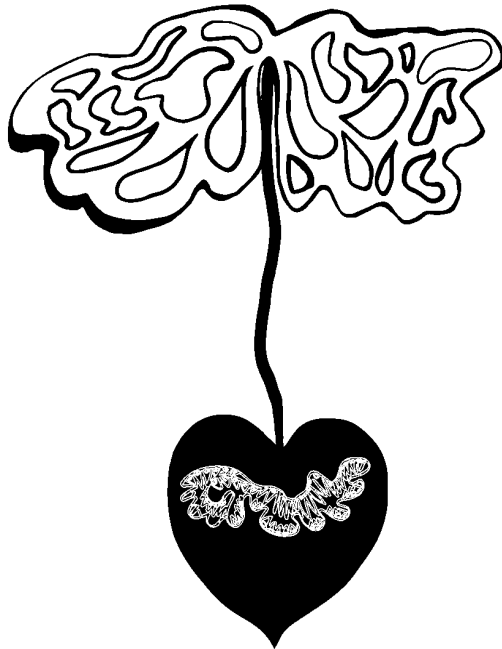
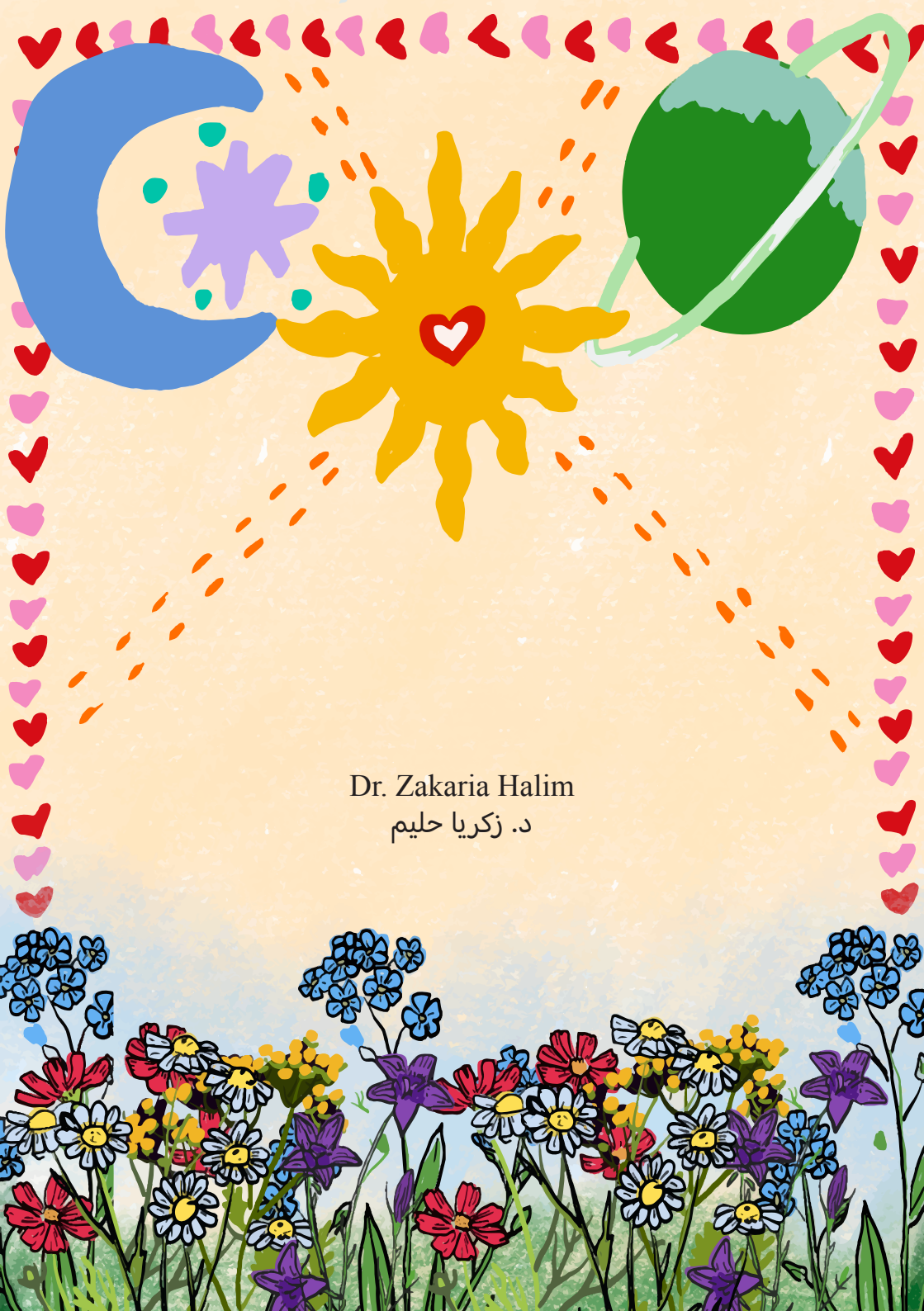


**AGE OF ESCAPISM/PSYCHOSIS &
HOMO- DIABLOUS:
THE AUTHENTIC VS INAUTHENTIC
BATTLE**

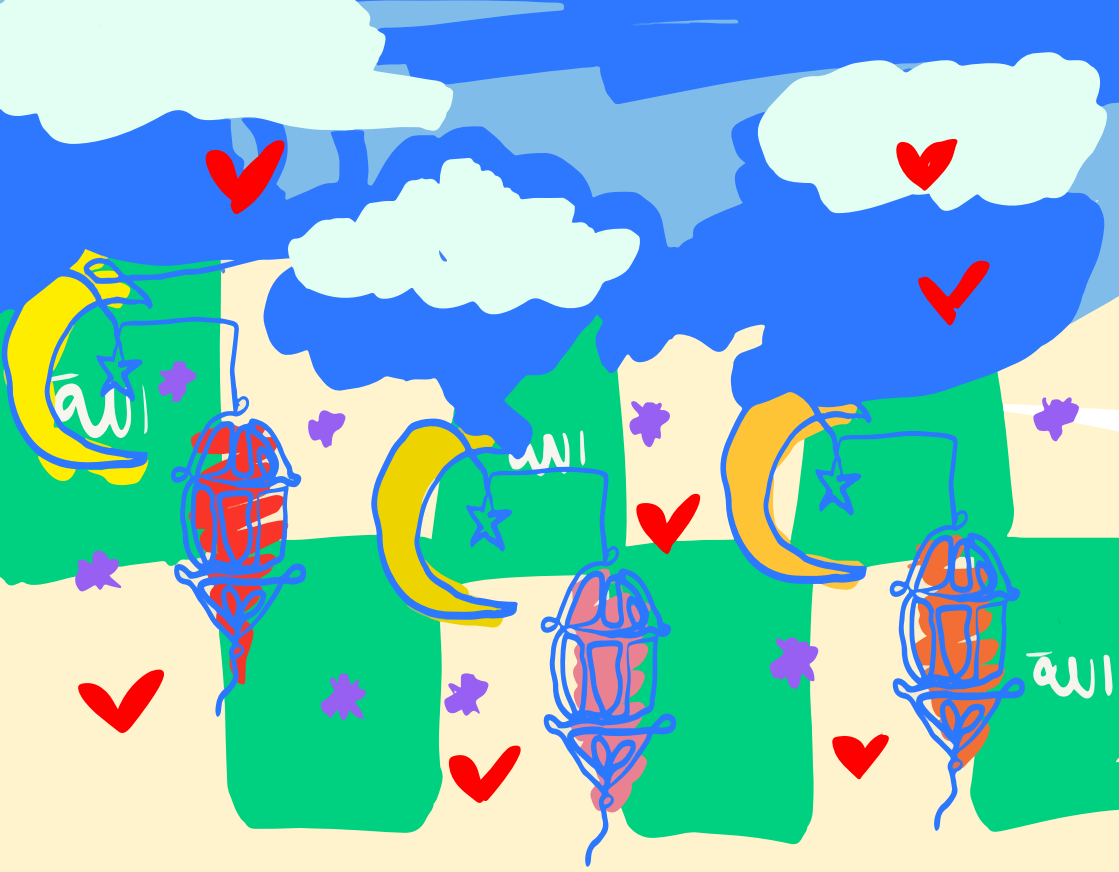


SAKRAN

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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".

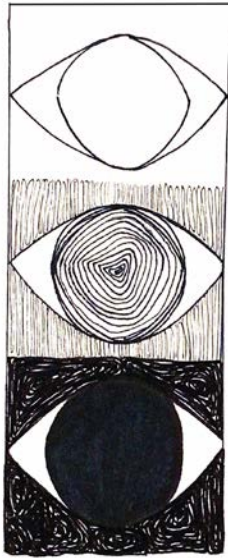
- Since God is the one who approached those steady eyes, it was God's greater love for those eyes that pushed for their existence. He loved those eyes so much that he kept on telling them so and hoped for them that once he reflects his light and provide them with "the garment of existence" (Mahmoud, 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.

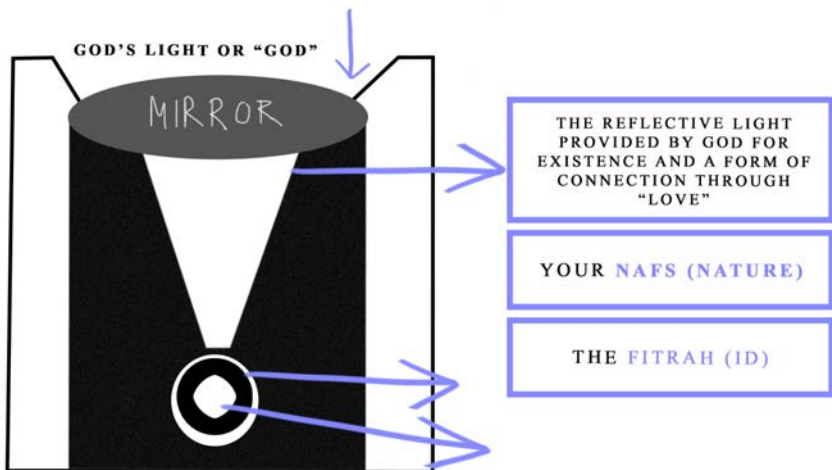
Sufi teaching showcases the perspective that our main aim in life is to get to know God more. Love him more. This is done by getting to know

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.

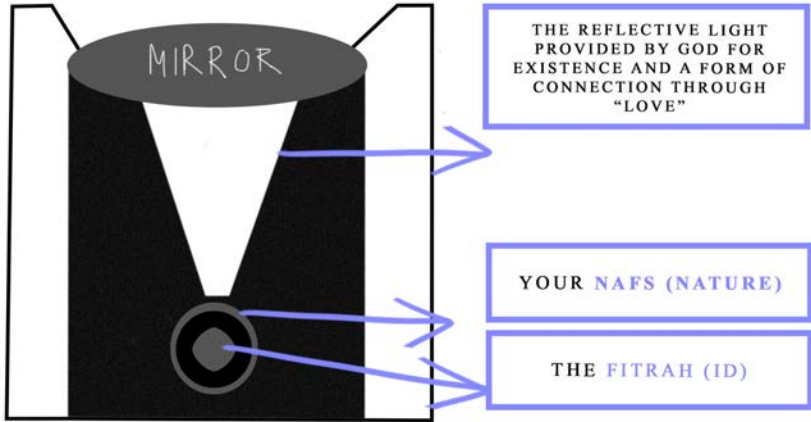
Nevertheless, God then dropped some form of a “mirror” and reflected his light on those steady eyes which transformed this eye to what is called “fitrah” which, can be coined as “Nature” and formed a Garment of Existence over it called the “Nafs” (نفس) which is translated as the “ID”.

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:

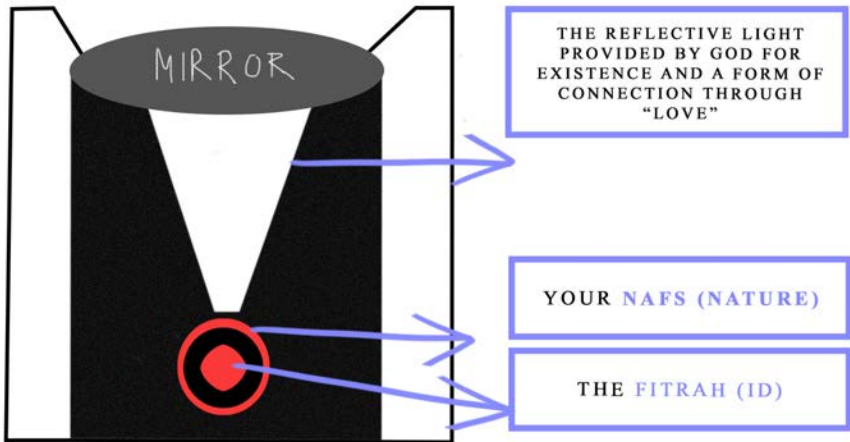
Example of someone who has a fitrah/nature driven by love (white):



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 وَتَعٰلٰى 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

