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Breathe Gently
And
Live Happily



Hazrat Dr. Zahurul Hassan Sharib Gudri Shah

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GREETINGS

BEST WISHES
FOR A HAPPY
NEW YEAR TO ALL

Hony. Secretary
General

BREATHE GENTLY AND LIVE HAPPILY

I am so glad to meet so many members of my adopted family. Family everywhere has undergone change and transformation and it has suffered disintegration. But, my adopted family rests upon firm foundations. Its basic principle of "Not I but Thee" keeps it ever moving forward and onward.

Let me greet you and exchange with you bouquets of fresh white flowers, representing the abiding virtues of mutual love, mutual esteem, mutual help and mutual regard.

The year 1984 has gone into oblivion. Let us wait and watch the sun, rising on the 1st January, heralding the dawn of the New Year.

I avail this opportunity to offer you my cordial greetings and all the good wishes for a happy New Year. Let us

hope, pray and wish, that, the New Year may bring with it the desired happiness, joy, peace on earth, peace within, and peace around.

We have seen enough violence in different parts of the world in the year that has gone never to come again. The recent brutal assassination of Prime Minister Mrs. Indra Gandhi is a case in point. Is it not sheer madness that her two security guards made her a target of their bullets? No bullet can injure, wound or kill the idea, and ideals of a person. Her assassination cast a gloom on an unprecedented scale. She has become a part of history.

Let us hope and trust, that, in the year to come, man will become wiser and better in every respect. It is to be hoped, that, he will not be governed by his passions, but, that, he will rule over himself, guiding, leading and controlling his baser and vile instincts. Let him try to subjugate and overcome them, and by doing so, emerge out triumphant eventually.

In the interest of world peace and international co-operation, it is of utmost importance, that, man should learn to live in amity with others, and should ever try to rise above the insidious distinctions of caste, creed, clan, colour, region, race and religion. We are human beings first, anything else afterwards.

Our present age is marked by hurry and worry, resulting in emotional tensions and maladjustment. To suffer from

emotional tensions is highly detrimental to the progress of any country. The loss of working hours and diminution in working capacity are the obvious results of emotional tension. But, what are the causes of emotional tensions? Emotional tension may be due to unfulfilled desires, or it may be due to high ambitions. It can also be due to envy, malice, anger, anxiety, pride or prejudice. Fear, also, generates tension. Insecurity is another cause of emotional tension. But, perhaps, the most important cause of emotional tension is incorrect breathing.

The mystics have laid great stress on correct breathing They have emphasised the power of breath. Correct breathing prolongs life. Incorrect breathing shortens life.

It is an open secret that we live by breathing. Not only we, but, the animals and the birds, also, live by breathing. Trees, plants, shrubs and bushes derive life from air.

By breathing, we live, but, it is by correct breathing, that, we gain health, vitality and vigour. We have two lungs and the air passages, and they constitute the organs of respiration. Lungs require fresh air for their proper working. Oxygen in adequate quantity is necessary, otherwise, the lungs become weak. When once the lungs become weak, digestion is also affected. In other words, poor digestion is, in a way, the effect of weak lungs.

The power of breath is great. Breath is a vital force. In fact, it is a life giving force.

Incorrect breathing invites many diseases and ailments, chief among them being respiratory diseases. Consumption is one of them. Tuberculosis is another. Asthma is, also, a respiratory disease. Contracted chest is a symptom of incorrect breathing The stooping shoulders point to the practice of incorrect breathing. Incorrect breathing is a product of civilization. It may be due to sedentary habits, enervating luxury, ease and comfort.

Incorrect and careless breathing is sure to shorten our share of life It leads to loss of energy and vitality. It deprives the blood of rich redness, thus making the blood impure.

In incorrect breathing chest, muscles, lungs and respiratory organs remain undeveloped. What is required is that lungs should become strong and active. Some stomach troubles are also due to incorrect or improper breathing.

The sorry and sad spectacle of a person, breathing incorrectly, is, that, he loses appetite, suffers from loss of energy, and is deprived of zest, vitality and enthusiasm. His power of digestion and assimilation are impaired considerably with the result, that, he, often, complains of stomach disorder and insomnia.

The patterns of emotional tension are many and diversified. The most common symptom patterns are to be found in neck, chest and stomach.

