



Volume 6, Issue 7

July 2009

MTO Sufi Association Newsletter

The true human right of each person is the realization of his or her rank as created in the image of God.

Professor Nader Angha

Prayer

May God grant you the resolve to endeavour on the path of self-knowledge; may He teach you the alphabet of the book of the soul so you may read the book of your being; may He grant you patience and perseverance to cultivate your being to its fullest so you will be peacemakers of your societies; may He open the gate of the City of Knowledge unto your soul, so your action may be guided by the light of knowledge and wisdom.¹

City of Knowledge

I am the City of Knowledge and
Ali is its door. Prophet Mohammad (PBUH)

Reference:

1. Nader Angha, Sufism and Knowledge, 2nd edition, MTO
Shahmaghsoudi Printing and Publication, p32.

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Blue Mountains Meditation Retreat

On the 27th and 28th June 2009, MTO Sufi Association held its first Meditation Retreat at the Hideaway Retreat within the majestic backdrop of the Blue Mountains.

At the heart of nature where the sky and earth become one, our group of 40 attendees were brought together to learn new skills to gather their energy and focus on the physical, emotional and spiritual aspects of meditation and relaxation.

The retreat was received with great response from delegates that were given the opportunity to develop new skills and techniques for concentration and meditation but also the ability to take a closer look at the beauty of nature and take time to appreciate the wonders and gifts that we each have in our lives that we fail to see most of the time.

On behalf of the MTO Sufi Association team, I would like to thank each of our participants for taking the time out to return to themselves and hope that our next meditation retreat will be even bigger and better.

You can visit our website to see more pictures from the meditation retreat on www.mtosufiassociation.com.



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