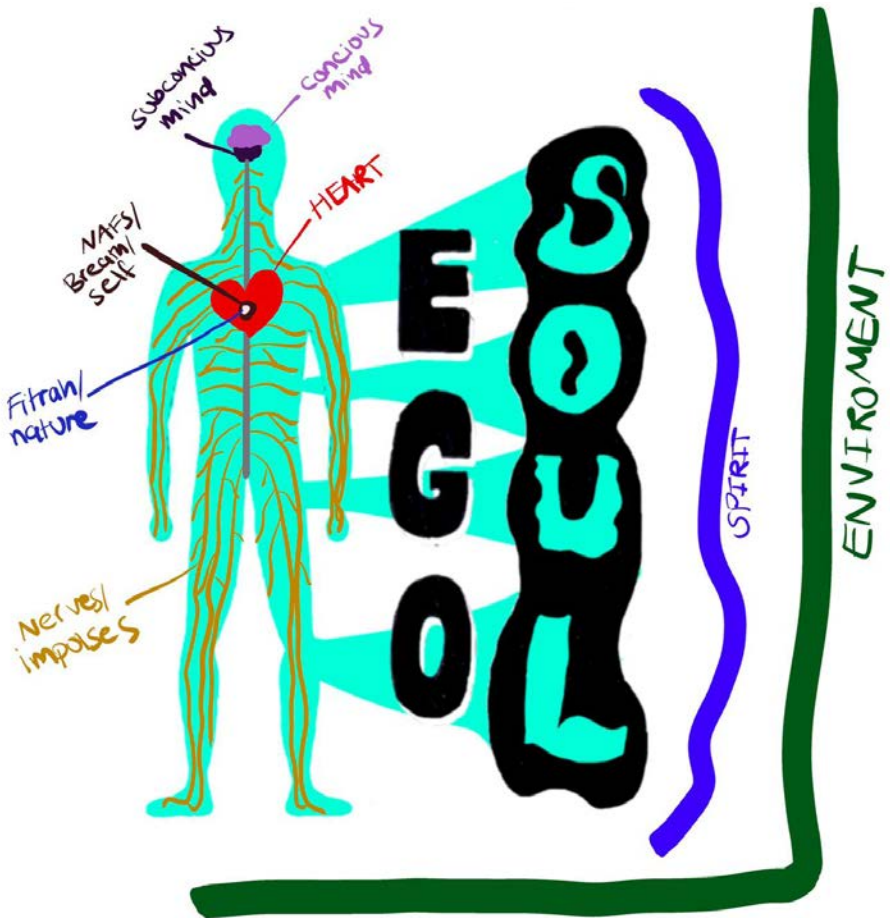
Human beings are not able to gain these religious feelings (that Freud discusses in which he states that it forces an individual to be called religious whether they like it or not) or what can be called an "oceanic" feeling is because firstly, they are unable to feel. Which indicates that it concerns 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

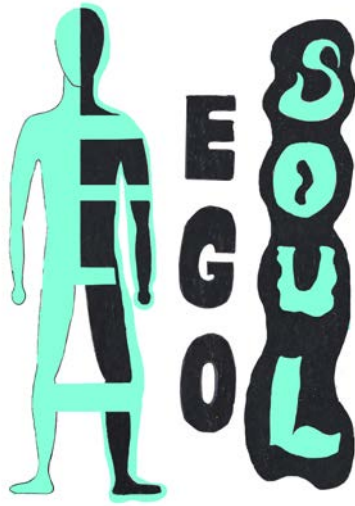
"If our senses were to give us a complete picture of the world, we would be overwhelmed in some way". And so it would be impossible for the

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.

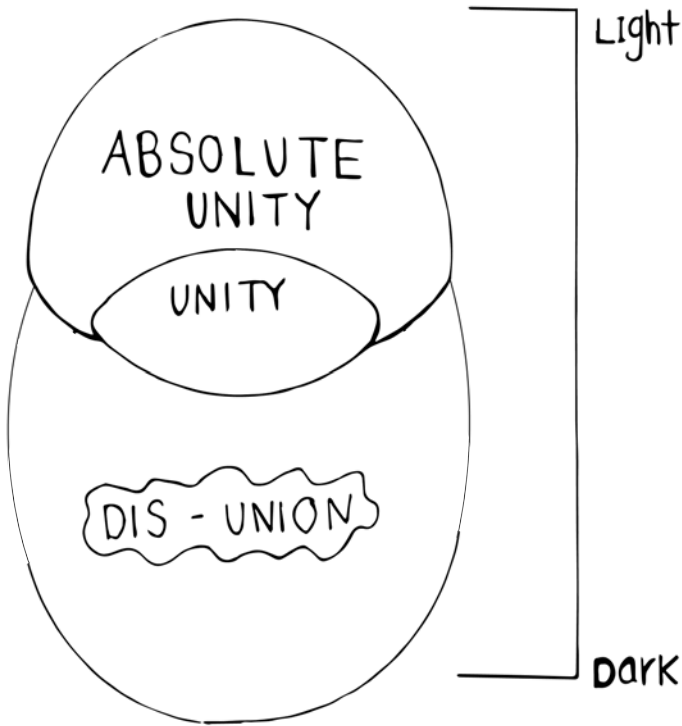
Looking closely to the soul, when someone is connected to it they tend to be guided by their own “light” which also translates to being guided by God.



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.

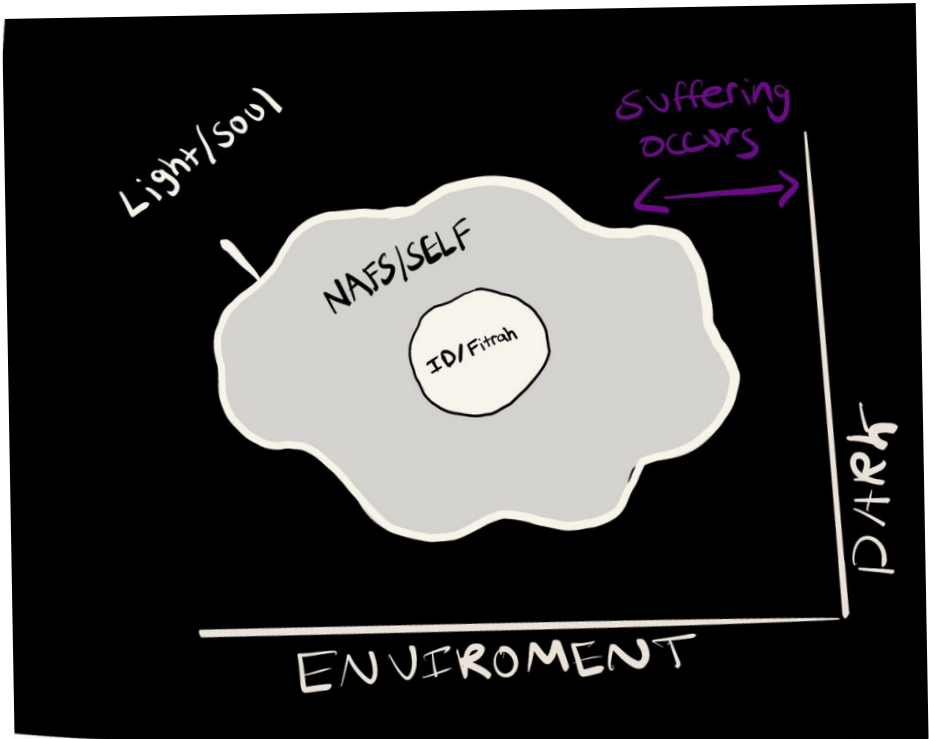
Can you see the big difference? How just by becoming more knowledgeable and aware of the truth can turn a mad man into a gifted one. Why is the west denying the existence of god that can help better like such examples? I shall illustrate below what Globalization, capitalism and Humanism has done to the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

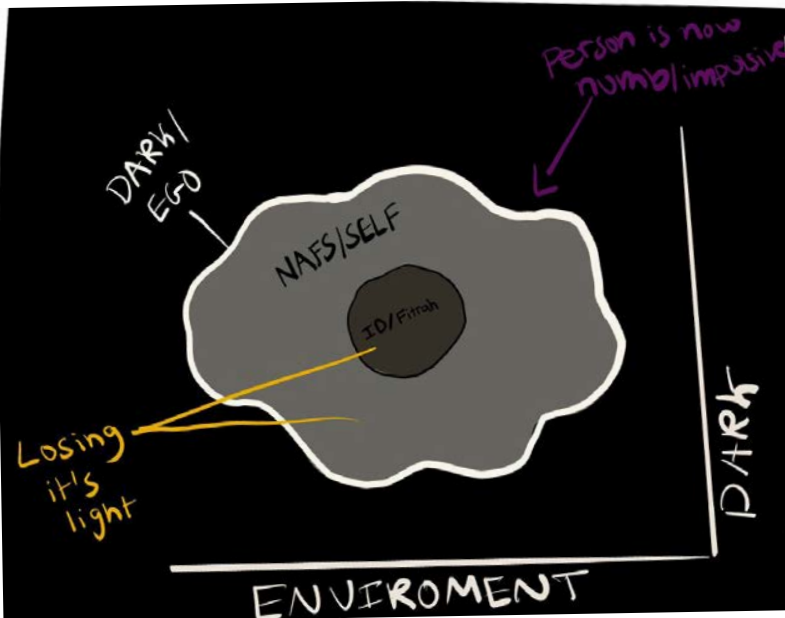
producing or connecting to people authentically and thus creating light. Creating rational connections and outcomes that help people understand the world they are in more. Connecting to the soul means connecting to the light that god gave you. The knowledge that makes you more aware of who you are in 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

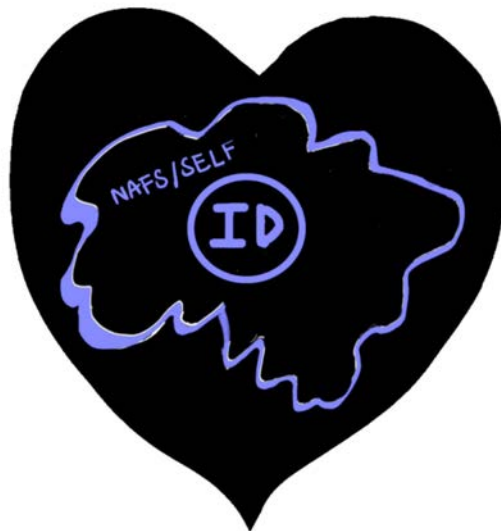
your nafs/ID will either be fueled by fear or envy and less by love. It is then up to the Fitrah/Nature to decide whether it wants to accept and continue doing so or not. If it accepts then the Nature of yourself changes and becomes darker. Meaning less rational and towards possessive and destructive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

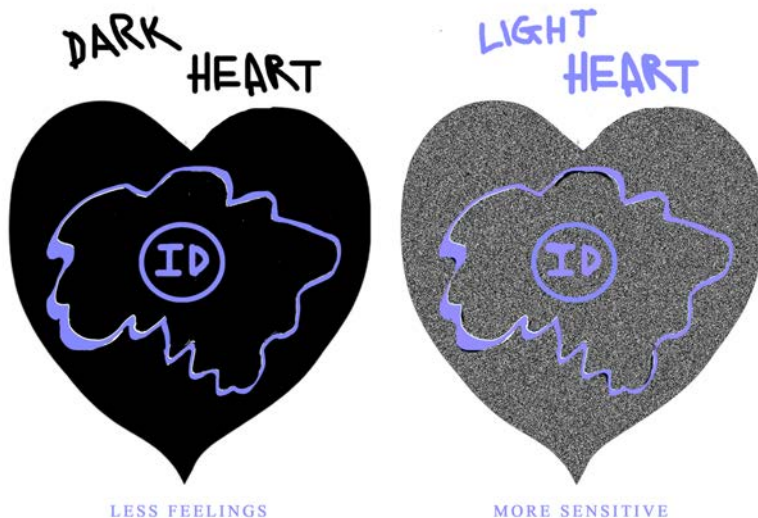
The current society we live in lacks the general knowledge of understanding the importance of being alone and spending time alone. Human beings were not programmed to interact 24/7 of the day each week. It is insane what social media has done, making us all constantly looking, comparing and feeling like 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.

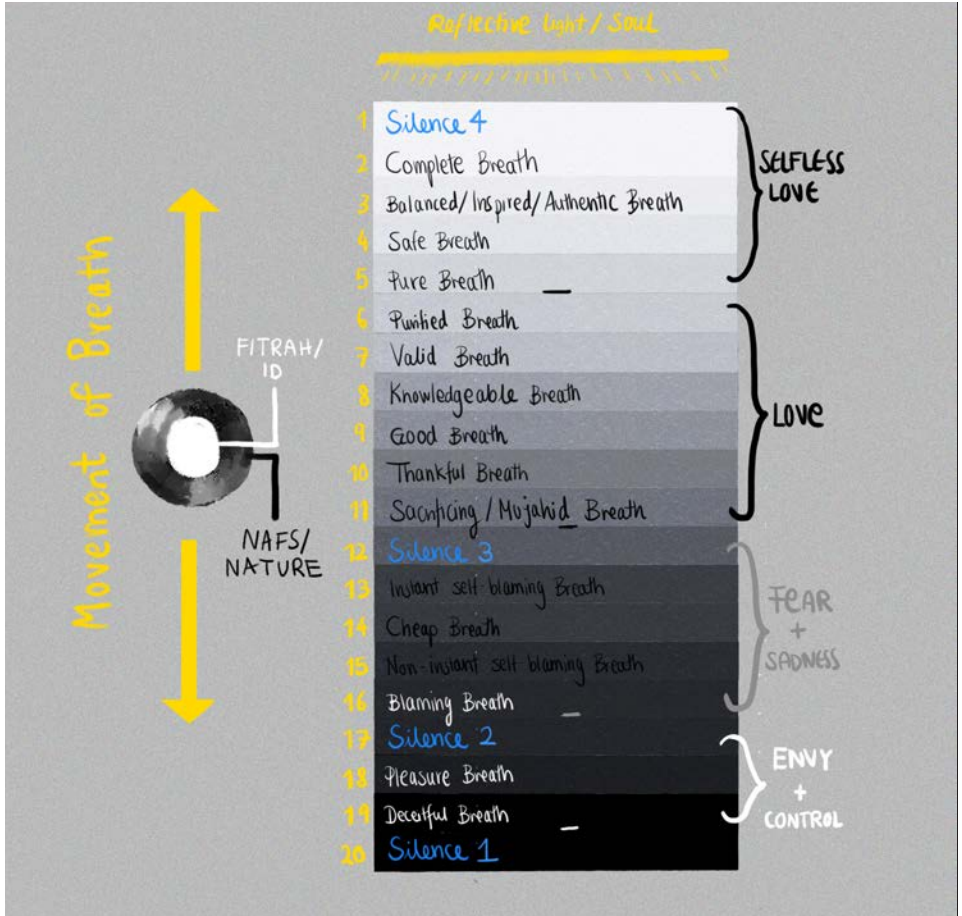
However, if after an individual receives rational concepts and ways to deal with their suffering and adopt it, it means that their heart was not receptive to such light and thus, were not able to change their minds. They didn't want to change their desires. If the individual remains doing the same thing 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 cant 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 Sontag states that this type of sense is employed even by animals and artists but not by the sick animal, which is man (Sontag, 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 (Sontag, 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, Bronowinski 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 Sintang.

