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GUIDELINES

For

POSITIVE LIVING



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LECTURE—AUGUST, 1985

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Our banker : Indian Overseas Bank, Ajmer. ✽ Published by Inam Hassan M A; M.S M. General Secretary, The Society of Mystics, Sharib House, Jhalra, Ajmer-305001. India, Tel: 20424. ✽ S.M. Information Centres in Europe Holland–Mr. Mohammad Siraj Elschot M.S.M; Baljuwstraat 2,2922 VA Krimpen a/d Yssel. Tel. 01807-17884. England-Mr. Faiz Ahmed Ferguson M.S.M; 22-Ashtion Gardens, Chadwell Heath Romford, Essex. U.K. Phone 01-598-8158 ✽ Photo on Tital Cover of Zahur Mian taken in Holland by Zeenat Van der Heiden.

Printed at : Garg Printers, Kacheri Road, Ajmer

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Guidelines For Positive Living

I am sorry that we are meeting late. This lecture should have been out a little earlier, but, it is late due to circumstances beyound my control.

I had been to Europe in July this year, and returned in September. On my return, I was indisposed, and, hence the delay.

What I have brought with me from Europe are the happy memories of love, affection and marvellous hospitality. During my stay in Europe, I was moving from one city to another. I visited some countries and some cities.

Perhaps, you will like to know about my tours and travels in Europe. I will abide by your wishes. If nothing untoward happens "Heard and Seen in Europe" will form the subject matter of a lecture, which will be out in not distant future.

What the world most needs to-day is positive living, as led by mystics. We have to learn a great deal from others. To follow others voluntarily is to accept the example, set by them. No sane man can say, that, he does not require guidance.

Teaching by example has been the way of the mystics.

Modern man, standing on the shore of the boisterous ocean of life, evokes sympathy and calls for help. But, no outside help can help him effectively and adequately. He must help himself. Self-help is still the best help.

Liberation of mankind from care and fear is of paramount importance. Once one is freed from care and fear, then, alone, he can secure peace, peaceful living and better understanding. Let him have rest and respite.

Mysticism gives added meaning to life and work. Life need not be a burden. It should be treated as a gift.

The eminent poet H. W. Longfellow tells us thus:—

"Tell me not in mournful numbers,
Life is but an empty dream,
For the soul is dead that slumbers,
And things are not what they seen."

He emphasises:—

Life is real ! Life is earnest !
And the grave is not its goal,
Dust thou art, to dust returnest,
Was not spoken of the soul.

"Not enjoyment and not sorrow;
Is our destined end or way;

But to act that each to-morrow,
Find us farther then to-day."

Art is long, and time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating,
Funeral marches to the grave."

He advises thus—

"In the world's broad field of battle,
In the bivouac of life,
Be not like dumb driven cattle,
Be a hero in the strife.

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act-act in the living Present!
Heart within, and God O'er head!

He brings home the truth when he says:—

"Lives of great men all-remind us
We can make our lives sublime,
And departing, leave behind us
Foot prints on the sands of time;

Foot prints, that perhaps another,
Sailing O'er life's solemn main,
A forlorn and ship-wrecked brother,
Seeing shall take heart again.

He addresses us thus:—

"Let us, then, be up and doing;
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait."

The world problems, and the social and economic riddles and political tangles can be solved on the table instead of in the battle-field, but the problems of mind, heart and soul can be solved best by one's own attention and effort.

Anger, anxiety and ambition keep a person restless. They lead to very many diseases, and cut short the span of life.

Revenge and resentment are the two deadly forces, fighting for supremacy within.

Pride and vanity are the signs of a self-centred person.

Discord, dissent, disruption and deceit are the result of nagative thinking.

Oppression, cruelty and injustice, point to the absence of humanism.

Jealousy is a whole time self-consuming job.
Lust for pleasure leads to egoism.
Anger is a momentary fit of madness.
Fear saps energy.
Grief germinates pessimism.

Many evils of our day, it seems, have been socialised. Bribery, corruption, adulteration, hoarding and smuggling are so rampant in our so-called advanced and progressive society, that, they have come to be looked upon as things of no consequence.

They can not be stopped by legislation alone but, something more is needed.

An inner revolution in man can change and transform his life. For this, what is required is cultivation of positive thoughts.

Thought is force and a positive thought is a greater force to be reckoned with. Positive living without positive thoughts, accompanying it, is a mere dream, which can not be realised.

