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The Technique of Telepathy



Hazrat Dr. Zahurul Hassan Sharib
Gudri Shah Baba M.A., LL. B; Ph. D.
Head of the Gudri Shahi Order of the Sufis

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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. Phone : 01–598–8158 ✻ Printed at : Garg Printers, Kutchery Road, Ajmer.

S.M. Membership Subscription✻

	Foreign		India
One year	5.00 (US) Rs.	40/-Rs.	8/-
Two years	10.00 (US) Rs.	80/-Rs.	16/-
Five years	25.00 (US) Rs.	200/-Rs.	40/-
Life	200 00 (US) Rs.	1500/-Rs.	500/-

Remittances payable to "Society of Mystics"

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5th Edition

—Asma Publications

The Technique of Telepathy

Let us, in all humility, offer thanks to God, that we are meeting here again.

Let us, now be free from care and fear and take to self-introspections.

I extend to you my warm and affectionate greetings and all the good wishes for a happy, prosperous, peaceful and contented life.

May every day bring in its wake happiness and joy, peace and contentment, good-will, amity and friendship ! May we search and find inner satisfaction and the sense of self-awareness, so vital for inner progress.

Let this year, in which we are meeting, provide shelter, security and safety to myriads of people living in abject conditions.

Let us be guided and inspired to take to a pattern of life, which may be conducive to mutual love, mutual trust and mutual help.

According to mystics, disinterested service, rendered in the spirit of humility to the people, irrespective of caste, creed, colour, community, region and religion is imperative for those, who are eager and desirous to achieve spiritual and moral perfection.

Man can not live in isolation. It is an inter-dependent world. We should not be content with what we take from others. But, we should learn and practise to give something in return. Everybody is capable of giving something to others. Everybody can give one smile to others. Everybody can lend longing lingering look of encouragement to those, who have lost hope.

We should change our thought-pattern. We should have positive approach towards life and its conflicting problems, and try to make the life of others positive, harmonious and beautiful also.

Our modern culture knows no limits. We concentrate more development and technology. We have little time left for other things, which really matter.

We lack the development of a positive personality. We ignore the spiritual and moral values.

Our material acquisitions take us in the modern age, but, from the point of view of spiritual and moral development, we are still living in pre-historic age,

Sometimes, I am tempted to talk to you without lecture, letter, telegram and telephone. But. I do not succeed. I can only be successful in my attempt when you and I co-operate and prepare ourselves to transmit and receive the message. This is not an easy thing. But, it becomes easy and within the reach of everyone of us by assiduous practice.

This induces me to talk to you about telepathy. Telepathy literally means thought-transference.

It is, in fact, an emotional influence of one mind upon another at a distance. It does not admit of communication through senses.

Telepathy may be termed as an influence exeerted by one mind upon another free from the generally mode of perception.

Telepathy is said to be the super-normal acquisition of some thought or feeling by one person, which exists in the mind of another person. Those susceptible to telepathic influence are impressed by ideas and feelings similar to those of the agent or the operator.

It is not mere thought-transference. But, it is something more than thought-transference. It covers feelings, emotions, and ideas also.

Whatever is transferred by non–physical means whether it be image, feeling, emotion or thought constitutes telepathy.

A person, living at a distance, may communicate the impending catastrophe to some one. The message may be in the nature of a warning. Some person desirous of meeting someone may communicate his desire to him. Sometimes, some thought comes in the mind of someone. The thought is not his own thought It is transmitted to him by some one else. Sometimes, a person is restless to meet

someone. It implies that the person whom he wants to meet has transmitted his thought to him.

There are very many facts of thought–transference.

Telepathy was long practised, but, with the rise of modern inventions like telephone, it was ignored and relegated to the back ground.

In the modern materialistic age, it suffered a set–back. People began to rely more on outer agencies, provided by the modern age than on the latent power lying dormant within.

To know the right use of those powers is a step in the right direction, to utilise them properly marks the search for self awareness, and to develop them constitutes the desire for perfection.

Telepathy is the complex, complicated, a little difficult, astonishing, amazing and bewildering phenomena of cross-correspondence in silence and without external aid.

Telepathy is an irstrument of power. But, one should learn its proper use.

A powerful concentrated thought is capable of creating an entity. It displays etheric waves in every direction. An image is produced by vibrations. How to catch etheric waves sent by powerful concentrated thought, that is the problem.

Thought has great force. A concentrated thought has a powerful effect. Our thoughts are affected in different ways and by different things. Thus, thought–transference is manifested in different ways.