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 “الصِّرَاطُ 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 its 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"> • Individual is able to comprehend all contradictions in life and are aware that they are a part of it. • Acts as part of the truth • “Man of God” so language is free from distortion and illusions. • Speaks out of selfless love and his response to people is according to what one needed to receive at the moment (spontaneous and selfless) • Speaks to the heart of other people • Maximum meaning with the least amount of words • View themselves as ultimately “nothing” • Speaks of God and is in love with him
<p>Balanced/Inspired/Authentic Breath</p>	<ul style="list-style-type: none"> • Expressing individual truth • Able to provide new ideas, inventions and work • Expressing “what’s on their mind” • Persistent in showing their opinions and thoughts to people • Have an edge/uniqueness in their talking to show character of oneself • Views themselves as ultimately ‘something’ • Creative re-envisioning

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

	<ul style="list-style-type: none"> • Starts viewing “self-respect” as a need to oneself • Realises that people are different
Good breath	<ul style="list-style-type: none"> • Remaining to be good even if life is difficult • Speaks good of people and oneself while ignoring the bad • Always tries to see the positive in things • Avoids “dark” breaths as much as possible
Thankful breath	<ul style="list-style-type: none"> • Always thankful of life and chooses to see the positives • Can thank God constantly
Sacrificing/Muhajid Breath	<ul style="list-style-type: none"> • Positive freedom ; views materialistic things in life as non-essential • Able to sacrifice oneself for other people • Tend to be more religious • Starts activating a “Transparent” ego • Aware of the truth yet feels guilt
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"> • Constantly self blames oneself

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

Deceitful Breath	<ul style="list-style-type: none"> • Very irrational and illogical way of talking yet will and can make it seem as the complete opposite • Power and control is what they love • Willing to sacrifice others for oneself • Always deceives people • Hides intentions
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>

SECTION 2

THE HIDDEN SAINT BECOMING A SICK MAN

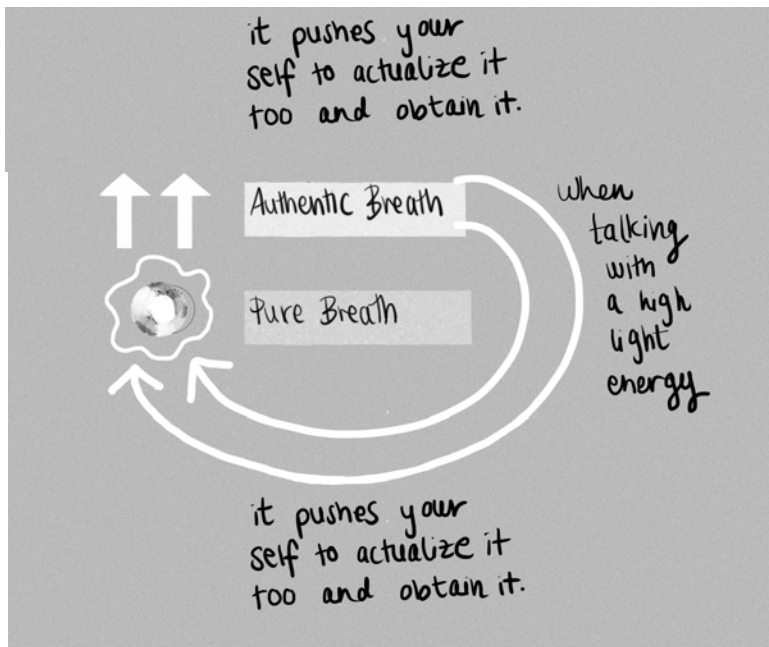
Looking into the anonymous letters that I have provided here it showcases the aspect of how such individuals seem to struggle to become a part of society due to the fact that they feel that they are the “odd” ones who are not good enough or maybe something is wrong with them.

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

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

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

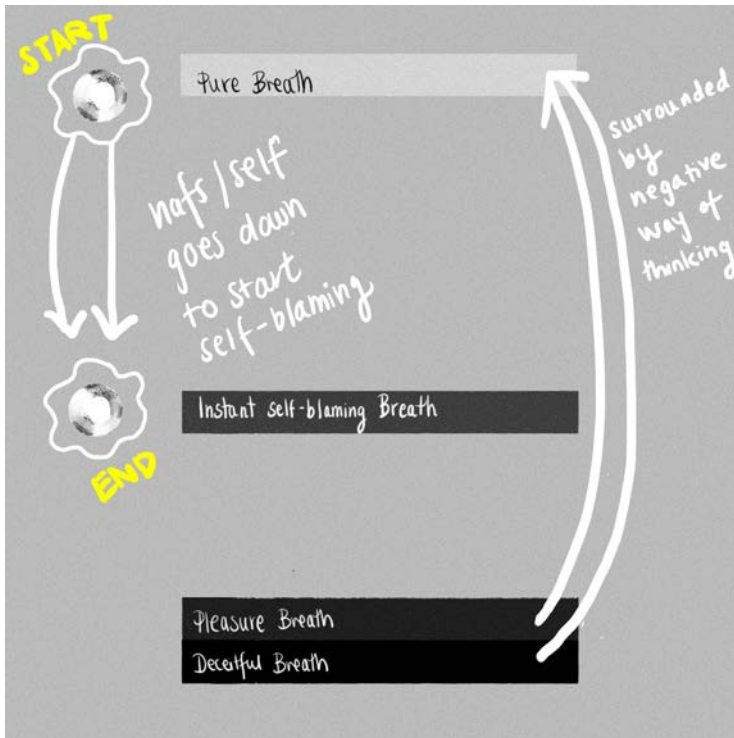
To make it even more clear, looking at the breath spectrum those hidden saints have their Nafs/Fitrah mostly situated within the “Pure Breath”. In order for them to reach the higher stages of becoming an “Authentic Breath” or the “Complete Breath” they need to be around people who have their breaths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



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

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

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

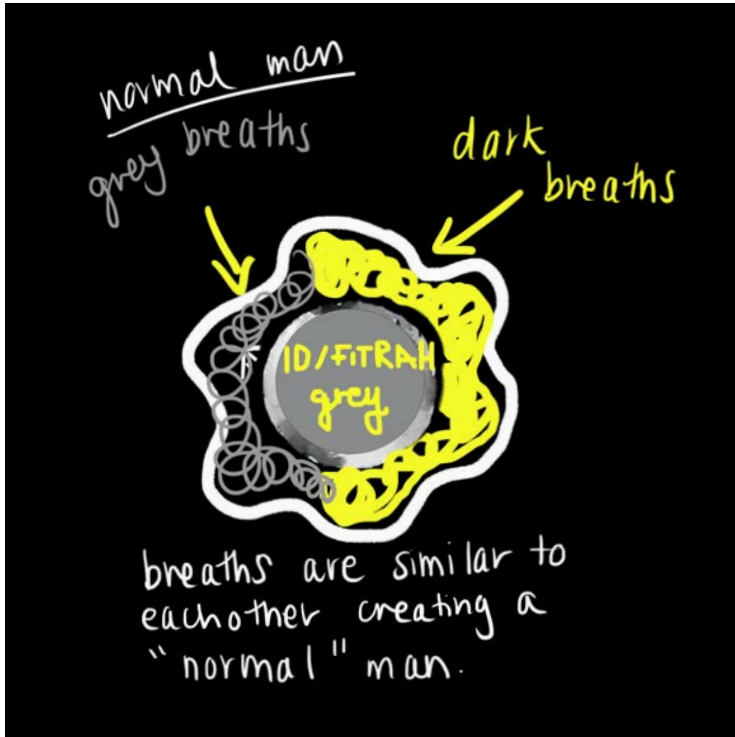


This hidden saint is thus affected with those dark energy breaths within the Nafs however, mentally they are unable to comprehend or unaware of the fact that they are situated in a deceitful or pleasure seeking environment that doesn't aim to act out of selfless love. In other words, this hidden saint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



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

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



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

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

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

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

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

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

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

PERSONALITY DISORDERS

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

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

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

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

devaluing them

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

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

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

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

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

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

themselves and the world.

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

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

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

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

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

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

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

WHAT IS GOING ON?

USED AND ABUSED

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

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

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

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

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

And so they try to neglect the soul.

PLEASURE & DECEITFUL BREATH

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

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

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

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

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

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

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

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

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

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

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

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

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

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

No, it will end in a disaster.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NEUROTIC TENDENCIES

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

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

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

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

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

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

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

Modernization ignoring true authentic knowledge

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

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

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

this high connection to the soul to become an individual.

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

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

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

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

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

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

LET'S HEAL

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ESSENTIAL RULES AND FRAMEWORK OF LIFE

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

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

PEOPLE ARE DIFFERENT AND CODEPENDENCY

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

more.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CONSTANT AUTHENTIC CONNECTIONS IN THIS WORLD IS IMPOSSIBLE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ALONENESS & SECLUSION

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

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

Looking into Sufism healing that concerns people who have neurotic

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LAST NOTES

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

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

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

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

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

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

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

AUTHENTIC HEALING METHOD

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



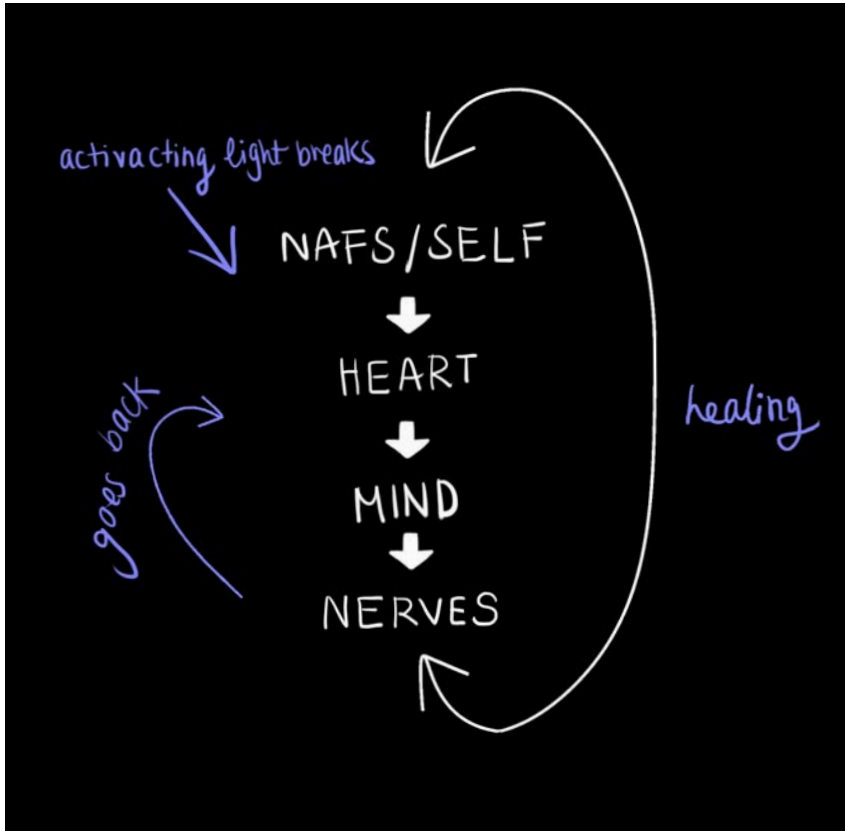
For example, you encounter a situation that is very illogical and harmful. What happens is that your Nafs starts increasing its energy towards dark breaths. Now remember the Nafs is situated inside the hearts so when it starts to accumulate dark breaths this then makes the heart opaque and unable to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

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

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

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

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



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

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

AUTHENTIC HEALING METHOD - KNOWLEDGEABLE BREATH

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

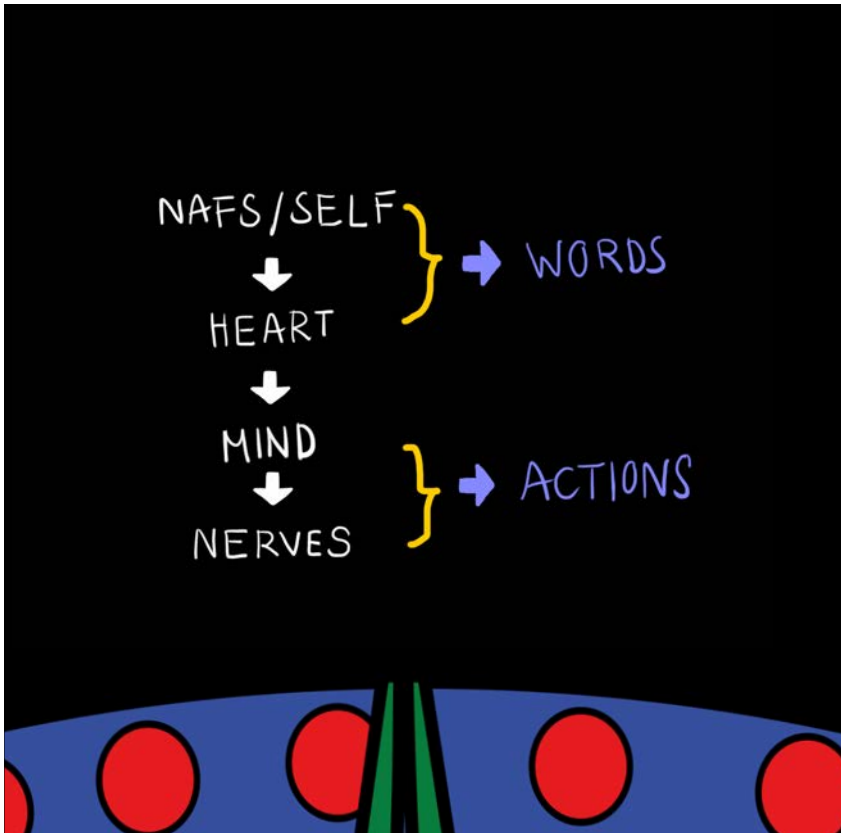
I believe an individual is an eye and a conscious as he started out before having God's light reflected. And thus you have the consciousness to see how you are acting and decide upon such action if it's wrong or right. You have the capability to choose while animals don't. you have the ability to keep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

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

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

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

illustrated below:



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

ACTIONS & WORDS

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

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

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

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

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

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

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

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

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

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

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

MAIN AIM OF HEALING

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

WORDS & ACTIONS EXPLAINED

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

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

HEART + MIND

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

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

FLAT DOCTORS/ CULTURED DOCTORS

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

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

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

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

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

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

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

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

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

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

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

PSYCHOTHERAPY

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

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

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

True Knowledge regarding the environment (Mind)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

TRUE KNOWLEDGE REGARDING YOURSELF (HEART)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

COGNITIVE BEHAVIOR THERAPY

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

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

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

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

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

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

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

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

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

it in a very simple manner:

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

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

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

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

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

As one of the letters written stated:

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

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

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

CONCLUSION

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

Of course, there are various aspects within psychotherapy that further

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

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

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

MIND

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

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

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

INTERACTING WITH PEOPLE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

READING

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

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

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

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

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

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

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

TALKING TO YOURSELF (THANKFUL AND GOOD BREATHS)

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

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

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

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

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

As Bruce Lee once said:

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

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

SUFI MEDITATION

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

all of nature.