In case of stiff-neck tension the muscles in the back of the neck become contracted, giving a feeling of uneasiness and pain. It may lead to headache. It may also affect the throat. A person, suffering from stiff-neck tension, is morose. He does not get sound sleep.

In case of chest tension, there is rapid beating of the heart which makes the breath irregular and swift. In such a case, heaviness is felt in the chest close to the heart, which may give some pain. To get rid of this type of tension, it is necessary to get rid of anxiety, anger and worry.

In case of stomach tension, which may be called nervous indigestion, there is some heaviness after food, and sometimes, there is also nausea. The emotional tensions, affecting the stomach, are due to resentment, bitterness, and revenge. If such tensions are allowed to continue, not only is there loss of digestion and assimilation, but there is every possibility of peptic ulcer, seizing the person, suffering from emotional tension.

All these types of tensions are caused by incorrect or improper breathing.

Dangers of breathing by mouth :-

A dangerous practice, which impairs health and retards the development of mental faculties is, that of breathing by mouth. There are two options open to an individual. He

may either breathe through the nasal tubes, or he may breathe through the mouth. If he breathes correctly through the nose, he earns a rich harvest of health, happiness and harmony. But, if he insists on breathing by mouth, he is doing himself an injury, and is playing with fire. It is up to a person to make or mar his life.

Those who breathe by mouth suffer from different types of diseases. Strict vigilance should be kept on children, who are addicted to breathing by mouth. It should be the sincere and strennuous effort of the parents or the guardian, that the children should be relieved of this unnatural and highly detrimental practice of breathing by mouth.

Those adults or children, who breathe by mouth become an easy prey of cold and catarrhal infection.

The two nostrils provide protection from germs, dust and dirt. They act as a protective filter. They catch dust and do not allow it to enter inside. The practice of mouth breathing does not provide such immunity and protection with the result, that, there is every possibility of infection.

The children, who breathe by mouth suffer from chronic diseases like cold, bronchitis and pleurisy. They lose their vitality and energy. Their I.Q. is very low There is a constant drain in their muscular energy and nervous vigour. Such children are shy and bashful. They suffer from inferiority complex They do not shine in their class,

or in games or in other extracurricular activities. The children, breathing by mouth, are dull. When they grow up they have impaired health and a very fragile nervous system. They are always complaining of some ailment or the other. They catch cold very often. They get throat infection now and then.

In case of mouth-breathing, impure substances, dirt and dust enter the lungs. They do not find any obstruction, with the result, that lungs catch infection, which may develop into a respiratory disease

The respiratory system requires protection, and protection is offered by the nasal tubes. It is for us to make the right use of our nose, which is meant not only for smell but, also, to protect us from the impurities, entering our lungs when we inhale.

Inhaling cold air through the mouth, which mouth-breathing implies, leads to inflammation affecting adversely the respiratory organs.

We should take advantage of artistic design and careful concern of Nature and breathe by the nasal tubes, designed for correct breathing, not allowing germs, dirt, dust and impurities to enter our body. They, also, serve as a protection against cold air. We should be grateful for the two filters provided to us.

Breathing by nostrils is useful in another way. When the breath is exhaled, it brings out impurities from within the body.

Nostrils serve us as an aid, in that, they warm the air inhaled. Thus, they keep us warm, fit and healthy.

Those, who breathe by mouth, experience dryness in the throat. The parched feeling in the mouth is another sign of breathing by mouth.

Breathing by mouth, as I have said, is harmful. It clogs the nasal passages as they remain unused. They should be kept clean and clear. This is possible when we use them. How to use them? The reply is obvious. They can be kept clean and clear by breathing by the nose instead of by mouth. In this way, we can avoid some diseases.

Breathing by mouth is a sad reflection on the contents of civilization with all its luxuries, comfort and easy-going life. There is a drain of energy which modern civilization has brought in its wake.

The Different Types :–

In moments of excitement a person breathes swiftly. It results in waste of energy. It shortens life. Even those animals who breathe swiftly have a short life as compared to those, who breathe slowly and imperceptibly. This is why a lion has a shorter life as compared to the life of an elephant. In sleep

and in indulgence the breath moves swiftly with the result, that life is shortened. Hence, moderation is required.

There are others, who breathe neither swiftly nor slowly. This is an example of Inter-coastal Breathing. Since it is not regulated, hence, it is not very useful.

There is another type of breathing, known as deep breathing. This type of breathing is useful in as much as it covers every part of lungs and enables an individual to inhale more air.