If our modern society is to be freed from the ills, which beset it, is necessary to re-orgapise it on firm foundation of humanism, altruism, self less service, dedicated devotion to truth and social justice. This is only possible, when men and women, comprising it, are willing and prepared to undergo spiritual and moral change, which may give a new complexion, a wide out look and an enlarged vision.

We should not judge a man by his material acquisitions, possessions and achievements.

Success in business, profession or avocation is a triumph, no doubt, over circumstances, But, there is a greater success, which an individual must aspire to achieve. Conquest of self is such a victory, which gives a new direction to life. It is, undoubtedly, an enduring victory of far reaching importance.

A positive personality has magnetic force. It is sure to influence other people, making them sober, sincere and selfless.

Search of higher values is the hall-mark of an inspired soul.

Positive approach towards life is to secure the invaluable gifts and obtain blessings, which lend grace, beauty and light to life.

Toleration, patience, perseverance, wisdom love, and contentment are the rewards of positive thought. They are virtues. The vices like hate, injustice, cruelty and selfishness, are the vices, which the negative thoughts breed. He who lives with his negative thoughts does not require any enemy. His negative thoughts do not require any enemy. His negative thoughts are with him to rob him of happiness, joy, peace of mind, inner satisfaction and of a feeling of hope and confidence.

Pessimism is the loss of hope. Once pessimism surrounds

the life of a person, he becomes peevish, irritated and despondent.

Positive living postulates the cultivation of self-control, self-knowledge and self-reverence. The mystics have found in positive living "tongues in trees, books in the running brooks, sermons in stones, and good in every thing."

The art of human service lays emphasis on how best to serve others.

Money should not throw into the back ground the true ideals, which determine what is to be done and what is to be avoided.

By all means, let a person be happy but, he is not entitled to an endless pursuit of immoral, demoralising and vulgar pleasures.

Attainment of true happiness is a goal. True happiness is not attained by a higher standard of living, or by wealth or possessions, but, by reducing the wants and keeping conscicencercrystal clear.

We celebrate with great enthusiasm the birth day and the death anniversary of saints, sages, mystics and mendicants, but, we refuse to peep into their life, which was an epitome of positive living. In order to be benefitted, we should try to be guided by the traits of their life, by their teachings, sayings and preachings.

Suffering is inevitable in life. One can not avoid it, but, one can overcome it. In moments of stress and strife, when everything appears to have gone wrong, annd when self-control has refused to be a constant companion, the best way is not to be disappointed, dismayed or dejected.

In such moments of crisis, an individual should not look outside, but look within for help and succour. He should draw help, encouragement and stimulus from the all-emanating power, that is within hin. This is a reserve power to be used only, when no other remedy is available.

If one is sorry, worried or anxious, he should draw relief from the bank of joy, which is within him. If his greed, lust and avarice make him restless, he should present a cheque duly signed to the bank of contentment, which is working within him.

Mind requires serenity, peace and tranquility, and body longs for harmony. They should be restored to get what they want.

In order to reach the dazzling heights, a mystic has to tread the path strewn with thorns. But, his enthusiasm and his concentration on purpose remove all the obstacles, with the result that, thorns turn into flowers.

Once an individual loses direction, he drifts,not knowing, what to do, and where to go. He begins to search new

avenues and new areas, where he can take shelter. Alcohol, sleeping pills, intoxicating drugs, fascinating pastimes vulgar entertainments, occultism, mesmerism and hypnotism attaract him, with the result, that wisdom of creation remain a closed book to him. He thinks, that, cleverness is wisdom, and that glamour is every thing.

It is advisable to be determined to become, what one is capable of becoming.

> Do not come late in the School of Life. To your mental beauty add the charm of courtesy and zest for duty and responsibility.
>
> The triumphs and tragedies come and go, but, they should have no impact on mind.
>
> The talent for acquisition of good life should not waste its efficiency and utility under any condition or circumstance.
>
> Lend distinction to life. Interests and joys should be kept with in limits.

It is striking to note that the positive idea of life challenged with success almost every other idea in every age. Idea of positive living is and remains to be a remarkably powerful force to be reckoned with. It is a criterion and a measuring rod by which, human relations, human acts and human behaviour are tested, examined and verified.

Exploitation is an evil, which has done irreparable loss to

human ingenuity, and has sapped human energy, depriving it of resourcefulness and initiative. Exploitation need not be by wealth alone. It is possible by superior intelligence, influence, power, knowledge, talent and ability.