The picture on the walls convey the thoughts peculiar to the picture. They give us certain ideas. They contain the thought of the artist, which is transferred to us through pictures. When we visit an art gallery, we feel fascinated by the art pieces We undergo a strange feeling, which is the result of the thought of the artist. The artist there transfers his thoughts to us silently and secretly.

Same is the case with books and amulets. They are powerful instruments of thought–transference.

Colour has a great bearing man's life. It gives feeling or thought, peculiar to the colour.

Furniture and curtains in the house have their own impact. Holy places convey thoughts to the visitors and pilgrims, which fortify their belief and give them relief. Relics and monuments leave their own impression upon us.

Thought–transferance may be either concious or unconscious. A person leaves his thoughts at a place, which he visits.

In the case of a blank mind, it so happens sometimes, that, it is affected seriously by the thought of other people.

In such a case, the person can not claim the thought as his own. It is not his thought, but, it is the thought of

some one else, whose residual thought has generated the thought that he can not claim as his own.

The person, so affected by the thought of some one else, should not concentrate upon such thought, otherwise it will be strengthened.

The thought of one person has a direct bearing upon the thought of another person.

In fact, it is true to say, that, people in their mutual contact affect each other by their thought.

The thought pattern of a person determines every aspect of his life. His acts are a manifestation of his thought.

There are different and varied aspects of the manifestation of thought—transferance. Public opinion is thought-transference. The powerful thought of the speaker surcharged with emotion is caught up and accepted by the receptive and responsive audience. The people are affected by the thought of the speaker. The intensity of the effect is according to the intensity of the thought–form. Whatever the nature of thought the same is the effect upon the audience. If it is a negative thought, it may create mental jaundice, bias prejudice hatred and may give caste, community and communal feelings.

Public opinion is, in fact, the responsive vibrations of great majority of people.

Thoughts forms of a negative type lead to disruption and waste of energy. The disruptive energy is a colossal

waste. The result of disruptive energy may be identified as fire, flood, famine, accidents, cyclones, epidemics, disease, crime, upheavals, revolutions, lawlessness and anarchy.

Thought of anger leads to social conflict. Thought of hatred leads to inhormony. The result of negative thought is evil. The result of a positive thought is good and uplifting.

If a thought, deriving sanction from devotion is transmitted, the result will be the stress on devotion.

The same is true of the thought of love affection, depression and similar other feelings; when such a thought-thought of love, affection or depression etc. is transmitted it creates a feeling similar to the feeling of the person, transferring his thought to the recipient.

Criticism is the product of negative thought. When such a thought, implying criticism, is transferred, it leads to chaos and confusion.

Critical thought is the agent of inharmony. Thought of illness is an invitation to illness.

A book has its own effect. The reader is unconsciously, affected by the thought of the author.

It is said of children, that, they are easily and quickly affected by the thought of others.

Prayers is itself a form of thought-transference. Prayer for the good of another person is a mode of thought -transference based on good-will. As opposed to prayer, which seeks good for another person, curse which lands a

person in misery and trouble is another aspect of thought -transference.

When one wants to help a person through the medium of prayer it is a case of thought-transfernce, surcharged with good-will and good wishes for the person, whom he wants to help.

In every religion, prayers are offered for the dead. A dead person can transform thoughts to a living person.

In mysticism and Sufism, a disciple is expected to live in the company of his spiritual guide and teacher. The duration of the period depends upon the circumstances of the disciple.

Such an association of a disciple with his guide and teacher enables him to be the recipient of thought-transference of his guide and teacher. It constitutes direct communication. It is face to face talk in silence.

The spiritual guide can transform his thoughts to his disciple, even if he is at a distance. But, in such case, the hindrance, is that, the disciple is not well-equipped and prepared to be the recipient of the thought, transferred to him by his guide.

The thought of the guide, transmitted to the disciple, is in the nature of suggestion, correction, illustration, warning message or encouragement.

Guidelines

Now, the question arises as how to prepare oneself for telepathy or thought-transference. Telepathy is the much

sought after prize, which every person, keen and eager to achieve perfection, wants to seek and acquire.

It is not very difficult to be a thought-projector or transmitter and receiver, provided, one is willing and prepared to enter the phase of life, where there is always scope for self-improvement.

The mystics and the Sufis have shown us the way. Let us walk in the light shown by them.

We should, then, change our life style, and adopt a new pattern of life, which is conducive to inner peace, harmony and tranquility. The practice may be long or short, it all depends upon the zeal and enthusiasm of the person. It is not "Open-Sesame". It is an achievement, and like every type of achievement, it requires constant practice patience and perseverence, The aspirant should ever be led and guided by the sane and sober advice "Wait and watch".

