



Volume 6, Issue 1

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THE POINT OF STABILITY AND KNOWLEDGE IS THE HEART IN THE HUMAN BEING. **Professor Nader Angha**

MTO Sufi Association Newsletter

Sufism's clear directive is that we can only really know anything through our own experience.

HEALTH

True health is more than treating symptoms and getting rid of dis-ease or dis-order. The ultimate level of true health can be defined as harmony, unity and balance in all aspects of the human being. All systems must be in order: the physical, mental, emotional and spiritual the physical and metaphysical as one perfect unit.

<i>Health</i>	1
<i>Content</i>	2
<i>Love</i>	2



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FEELING CONTENT

Through talking to other people in different age groups and different walks of life and asking them about the things in life that bring them happiness I found one thing to be common among all. Most people are never really happy, as bad as it may sound. Sure people all have things which can either bring them great pain or displeasure, things that can lift or depress their mood. But the feeling of contentment and complete happiness only comes from one thing and that is from having one stable backbone throughout your whole life.

Some use religion others are simply passionate about something to the extent that it brings them peace of mind but whatever it is, true contentment for me has only ever come from knowing that there is always one thing in my life I can count on, one last stronghold.

And so I put the question to you
what is yours?

LOVE

Harmony and peace cannot be attained by civil measures, as we have demonstrated over and over again. It can only be reached by the love of God and all people, as the result of spiritual learning, cognition, knowledge and experience.

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