HAVE BELIEF
&
GET RELIEF



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We are sorry to know of the death of Mr. Javed Hever (Bristol) mother. We offer condolences to Mr. Javed.

Hony; Gen. Secretary

Have Belief And Get Relief

We are meeting on the eve of the New year. I wish you a very happy, prosperous and a bright New year.

Judging by any standard, the world is not at peace. There are quarrels. There are feuds. There are disputes. There are mutual recriminations. There are doubts and there are fears. There is ill-will. There is mistrust and there is misunderstanding.

Water, oil, territory, armament and nuclear energy pose a great threat to peace and international good-will.

Let the New year bring with it more human kindness, more mutual love, and mutual undestanding and good-will, which alone can serve as strong foundations to the edifice of peace.

Durable peace depends upon fraternity and the spirit of good-will and mutual trust.

Let us learn, then, to love our neighbours and our occupations, Let us try to improve our social relations. Let us be content and satisfied with our situations Let us do our duty in all humility and know our stations.

I, very much wish, that, you may live every day in the New year.

Let3A's standing for Abundance, Affability and Amicability be yours now and ever.

Let2B's standing for Belief and Bravery should inspire you.

Let5C's standing for Courage, Contentment Concentration, Constancy and Calmness be yours.

Let3D's standing for Devotion, Discipline and Dedication guide you.

Let E standing for Enthusiasm never desert you.

Let5F's standing for Faith, Forgiveness Fondness Fidelity and Faithfulness be your sign-posts.

Let G standing for Generosity be your trait of character.

Let2H's standing for Hope and Humility be your hand-maids.

Let2I's standing for Insight and Imagination give you second sight.

Let J standing for Justice endow you with just conduct.

Let K standing for Kindness give new dimensions to your Life.

Let L standing for Love transform your Life.

Let M standing for Mercy give added strength to your Life.

Let N standing for Nature serve you as the best physician.

Let O standing for Obedience make you submissive.

Let4P's standing for Peace, Persistence, Patience and Perseverance make your life sublime.

Let Q standing for Questbe your way of Life.

Let R standing for Righteousness give a new colour to your life.

Let6S's standing for Sincerity, Success, Silence, Service, Sharing and Sacrifice constitute your achievement.

Let4T's standing for Truth, Trust in God, Toleration and Tranquility be your sheet anchor.

Let U standing for Understanding give you union of sentiments and harmony !

Let V standing for Vision enable you to weave a design for your life.

Let W standing for Wisdom guide you to the right path.

Let Y standing for Yearning fill you with compassion and tenderness.

Let2Z's standing for Zest and Zeal keep you free of woe and weal.

Children learn alphabet in order to learn language. Let us study it with a different object in view. Our object should be to learn the art of successful living. To children A stands for apple and B stands for boy. But, to us, A stands for abundance and B stands for belief. If we have a mental picture of the words, for which they stand, we will acquire the same qualities and get the same accomplishments. If we concentrate

upon S as indicating success, we will have success, no doubt. But, to get the desired result, belief is necessary.

Belief is a magnetic force, To some people, it is a mystical quality. There are others, who treat it as a mystery. Whatever, it be, belief is a power worth acquiring.

The feeling of abandonment, the sense of being alienated and the complaint of being out of touch with the meaning and reality of life are the symptoms of dejection and despondency born of unbelief.

Pessimism is the child of unbelief.

Modern man finds himself abandoned. This abandonment is not material or physical. It is, in fact, abandonment of a greater thing, which is soul. What is the remedy ? Legislation can not cope with the problem. Education, by itself, cannot train the senses. Institutional changes can not bring happiness and satisfaction to man.

Belief, of course, can serve as a pick-me-up.

Belief is attention with intention. Attention leads to concentration.

Belief is a tendency towards success in whatever one undertakes. Belief is an influence, but, it is a living influence which has a bearing on life. The task entrusted to belief is arduous and the triumph secured by belief is 'beyond human understanding.

