THE INWARD PEACE



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The
Inward Peace

In this lecture, I propose to deal with a proposition, which is of vital importance to our society, and, also, to those, who are eager and keen to give meaning and content to their life.

The topic, that I want to discuss in this lecture relates to the basic problems of human nature It has a vital bearing on our behaviour, standard of living, our requirements and our needs, our motives and our mottoes, on our fears and fancies, on our dreams, our devotions, on our ideas and ideals, and on our aspirations and our ambitions.

I will not mind the least, if you call me an idealist, or a conservative, not keeping an eye on the pulse of the time. It is true that to discuss such a topic in the Modern Age, seething with faction and discontent, torn by strifes and struggles and fraught with harrowing doubts and diffidence is surely to be labelled a visionary. To some, it may appear as a flight of imagination.

The Questions

Is it not correct to say that man is in search of happiness, but happiness is nowhere to be found ? Is it not that man wants to avoid pain and seek pleasure, but, it has proved futile and a vain effort.

The List

Suppose, I ask you to make a list of the things, that you desire and want to achieve. I am sure your list will contain many things. It may include position, prestige, power, pelf, influence, a beautiful house, ultra-modern furniture, a refrigerator, a Television set, a radio set, a transistor, a car, an orchard, beautiful carpets, and a handsome income etc.

But, do you think that the aforesaid things will give you peace, happiness and joy ?

Should I revise your list ? I will add three things in the list and they are:—

Calm thoughts;
Slow breathing; and
Peace of mind.

In other words, I insist, that, the list should include the one thing of supreme importance, which has an all—embracing effect upon the life, that we lead.

The Treasure within

The distractions and the attractions of the "Brave

New World" leave us little time to think of the things, that really matter. We feel happy and jubilant to dig in order to find out the hidden treasure, buried beneath the earth. But we have become so reckless that we do not care to reach and find out the treasure, that is within us—I mean the inward peace.

The inward peace is to be achieved. It is a gift and a blessing, which is given to people of stable mind. Inward peace is like the evening star, which lends lustre to the soul.

Inward peace is not to be had by manipulation, negotiation and ostentation, and neither by subterfuge nor by agreement. Inward peace is to be won by one's own effort.

The Greatest Conqueror

The greatest and the noblest conqueror is not the one, who conquers countries and brings dominions under his sway. In fact, the greatest conqueror is the one, who wages a successful warfare against his own self, and overcomes his inordinate desires, and finally, emerges out as one, who has controlled his appetites and passions.

Let us, then secure victory over our own self.

The Way of the Mystics

How is it that the mystics, in patched clothes and with little or no material acquisitions or possessions, have never complained of their poverty or troubles or hard-

ships, whereas the others having everything always grudge, bemoan and complain. The reason is not far to seek.

The mystics think that whatever comes in my way is best. They have as their object the happiness of others; wheres the worldly—minded people plan to change the circumstances to their our advantage, and they are concerned with their own welfare and happiness.

They do not allow the pleasures in life to rule over them, for they know, that they will hand them over some day to sorrow

They refuse to the ruled by the two Generals, Pleasure and Pain

They are themselves cheerful, and they contribute to the cheerfulness of others. One can give only what he has. They are cheerful, calm, serene, and they give cheerfulness, calmness and serenity to mankind.

They believe that, it is within the power of an individual to make the world either as a palace or a prison They moulded their thoughts in such a fashion, that every small space appeared to them to be a palace.

They emphasised, that subterfuge or agreements are not capable of snatching peace. No one has an assured share in the store of peace. **Peace like a battle is to be won.** It is to be won over shameful deeds, perplexing problems, and sinister sins. Victory is to be

scored over the self, which tries to govern and oppress, and which leads to corrupt practices

The mystics are, essentially, men of peace. They bear no arms. But, their looks are sharper than the sword. Their words are their bullets Their thoughts give louder report than thunder

The mystic does not want to live in vain. Hence, life to a mystic means and implies thought and action. They brighten the lives of people by wise thoughts and useful actions.

Home and House

It is one thing to live in a house, and it is another thing to live in a home. Home should be distinguished from house. A better home implies better living.

The Foundations of a Good Home

The things that are necessary to build and to create a happy home are love, sympathy, and a spirit of service Right thinking is the architect. Right action is the white-washing. It should be warmed by love. It should be lighted with serenity and cheerfulness. Mutual trust is its ceiling. Toleration is its window. Sympathy is its ventilator. Blessing of God is its protecting canopy and glory.

The Quest

Man's quest for inward peace has found echo in the Vault of Time.

The Holy Prophet Mohammed says:—

"The most excellent Jihad (Holy War) is that for the conquest of self."

Lord Jesus Christ says:—

"Peace I leave with you, my peace I give unto you, not as the world giveth, give I, unto you. Let not your heart be troubled neither let it be afraid."

Lord Buddha says:—

"Surrender the grasping disposition of your selfishness, and you will attain to that sinless calm state of mind which conveys perfect peace, goodness and wisdom."

