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Change Attitude

and

Offer Gratitude



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Change Attitude and Offer Gratitude

We are meeting for the first time in the New Year. The Year that has passed into oblivion, ended on an optimistic note. Let us see what is in store for us, and how and in what way and to what extent, we will be able to face and meet the challenges offered by time and circumstances.

Let us hope for the best, and, I am sure best will come.

What the people need most is the sense of security and the bliss of peace. But, are we striving to get peace and felicity ? Once we get peace, safety and security, we will be able to enjoy the gift of joy and happiness.

To get joy and happiness, it is also, imperative and necessary to have a safe and clean conscience.

Safe and clean conscience refers to a conscience free from the sense of guilt. As regard peace, it can not be obtained or acquired unless and until the one seeking peace and aspiring for a better and peaceful life tries to pay the debt of gratitude. Gratitude, it is important to enphasise, is also a debt which should be paid with or without interest.

One can not enjoy the gift given to him, and the blessing bestowed upon him, unless he feels obliged and grateful to the benefector.

It is a wrong approach to take others as plausible instruments to fulfil wishes and to secure for us what we want to get. But, instead, we, should treat them as benefactors who have shown us a favour, and who have helped us in some way or the other at some time, and who have stood by us in moments of crisis or in some crucial moments, of life. Anyone who helps one who requires his help is a benefactor to the one who has been helped.

To acknowledge the help given in distress is the right attitude, which should be adopted and practised.

A man, who is in debt, always feels afraid, morose and sad. How can he have safety and security ? How can he aspire to have a clean and safe conscience ? A debtor has the fear that the creditor may file a suit against him to recover his money, and he may be dragged in a court of law in the capacity of a defendant.

This is true of financial transaction.But, what about other dealings for which, it's incumbent upon us to pay and for which we should pay and ought to pay ?

Somebody has given a word of hope and encouragement to us. He has done us a favour. Somebody has inspired us

to pursue better and noble ideals. He is kind to us. Somebody has given a sense of direction to our life. He has helped us, no doubt. Somebody has stood surety. He has come to our assistance. Somebody has given shelter. He has done what he could do for us. Somebody has given you a loan. He has given pecuniary help. And, there are so many and similar other things, which are a part and parcel of human relationship.

For all these and similar other things, we should feel obliged and grateful. Such favours are also a type of debt though they do not constitute legal liability. It is a moral offence not to acknowledge and not to feel grateful for such favours.

If such a moral debt is not paid, as it should have been paid, it is sure to rob an individual of peace, harmony and happiness.

The persons seized by pessimism say that the world is on the brink of moral collapse. The old tried values and the much cherished virtues are disregarded and thrown into the back-ground.

According to them, people are egoistic, selfish and opportunist. They want to make hay while the sun is still shining. But, they do not know, that their pessimism is based on ill-conceived notions.

The lock is there, but people have got the key.

Man can be changed for better to a great extent, provided there is the will, the desire for change, and a better and congenial atmosphere vibrating the rays of moral and spiritual sunshine. It requires a little effort and dogged determination.

People should inculcate social awareness and try to acquire the sense of proportion and perspective. They should feel impelled by the moral obligation of paying the debt of gratitude.

This will save society from unnecessary conflicts, tedious tensions, disunity, factions, feuds and quarrels. It will usher in a new pattern of society, based on mutual love, mutual respect and mutual trust. Social justice will take its rightful place in such a society. Instead of hate there will be love. Instead of injustice there will be kindess. Instead of exploitation there will be cooperation and mutual adjustment.

The emergence of such a society is possible only when people are willing and prepared to be grateful and thankful for the favours, kindness and help that they receive from others.

I think you will ask me as to what is gratitude, in fact. Gratitude is a virtue enjoined, preached and practised by the saints, the Sufis, the mystics and by the spiritually and morally evolved persons.

Gratitude means and implies to acknowledge the favour received and to be thankful to the benefactor.

It is quite easy and within the reach of every one to pay the debt of gratitude. In some cases one smile, one act of kindness, one generous gesture and one polite word are enough to give expression to the feeling of being grateful. One longing, lingering look may also serve as an indication of being under gratitude.

The Sufis and the mystics hold that if one may divert his thoughts in gratitude to God it constitutes prayer.

Gratitude is more than duty. Without gratitude we can neither be moral nor religious. Spiritual progress without accepting gratitude as the code of life is not possible.

To be sociable, honest and just requires the spirit of thankfulness, which is the corner-stone of an altruistic life. It is better to be grateful even for small things.

