



Volume 7, Issue 6

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# MTO Sufi Association Newsletter

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*The  
lights of truth  
shine through to the hearts,  
but hearts are too beset with  
transient temptation and desires.*

Professor Sadegh Angha

## Source of Life

Search for truth in your heavenly double at a third point in the heart, the point of union of the two worlds, one delicate and one harsh, between sleep and wakefulness. The source of life in the heart is the light of knowledge and certainty, and the very knowledge itself. And because it is all knowing, it is source of all appearance and possibilities. It is the essence and the body of all things. Everything is brought to perfection by it. <sup>1</sup>

Sufism is a discipline, a system of education that transforms humans from their base state to their divine state.





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## Etheric Body

The first layer beyond the physical body which the seeker becomes familiar with, is the etheric body. This is the template or mould for the physical body. This spiritual body has a spiritual heart which is hidden behind the physical heart. The “secret or the hidden heart”, as it is known in the Sufi traditions, is directly connected with the existential healing powers.

The spiritual heart transmits spiritual energy which forms a body embracing the physical body. This etheric or corporeal body is adapted to the palpable world. It is the origin of the body's electrical current, which is transmitted from the spiritual heart to the physical heart. Disconnection of this power from the heart will cause the heart to stop beating. The etheric body vanishes two or three days after the soul separates from the body. <sup>2</sup>

#### Reference:

1. Angha, (1997), *The Mystery of humanity*, 3rd edition, University Press of America, p63

2. Nader Angha, (1997) *Sufism and Wisdom*, 2nd edition, MTO Shahmaghsoudi Printing and Publication, p26

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