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

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

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

CONTEMPLATION OF GOD

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

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

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

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

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

WALKING MEDITATION

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

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

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

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

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

Calm down. You've got this ☺

NERVES

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

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

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

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

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

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

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

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

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

ACHIEVING CREATIVE/BEAUTIFUL WORK

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

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

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

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

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

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

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

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

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

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

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

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

QUIETISM

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

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

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

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

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

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

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

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

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

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

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

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

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

PLAYING SPORTS

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

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

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

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

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

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

SELF-DISCIPLINE / GOOD CONDUCT

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

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

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

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

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

BREATHING MEDITATION

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

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

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

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

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

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

DANCING

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

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

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

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

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

explain later on.

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

NAFS

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

BALANCED SECLUSION (ACKNOWLEDGING BREATH SPECTRUM)

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

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

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

will open My Divine Presence to you”

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

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

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

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

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

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

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

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

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

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

ACKNOWLEDGING DARK BREATHS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SENSUALITY THROUGH THE SELF

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

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

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

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

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

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

YIELDING ARTISTIC CAPABILITIES

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

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

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

MUSIC

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

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

DRUGS & MEDICATION

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

DRUGS

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

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

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

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

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

BENEFITS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

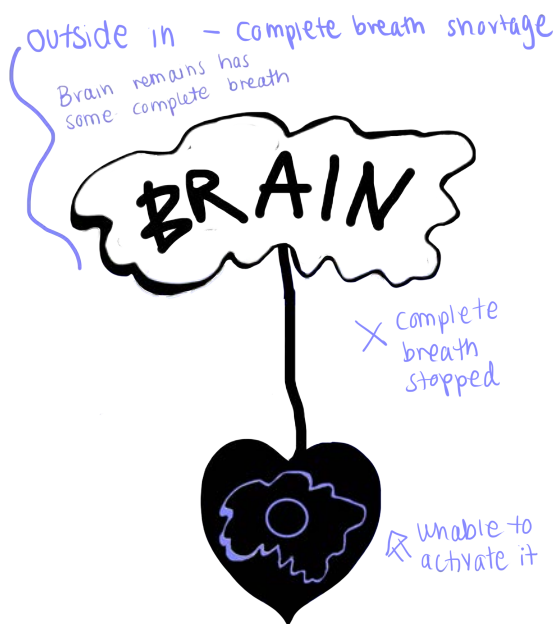
DRAWBACK OF DRUGS

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

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

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

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



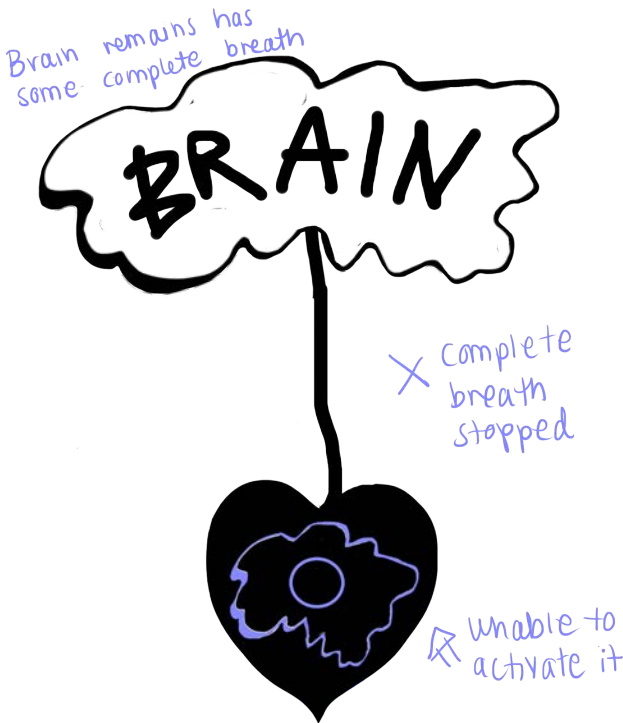
While experiencing the drug you will tend to activate the higher sense more than it already is and you feel this state of ecstatic...this feeling of just being too alive. Like you want to blow up in a million pieces and become one with nature. It's very sensual and euphoric.

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

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

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

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



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

explain why.

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

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

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

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

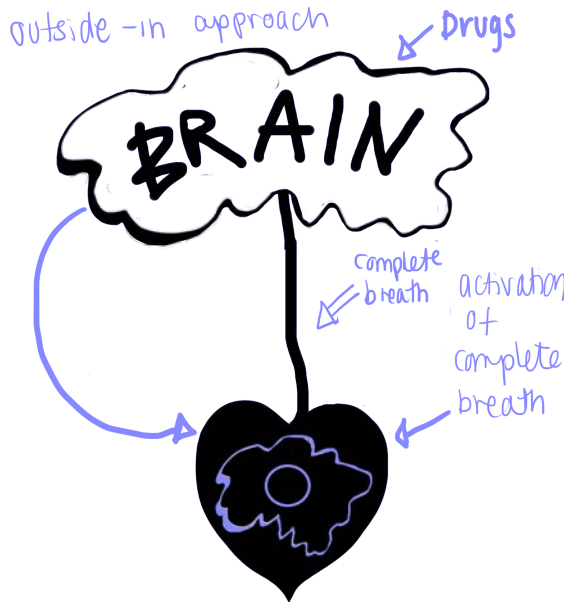
It is only when they are willing to admit this to themselves will they be able to try to pass through it and find the real way to fill such a hole and to activate the "complete Breath" naturally. Not admitting will leave such an individual remaining in this animalistic state and never being fully

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

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

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

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



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

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

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

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

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

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

MEDICATION

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

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

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

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

HEART

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

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

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

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

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

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

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

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

TASAWUUF

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ZUHUD

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

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

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

only if we abide by him and our inner God.

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

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

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

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

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

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

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

TAWAKOL

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

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

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

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

KHAUF

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

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

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

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

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

MAHABBAH

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

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

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

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

All it takes is for you to:

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

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

PRAYING

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

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

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

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

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

GOD'S WORDS (ZIKR +QURAN)

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

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

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

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

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

In Bogats book he states:

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

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

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

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

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

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

“And among His Signs is this:

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

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

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

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

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

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

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

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

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

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

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

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

SELFISHNESS & GIVING BACK TO PEOPLE (HEALING STAGES)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ABLUTION/SHOWERING

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

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

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

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

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

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

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

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

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

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

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

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

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

As (Helmisnki, 2003) states:

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

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

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

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

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

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

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

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

Below are the ways to achieve this rational high:

FASTING

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

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

Not full selfless love.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MUSIC MEDITATION AND SUFI SWIRLING

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

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

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

Allah (God)

Allah hu (God, just He)

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

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

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

SIMPLE CONTEMPLATION AND WALKING

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

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

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

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

CONCLUSION

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

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

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

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

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

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

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

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

2nd Section Conclusion

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

work hard on themselves to become better.

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

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

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

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

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

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

Why isn't the west acknowledging all of this?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LSD!

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

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

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

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

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

in philosophy and certainly in mental health benefits.”

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Choosing to ignore our "Bad side"

Seeing "good" and "bad" as separate entities

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

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

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

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

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

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

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

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

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

Also, this makes it completely understandable why their civilization is

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

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

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

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

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

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

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

SECTION 3

FEW NOTES

I have written the chapters starting off from “Egypt now” 2 years ago. Of Course some of the aspects that have been discussed below have now become clearly highlighted by some significant people around the world. The aspect of the integration of AI as well as the disappearance of “truth”.

Therefore, I have decided to add this chapter as a way to update what I believe would occur within those next 7 years. Rather than having specific titles for such notes, I have decided that for this section I will just provide a full summar.

NOTES ON THE ARAB NATIONS, THE WEST AND THE NEW “GLOBALIZED” WORLD (ONE CENTRAL GOVERNMENT)

	Real Upper Class
	Kitsch Upper Class
	Suffering Upper Class
	Real Middle Class
	Kitsch Middle Class
	Suffering Middle Class
	Real Low Class
	Kitsch Low Class
	Suffering Low Class
	POVERTY

Above is a table showcasing the real structure of classes within Egypt. The Real upper class are individuals who have the ability to travel around the world through their dual nationalities and have strong connections abroad. Such individuals were able to attain such a level through either

having their families base their life between Egypt and a western country many years ago or simply by having connections that can help them live between two countries. The Kitsch upper Class are individuals who were able to gain such a level through attaining some form of local power. This is either through launching or owning a business or being within the high levels of government and army officials.

My focus here is to show the stressing issue of social mobility that has been highlighted by several scholars such as Galal Amin in his book. “Whatever Happened to the Egyptians?” have dedicated the very first chapter to such an issue. He states in the chapter how this has created a distorted economic structure that leads to corruption, low morality and tense social relationships. Below I have highlighted exactly where the issue of high social mobility occurs. It happens between the “Kitsch Middle Class” and the “Kitsch Upper Class”. Those two main class structures are ever changing since the removal of a royal establishment..

It is evident that Egypt is now in a loophole of a limited financial structure that seems to aid the central authority of the west. I have discussed this in the chapters below showcasing how this has led to the whole community not focusing on developing but rather literally deceiving one another to get a piece of the pie. This has lead and will lead to what I believe:

The art of subterfuge is now at an all time high within Egyptian’s society. An increase in **shame culture** is happening since the Kitsch Upper Class have low levels of cultural knowledge and thus, adapting to ignorance rather than enlightenment.

Looking or being indicated as someone rich in Egypt, will now be a form of weakness in specific areas rather than strength. Since the limited economic structure has left nearly more than 25% of Egyptians below the poverty line, being rich will in fact lead to such individuals being seen as a threat or a “thief” who is stealing the money of the country.

It has been nearly 7 years since the United States of America has removed the ban against same-sex marriage. Ever since then the country has now

taken the identity issue by storm and has now integrated it in their school teaching. Mark my words when I say that in 10 years the American society will mostly (nearly by 70/80%) be genderless individuals who will demand to be called based on how “they feel” about themselves.

The integration of AI and chips will also happen, however, the battle of chip production that is occurring now between the United States and China will lead to such a revolution in which people will choose the chip like how they are doing now between the Samsung and Apple phones. However, this will only occur once we undergo a Third World War which is happening very soon. Through the new revolution of technology, Ai and Chips will be integrated into the world to create new forms of employment and control just like what the Second World War did.

The aspect of a “cashless” society that is now occurring in the West will affect Egyptian society like no other. It will be harder for anyone who does not have a bank account abroad to be able to travel or stay abroad for a long time. This is also due to the critical financial stress that is happening in Egypt. Banks now can only give citizens sometimes no more than 150 Euros when traveling abroad as well as having a “credit limit”. Such phenomena will separate the Egyptian classes even more and will lead to only the very first two “Real” and “Kitsch” upper classes to travel while the others suffer.

Looking into the Arab nations such as Saudi Arabia, Emirates, Morocco and Jordan ; They are now starting to have the ability to travel to the west without attaining any form of visa. The UK home office has now announced that in 2024 Jordanian citizens will be the very first to be included in the UK’s new Electronic Travel Authorization (ETA) scheme. This is in fact the formation of the new globalized world in which Egypt will barely be a part of it.

This new Globalized world that will be a cashless and genderless society where citizens have chips in their brain to function is happening very soon however, Arab countries will still maintain their ethical stance towards the gender identity issue yet; the aspect of being cashless and

integrating both AI and chips will occur.

Where will Egypt be in all of that? Well that's what I believe is why the new capital is launching as it will be the central area that will connect the Egyptians who want to be within this new globalized world. They will be a minority who have access to such integrated chips and be able to travel around the world due to their global bank accounts.

A collapse in all societies around the world will also occur which will lead to the establishment of either being a part of the Globalized/inauthentic or the Godly/Authentic world. Each world will be side by side only interacting for survival and financial reasons. It is only until some form of tension occurs which will then lead to the Fourth World War.

To summarize it, all upper class citizens in every country will now be a part of what is called a "one central government" whereas all lower class citizens in every country will be disconnected from it and will suffer to exist.

The aspect of alien invasion as well as the spread of new viruses is what will push all upper class citizens in all counties to start initiating this one central government.

Nevertheless, at the same time the rise in Sufism will occur and Egypt will be considered a safe haven in which I have discussed more in detail below.