But, what brings stamina, force and vigour is the type of breathing, which is neither swift nor slow, and which is deep and not shallow. This is the correct and proper breathing. It is a controlled and regulated breathing. As compared to ordinary breathing, this type of breathing gives energy and force.

The whole respiratory apparatus derives strength from such a type of breathing. Respiratory muscles become active. It serves as a safeguard against consumption, tuberculosis, respiratory diseases and pulmonary complaints. It makes a person immune from cold, and bronchitis. When a person is suffering from the effect of cold, it will be useful for him to breathe deeply and correctly.

This type of breathing lends stamina and force to the nervous system, nourishes the brain, and strengthens the

spinal cord. It serves as an added source of joy and furnishes as a pick-me-up, as it produces rhythm, which is conducive to harmony. Harmony, in its turn, regulates liver and digestion.

The Practices :-

To learn to breathe correctly is to know the secret of health and long life. Every great object is accomplished by hard work, patience and perseverance. One should, then practise it and watch its results. I am sure the result will astonish the person. The best way is, then, to earmark a time for complete harmonious breathing. It may be done as many times as possible. It requires, that, one should breathe by nostrils. One should keep an eye on breathe, and inhale firmly and steadily. Then one should retain the breath for a very short time. It may be half a minute or so. When exhaling slowly, the chest should be firm. One should sit erect.

Among the mystics, there are different practices of breathing. The mystics rely on breathing for unfoldment of the latent powers. Some mystics draw the breath from the navel and divert it at first to the right side and then to the left side and finally strike with force on the heart. This gives them fondness and spiritual vigour.

According to the mystics no breath should be wasted. Breath is life. Correct breathing makes compensation for the lost energy. Energy is acquired by air. People go to places, known for their salubrious climate in search of health. To regain lost health and vigour they breathe the air in that

atmosphere. But, if the air is not carried inside properly, it will not be of much use.

The rhythmic breathing results in the development of mental and psychic powers. The mystics enjoy the harmonious vibrations produced by rhythmic breathing. The body, thus, becomes a musical instrument, and the mystics derive ecstasy from the harmonious vibrations. But it requires great care and caution.

Rhythmic breathing often leads to the unfoldment of latent powers, like telepathy, psychometry, thought reading, and thought transference. Rhythmic breathing is an aid to awareness, spontaneity and creativity. It makes amends for social inadequacy. It serves as an architect of a positive personality. It lends help and support to the integration of personality. It enables a person to heal himself and to heal others. A complete rhythmic breath with concentrated attention on the disease cures the disease in a way, which others may not believe.

To acquire rhythmic breathing one has to make an effort. The measured controlled breath should correspond to the pulse. The inhaling and exhaling units of breath should not vary. They should be the same. Inhalation and exhalation should correspond to each other.

It should also be borne in mind that every breathing exercise requires a guide, who can teach the technique of

correct breathing.

Some mystics take to stopping the breath Their practice determines the period within which, they can stop the breath, it gives spiritual vigour, fondness and concentration It prolongs life. In concentration, there is slow breathing with the result that life is prolonged.

Breath is energy, rather the very energy, which keeps a person moving. According to the mystics, breath should be made use of to the utmost extent possible Exhaling to the mystic means and implies taking out impurities like lust, greed, envy, jealousy, avarice, hatred, etc., from within and inhaling to him means taking in the purities and the good things like love, contentment, mercy, benevolence, hope, belief and faith, etc.

Some mystics use the breath as a means of liberation. When they exhale they think, as if, they are driving out the love of the world from within themselves, and when they inhale, they think, as if, they are putting the love of God within themselves.

Conditions of Good Living:-

Man is endowed with breath, so that, he may live and live well. If a person may take precaution to breathe correctly and properly, he will be switching on to a better pattern of life ,

Correct breathing implies spiritual growth, self-right-

eousness, self-control, development of mental powers, strength, vigour, vitality, development of latent powers, health and happiness. As we surcharge a battery, likewise, by breathing correctly, we put energy in our body. Retarded growth is not due so much to unbalanced diet as to indigestion and lack of assimilation, caused by the practice of incorrect breathing.

It is by correct breathing, that psychic powers can be acquired and attained. Magnetic healing is a distant goal unless a person prepares himself for correct breathing.