Greatness of a person is not judged by his position in life, by the influence, that he exercises, by the wealth that he possesses, by the knowledge that he has acquired,but by the way, the manner and the method, he expresses his feeling of gratitude. A great man is always a grateful man.

To be grateful is to live in a successful atmosphere. By living in a successful atmosphere the blessings are increased. Where there are shrieks, curses, wailing, be-moaning and

complaining, there the flow of blessings is stopped for the obvious reason that instead of being grateful, the recipient was ungrateful to the benefactor.

True and sublime type of gratitude postulates that instead of the tongue offering thanks, the heart should offer homage, respect and reverence to the benefactor.

The Saints, the Sufis and the mystics accept gratitude as a virtue of a very high order. They take gratitude as "God's increase for the grateful"

Sacrificial love, which is a characteristic of saintly life finds expression in the feeling of gratitude.

People want, desire and strive to attain perfection in art, literature, poetry and painting. It is a good ambition, no doubt. But, is it possible without being grateful for the skill and blessing which they already posses ?

Perfection, like success, draws perfection, if the person, seeking it, is grateful for the perfection that he has already attained, and if, he is hopeful of the further increase through the medium and device of gratitude.

A person should be thankful to God not only for his wealth, and possession, health, progress and prosperity, but for other higher and better things also. What are those things ? They are, undoubtedly, the things which I prefer to call exquisite virtues without which life is a barren field.

Who can deny that patience, perseverance, persistence, constancy, hope, love, optimism, cheerfulness, mercy, insight,

understanding, wisdom and above all inspiration are the gifts sought after. Once a person gets some of these gifts, he should offer the sweet, melodious song of thankfulness, so that sustenance may increase and stability may not be adversely affected.

The One who, gives some gift or confers some favours on some one, has always the inherent right to withdraw it, if it is found that there was no positive response from the recipient.

The fragrant smell of gratitude is enough to give life sweetness, light and direction.

It is true, indeeds, that prayer has power and that it can secure for us gifts and blessings, and the things we want to get, but, it is equally true, that to sustain them and to save them from decay and decline, what is required is the spirit of gratitude and thanks-giving.

The one, who is not grateful to man how can he be grateful to God ? The one, who is not grateful for small things, how can he be grateful for big things ?

Dignity of life demands that any kindness, or gift received from others should not be allowed to be effaced from memory, but any kindness shown to others or any favour bestowed upon others or any gift given to others should be forgotten.

Gratitude Versus Ingratitude

Gratitude is a positive approach to life, whereas ingratitude is negative in its nature. Gratitude is the reflection of spiritual beauty. Ingratitude is the spiritual bankruptcy through and through. Gratitude is the appreciacion of the realities of life; whereas ingratitude is the denunciation of the good in man. Gratitude is the epitome of self-respect; whereas ingratitude is an escape from life itself

Gratitude is the unfoldment of the spirit of altruism; whereas ingratitude is the self-deceiving device of egoism. Gratitude is the mark of dignity; whereas ingratitude is the sign of sloth in man.

Gratitude plays an important, constructive role in the making of a gentleman; whereas ingratitude satisfies the whims and fancies of a nobleman.

Gratitude is the symbol of self-knowledge; whereas ingratitude is the denial of the dignity of man. Gratitude is an epitaph of self-respect; whereas ingratitude distorts the image of man. Gratitude is the fulfilment of an integrated personality; whereas ingratitude relies on lop-sided development of personality.

Ingratitude is, indeed,moral degradation. It is a vice. It is rust of the soul. Ingratitude is just like child delinquency.

It is rather painful for the benefactor when the beneficiary refuses to be grateful to him. The last words of Julius Caesar were :

"Et tu, Brute !"

He did not expect that Brutus would resort to such a foul deed, as he was under his obligation.

Shakespeare has something interesting to say:

Blow, blow, thou winter wind
Thou art not so unkind
As man's ingratitude;
Thy tooth is not so keen,
Because thou art not seen
Although thy breath be rude.

Heigh-ho ! sing, heigh-ho ! unto the green holly;
Most friendships is feigning, most loving mere folly;

Then heig-ho, the holly
This life is most jolly.
Freeze, freeze, thou bitter sky,
Thou dost not bite so nigh
As benefits forgot.
Thou thou the waters wasp,
Thy sting is not so sharp
As friend remember'd not.
Heigh-ho ! sing, heigh-ho !

According to Moulana Jalal Uddin Rumi, thanks giving for the blessings leads to the increase of blessings and ingratitude results in the decay and decline of the blessings.