THE ENVIRONMENT

The environment is now and will continue to push back on all the abuse it has experienced. This is the law of nature in which the amount of damage that nature has experienced will eventually get back to us humans. This will continue to happen to the extent that what we now consider as "normal" will soon be hard to actually do. Things like taking a boat ride or experiencing nature will be harder and thus, a collapse will happen to it as well.

Individuals in the authentic world will experience greater suffering as they will not only suffer from the unbalanced competitions from the inauthentic individuals but, they will also suffer from the environment as they will find it even harder to connect to it or live within it. Stressful circumstances will happen due to the environment. Whereas, the inauthentic world will ensure that they control the areas where the environment can still be livable and allow such individuals to still see that the world is the “same” when in fact it is collapsing socially and environmentally.

The climate will change in which normal things such as going to the beach or experiencing nature will be hard to do as now nature is going against us just like we did to her.

Scarcity of food and especially the aspect of grain will be a huge issue in Egypt. This has occurred several times in which what has caused past revolutions to occur in Egypt and might happen again very soon.

To finish off..if you think that this is not going to happen. Or if you think that Egyptians would never ever let such features like the AI and chips take over. I have a question for you:

What would you do if there was the option to see your dead father or mother alive again?

Or you meet a soul mate who understands you and sexually satisfies you but is in fact a robot? Will people be able to differentiate them from humans? Or believe that they are better than humans?

I believe such difficult options are what will make the upper class citizens in all the world to completely change their minds and become slaves of such new creations.

I hope this was brief enough to summarize what will occur and I do hope you do not live to see such phenomena. And even if you do, at least you know you’re close to the end.

Now back to what I wrote 2 years ago.

EGYPT NOW

UPPER CLASS AND THEIR DISCONNECTION FROM REALITY

The full Upper class segment we can conclude that they truly are a deluded, neurotic and psychotic bunch. They have their minds and attention towards Western's beauty and livable life with no proper or real knowledge or self-reflection. They have completely neglected the other classes in the country and are just focusing on being like the outer world. To become globalized.

The aspect of neglecting their religion and truly understanding it from a Sufism and natural perspective has left them unable to understand the concept of "love". Thus, they have removed any kind of love within their hearts by forgetting God and have become self-denial, cynical and unable to understand oneself or help others. The Western world has forgotten to "love God" but not to "love oneself" as their core revolutionary philosophy was to unlock and unleash all human potential which has made them still capable of growing beautifully. This was done by having philosophers, artists and scientists form a revolutionary perspective of man. By unlocking the "Authentic" and "Knowledgeable Breath" (section 1 & 2).

However, This has never happened to us and we have never experienced such a revolution! We just decided to remove God with nothing to replace it with! And so the truth of the matter is we have ended up hating ourselves, others and life in general. There is not one bit of beauty or life within the streets of Egypt, not one bit! And if there is, it would be from the citizens who have remained in faith towards god but nevertheless, it's all because we don't know how to Love ourselves and enjoy life as a celebration! And most importantly...

WE DON'T KNOW HOW TO HANDLE AND INTERACT WITH BEAUTY

We have become jealous, scared and envious of beauty but never able

to be recitable to its energy which is love! We have never been able to receive beauty with love and connect to it to become beautiful as well. Rather we take it, burn it, crush it , rape it and even sometimes hide it for our own selfish motives.

And I don't have to give you various examples to make you believe that. All you have to do is look at the most beautiful thing created in this world and how it is treated in this country which are: Women.

92 percent of women and girls aged 15-49 have undergone some form of FGG. Ninety two percent!!! Do you know what that means???? That means that Egyptians have decided that when it comes to beauty we will kill this beauty. We will make this beauty not understand its truth or sense it even and we will basically kill it. And that is everything that is happening here in Egypt.

Anyone who tries to grow beautifully is either taken advantage of, criticized stating that it's tacky as well as lack of support.. and secluded out of jealousy and even sometimes met with negative comments to not let them see or expand their potential. This is exactly what I have discussed in my paper "How Everything Is Kitsch and Egypt Will Lead the Way " in which authentic work produced from lower classes out of suffering and pain is met with criticism and lack of support when in fact it aligns with today's global aesthetic. I also argue that this occurs as well to the very few individuals who do produce something authentic within the within any other class.

The upper class is so deluded and cut off that they are unable to feel or even see the rest of the classes and just the immense suffering they have due to them not being able to truly love and being very selfish and egotistical. Even worse, the upper class are themselves suffering from this framework of life that they tend to focus on their own sufferings and ignore everything else around them.

I find so many people within this class segment talking about how they are annoyed that they cant "wear whatever I want" or being able to simply

“walk the streets in peace” not thinking for one second that it is in fact their responsibility to provide such a framework of life. By them being genuinely beautiful in the way they survive this would’ve influenced the other classes to do the same and you would’ve definitely not have ended up having individuals with a negative mindset and “Dark” environment. Rather they simply take bits and pieces of knowledge and ways of life illustrated by the West and use it as a “dress up” for their fake character and then go back to Egypt to look at its circumstances to simply express “ew”.

This inability to be true proper individuals who act on love and reason has reflected on the rest of the community as well. It is until they realize or admit that it is their responsibility and within their power to actually change the atmosphere of this country, to make it filled with life, beauty, love, reason and awareness. It’s the upper class. There is no government, no initiative and nothing that will make those dead streets we are living in have any form of life or beauty until the Upper class themselves start to grow and survive through beauty and cannot be done except recognising their inner god within them and connecting to it. To shine and reflect and form life & beauty in this country.

The upper class state problems about Egypt that are in fact selfish, disconnected and just delusional. This is because they have become much more connected to the “globalized” world than they are within their own country. You find some of them stating things like “Woman should stop being shy talking about sex and to start exploring herself . To be able to start becoming comfortable in her own body and to find strength within”

Exploring herself? I just told you that nearly all the women in this country are sexually mutilated!! Do you fully comprehend what this means?!!! It means that these women didn’t only lose their sense of sexuality which makes them feel that they are a woman; they have lost their sense of self..which is losing the sense that they are even human beings!!!! Those women don’t need a sexual rehabilitation program, these women need a full rehabilitation in every matter and sense a human being can get!

They further don't realise the reality that all women within the lower class segments are getting killed, beaten up, raped, controlled, locked up and even forced to work to provide for the family making them acting like a man.

These women have lost their sense of humanity, their sense of self and are in fact walking zombies living half dead. And then you find someone from the upper class who is only concerned about her sense of femininity (since she already sensed her humanity) talking about a sexual revolution only because she's just dying to get a proper orgasm from a man and not truly because she wants to help the country. And thus, you discover that it's all egotistical purposes clothed with the intentions of "wanting to help".

I also found many saying how they love the country, "see nothing bad about it" and that they are lucky to have the freedom and money to be in the position that they are in (which is contradicting the fact that they see nothing bad about the country) but the only thing missing is that the country is not "queer friendly"...excuse me queer-friendly? This country isn't even human-friendly! For god's sake it's barely even plant-friendly. What the hell are you talking about? Are we looking around at the streets as we drive by and see the people who walk on the street? They are all walking zombies with no life and simply deprived from basic humanity. I mean how many times have you walked up and talked to someone on the streets only to find them somewhat disconnected like they have no brain to function with? Or how many times have you interacted or worked with some of them and just been flabbergasted by how they are unable to understand very simple things? THIS IS NOT NORMAL AND WE ARE MAKING IT NORMAL.

The issue of hatred, envy and dark interactions doesn't only concern one type of group in this country in fact, it concerns everything and everyone and to each other. We (Upper class) are just simply picking and choosing whatever problem we like and don't depending on our ego. The reality of the fact is that this whole country is in need of a full rehabilitation into understanding oneself and achieving love within. A full rehabilitation on

HOW TO BE A HUMAN BEING. and I am the first one to admit that.

It is only when this class segment realizes that they are in fact damaging themselves and the community due to lacking any love or acknowledging God in a true perspective will they only start to have their hearts filled with love. But this will not happen and this paper is not here to give you a unrealistic perspective. The truth is that this class segment will continue to ignore the existence of God or have love filled in their hearts because it will require them to be alone for some time, admit their own wrongdoing and act spontaneously. Now you and I both know this will not happen. Not in a million years. And so the community will continue to remain within the Dark spectrum environment and will become worse throughout the years.

What is happening now is this upper class sector is becoming so inauthentic, fake and illogical that it is separating itself a lot from the rest of the classes which are the Middle and Low classes. It has become more fake and illogical than Western society and will remain this way due to its lack of having any kind of Authentic or Knowledgeable Breath (section 1 &2).

What is happening now is more and more people are becoming mentally sick due to this lack of authenticity. With dangerous and illogical actions are accruing within the all class sectors due to the extreme toxic environment they are living in due to the Upper classes decision to not self-reflect and acknowledge God through Love.

UPPER CLASS AND CURRENT EFFECT ON EGYPT

Since no one is growing beautifully within the Upper Class segment, this is reflected by having an intense and very limited means of obtaining money since growing beautifully in fact allows the person to focus on oneself, god and helping others which would lead to the money naturally following their way. This is because anything that is beautiful will be respected, admired and will attract logical thinking of selfless love rather than self-destruction.

As Neitzche once said that people don't hesitate to kill a fly yet will never kill a butterfly but rather leave it on its own. He has stated that the world has its morals based on aesthetics and that is the truth. That is why when it comes to the upper Class they will treat Western people with the utmost respect but when it comes to one another or with the rest of the Egyptian classes they are treated with hostility, disrespect and rudeness.

The Upper-class have become so blind and lacking in love to the extent that they have limited themselves in being able to grow beautifully and thus, have forced the rest of the class sectors to do the same and are unable to grow beautifully. Below are the main effects of this phenomenon on Egypt as an overall:

BEING TOO NICE/ PEOPLE PLEASING

As the economic spectrum has been limited to surviving through the fittest, this has thus forced people within the Egyptian Community to start becoming too fake in their “goodness” in order to try to get a piece of the cake.

This is coined within the Egyptian community as “Talhees” which can be translated as “People pleaser”. From the top Upper class unto the lower segments, everyone within the community has become a people pleaser to anyone who would help them either get a better chance within the class hierarchy. The sad part is that such individuals are not even aware of their own fakeness as they tend to deceive themselves into thinking that they are “truly that nice” and that this is the “normal”.

I remember when Zeinab el Tawil and I were being interviewed by a wonderful novelist called Alya Moroo for my previous project regarding Kitsch in which, Alya was discussing how she felt that Egyptians were way much nicer and more giving than of the West. She was stating how Egyptians were much more nice when it comes to their interactions and that they basically do whatever you want. I highlighted to her that maybe it's due to “wanting to be liked” rather than actually “being nice”. They

both paused and realized something that it seemed wasn't on their minds before.

This is the issue with Egyptians in which they have mixed up the aspect of being authentically nice with the aspect of “wanting to be liked”. This wanting to be liked has its core aspect within the Upper class that has forced people to “please them” with kind words and actions to help them fill the lack of inner substance and emptiness that they have for being inauthentic themselves. This then has been passed down to every class sector, in which in order to have a chance within the economic sphere you have to kiss ass basically.

The main drawback of such phenomena is that Egyptians are now unable to be critical as any form of criticality would be seen as “wrong” and “bad”. Genuine goodness requires us to have a balance of being critical and complimentary when interacting with someone, in which criticism has to be constructive and complimentary to be true. Through this the individual is able to have more awareness in regarding to their drawbacks and find ways to control it and develop through it.

What is happening now is that Egyptians are not able to take any kind of constructive criticism because the truth is that they are so scared to look within and see their own faults that they end up becoming ignorant and hateful of any kind of truth.

THE LOSS OF FRIENDSHIP AND THE INCREASED LEVEL OF “MASALAE7”

Having a limited capacity of growth will create citizens who are basically living in “survival mode”. This will in fact create a society that will prioritize Masale7 over attaining authentic relationships.

You might tell me “that’s happening everywhere” but I genuinely believe that Egypt could be one of the worst countries who are unable to have a balanced juggle between Masale7 and true friendship. This is evident due to the critical economical stress that Egyptians are currently living

in. You will find the majority of Upper Class friendships are nothing but pure Masale7 and a very low level of true authentic friendships.

SUFFERING (HIDDEN) UPPER-CLASS

There will be an increase in the sector of citizens who I have coined as the “Suffering upper Class”. Those people will look as if they are rich and have money yet, they truly will have nothing to barely survive on or limited means of living.

There will be a lot of people who will do whatever it takes to not make themselves look as if they are now financially struggling and will hide it through their external appearances. You will also find such individuals finding it hard to get married and will fail to form strong and solid romantic relationships and thus, lower levels of family formations (Sections 1 &2).

THE NEED FOR SILENCE AND SECLUSION (PARTY SCENE & BIZARRENES)

When everything has been said and done in this world, what is needed from us is to sit alone in silence to reflect back on everything that has been said and done to properly try to understand the truth in general and about yourself. Through silence, seclusion and pondering about life’s matter with god in mind just like Sufis do you will tend to start refining yourself as you become more aware.

In her paper “The Aesthetic of Silence “ Susan Suntag states how today people unconsciously are dying for silence and that it is even evident by illustrating how the art of today’s time is noisy with appeals for silence. This thus means that people are unconsciously dying to try to retain the full consciousness of God which is the highest form of silence.

However, today’s time we have social media which is flooded everyday by opinions, words, news and in Egypt no one knows or likes to be alone thus, the ability to be able to retain.

This type of silence is impossible. What this results in is that the Human being suffers so much that they no longer want to talk, read or interact with anyone and will always aim to act and look “bizarre”.

Bizarreness is a deep cry for wanting to attain peace and the highest form of silence but unable to do so. It has resulted from a mix of boredom from everything that has been said and done with a deep need of wanting something new said or done that will help them attain inner peace. It’s a cry for help.

What this has led to in regards to the upper class community is that they simply don’t want to talk, listen or interact and will only will only do so when it’s only something that is “bizarre”. Unfortunately this is also happening all over the world in regards to the upper-classes who have joined forces to create what we call now the age of globalization.