Humility, service and responsibility lend beauty and grace to society. But for this, we require self-discipline.

Sacrifice need not be treated as relinquishment, abandonment or deprivation. Sacrifice implies 'Not I but Thou'. The best sacrifice is to give what one loves most.

To give one's own self is a sacrifice, impelled by the urge of self-surrender.

To be willing to accept without resistance and resentment what comes before one is to exhibit the spirit of self-surrender.

To look to God for help is to repose trust in His Grace, Bounty and Majesty. God never fails. So we need not have any fear or care.

"Survival of the fittest" is not a sound proposition. It denies the right to live to the weakest section of society. A divided society can not have harmonious working.

A field is ploughed by two bullocks. The intention of the farmer seems to be not to put too much burden upon one bullock. Why should we bear all the burden.? Let us also seek and find a partner, who may help us to plough the vast barren field of life. And, who can be a better partner than

the One, who comes to our aid in all the crucial moments of life ?

The consciousness of the presence of God should ever strengthen us to bear the burden of life.

To take God as partner is to be associated with a firm. which has vast resources, which can be utilized for better end and purposes.

It does not matter, if, one has no wealth or capital. It is enough, if one has great ideas and lofty ideals.

In order to turn your weakness into strength, add to your life the attributes of God. Once a person gets grace of God, his poor inadequacy is turned overnight into efficiency.

Scrupulously, try to maintain serenity of mind and tranquility of heart. Scriptures are available to inspire, and company of saints and mystics is a safe-guard against despondency and loss of faith.

Self—training is necessary for moral culture.

Self—discipline is the outcome of self control.

Self—development is an invaluable achievement.

Narrow horizons of selfish interest do not make life wholesome, agreeable and happy.

To live should mean to follow lofty ideals and sublime and noble souls. It does no good to be involved in disputes, discussions and criticism.

Suffering need not be detested. The beauty, born of suffering, makes life beautiful.

To seek liberation from anger, lust greed, grief, fear, redicule, feuds, quarrels, deceit cruelty and hypocrisy is to get inner peace.

The path of confrontation is dismal and dark.

The joy of co-operation is conducive to the progress and happiness of mankind.

To have worry implies to have lost faith in the promises of God.

Take your worries to your praying carpet and leave them there.

Positive living is the fulfilment of "Know thyself", deriving its charm and fascination from love, beauty duty, simplicity, harmony and truth.

The following loving verses have been received by Zahur Mian:—

Only you can such gladness bring,
To you, our hearts your praises sing.
And, seeing you once again,
Our Leader, Protector and Friend.
Makes our hearts overflow with joy,
An abode, where we hope you will stay.
And, till the end of time,
Oh, Master ! Let us be thine !

Javed Hewer (Bristol, U.K.)

