rather sick.

I shall now provide the types of illnesses and mental issues that such individuals might face due to living within modernization which does not have a logical point of view nor views the soul as an essential aspect of the human being. I will highlight based on the breath spectrum and the THT how and why those people gain personality disorders and neurotic behaviors. This will then enable us to comprehend the ways such individuals get affected and why they end up acting the way they act (in a sick man manner).

Through this explanation I will then provide the right way of dealing with such sickness and ways for such individuals to heal, become a part of society and become an individual.

I argue that If such individuals were able to get access to the THT, breath spectrum as well as understand what is going on with them and how to adapt; such individuals will transform themselves into becoming geniuses who formulate the authentic connection and logical concepts of the world. Without them we will lose the aspect of “meaning” “logic” and will in fact act purely out of self-destruction.

Without them, the world will forever lose its authentic connection, its natural form of “being” and will instead start living an alternative world of “being” that is in fact fake and an illusion of being...an illusion of life filled with “freedom”.

**Appendices**  
**APPENDIX A - Analysis of Each Form of**  
**Breath**

<p>Silence 4</p>	<p>Aware of the “organic unity” that connected them with people and God</p> <p>The type of silence where one knows all the answers and thus cannot speak and they are bounded by the truth</p> <p>Also a form of silence which is obtained through meditation, contemplation and expanding to the soul which is outside oneself</p> <p>“He who has the final answers can no longer speak to the other, as he breaks off genuine communication for the sake of what he believes it”</p>
<p>Complete breath</p>	<ul style="list-style-type: none"> <li>• Individual is able to comprehend all contradictions in life and are aware that they are a part of it.</li> <li>• Acts as part of the truth</li> <li>• “Man of God” so language is free from distortion and illusions.</li> <li>• Speaks out of selfless love and his response to people is according to what one needed to receive at the moment (spontaneous and selfless)</li> <li>• Speaks to the heart of other people</li> <li>• Maximum meaning with the least amount of words</li> <li>• View themselves as ultimately “nothing”</li> <li>• Speaks of God and is in love with him</li> </ul>
<p>Balanced/Inspired/Authentic Breath</p>	<ul style="list-style-type: none"> <li>• Expressing individual truth</li> <li>• Able to provide new ideas, inventions and work</li> <li>• Expressing “what’s on their mind”</li> <li>• Persistent in showing their opinions and thoughts to people</li> <li>• Have an edge/uniqueness in their talking to show character of oneself</li> <li>• Views themselves as ultimately ‘something’</li> <li>• Creative re-envisioning</li> </ul>

Safe Breath	<ul style="list-style-type: none"> <li>• Shows their intentions clearly</li> <li>• Acknowledges that at the end of the day everything will be ok</li> <li>• Is able to realise that humans are connected and that we are all one (unity ocean )</li> <li>• A sense that people still support each other</li> <li>• Provides a sense of “safety” to people (physically and mentally)</li> </ul>
Pure Breath	<ul style="list-style-type: none"> <li>• “Normal” fear of the unknown</li> <li>• Able to know what’s good and bad without having to ask anyone (unity ocean)</li> <li>• Talks the truth and acts righteous</li> <li>• Able to reflect but not to creatively-re-envision</li> <li>• More logical than creative</li> </ul>
Purified breath	<ul style="list-style-type: none"> <li>• Able to acknowledge one owns dark breath</li> <li>• Working on lowering dark breaths to attain the “pure breath”</li> <li>• Becoming more aware of one’s potential and limitations</li> <li>• Able to Love oneself and forgive</li> <li>• Learns new positive habits</li> </ul>
Valid breath	<ul style="list-style-type: none"> <li>• Is able to validation oneself and others as different entities yet still connected</li> <li>• Starting to acknowledge oneself and integrate knowledge to become more personalised</li> <li>• Feels that they are in a positive environment</li> <li>• Knowledgeable and can provide a lot of useful information yet still hasn’t acted upon it</li> <li>• Starts to love oneself</li> </ul>
Knowledge breath	<ul style="list-style-type: none"> <li>• Reads a lot and is able to adapt and provide to other people what they have learned</li> <li>• Is able to understand more logically how the world is governed</li> <li>• Starts becoming more rational and aware</li> </ul>