What has resulted is what we call the “Party scene” or “khabt”. You cannot deny how within the past 5 years the “khabt” scene in Egypt has now become not so underground and everyone is just into techno, house music, minimal or any kind of genre that simply doesn’t have any words in the song. In fact, it is one of the main sources of revenue for the country now, especially the parties that are being held in the North Coast. This rise of the party scene in Egypt and increasing bizarreness is an indication and a reflection of its deep sense of loneliness, neurotic way of living and the inability to achieve the highest form of silence by attaining the consciousness of their inner God. The inability to sit alone is the reason why they are unable to reach the highest form of silence and peace.

And so what has happened (which perfectly aligns to what I’m saying) is that the upper-class has not only drifted away from the rest of the classes but has also started partying and encouraging bizarreness because they themselves are in self-denial and not happy. This is what has resulted in this year’s very trending concept of “The Good Sahel” and “The Evil Sahel”. Or when looking at the Class Table it really is between the “Kitsch” and “Real” Upper class against the “Struggling” upper class and

some of the Middle Classes.

The rest of the classes are now observing just how insane, sad and neurotic the Upper-classes have become while also suffering from it economically, emotionally and mentally. The aspect of “partying” and “bizarreness” is what has created this big split in Sahel which indicates that the Upper class has simply shut themselves off from the rest of the country and are not willing to hear or listen because they themselves are tired and in need of enlightenment.

There are also a lot of mahraganat parties and drugs going on in Egypt’s Middle and Low segment. My reply is that those people who are situated within the lower-class segment are in fact suffering as well. The major difference is that those people truly have no chance of becoming better because it’s not in their hands. Whereas it is in fact in the hands of the upper-classes since they are the ones who have the money, the awareness and the ability to see through the materialistic elements of life since they already have them. The low class segment has no money, never traveled before and is in survival mode. The upper-class themselves have put their environment to be in survival mode without realizing it is in their own hands to change it to become to beautiful rather than be in survival mode. They have the option not to live in survival mode but are doing it without realizing it!

Also, looking at the whole country you will see that the upper-class and the low-class are the ones who are partying and taking drugs while the remaining medium-class citizen is basically left secluded and stagnant in time and you can even feel and see it! Those are the ones who are residing within the ‘Good Sahel’ as well (with the Struggling Upper Class)

In her book “The virtue of selfishness” Ayn Rand was able to grab the essence of this issue by stating:

“For the rational, psychologically healthy man, the pleasure is the desire to celebrate his control over reality. For the neurotic, the desire for pleasure is the desire to escape reality. Now consider the sphere of

recreation. For instance, a party. A rational man enjoys a party as an emotional reward for achievement, and he can enjoy it only if in fact it involves activities that are enjoyable, such as seeing people whom he likes, meeting new people whom he finds interesting, engaging in conversations in which something worth saying and hearing is being said and heard. But a neurotic can “enjoy” a party for reasons unrelated to the real activities taking place he may hate or despise or fear all the people present, he may act like a noisy fool and feel secretly ashamed of it – but he will feel that he is enjoying it all, because people are emitting the vibrations of approval, or because it is a social distinction to have been invited to this party, or because other people appear to be gay, or because the party has spared him, for the length of an evening, the terror of being alone. The “Pleasure” of being drunk is obviously the pleasure of escaping from the responsibility of consciousness. And so are the kind of social gatherings, held for no other purpose than the expression of hysterical chaos, where the guests wander around in an alcoholic stupor; prattling noisily and senseless, and enjoying the illusion of a universe where one is not burdened with purpose, logic, reality or awareness. Observe, in this connection, the modern “beatniks” – for instance, their manner of dancing. What one sees is not smiles of authentic enjoyment, but the vacant, staring eyes, the jerky, disorganized movements of what looks like decentralized bodies, all working very hard – with a kind of flat-footed hysteria – at projecting an air of purposeless, the senseless, the mindless. This “Pleasure” of unconsciousness. Or consider the quieter kind of “Pleasures” that may fill many people’s lives: family picnic, ladies tea parties or ‘coffee catches” charity bazaars, vegetative kinds of vacation- all of them occasions of quiet boredom for all concerned, in which boredom is the value. Boredom, to such people, means safety, the known, the usual, the routine- the absence of the new, the exciting, the unfamiliar, the demanding. What is demanding pleasure? A pleasure that demands the use of one’s mind; not in the sense of problem solving, but in the sense of exercising discrimination, judgment, awareness.

It is only when being alone and boredom is seen as a gift will only then the upper-class be able to adjust such phenomena. However, the truth of the matter is this will never happen and the majority of this class will

never comprehend such a fact and thus, will continue to party even more and become even more bizarre in the way they act, dress and think which is what will lead to the next issue below.

INCREASINGLY DARK ENVIRONMENT

With an increasingly rising tension within the economic sphere and the continuous self-denial that the upper class has reached, this has resulted into Egyptians being unable to fully function as an individual but rather controlled by desires and self-destructive impulses that make him more of an animal than of a man.

Just like what one Egyptian wrote as a Facebook status that got a lot of shares that said “You would be stupid if you have lived in our society and went through the past 10 years in it without concluding that we are living within an envious, hypocritical and deeply cynical society that is filled with evilness” and that is the Truth.

It has been evident that the continuous lack of love or proper “Knowledgeable Breath” that would encourage a move toward a “Lighter” environment has led to very abnormal and cynical situations to occur in Egypt within those past years. From having a deeply disturbed individual beheading an Egyptian citizen in Ismailia in the middle of the streets at day time or a man killing his whole family somewhere in the outskirts of Cairo to having this current major issue of men killing women who refuse to form a relationship with by threatening them to stab them or killing them. The latter shows how we have reached a new low that we cannot even accept rejection as there is no inner love for oneself that would help one to rise above such rejection and not be controlled by outer perspectives and reactions. Not one bit of any kind of love.

When looking at the upper classes they too are acting out of irrationality, self-destruction by focusing on egotistical desires. Who hasn’t heard the story in which, 2 years ago a woman who is married to a very well off man and has everything she ever dreamed of, decided to steal her friends jewelry in summer and got caught. Or two summers ago (2021), the story

where a woman killed her husband in summer after realizing that he was cheating on her. Stories regarding married couples who cheat with one another and having a best friend stabbing a friend's back by taking her husband or a wife cheating on her husband with his best friend. How many stories have you been hearing that sound very similar and seem to just be everywhere?

Or the very well-know story regarding the Fairmont Rape incident that has occurred which for me has illustrated just how lost and sick the Upper-class has become. The desire to rape is in itself a reflect of a deep sense of self-loath and emptiness for oneself. The desire to perform orgies was described by Erich Fromm as a desire to reach what is called an "Orgiastic states" in which, mostly done with drugs leads to the person rise to " a transitory state of exaltation the world outside disappears, and with it the feeling of separateness from it." Being far away from your soul for so long leads you to find more extreme means to be able to cope with such separateness by simply escaping it through attaining strong sensational drives that don't act as enlightenment but more darkness as soon as the experience ends.

That's why I believe that the only way for such individuals to be able to remove the addiction from the very lowest breath (Deceitful Breath) is by connecting themselves or start discovering the senses that can connect them to the very highest breath (Complete Breath) in which, it would help them to satisfy this deep dive of wanting to fill this separateness. The only way is to truly connect highly to the soul in which can only be done if Sufism teaches about Nafs, its practices by connecting to God through dancing, meditation, pondering and self-reflection. It is only by undergoing the Complete Human cycle (Section 2) in which I have discussed earlier can they fix themselves.

Nevertheless, what's shocking for me is not the fact that they perform orgies as Erich Fomm has even stated that this phenomena has been tracked down since primitive times in tribal communities. What's shocking and very saddening is that those individuals are so lost and disconnected within a country that holds the true knowledge that can help them not

only to heal but to actually be more real and authentic individuals than anyone who was raised in the Western society!! To finally reflect true genuine light to the society and become a true civilization where people have reason, logic, love and acceptance as a way of life. To finally have the street lighten up and just be alive! But such knowledge is very much hidden or not talked about at all!!

I was able to know the aspect of healing, nafs, dark and light energy and ways of talking only by searching in depth and connecting to people in Egypt and it was only then was I able to make sense out of everything, myself and truly found my way. It is just maddening how we are reflecting exactly what we are doing in everything in life. Just as we are looking for outside approval and not within, we have chosen to look outside for knowledge to help us make sense out of life when in reality it is HERE IN EGYPT where all your questions will find proper answers!

It's horrible how the Islamic community in Egypt has not brought up one bit of awareness in regards to the aspect of Sufism teachings and is in fact making it all based on laws and guidance that view women as a sexual object all because they themselves are guided by the ego. In order to know such information here in Egypt, one must go on a searching journey because limited people truly comprehend it and actually make use of this knowledge.

Other than abnormal behavior, the way of talking in general within Egypt's upper class has become so fake, empty and lacking any value. It has been only within the Deceitful and Pleasurable breath (section 1&2) and this is evident because whenever I sit with any of those individuals I find them very weirded out by the authenticity I provide when talking. It makes them very comfortable and you tend to find them lacking in any kind of love or light that when you just talk to them in a genuine and normal way I get comments like " I have never talked to someone like this way before" or " I have never trusted someone like this before" or even sometimes " I have never acted so freely in front of someone like this before" and I genuinely sympathize with them and how they are unaware of the fact that it can be them as well who can be like that.

It is just that their environment isn't really helping them. They are just unaware individuals completely controlled by the mind.

So to conclude, the environment has become darker due to the lack of awareness of the upper class and will continue to do so. This then leads us to our next issue which based on the above, clearly showcases how we truly have become controlled by narcissistic, egoistic and cynical motives which for a fact led to an increasing number of mentally ill patients.

INCREASE USAGE OF “DARK MAGIC”

Even worse, today more and more Egyptians are influenced by this dark magic aspect that you even find videos on Tiktok of people either trying to do dark magic on other people or scouting for dark magic spells done to help people who have supposedly become possessed. Again, I could write another paper when it comes to the aspect of dark magic, demons and hell. But to sum it up, what those people don't realize is that talking in such language in which, you acknowledge the reality that there is in fact demons and reading what is called “talasom” is in fact entering a completely different breath spectrum than of the human being in which is the one I have illustrated. They have now decided to activate breaths that are not humanistic in it's elements and are in fact very very dark and concern non-human elements.

And thus, this in fact is the result of complete lack of education, ignorance and the stagnation of thinking which has limited the awareness of such Egyptians and has made them enter a whole new level of darkness, irrationality and self-destruction. And so yes, not only are we currently living within dark human deceitful and pleasurable breaths, but a whole other spectrum of darkness that is not even human. This is what leads to very psychotic, paranoid ways of acting that result to bad and negative interactions.

PEOPLE ARE GETTING SICK

By being managed and guided by people who are narcissistic, cynical

and simply delusional, this has affected Egyptians so much that people who can see outside this fakeness by having any sense of rationality or authenticity are starting to become mentally ill.

Simply put, interactions have become very materialistic, selfish and fake while the economic sphere is very tense and everyone is literally in survival mode. A report has stated that nearly 44% of the population is experiencing mental health issues in which 31% are suffering from mental illness that involves drugs (Allcock, 2022) 44%!! That's nearly half of the country!

It's like we have one-half that is completely deluded and narcotic and the other half is sick and neurotic as well!! Today it is not only the super sensitive or the abnormal one which I have described in the previous section that are becoming sick, it is now simply the normal individual who is getting sick. This is because the abnormal is getting more abnormal and the illogical concepts and ways of interacting are rising.

This then leads to anyone who is not Supra-rational but simply rational and normal to get sick. Now I don't have to bring in reports to prove to you this. I will simply ask you how many people do you know right now who have been diagnosed with depression, obsessive tendencies, personality disorders, neurotic issues and becoming schizophrenic? I promise you will for sure you will find at least one person within your circle who has been diagnosed as so. Maybe it's even you I guess who has been diagnosed as such while feeling that maybe it's due to you being too real than everyone else and you don't understand what is going on.

How many people do you know have now been in and out of rehabilitation centers and unable to quit drugs, toxic friendships and they themselves become toxic unable to explain their own actions? Unable to know why they love the sensation of "bad"? of self-destruction? How many of those medicine/pills names have you heard of before? Risperdal? Cipralext? Seroquel? Trittico? Clozapine? Cogtintol or heard someone taking them?

It's everywhere! Everyone is getting sick and depressed and we're just

taking pills thinking this is normal. Well, this is not normal.

THIS IS A SIGN OF A COLLAPSE OF A GENUINE CULTURE. THE EGYPTIAN CULTURE. IT IS A COLLAPSE OF AUTHENTIC INDIVIDUALS AND COMMUNITIES. IT IS A SIGN THAT WE ARE SLOWLY DYING BIT BY BIT WHILE LIVING. IT MEANS THAT WE ARE LOSING MEANING OF OURSELVES, LOGIC AND MOST IMPORTANTLY WE ARE LOSING “GOODNESS” IN ANY SENSE.

Anyone authentic will either be too sick to achieve anything of goodness and at worst be locked up in hospitals due to being mentally sick.

The West at least has been able to understand the benefits of being alone and through it has generated life and some form of goodness but here we have lost the ability to sit with oneself and to just listen and deal with our issues that we are in fact have become more evil, cynical and deluded than of the West.

It is only when we bring back God in the right picture and increase the awareness of Sufism and its knowledge could only then things start to maybe change. And I say maybe because then again one might attain knowledge but decide not to act upon it but exploit it which will all be based on the Egyptian citizen himself...

POTENTIAL SOLUTIONS

HOW THE MISEDUCATION OF RELIGION IS THE MAIN REASON BEHIND SUCH COLLAPSE

There can be no denying as well that there are still people within Egypt’s various classes who still have a proper awareness in regards to their truth, connection to God and are in fact the reason why there is still some genuine goodness within the country.