Lord Krishna says:—

"The person who lives completely free from all desires, without longing, devoid of the idea of ownership and egoism, attains to peace."

Lord Ram says:—

"The mind cherishing ambition remains always empty. That is why it finds rest nowhere like a deer that has lost track of the herd."

Lord Guru Nanak, founder of Sikhism says —

"They alone are in peace and attain the state of Bliss, who lean on the true name."

The Attitude

The economist and the political scientists hold that to talk of inward peace in the modern economic and

social set up is crying for the moon. They assert that, there can be no inward peace in the midst of penury, poverty, pestilence, unemployment, exploitation, inequality of opportunities, class conflict, nepotism, favouritism and demoralizing corruption. They emphasise the creation of better economic and social conditions as a condition precedent for inward peace.

Attitude assailed

According to them, thus, inward peace depends upon external conditions and circumstances But, the truth is otherwise. Inward peace is not a commodity. For inward peace one should look within. It comes from within.

Inward peace is an achievement.

Inward peace is possible even when an individual is engaged in a relentless war for bread, butter and work.

Human Responses

It is true, that social circumstances and economic conditions profoundly mould and modify the human responses. It may be true that unjust economic conditions create maladjustments, leading to conflict. But, it is also, true that if the people constituting the society, are insecure economically, spiritually and emotionally, the society will tend to be insecure.

Inward Peace

In any scheme of social peace, it is of utmost

importance that the people comprising the society should be rescued and freed from the civil war, which they wage within themselves.

Co-operative world will remain merely a dream or an illusian, so long as the people are corroded within themselves by the acids of negative thoughts, undesirable desires, fantastic fancies, self-pity and self-aggrandize-ment.

The crucial problems of conscience, love, fear, grief, rancour, malicc, greed, lust constitute universal human dilemmas, defying solution and offering challenge,

Inward peace implies the solution and acceptance of the challenge. Inward peace means the flow of inward energy and a source of perennial strength.

Inward peace serves as a signpost, avoiding the bye-lanes and the bye-paths, and showing the straight way, leading to a care-free life full of zest and enthusiasm.

Better society can be built by better men.

Meditation is the dictionary, but, inward peace is the Grammar of mysticism.

Inward peace makes mind serene, and once the mind has become serene, it can climb to heights unknown.

Inward peace attracts success.

Ways to Achieve Inward Peace

In order to achieve inward peace we must learn to

rely on. **Hope, Belief and Faith,** and treat them as our unfailing allies in the war waged outside. We should treat them as our sheet- anchor.

Let the winds blow furiously and storms come, and up-heavals occur but we should hold fast to **H B. F.** The **H. B. F.** formula has proved its efficacy and usefulness and if applied firmly, judiciously and diligently will give the same results

Let us be prepared to lose all but not the treasure of Hope. The hope within keeps an individual moving, and serves, as an incentive to future progress and happiness.

Let, then, Hope be the chariot, Belief the sword, and Faith the armour in the grim and fierce battle of life.

Triffles of life should be ignored as far as possible. They come and go. Why should we give them our attention and our time ?

Let us shake off our depression. Let us shun persimism, and seek refuge in optimism, which can serve as the best '**pick-me-up**', if rightly applied.

Let the thoughts be noble and sublime. Negative thoughts are the inward enemies. Positive thoughts lead to a positive personality. As we think so we are likely to become. We can be a changed person only when we prefer to change our thought pattern. To get rid off the negative thoughts is to change the destiny,

It is due to your thinking what you are,

Either you are in harmony or you are at war.

Thoughts can make or mar the life.

It is your thinking which makes or mars,

Why see the mud, why not see the stars ?

Let the tender and sensitive plant of love grow within, and let it expand as to cover the entire universe.

Desires should be curtailed. There is no limit to desires. We should not be defeated by the **Army of Desires.** Too many desires imply inferiority complex. **Let us desire to have no desire.**

When an opportunity knocks the door, open the door and smile. Let the opportunity should talk first.

At times, hold a Disarmament Conference in your private chamber to explore ways and means to find out the inward peace, and to disarm you from inner tension. To this Conference may be summoned the Heart, Mind, Intellect, Reason, Doubt, Hope, Belief Faith, Will and; Imagination I am sure Reason, and Doubt, finding Faith participating, will stage a walk-out. Reason and Doubt are at logger-heads with Faith. Will and Imagination will assert for supremacy. But, in case of conflict between Will and Imagination, it is Imagination that emerges triumphant.

The Resolution passed at the Conference should be like this—

> **Resolved that in the interest of inner harmony and inward the diplomatic relations are served hereby with all those distressing thoughts, which keep the mind confused, perplexed, and agitated and thus depriving of inward peace.**

As soon as we get a problem, we should think that the One, who has sent the problem will solve it for us.

Like the mystics, let us treat every problem and difficulty as a Gift from Friend. A gift should cause no worry, but, instead should give pleasure.

To get a problem or a difficulty implies that our faith is being put to test.

It is dangerous to make an appointment with worry.

Let us be bold and say—

"I refuse to grant an interview to worry."