To start with, the transmitter and the receiver should find a secluded place for this purpose.

The place must not have much light. It should be free from noise. In a secluded place, the transmitter and the receiver should sit in a state of expectancy every day preferably at a fixed time for sometime.

They should take to awareness training.

Inner senses should be developed.

They should observe connected disciplines.

The transmitter and the receiver should mutually arrange a time, which may be convenient to both.

In the begining the duration of concentration required should be short. If it be long, it will be too much for a person, not used to concentration, with the result, that, he will be deprived not only of concentration and proper attention, but his mind will begin wandering in different directions. For the beginners, the time should not exceed a minute or so.

By and by, the time should be increased and ten to fifteen minutes should be devoted every day at a fixed time and at a fixed place to this practice, which is an integral part of self-culture.

The one transmitting his thought and the other raceiving it should alternate their role, At time, the transmitter should become the recipient and the recipient should be the transmitter.

It is necessary, that, thought to be transferred should be selected.

The thought should be cogent clear, unambiguous and to be easily understood.

The thought may relate to some abstract idea, or it may appertain to some concrete object. If it be, merely, a geometrical figure, there is no harm.

The thought must be pregnant with force and vitality,

The thought should be backed by will, so that, it may reach the receiver and leave a deep impression upon him.

Concentration, of course, is of vital importance. If there is no concentration, there will be little or no effect.

A concentrated thought can alone impress the receiver.

Concentration on thought, that one wants to transmit, is necessary.

Mind should be peaceful and tranquil.

Wandering mind constitutes an hindrance and an obstacle, checking and preventing the progress in this direction.

Attention is, also, of crucial importance. Attention should be one-pointed, never deviating and never wandering. Attention should be paid with single-minded devotion to the thought, which one wants to transmit, and which one wants to receive. This means and implies, that during the period both the transmitter and the receiver should be alert, not allowing their attention to be diffused or diverted.

For attention to be focussed and not to be diverted, the body should be kept comfortable and relaxed. There should be no strain on the body otherwise attention can not remain focussed.

It is conducive to progress in the direction that feeling of tiredness, exhaustion or fatigue should be avoided.

There should be no compulsion.

Thought—transference should be a voluntary effort.

Duration of the period of practice should preferably be such as not to deprive the transmitter and the receiver of the relaxed mood.

Fatigued mind and fatigued body lead no where.

During the practice, mind should be like a clean slate. It should be blank and it should be focussed upon the thought to be transmitted or received.

Whatever thought is intended to be transmitted should be written.

The transmitter should keep a record of his thoughts that he transfers.

The transmitter and the receiver should keep two records. One record should relate to the thought transferred and the other record should appertain to the thought received.

The two records should be duly compared and percentage of success in the direction should be assessed.

It is, also, necessary, that, the transmitter and the receiver should be calm, collected and peaceful having no care or fear.

Frivolous talk, idle gossip and interest in things, that do not matter, should be shunned and avoided. The triffles of life should not attract attention.

The ideal should never be lost sight of.

The vain ambition of being a social bird should be got rid of.

All pretensions to superiority complex retard the progress in the direction.

Simplicity should be the key-note of the life of the transmitter and the receiver.

Culture of emotions and feelings pays rich dividends.

Spiritual and mental development opens vast avenues of systematic, progress.

Confusion and incoherence should be avoided.

In any attempt of thought—transference the development of pineal gland is of utmost importance. Pineal gland should be evolved and developed, but, with caution and care. The mystics and the Sufi saints have adopted the method of thought-transference. They have taken recourse to this method in order to instruct and train their disciples, devotees and followers.

Let us wait for the time, when man will not be dependent upon external sources in order to convey his message or receive the message, but, will transmit and receive the message without being dependent on letter, telegram, telephone and wireless set.

Cross—correspondence without ink and paper is the cherished goal of mankind.

The silent communication is the universal language, which is not spoken, but is transmitted and understood.

—END—

HAIL TO YOU !

The following verses have been received by Zahur Mian :

Thank you my guide for being my guide.
For you have led me on, for another year
Thank you for the lecture you send, hoping they never end.
I have studied and learned, hoping to learn the right thing.

I have fought some battles, some lost, some won,
But who's the Victor when the day is done ?
In the callapsing world,
I have been lost and found.
People in the street are still looking around the town.
What use are the thanks of one such as I ?
When I am nothing ! and you are king !
So let my soul salute. 'Hail to you' !
For there is nowt else to do.

Javed
Martin Hever.
Granada, Spain.