However, this is a minority and will always be a minority. Yet, the ratio

of inauthentic people against authentic ones will gradually increase throughout time in Egypt. This is because the population is increasing and the majority will tend to become inauthentic. This would mean that authentic people or goodness will never be diminished however it will be very very hard to find. It's exactly as the concept of truth in which it cannot be removed but only stretched. The same thing will occur with Egyptians in regards to finding truth, goodness and rationality. This is why right now to be able to fully understand the real truth of oneself and god through Sufism has been very hard to find in today's commercialized religion in Egypt.

ISLAMIC REFORMATION & WOMEN

Focusing on the majority now, most of the Egyptians have a completely misguided and a wrong interpretation of exactly what God is, how he is related to us and how it's in fact all through love, joy, celebration and seeing beauty in oneself is one of the Islamic's main pillars. Today's religion focuses on ways to control women since they are viewed as sexual beings and even today when they want to get it fixed through the "new Islamic Reform" they are focusing on ways to give women more power and create mutual respect. However, this is not fixing the issue to its core as through this they are making people view the Islamic religion as a constant battle between understanding the rights between man and women and nothing about the fact that it all has to do with spirituality, reflecting inner light by forming a true relationship with God.

The ignorance and the failure to provide proper understanding of the Islamic religion has led to many Egyptians perceiving God in the most shallow and irrational ways. Nowadays some Egyptians literally think that they have no connection to God except the fact that he is "watching from above" and you are left here alone with a book of do's and don't.. With such perspective they live with nothing but fear within their hearts and will always view themselves as a minor being watched over due to not being able to control oneself.

"USING" GOD & THE ASPECT OF HASAD

Other times, which is in fact the majority of the time, I find people who are “using” God just like how they use and exploit everyone else. You find them only praying and connecting to him whatever they find themselves broken or heartbroken but nothing else. Even worse, people who are filled with fear tend to use God to protect them from the “evil eye”. So many people are scared and obsessed with the concept of hasad that they don’t realize that it is in fact them who are initiating it. I could write another paper to talk about some current practices so called “religious” done by Egyptians in which they think are good for them and are in fact bad for them as they are the ones who attract what they feel inside basically.

Today anyone who is met with difficult situations, negative outcomes or are just basically unlucky tend to suddenly state that either a family member, cousin, neighbor or friend has.

Casted dark magic (Coined as ‘3amal) on them. You finally either suddenly drown themselves in Islamic prayers and dua living in a delusion that this is the issue when it is true it is due to them not looking into their own limitations, self denial and darkness that has made them unable to develop. And so you find them becoming paranoid, pessimistic and acting on fear and hate at the same time. They doubt everyone including themselves and they don’t know it.

LACK OF SELF-DISCIPLINE

As you can see Egyptians are both unable to rise above their fears, sexual desires and impulses that they have completely ruined the concept of islam and what it aims for. Rather than seeing how it has factors such as dancing, meditation, scents, breaths, contemplation, balanced seclusion, celebration and self-discipline we now view it through power control between men and women and fearing going to hell which doesn’t help except charge more fear. We view it as having to let go of one’s physical and materialistic goals in order to be considered religious or a man of god when in fact Sufism has the knowledge of how to balance the complex relationship between soul and body giving them both their rights equally.

Egyptians are not keen about their religion because they think it tells them that they need to let go of money and materialistic aspects when that is not the case at all. If they only knew the aspect of attracting things in life while focusing on God, would they only then be able to understand how to grasp such balance between the soul and body and will be able to finally enjoy life the right way. However, all we've got now is fear, guilt, shame and envy controlling us that we are unable to give ourselves the love and the chance to actually tell ourselves that we have the right to live. However, if it's in the proper way. The beautiful way.

Today the Islamic concepts of love, discipline and good behaviour is in fact seen by the Egyptians as a vulnerability and a suicide attempt in today's world. They seem to only preach it without actually doing it. In "The Art of Loving" Erich Fromm described such phenomena by stating:

"they arrive at the result that to speak of love today means only to participate in the general fraud; they claim that only a martyr or a mad person can love in the world of today, hence that all discussion of love is nothing but preaching. This very respectable view-point lends itself readily to a rationalization of cynicism".

NO ONE IS CONTENT OR THANKFUL

Other than self-discipline being diminished due to removing the concept of proper Islam and Sufism, the aspect of "Content" or "Thankfulness" has been completely removed from the Egyptians' sense of living. No one in Egypt is fully satisfied with their current situation and without that they will never be able to begin the journey towards activating love and lighter breaths in their Nafs. It is only by seeing the benefits of our current position that we can only start to become more rational. It is insane how there are so many well off Egyptians who truly have every reason to be content with their situation are still filled with envy and hunger towards wanting more than they are and will never be content with their situation. This is why they will never be able to give back to the rest of the community and provide any sort of life within it.

It is only when we provide the right and proper framework of Sufism, God and how to love will Egyptians start to be able to survive the right way.

Egyptians are not like the west where you can provide them with self-help books like meditation and psychology, in which they will be able to get better and grow beautifully. No. This is because the whole community has reached further heights of desperation, loneliness, poverty, ignorance and irrationality than the West has ever experienced and concepts with self help guides will not help. The Egyptians need God. That is the only solution.

Egyptians are not aware of the genuine form of love and are only focusing on what is called “Erotic love” (Erich Fromm,) which is love formed between two people exclusively to form a complete fusion of union with the other person. But not any kind of brotherly love which is more real than the latter. That’s because union can never happen unless it’s with God who’s inside you or by unifying yourself with your brothers and loving them selflessly. Then this would thus mean that you were able to truly unify as well and achieve the right type of love that is “brotherly love” . Erich Fromm explains that Erotic love tends to fade away, making you want to desire another person who you might think can give you a “different” kind of love. The solution is to unify this erotic love with brotherly love or else it is nothing “more than orgiastic, transitory sense.” Which is exactly where majority Egyptians are guided by due to their ego.

As I have stated before the more darkness you are, in the more light you need to be able to be brought back to light. This is the exact scenario with Egypt, aspects like Buddhism, NLP, Positive psychology will not be enough because the Egyptians have reached new level of desperation that only through the True acknowledgment of God and your connection to him will they be able to bring back any form of rationality and genuine culture in the country.

To prove to you even more, I have found many people who decided to

go on their own solo journey into finding god by removing the concept of Islam and I have found them either ending up in Buddhism or this new trend that is called NLP. What they end up becoming are people who seem to reflect back the exact knowledge they obtained from those concepts to try to help people become more aware but they unconsciously do not realize that they are still stuck in their same habits and are still not able to self-reflect truly.

They still struggle to achieve true peacefulness as those techniques tend to help to control or explain human situations but never to force or push them to basically stop doing what is fully destructing them. Why? Because it doesn't involve anyone. It involves a solo journey and thus the individual is very lonely and wouldn't admit that.

EGYPT & THE VERY NEAR FUTURE

WEST'S EFFECT ON EGYPT

As the West is now focusing on ways to find solutions to be able to live longer or forever, beat mental illness through putting a chip inside you and traveling to mars this will sooner or later develop into a reality which can be obtained. Yet, with a hefty price. And thus, what will happen is that the Upper class Egyptian segment will be able to afford such means and will attain them while the rest won't, which will split the line even more and show a major difference.

What will this lead to? Extinction of Egyptian's poor citizens. Hunger, illness, poverty and death. In even more extreme ways.

What we are not realizing is that the whole world is pushing itself to be a one unified world where "everyone gets the same chances" that once it truly occurs it will be at the expense of the rest of the population dying.

Why? Because not everyone can get a chance and that's a fact we are all denying it because we are scared to be the ones who will be left out.

It is a common economic principle that in order to develop and grow it will be at the expense of others. The aspect of helping and achieving unified chances to the whole of the population will mean to stop progressing. It's either to progress or to be stagnant. To progress by killing people to remain stagnant and simply get bored. But the globalized network has decided that they cannot be bored, they are scared of boredom, unknown of it's benefits and thus, have used the most comfortable disease towards boredom which is development.

You know God gave us a chance to realize our unity through the soul and connect to it in order to be able to help us grow together aligned in a beautiful way. We had a chance to connect all together simultaneously with God and the environment which I believe would have generated a piece of the "heavens" of God here on earth. There would be so much beauty our nerves would be so attracted to the light spectrum that we wouldn't have even gone close to the dark ones.

Look at where we are now. A bunch of people who are self obsessed and in denial of their separateness find outer ways to hide it and then rather than facing their own issues they will suppress such darkness and only have it revealed to people who are of no "importance" or power. The lower classes.

We have become "one" in appearances but not "one" in the true essence of spirituality and oneness. The so-called "globalized" world. A bunch of lonely neurotic people unable to love others for the fear it might lead them to sacrificing themselves which is the ultimate form of selfless love. To die for someone else.

And thus slowly the Egyptian community will have a segment of individuals who have a major advantage over the rest of the community. Right now we are valuing ourselves based on passports, money and education and as you can see the negative result that this has caused to

Egyptians when the upper classes were able to obtain it. Now I want you to imagine what would happen if they now not only received better education, but simply put can live much longer than you, have a higher access to consciousness due to the chip and get to travel most of the time to space not in contact with the country or even the planet.

What do you think once the upper class Egyptians obtain such an advantage they will do with it with the Egyptian community?

I hope I do not live and witness such phenomena once it occurs. But I have the feeling I will.

This is what Yuval Hariri has described as the achievement of what is called “Homo-Deus” which is translated to “Human-Gods” due to such technological advancement in which I shall discuss below.

RISE OF SUFISM & EGYPT BEING A “SAFE HAVEN”

Nevertheless, another trend that will happen in the near future due to the increasingly evident appearances of inauthenticity is the rise of Sufism. Yes, more and more people who seem to either sense these fakes, trying to find meaning or trying to heal will find the natural path in which is sufism to help them understand.

This is starting to happen now as I have witnessed several individuals around me who were “lost” are now naturally able to find their truth through sufism and are very much into it. Surprisingly each one of them do not know one another and seem to come to similar conclusions that help them understand themselves, god and the others. They were able to find the same type of meaning without crossing paths. And so, Sufism will In fact start to become a trend in Egypt as as any trend it will have it’s benefits and drawbacks in which, we will witness very soon.

Only the developed countries will experience more suffering and higher forms of collapse in civilization. Therefore, Egypt will be considered a safe haven since it is still considered a developing country. Many

individuals from developed countries who will witness the inauthentic aspects more, will start traveling to Egypt since it still has one of the highest Sufism movements in the world and will still have a lot of citizens who will reject this new movement.

COLLAPSE IN EGYPTIAN CIVILIZATION

What I mean by collapse is the weakening of Egyptian identity which will be diluted and mostly mixed with the Arab states that have now risen to power and are attaining strength (identity and economically).

Countries such as Saudi Arabia, UAE, Jordan, Bahrain and Qatar are now becoming powerhouses on the world stage and are in fact thriving. With the increasing number of poverty and collapse in civilization in Egypt , more of those Arab countries will attain control over our civilization which will truly help Egyptians yet, will also have its drawback of Egypt losing its global power and authenticity. What I mean is that Upper Class Egyptians will be able to find their way to success and to become globalized by connecting to this new “Arab World” that is being unified. Nevertheless, they would have to leave behind the rest of the unprivileged Egyptians who will now become more disconnected and left in the dark.

I do believe that the UAE will be more integrated in Egyptian society than Saudi Arabia and will have more control in specific areas as well.

What this will lead to is that the lower classes in Egypt will now be left in extreme poverty, a distressed environment and the inability to connect with the other classes. What I believe will happen very soon is a hunger revolution (ثورة جوع).

To say the least, there will be this new globalized world and Egypt will barely be a part of it.

THE WESTERN WORLD TODAY AND IN THE FUTURE

“CHIPS AND THE DEVELOPMENT OF HOMO-DIABLOUS” AND NOT “HOMO-DEUS”

Of course there are various things going on in the West but its core guidance is out of pure selfishness that is clothed under “equality”, “making the world a better place” and “enlightenment”. As stated before, they have cheated their way into achieving access to some of the Complete breath which has helped them to achieve beauty.

However, The West world was able to achieve this not for the love of God but for the love of oneself and only oneself. The West were the ones who introduced the aspect of “Enjoying oneself” and putting yourself first no matter what. However selfless love can sometimes mean putting yourself last or not even considering yourself at all and this is something that is not seen or understood in the West.

That is why families within the West have some sort of “limited” type of love for their children where sacrificing just like Arab mothers do is rarely seen. Another in Egypt can simply put her sexual desires and basic necessities away for her children however in the West this can be seen as some form of abuse and nothing in the sphere of maybe the woman is the reason why this family still has a home.

Nevertheless, the enlightenment that the West has been preaching is in fact a fake form of enlightenment that has made them obsessed with themselves while unable to fill their inner emptiness. What you get are people who suddenly become obsessed with trying to be happy or fulfilled and will struggle to do so no matter what they do. They will not be satisfied with themselves as well as they are still lacking genuine love. And thus, you find people like Elon musk, Steve Jobs and many many more creators just focusing their whole time and energy in innovating new things that help them escape their own burden. From finding ways to make the world “more connected” through social media to trying to bring the universe closer together by trying to make a new home on Mars. All of those are reflection of deep inner loneliness and the need to be

closer in connection to people and the inner god. The aspect of them “developing” is a comfortable disease provided by the ego to provide them with the assumption that what they are working on will indeed help them fill this separateness and achieve oneness when in reality they will still feel lonely.

It is only through praying and connecting to God and to actually know that you are not alone will such individuals finally realize that they are not alone.

Nevertheless, this self obsession has resulted in this new technology of “Brain Chip Implants”. Now this new innovation will have many perks and drawbacks and it will have a huge hand in the near future which will change humanity for good with no going back.

Of course the brain chip implants can be used for several reasons, however my focus is really on the fact that since already the majority of people are on drugs or taking medication to be able to stay alive. Once this thing launches I presume that everyone will have access to it and thus, everyone will use it.

It is not my issue that brain chips will increase as reality of the fact this will occur. My issue is how It will have the ability to collect information regarding aspects such as our subconscious, desires, pains and sufferings, what we love and what we don’t in order to help us “balance out” these emotions. Now Yuval Harari was discussing in his book how today we are living in times where “data ‘’ is the most important thing in the world.