Let us accept things as they are. There are two types of people. The one type of people says—"What can not be cured must be endured," and the other type of people says, "what can not be endured must be cured." The former dictum implies surrender. and the other one implies struggle and assertion. But, the fact is that, if we may bear and endure without grudge, we are sure to minimise ninety percent of "the slings and arrows of an outrageous fortune", and the remaining ten percent, also, will lose hold, and wither away like smoke.

By all means, let us be concerned, if we will about the problem or difficulty, but, it is not wise to be worried about it. To be concerned is one thing and to be worried is another thing.

Worry itself is incapable of giving solution. On the contrary, it magnifies problem.

It is better to solve the problems one by one. It is not advisable to mix the problems, and be lost in the labyrinth.

If problems are ignored as long as possible most of them meet a natural death

It is always wise to handle problems one by one. When problems are closely united, their unity gives them strength.

Prayer offers an effective remedy to shake off despondency, depression, and despair, and to enable us to overcome the problems.

Let us forget our problems for sometime and the problems will forget us.

Sometimes, the solution to a problem comes, when we least expect it.

The mystics do not care for the future, for the Future will take care of itself They ignore the Past, which is dead. They have learnt to live in the Present.

To-morrow is a promisory note bearing no signature. Yesterday is a cross cheque, which stands cancelled.

To-day furnishes ready cash. Let us take it, and let us wave the rest.

Let us act as a good General in the Battle of Life, and control our thoughts, our passions and our emotions.

The mind need not be the furnace, the body the pyre, thoughts the arrows, and imagination the bow.

Success and Failure are relative terms. It is better to be indifferent to them.

All our so—called problems are our guests. They are not going to stay with us for an indefinite period of time.

Every problem has a solution. With the problem comes the solution. We see the problem, but we do not try to see the solution.

As after every Autumn comes the Spring so after every hardship comes the relief. The problem, confronting is, in fact, a test of our endurance, perseverance, patience and power.

To be quiet calm and collected is to be undaunted of and to overcome the problem.

Calmness of mind attracts success.

For inward peace, let us look within. Like happiness, it comes from within.

Let us avoid temptations. Adam had to pay heavily for being tempted to eat the fruit of the forbidden tree.

To be tempted is to have an unstable mind.

Let us accept the inevitable. Lust, greed, needless arguments etc. should be avoided.

It is not wise to expect anything from others. Expectation may bring disappointment, and disappointment may cause worry.

When mind is confused, it is always better to take refuge in nature, good books, and in the company of good people.

Be sincere to yourself and to others, and people will be sincere to you.

Know the technique of being by yourself

To get higher things, some inconvenience and delay should be borne, and small things have to be renounced.

There is a price for every thing.

Success demands its own price. Pay the price and do not be confused.

Illness is a tax, that we have to pay for being healthy. Loss in business means the payment of charity. Unemployment means, that it is intended that you should learn to wait and watch. Domestic trouble is a test of endurance, patience, mutual trust and mutual help.

It is better to do one thing at a time. Moderation is good in all things. Let hope and ambitions be within limits.

The individual will when merged with Divine Will is an occesion for peace.

Self-surrender is the way to be happy.

To think of the persons, and to recollect the events, we do not like, is to be deprived of a cheerful frame of mind resulting in confusion and tension.

To swim with the waves is not to be drowned in the boisterous sea of life, and thus to reach the shore safely.

In our daily life, we exchange pride for power; material acquisitions for happiness; pain for pleasure; doubt for advanced intelligence; greed for greatness; lust for contentment; striving for strength and suffering for serenity.

Inward peace is the sovereign remedy enough to make the life sovereign, supreme and serene.

Inward peace is an achievement but, once, it is achieved, it becomes a gift.

No price is too high to get inward peace.

The Writing on the Wall

To selfishly seek happiness is to deny oneself the happiness.

To contribute to the happiness of others is to make oneself happy.

On reaching the Gate of Heaven in
dark dreary night,
I asked the man standing there to
change my plight :
Pray ! show light, and lead me to
the way right;
He replied, that, submission to
Divine Will was better then light,

Dr. Z. H. Sharib



HAZRAT Dr. ZAHURUL HASSAN SHARIB GUDRI SHAH

M. A., LL. B., Ph. D.

Head of the Gudri Shahi Order of the Sufis, who asks us not to see the mud below, but, see the shining stars above; who asserts that "Meditation is the dictionary, but inward peace is the Grammar of mysticism", and whose *H B F* Formula is a rewarding research for the advancement of human happiness.

To be loving to the people has been
your way,
Little by little, they are inspired, their night
becomes a day;
You guide them in what they do or
say,
And show them a real Beloved, and
not one made of clay.

Mr. Mohammed Siraj,an enthusiastic member of the Society of Mystics, living in Holland, & a devoted Dutch disciple of Zahur Miyan, has expressed his deep devotion in the above verses.

I ran, and reached the Tavern's Gate.
The man there asked me to stand and
wait.

And how and why, I was there so
late?

I said no one could come unless
directed by Fate.

Dr. Z. H. Sharib