Guidelines—In order to inculcate the spirit of gratitude, one should be un-assuming, sincere and straightforward. He should hate, avoid and denounce hypocrisy and doble-crossing.

To find fault with others leads no where. Patience pays rich dividends. It is conducive to progress, to be ever hopeful, optimistic, cheerful and just. To see good in everything promotes the spirit of being grateful.

One should crave for grace, and seek for light. To be tolerant, humble and kind is to overcome human weak-nesses

We should keep an eye even on small favours and acts of kindness. The spirit of give and take enables a person to repay others.

Self-knowledge is a good guide on the path Content-ment should be given due recognition. Trust in God makes a man fearless and bold. We should not lose hope in man. Ethical standard and moral virtues should be treated as guiding forces. Negative thoughts should be avoided and rejected.

Give what you can, and help whom you can, but expect nothing in return.

Curtailment of desires is conducive to better understand-ing of realities of life.

Greed and lust are the two great opponents of gratitude. Ingratitude finds them good companions.

It is better not to be attracted to those who are higher in position, status and wealth; But, those lower in position, status and wealth can lead one to be grateful.

Pride is the weakness of human nature. A proud man is not expected to be a grateful man.

Retrospect—Those deprived of understanding, insight, and sense of values are unable to appreciate the green grass, lovely flowers, whispering breeze, music of birds, hum of bees, murmur of rills, rainbow on the sky, morning dew, sapphire skies, bright sun, the shy moon, the glittering stars, song of nightingale, calm thoughts, slow breathing, kindly words, noble deeds, mother's devotion, father's care, brother's love, sister's affection, and peace of mind.

Are they not gifts ?

Prospect—The greatest things in life do not come to us as achievements. They are, in fact, gifts We should have insight into things and happenings The feeling of gratitude should permeate our lives. Thought should act as a force in removing obstacles to achieve our goal. We should be well aware of lasting realities and changing definitions.

Let, us, then pray to God who has given us life to give us also a tongue to thank Him for His manifold blessings.

—End—

The following verses have been received by Zahurmian:

Where the mirror of the heart meets the sea,
Glory shines like the Lord of Time.
Old mysteries come to light again,
Your foot is on my neck, it is not mine !
Oh My Guide ! You the physician
You know my condition !
Oh My Guide ! What have you done to me ?
Oh My Guide ! Where have you taken me ?
Oh My Guide ! Why have you shown me ?
Oh My Master ! What have you given me ?
I could not turn back the hands of time,
Inspite of my sickness, inspite of my sin,
Your Mercy comes flooding in,
The high tide washing over my eyes.
Mercy the Ocean,
Favour the undercurrent,
Longing the drowning at sunset.
Your Generosity has routed imagination !
Leaving hope and expectation in the wake of fiction
There is nothing I can bring to you !
Who could stop the crumbling edifice from falling ?
While I sleep under rags and drink from a chipped cup,
Taking refuge at the beggar's door,
Waiting for a glimpse once more.
Thank you my Guide ! For being my Guide.

Javed Hewer,
Granada, Spain.

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Dutch—

✲ Khawaja Moin Uddin Chishti de gelief de van Allah ✲ Inner Lijke Vrede (Inner Peace) ✲ Ninety nine name of Allah

Urdu—

✲ Moin Ul Hind ✲ Dilli Key Bais Khawaja ✲ Khum Khana-e-Tasawuuf ✲ Tazkara Hazrat Zubair ✲ Ghosul Azam ✲ Taragarh-Ke-Halat ✲ Merney Key Baad Yeh Hota Hae ✲ Allah Waloon Ki Karamat ✲ Islam Yeh Hae ✲ Kalyar Ka Chand ✲ Arab ka Chand ✲ Mehboob-e llahi ✲ Serat-e-Abul Oola ✲ Naib-e Rasool Fill Hind ✲ Allall Waley (Hazrat Khawaja Usman & Hazrat Khawaja Gharib Nawaz) ✲ Dastan-e-Khawaja Moin Uddin Chishty ✲ Tarikh-e-Sufia-e-Gujarat ✲ Gul Zar-e-Waris ✲ Tazkara Ashraf Jahangeer Samnani ✲ Alamat-e-Qayamat Aur Halat-e-Jahannum ✲ Raz-e-Haqeeqat ✲ Tasawuuf-ki-Baten ✲ Shah Madar ✲ Tazkara-e-Aulia ✲ Aabshar-e-Aulia ✲ Khawaja Banda Nawaz Ghesoo Daraz ✲ Hurf Shanas.

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