Good living postulates good thoughts. Good thoughts to a great extent are the products of correct breathing. The usual insistence on material advancement and success has landed modern man in excitement, ever striving and ever struggling, and never stretching his arms towards a state of blessed peace, which can only be attained by rhythmic breathing.

Moreover, the television and the film have given the problem of good living a new content. The young persons and the children are affected by the doses of aggressive language, which they hear and by the upsurge of violence, which they witness. They try to imitate what they have heard and seen on the T.V. and in the film. In order to avoid an aggressive role in life and to shun violence it is all the more necessary, that, more emphasis should be laid on inner harmony which is the fruit of rhythmic breathing.

Survival of civilization depends upon the survival of man .

The time has come, at last, when a fast life should be shunned.
The need of the hour is to reform and return to normal life.

Man to be a man should adopt the style of man.
To learn to live above the world is a part of wisdom.
Better than the beauty of body is the beauty of mind,
Which can be summarised in two words as
benevolent disposition.

Give rest to heart and seek happiness at home.
Vice begets fear

In a fit of anger, think of forgiveness.

Trust in God serves as a safeguard against the feeling of insecurity.

Prayer tends to be an antidote to anxiety.
Make self-less service the object of pursuits.

Calm thoughts and rhythmic breathing are the two much sought after achievements of a positive personality.

The following loving verses have recently been received by Zahur Mian.

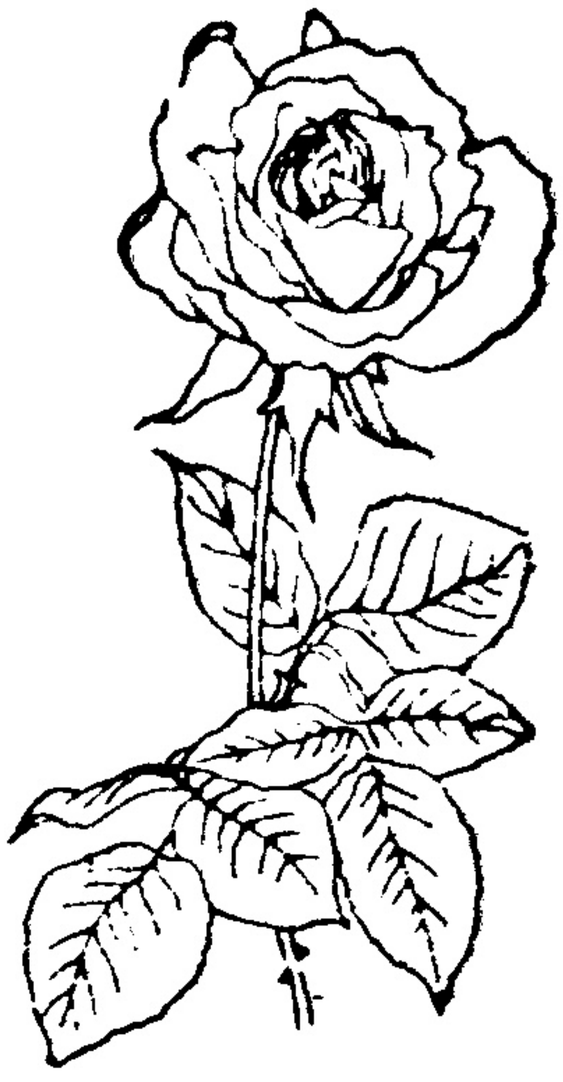
The Rose of Rajasthan

It's a long long road to Rajasthan,
And along this road we have come,

To find our home from home in the
Plains of Rajasthan.

And there in an oasis garden flourishes
The Rose of Rajasthan.

Growing in our hearts forever cherishes
The Rose of Rajasthan.



Javed Hewer, Bristol



In God's garden
they gather
roses

Those who were drunk
with divine
mysteries

Saeen Ji.
Qazi Sahab, Nawab Sahab
Zahurmian

Our fortune : the attar (perfume) of their company.

Mohammad Siraj, Holland



The Society of Mystics places on record its deepest sense of shock and sorrow on the sad demise of Zahur Mian's younger brother Dr. Ishrat Hasan Enver who breathed his last on 30th September 1984 at Aligarh.

May his Soul rest in peace !

The Society of Mystics condemns the brutal assassination of Prime Minister Mrs. Indra Gandhi in New Delhi on 31st October 1984 and offers its condolences to the members of the bereaved family.

Hony. Secretary
General