He stated how today from social media and the internet there has been a huge collective attaining of personal information about people and everything about them. This is what he has coined as “Internet-of-all-things”. He has stated how for now it is still separate from the human being but at some point it will be integrated with him.

Now I want you to imagine this...

A world where the majority have brain chips implanted and the one who are in the hierarchy of the classes are now able to integrate the collection data of the “Internet of all things” to their brain chip that holds their data.

Yuval has stated that there will thus be new forms of beings in which he has coined as “homo Deus” which is translated to “Man-God” as they will be able to simply know everything about you and will exploit you for egotistical purposes which will make you egotistical as well.

Simply put, right now you get freaked out when you open any social media page and find something that you might have just been thinking about or talking about and you feel like it’s playing with your ego. This is exactly what will happen but rather than a screen playing around with you it will be through those man-god people that Yuval has coined them as. Can you imagine what it will be like?

It’s all a mind-egotistical web connection that will exploit each other’s minds and cause even more extinction of human beings.

Remember when I have discussed how connecting fully to the soul allows you to attain the “Complete Breath”. This is because you have reflected the inner God within you by connecting to God himself. I have also stated that it allows you to attain “Knowledge of all things” that revolve you and your journey? To help you grow beautifully? This will in fact make you what Yuval would like to coin as “Homo-Deus” however I would like to call it simply as a man of God.

Well let me tell you what the West is currently working on, the complete opposite of this. Rather than attaining the “knowledge of all things that concerns you and your personal journey” what they have done is made man attain “Knowledge of all things” that doesn’t involve the person themselves but the people around them, their desires, wants and egotistical impulses. Sadly what they have produced are not Homo-Deus but Homo- Diabolus...A man fully connected now to the Ego. A man fully connected to their Shadow self.

Let that sink in for a minute to actually let you realize what this really means...

You want to know something even worse?

Since we are already deluded in the way of understanding how to develop right or even know what is right or wrong in general we currently believe that such technology and chips will help us “save us all” and we will continue to do so. What will happen is those Homo-Diabolus will be in power and we are the ones who will put them in power because we will believe that they are the ones who will “save us all” and make this world finally a heaven on earth.

What this means is that we will be in a situation where human beings will be dying (extinction) and we will think irrationally to believe those Homo-Diabolus that their solution to be like them will make this world a better place all of a sudden.

What this lead to is the term that is called “**Deus Ex Machina**” in which, is defined as:

“**Deus ex machina** Latin: [ˈdɛ.ʊs ɛks ˈma:kʰɪna:]; plural: dei ex machina; English “god out of the machine”) is a plot device whereby a seemingly unsolvable problem in a story is suddenly and abruptly resolved by an unexpected and unlikely occurrence Its function is generally to resolve an otherwise irresolvable plot situation, to surprise the audience, to bring the tale to a happy ending, or act as a comedic device”

People will think that becoming a part of the Homo-Diabolus will solve all human sufferings which is in fact very illogical because the problem of suffering of humans is not solvable. Suffering is a part of human beings. The reality of the fact it will not be a “happily ever ending” at all. Now what will happen is the opposite which is:

Diabolous Ex machina

Which is defined as:

“**Diabolus ex Machina** (Devil from the Machine) is the Evil Counterpart of **Deus ex Machina**: the introduction of an unexpected new event, character, ability, or object designed to ensure that things suddenly get much worse for the protagonists, much better for the villains, or both.”

People would rather view them as Yuval has stated as “Homo-Deus” and will be viewed as the ones who will save humanity when in reality it is the opposite. Imagine artificially made human beings controlled by technological aspects.

Of course. Yuval and many have stated how this would lead to the extinction of human kind and the world will either end or continue to live on with new species living on it. This is true. Human beings will die but as I said they are the source of truth and when it comes to truth it can never be diminished but further stretched.

COLLECTIVE AWAKENING

What I mean by that is that not all human beings will be removed from the face of the earth as I believe just as such phenomena will occur there will also be a collective awakening happening throughout the world. You would thus find many more people trying to find meaning, search for the truth and find themselves exactly where I am in regards to aspects such as “good” and “Bad” energy, light and darkness and connection to god.

I believe that there will be a community within the times of the Homo-Diablous who are still human-beings and have reached the same authentic, logical and real conclusion as I have done now.

I cannot say anything further in regards to how the two communities will interact or what will happen but, all I know for sure that to reach such times it will be at the cost of billions of human beings diminishing one by one.

CONCLUSION

The book that I have been referring to a lot in this paper is called “To be an individual, is it the lot of only few?” was written in the late 1980’s in which, Yuval as an overall wanted to illustrate how we are losing specific authentic individuals who create goodness in this world due to the lack of understanding them and them not understanding themselves as well.

At these times, the aspect of brain chips and changing the biology of human beings for good were still mere discussions and not actually real. In the book he states:

“Nowadays this selfishness is sometimes clothes in the most fanatic forms. For example at a discussion of ‘crazy ideas’ in our academic cfe-club, one of my collogues, a talented young biologist, spoke about the tempting possibility, in the future, of modifying and replacing human genes. We have a rather vulgar name for this: ‘genetic cut-out’. He said that this would probably rid humanity of mental illness. But then a philosopher got up and replied that he would not like to live in a world ‘violated by biologists’, that ‘the genetic cut-out was an attack on the individual’. And finally, he blurred out as his main argument: ‘Your world would have no Dostoyevsky!’

“‘Is Dostoyevsky not too high a price?’ He argues, ‘Thousands of sick and ordinary people, their torments the grief of their sisters, wives and mothers?’

“Just imagine that the spiritual history of mankind never had a Dostoyevsky and then you’ll understand whether he’s too high a price?

“But why do you think,’ I said, ‘that it is impossible for new psychological structures to appear which would give rise to new forms of genius? And anyway, who has proved threat even one an artist of genius must suffer, like Dostoyevsky, from epilepsy?’

“But not one of my argument has any affect on the philosopher and he remained convinced that if humanity could lose a second (!) Dostoyevsky, then it was not worth ridding the world of mental illness through gene replacement. This too, would seem to be elevated selfishness, for after all, we are talking of the brilliance, spiritual wealth and artistic and

moral values which this would-be genius would give to the world. If barbaric biologists totally eliminate illnesses which are today regarded as invariably accompanying certain forms of genius, then humanity will become poorer: "Elevated selfishness is one of the most dangerous forms of utilitarianism for it is many-faced..."

In the 80's it was still considered a "Crazy idea" and yet there were still people like this philosopher capturing the issue of such an idea in a simple comment regarding Dostoevsky. However, this idea has now become a reality and thus, considering myself a philosopher I had to clearly provide logical, sense making and rational description of why exactly this will damage humanity and as the philosopher said it will be lacking in any spiritual essence or any form of true genuine way of living.

I have shown this by bringing in concepts from Sufism that seem to be in fact a very natural, logical and sense making viewpoint that in fact, includes any being who is in fact authentic, real, genuine and fueled by selfless love. It has illustrated how it is all due to not wanting to connect to the soul which brings you closer to the "light" closer to God. This has led to an increase in selfishness and egotistical aims within the community which has created what is now considered a broken ontological security of man living within a spurious culture.

Sufism is in fact the natural way of living and growing beautifully as I have illustrated in section 2 how there are individuals who live in Russia that know nothing about Sufism that seem to abide the same essence and way of life that allows them to become full individuals.

It has led the true "Homo-Deus" or 'Man of God' to not be fully understood nor appreciated and has thus, led to an increasing number of them being viewed as "mentally sick" and thus, they truly do become more sick due to not being able to attain any common sense within the community. It is only by having the community truly acknowledging God from a Sufism/Natural sense would only such individuals be appreciated and given the chance to provide life, beauty and authenticity within the community. Only then would they be able to shine their inner god light

reflection to the environment.

It's funny How this "Light" aspect has been discussed everywhere in so many cultures, topics in life. How beautiful it is. How it helps to heal, inspire, guide and create beauty. From the Pranic healing miracles calling this light "Prana" or "Ki" to help heal chakras and make them sync together; to having Sufis calling it Nasama or Light, or energy fields to also help sync what they call Lata'if rather than chakras. How beautiful it is to be attuned to it to be able to heal and unlock true meaning. I mean even the way modern science was made was due to the understanding of such "Light" and was in fact the core reason why scientific revolution was made. It was due to the discovery of what J.Browniski has coined as "White Magic" or surprisingly "Natural Magic".

In his book, J.Jowniski describes how the scientific revolution was brought up by explaining that at the start in the middle ages, they were trying to find ways to go "against" natural laws which were considered as black magic. However, when a community decided to change this and rather "were trying to exploit a pre-ordained harmony in nature." They were in fact able to succeed which formed the concept of Natural law itself (Browniski, 1978). In his book he explains:

"Both Ficino and Pico as well as a number of other people about 15000 were practitioners of magic, and yet their magic has a different quality. They were no longer trying to force nature into a different mode. In some way, they were trying to exploit a preordained harmony in nature. Ficino says this quite firmly 'When I sing a song to the sun it is not because I expect the sun to change it's course but [because] I expect to put myself into a different cast of mind in relation to the sun.'" Now this is a very important concept that developed between 15000 and 1550- the notion that yes, there is magic but it is a natural magic, a white magic...What did happen was that highly intelligent people were bothered about demons and agels and all the oppositions in the old magic; they were convinced that the universe was harmonious, that man could be in contact within it, and they asked themselves how this could be done...In Black magic, the belief was that you would make nature run against her will. In White

magic, you began to say, “well you know, let’s make nature work with us. There is a harmony; we could exploit it” Finally came the concept of natural law itself and that was represented, in a most spectacular way, for the first time in the writing of Francis Bacon between 1600 and 1620. It was Francis Bacon, whom I was quoting who was the first person to say ‘Knowledge is Power’,. It was Francis Bacon who said in the *Novum Organum* ‘we cannot command nature except by obeying her” at this point the scientific revolution was really complete.

What Ficino and Pico did is exactly what the Sufism concept understood and what Sufi’s generally do! They attune themselves with the environment making it feel like it’s one by connecting to the soul and secluding while pondering about God and celebrating life. In fact singing is a major part of Sufism! Those people filled their hearts with so much love that they completely ignored any dark energies concerning demons and black magic and focused on the God side or as they called it the “Natural “magic or energy. . This is exactly what Islam and Sufism encourages, which is to fill your heart with the love of God so that you forget about the devil. It doesn’t even exist due to attaining a higher form of energy! It is only by obeying her! But obeying anyone can make sense when we say obeying the “White Magic” or the Nasama or the Light? Does that make any sense? NO!!

Even J.Brownksi continue to say that the main difference the Ficino and Pico has from the rest of the scientists was the fact that they were able to “take pleasure’ from their intellect. He states:

“To me, being an intellectual doesn’t mean knowing about intellectual issues; it means taking pleasure in them. And that to my mind is exactly what happened- exactly what transformed the attitude to science about the year 1500.”

It’s the celebration of life even if your smart as hell! In fact true smartness and being wise is being able to celebrate even if you know everything. Yet, what is the most common known thing is the smarter you are, the more aware you are the more you become sad, isolated and secluded.

That's not the truth! That's not the right way! The right way is to be smart, to attain knowledge and to still have this inner child within you that celebrates such knowledge and awareness. To act out of selfless love and connect to your inner self which is (our inner God) could you then only be a smart and a genuinely satisfied man. Just like Finco and Pico. Yet, as a quote I saw on Facebook being wise and happy is a rare thing to be seen in humans and the only who can achieve this can in fact be a full individual!

When will be able to fully comprehend that this beautiful, magical thing, this thing that has been coined as Prana or Nasama or white magic or a natural magic is in fact so so beautiful, so real and just so indescribable that all you can say and call it ALLAH?!!

Which is "Oh how beautiful". Which is God!!!!

When are we going to finally be fully logical beings and call it Allah and view it as a one major entity that creates us all! That we are made of it and a part of it and we can attune to it by obeying him! Obeying ALLAH!!

J.Bowniski continues that even though Bacon stated the need to "Obey" it rather, they decide to "exploit it which basically aligns with what I have said regarding having the West cheating their way through attaining a half fake enlightenment! (page) And even worse the Egyptians have decided to remove the concept of Allah with no knowledge of this cheating method which left them in complete darkness. This is why the streets are not filled with life, with beautification or any kind of chance of truly living.

But the world has chosen to be in complete denial. It has chosen to remove God and thus remove genuine goodness, kindness and ethics and values to sum up. Why? As simple as j.Rowniski stated it:

"There could be a second reason for saying "If forever (that is, it can only be changed in a forward direction; we can't go back) perhaps there is another reason for not wanting ethics and values"

And it's this: if the world has that kind of machinery, then it doesn't have any meaning, life doesn't have a point, there isn't anything that man created for; and in those circumstances you might say quite seriously, "ah, well, now I really am happy to behave badly, now you can do what you like with your lecture, I'm not interested, I was only interested when I thought that being a human being was some fulfillment of some greater purpose. But if there is no plan, if there is no purpose, if the whole universe can be reduced to a piece of machinery, well then you really can't persuade me to come. I shall go and booze it up outside. "

Simply put, we have chosen to ignore True knowledge and God in order to behave badly and get droned in Sex and Drugs. Very simply.

And thus, the only thing I can do is to shine a light towards the True knowledge of ourselves and to be able to provide any sense of guidance or help to anyone who is craving meaning and truth. I cannot force it and it is not made (the concept of Sufism and Islam) to be forced. In fact, Islam is a "Letter" + (Resala) and not an order. And thus, all I can wish for and have in fact tried to do is to through this paper is to make this letter a bit more seen in today's time and within the Egyptian community most particularly the Upper-class. Moreover, I do believe that there are different "paths" that can be taken towards having an authentic life in which I would love to write more about in another time.

A chance that it might arrive to you and help you finally shine a light into seeing your true self and just how beautiful you are.