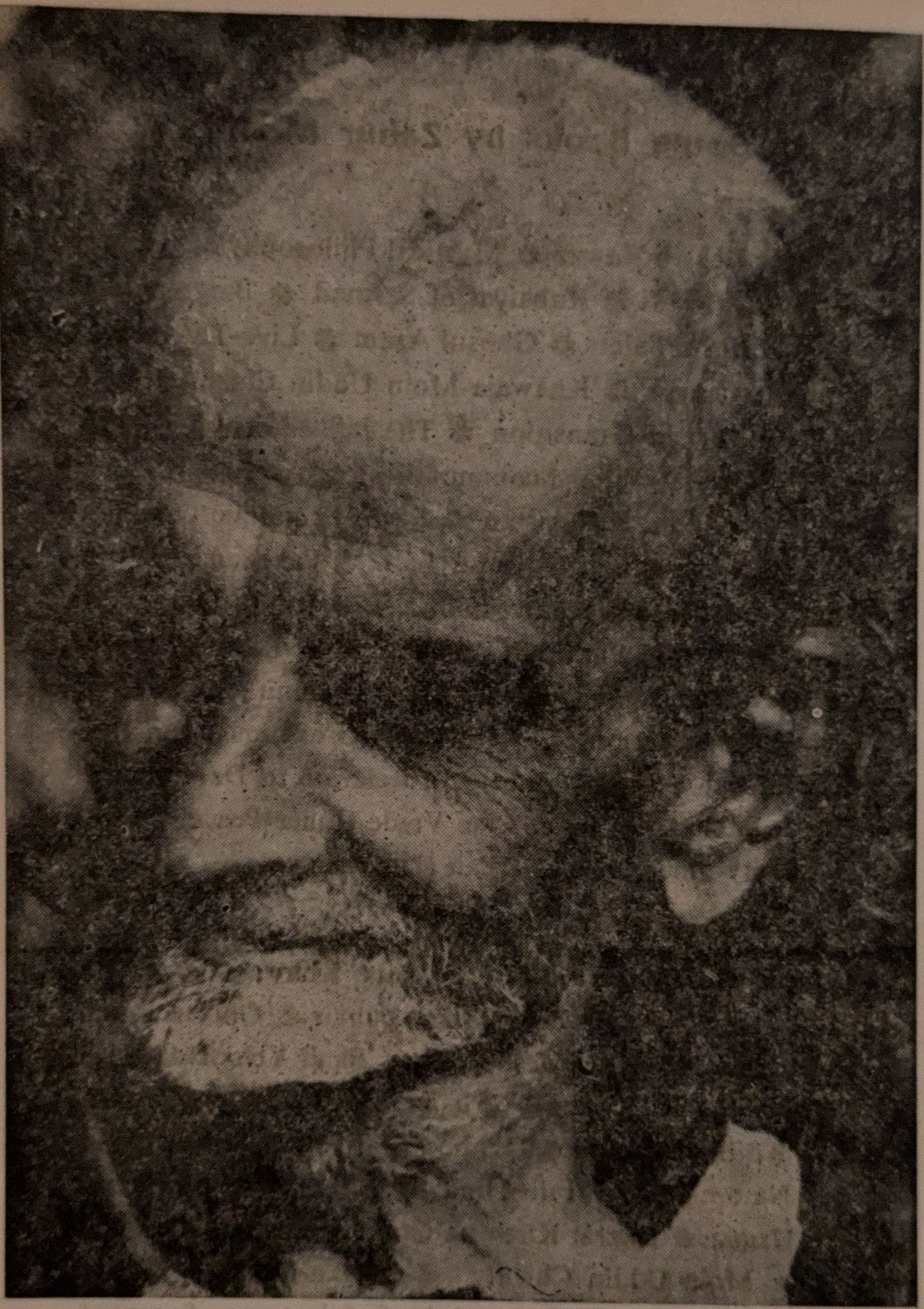
Some Books by Zahur Mian

English :—

✵ Khawaja Gharib Nawaz ✵ Mystical Philosophy of Khawaja Moin Uddin Chishti ✵ Rubaiyat of Sarmad ✵ Biographies & Sayings of Chishti Saints ✵ Ghosul Azam ✵ Live-The message of Khawaja Usman ✵ Khawaja Moin Uddin Chishti (Dutch) ✵ Indian Village in Transition ✵ The influence of Administration on Indian Village communities ✵ Aspects of Social Life in Rural India & Pakistan ✵ Socio-Economic Organisation and Reconstruction in Rural India & Pakistan ✵ Problems of Rural Reconstruction in India ✵ Rural Goverment in Uttar Pradesh ✵ Place of Panchayats in Rural Economy ✵ The Development of Town Area Committees in Uttar Pradesh ✵ Organisation of Rural Self Government in Rajasthan ✵ Local Self-Government in Relation to Development in India & Pakistan ✵ Inner Like Vrede (Inner Peace, Dutch) ✵ The Ninety nine Name of Allah (Dutch).

Urdu :—

✵ Moin Ul Hind ✵ Dilli Kay Bais Khawaja ✵ Khum Khana-e-Tasawuuf ✵ Tazkara Hazrat Zubair ✵ Ghosul Azam ✵ Taragarh-ke-Halat ✵ Merney Key Baad Yeh Hota Hae ✵ Allah walloon Ki Karamat ✵ IslamYeh Hae ✵ Kalyar Ka Chand ✵ Arab Ka Chand ✵ Mehboob-e-Illahi ✵ Serat-e-Abul Oala ✵ Naib-e-Rasool Fill Hind ✵ Allah Wale'y (Hazrat Khawaja Usman & Hazrat Khawaja Gharib Nawaz) ✵ Dastan-e-Khawaja Moin Uddin Chishty ✵ Tarikh-e-Sufia-e-Gujrat ✵ Gulzar-e-Waris ✵ Tazkara Ashraf Jahangeer Samnani ✵ Alamat-e-Qayamat Aur Halat-E-Jahannum ✵ Raz-e-Haqeeqat.



"Forgive, forget and smile."

—*Author*