Individual thinking and individual initiative are the two

casualties in a regimented society. Without individual thinking and undividual initiative, man cannot be happy, free, loving, active, calm and collected.

Belief serves as a guide, and saves us from tension, anxiety and worry. Belief gives us strength and new power.

Bulwer very aptly remarks:—

"In belief lies the secret of all valuable exertion."

It does not matter, if belief is labelled as a science of success, or as an art of successful living, so long, as we take belief as old as man.

Belief serves as a motivating force, and makes it possible to achieve the object in view.

Basic confidence is another name of belief, which gives outward success and good results.

In every religion, belief is a fundamental plank.

The oft-recurring stresses in life put to test our inherent capacity for joy. But, it is belief, that, makes those stresses ineffective. Belief is an antidote to nervous break-down, tension, emotional excitement, worry, anger anxiety, doubt, despair and irritation.

To avoid tension and worry, people take to tranquilizers, sleeping pills and intoxicating drugs, not knowing, that, they do not offer a permanent cure.

The grace of belief enables us to maintain equanimity,

poise, balance of mind and a hopeful outlook in whatever situation we may be placed.

Hope implies wait and watch. Belief leads to discover buoyancy of spirit and the recuperative power within.

The law of attraction makes things easy. Once, it comes into operation, it enables a sustained thought to achieve its objective. Belief sets the law of attraction in motion.

Sub-conscious forces are drawn into play by the powerful magnet, which is belief. The battery of belief is charged with vibration and radiation of thought. It is capable of doing things, which people may call miraculous.

All the creeds and cults rest upon the firm belief of its votaries.

Thought is a great force. It is a mental action. Creative thinking pays rich dividends. Right thinking and believing lead to right living. Normal and composed people have positive thoughts. Once, thought is projected in mind everything becomes possible. Intensity of thought has its own effect. Life to be made beautiful, sublime and noble requires belief, right mental attitude, and consistent and continuous action,

Shakespeare, emphasising the effect of thought, says thus:—

"There is nothing either good or bad, but thinking makes it so."

It is true, that, our thoughts determine and decide for us our outlook on life.

In any discussion of belief, imagination cannot be ruled out. It is a power, which we can utilise to our best advantage. The well-directed, concentrated and powerful imagination can give concrete results. Imagination, to be effective, should be such, that, it should see a picture in mind of the desired object. As soon as a mental picture of the desired object, develops in imagination, success is assured. Among the Sufis, there is a useful practice of always keeping the face of the spiritual guide before their eyes. By thus visualizing the face of the spiritual guide, they give strength and stability to their belief, and, also, draw ecstacy and inspiration, upon which, they learn to rely and depend upon.

Let imagination weave mental pictures of things and situations, which one wants to see in physical form. This visualization is relying on the power of imagination.

All the inventions are the result of imagination. Imagination has been defined as "mental manipulation." Imagination may be either controlled or free. Controlled imagination has fixed aim, whereas free imagination has no aim, or object in view.

To poets, artists, architects and writers, imagination serves as a powerful stimulus.

Day-dreaming is not imagination, but, it is merely a play of imagination. It is mental pastime.

It represents the wandering mind. Imagination, visualization and concentration lead to the release of the magnetic forces of the sub-conscious mind. Whatever we think intensely and upon whatever object, we focus our imagination, that, undoubtedly, we attract.

As with imagination, so is the case with suggestion. Suggestion puts the mental machinery into operation. As soon as a suggestion is transmitted to the subconscious mind, it starts doing the creative work. Suggestion may be either auto-suggestion, or it may be heterosuggestion which means suggestion not coming from you, but, from outside sources.

Posters, pamphlets and processions, songs, sayings and slogans are silent suggestions meant to be believed. Aphorisms also act as suggestions. Advertisement is another type of suggestion, which catches the imagination of the people. Teaching by example means and implies a practical suggestion. Commands and drills give sense of obedience, leading to self-confidence, Drama rouses emotions,. Talisman, amulets and inscriptions become powerful, once they are believed. The colours in national flags are indication of suggestion.