	<ul style="list-style-type: none"> <li>• Starts viewing “self-respect” as a need to oneself</li> <li>• Realises that people are different</li> </ul>
Good breath	<ul style="list-style-type: none"> <li>• Remaining to be good even if life is difficult</li> <li>• Speaks good of people and oneself while ignoring the bad</li> <li>• Always tries to see the positive in things</li> <li>• Avoids “dark” breaths as much as possible</li> </ul>
Thankful breath	<ul style="list-style-type: none"> <li>• Always thankful of life and chooses to see the positives</li> <li>• Can thank God constantly</li> </ul>
Sacrificing/Muhajid Breath	<ul style="list-style-type: none"> <li>• Positive freedom ; views materialistic things in life as non-essential</li> <li>• Able to sacrifice oneself for other people</li> <li>• Tend to be more religious</li> <li>• Starts activating a “Transparent” ego</li> <li>• Aware of the truth yet feels guilt</li> </ul>
Silence 3	<p>A form of “depressive” silence</p> <p>Such people have been able to realise one’s own fault yet are not able to realise the need to start acting out of “selfless love” to be able to get better. This is only done by “letting go”</p> <p>Tend to feel that they are weak and vulnerable.</p> <p>Saddened that they are alone and no one wants to help</p> <p>Also a “dreamy” form of silence in which one runs from reality and to their inner world</p> <p>Looking for a “friend” kind of silence and the need to realise how this is a form of self-deception in order to rise higher</p>
Instant self-blaming breath	<ul style="list-style-type: none"> <li>• Constantly self blames oneself</li> </ul>

	<ul style="list-style-type: none"> <li>• Within an environment that is usually filled with sadness and fear</li> <li>• Unable to let go of their sufferings or pin point what it is exactly</li> </ul>
Cheap breath	<ul style="list-style-type: none"> <li>• Usually tries to put the least effort</li> <li>• Selfish and will minimise engagement with people if they don't benefit from them</li> <li>• Avoids being truthful to oneself even though is aware of it and to others</li> <li>• Resentful of one's position and always comparing after realising their possible potential</li> </ul>
Non instant self- blaming breath	<ul style="list-style-type: none"> <li>• Is aware of one's own fault every once in a while</li> <li>• Starts realising that maybe it's all within their control to become better</li> <li>• Wants to improve</li> </ul>
Blaming breath	<ul style="list-style-type: none"> <li>• Blames everyone for their own wrongdoing</li> <li>• Starts realising that they could reach a "higher form" of themselves</li> <li>• Unable to still see or admit their own wrongdoing</li> <li>• Constantly saying "I deserve this"</li> </ul>
Silence 2	<p>A form of "Angry/Sad" Silence when oneself realises that they are alone and people around them are different</p> <p>The type of silence where oneself feels as if they are "victimised" and their aloneness threatens them</p> <p>Unable to realise that it is their responsibility at the end of the day.</p>
Pleasure Breath	<ul style="list-style-type: none"> <li>• Powered by envy and always aiming to manipulate</li> <li>• Loves materialistic aspects</li> <li>• Can talk in an irrational manner just for their own benefits</li> <li>• Loves being entertained as well as entertaining others</li> <li>• Everything they say or do is for their own benefit</li> </ul>

Deceitful Breath	<ul style="list-style-type: none"> <li>• Very irrational and illogical way of talking yet will and can make it seem as the complete opposite</li> <li>• Power and control is what they love</li> <li>• Willing to sacrifice others for oneself</li> <li>• Always deceives people</li> <li>• Hides intentions</li> </ul>
Silence 1	<p>Very negative form of silence and is done when wanting to gain control.</p> <p>Used as a form of mind games, manipulation and fear to others.</p> <p>Very smart and manipulative people tend to use this silence to push people to become scared and feel threatened.</p>