The V sign, which was so very common during the Second World War was meant to arouse the will to win. The sign was shown to the people in order that they may believe in victory. Movies, theatres. Television, Radio, and newspapers create and manipulate the power of belief. Call to prayer

in mosque and the Church and temple bells create and strengthen the power of belief

Suggestion stimulates the sub-conscious mind, It makes one believe. But, for a suggestion to be believed, it is necessary, that, it should be definite, clear, unambiguous and short. Once, a suggestion is constantly repeated, it comes to be believed.

The desired goal, if, accompanied by tne picture of the object, becomes externalized soon.

Affirmations and repetitions play a useful part. Repetition leads to belief.

Rituals and ceremonies try to give the power of belief. Crystal gazing in the space between two eyebows, and gazing on the point of nose are performances, meant to stimulate and consolidate the power of belief.

There is another practice, which is known as mirror technique. This practice requires an aspirant to stand before a mirror, which need not be of full length, and talk before the mirror loudly, conveying what one means to say. The practice, if, constantly, repeated, gives the desired result.

Lack of motivation deprives a person of initiative and resourcefulness, so very necessary for progress.

Howsoever learned, skilled and talented a person may be, his achievements do not rise upto expectation, if, he has not cherished and nourished the power of belief. Such a person

remains a mediocre. Why then grudge ? It is one's own fault, Shakespeare aptly says : —

"The fault, dear Brutus, is not in our stars,
but in ourselves, that we are underlings."

The word "morale" has its own connotation. They say in war-time, 'the morale of our soldiers is good'. Morale is promoted by inculcating in the soldiers the sense of duty, enthusiasm, confidence, and courage, and above all, the belief of their right cause and the belief in the eventual victory.

Unbelief is negative thinking, depriving a person of harmony and peace. Sometimes, mental disorder is due to unbelief. Unbelief is an instance of spiritual starvation.

How to over come unbelief ? All the attention should be focussed on the object in view, ignoring every other thing which is not in conformity with the object. It is better to be indifferent to distractions, doubts and diffidence.

Human progress owes its onward march to the power of belief. It is belief, which gives sanctity, serenity and satisfaction, and above all, fulfills the spiritual promise of love, joy and peace.

Belief conquers doubts and fears, shares joys and wipes out tears.

Unless belief lends strength and support, plans and purposes do not work in the desired direction.

Scepticism, doubt and fear are the three deadly enemies

of belief. One should overcome them by hope, harmony and positive thoughts.

Doubts and negative thoughts should not be allowed to enter mind.

An aphorism or a slogan should be thought over continuously, so that, its mental picture may emerge and it may thus materialise.

Repetition, affrmation and declaration are conducive to the development of the power of belief.

To be an optimist is to expect the best.

It is the power of belief, which secures for a person an assured place under the sun.

To reach the heights, one wants to climb, one should be sincere with himself.

Disintegrated personality is the indication of a divided mind.

It is better to be determined and definite in the aims and objects one wants to achieve.

The power within and resources outside can best be searched and found by the all-conquering power of belief.

The motivating force called belief once, it comes into operation, secures security, and safety, and attains and achieves the object desired.

Belief is a phase of emotion and implies positive approach towards life.

Belief is a type of electrical vibration bringing into being a positive personality.

Belief is perennial meditation.

Beauty rules the world.

Hope governs the world.

Belief rules as well as governs the word.

Belief gives insight and serves as a source of Light

The following verses have been received by Zahur Mian :—

Reminiscences of the Journey to Spain

Granada, secret of Spain.
Why were you of our journey the goal ?
Was it because of your Madrasa ?
Was it because of your Alhambra ?
We were made to hear a most beautiful.
Call to prayer in your Madrasa.
And what about your Alhambra ?
Your Alhambra gave us at least one line on stone :
"There is no Conqueror than Allah alone."

Gulnar (Krimpen, Holland)



Whose birthday falls on 9th January ?

Hony., Gen. Secretary

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