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THE DYNAMICS OF HOPE



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CONDOLENCE

Sorry at the death of its life member Syed Qamar Moini who was associated with W.H.O He died in June, 90 and was buried in Amman. May his soul rest in peace !

Condolences to the bereaved family.

The Dynamics of Hope

It is some months back, that, we met last. We are meeting to-day with renewed hope and vigour to pursue assiduously the path, that, we have assigned to ourself.

It is to make our life good, sublime and noble. But, we should not be selfish or self, centred or egoistic. We should try to identify our good with the good of others.

Individual good and social good are not separate or opposed to each other. In fact, they are complimentary and inter-dependent.

We, also, owe to make the life of other people equally good, serene, sober and happy.

First, we must be prepared and willing to be led and guided. Thus, equipped, we should lead and guide others. A blind man can not lead a blind man.

Apart from preachings, teachings and sermons. we should set an example of a good personal life to be imitated and followed by others.

People learn more by demonstration than by discussion.

In the beginning, your efforts may meet with derision and contempt. But, even then, do not be depressed or disappointed. Do not allow yourself to be seized and besieged by despair.

Like a true mystic, ever keep the candle of hope burning. Believe in human nature and in the dignity of man.

Success in life depends in a great degree upon hope, which is an invaluable and an imperishable treasure, entrusted to man. One should try to be benefitted by it.

But, what is hope, in fact ? Hope combines in itself expectation and desire. It is a feeling based on trust, Hope may relate to a person or thing. There may be hope of getting something or of doing something. A person, who is hopeful is a person, who is inspired by hope. A hopeless person is the one, who has no feeling of hope. Admitting no hope is to be deprived of hope.

To struggle is the lot of man. Struggle implies self-help. Self-help does not walk on crutches. It firmly holds the arm of hope. Self-renewal comes to the rescue of man, and takes him out from divided self and fragmentated life.

Without the sense of fulfilment, life is an empty vessel.

Every body has at times emotional conflicts, but, it does not mean, that, he should succumb to them. The solution lies in hope. It is, also, necessary to understand and avoid the causes, leading to inner conflict.

There are some people, who evade social obligations. They are self-centred people. They are known as introvert. And there are people. who are extrovert. They meet people with a

broad smile. They do not hesitate in performing social obligations. They accept their duty, which they owe to society. They are happy and hopeful.

Happiness and hope are closely linked. Hope is in search of happiness.

Happiness is the fulfilment of hope.

Hope is emotional release. It may take any direction. It may be reasonable or unreasonable. It may be covert or overt.

Without hope, there can be no aspirations. They will remain as mere fantasies and idle dreams.

Hope is not a mere push or a jolt. It is a powerful stimulus, indeed.

Faith is strengthened by hope.

Belief derives, its stability and force from hope.

Patience is the manifestation of hope.

Courage is the result of hope.

Enthusiasm is generated by hope.

Prayer requires the intensity of hope.

All reforms whether social, political or economic derive their sanction from hope.

In moments of sorrow and grief hope gives solace and consolation.

In trying time, it gives fortitude and courage,
In time of some difficulty, hope serves as a pick-me-up.
In challenging time, hope is a shield.
In war hope is an armour.

In peace it is a bright medal. It is hope. which lends us the spirit of enterprise, self - confidence, self-reliance, stamina and force.

What is will power, after all ? It is intensity of hope.

All human progress depends upon hope. It is hope, which keeps our society dynamic. Once hope is lost, it will become stationery.

Progress implies vision and design for a better life, better living and better business.

National progress implies to walk in step with each other.

Individual progress asks for talent, hard work, perspiration, stamina, vigour and force, which are generated by hope in the ultimate success.

Social progress calls for unity of ideals, team work, common aspirations and common dreams and devotions.

Material progress depends upon the satisfaction of wants, which means that one should work hopefully in order to get what he wants.

Intellectual progress is to travel hopefully in search of knowledge.

Spiritual progress demands faith, hope and belief.

Social renewal, individual renewal, reconstruction of our institutions, reform and reformation, laws and legislation repose their hope and trust in human nature.

Hope is life. Despair is death.

Hope is light. Dejection is darkness.

To hope is to hold firmly and believe sincerely in the possibility of everything.

Hope is our life long companion. It is our undisputed possession, of which, we should be proud, No thief can steal it. It can not dimimish by our constant use. A person may be deprived of everything, but, it is hope, which no body can snatch from him. It lives and lasts throughout life.

Hope is a friend, but not a trusted friend. It is faithless and deceitfut. It may leave at any time without prior notice. But, inspite of all this, it is a good acquaintance.

To judge loss and gain by our modern economic standards does not offer a true perspective. The plastic hypocrisy of the so-called Age of Enlightenment does not allow us to call a spade a spade.

The loss of material possessions is treated as a greater loss than the loss of the moral, intellectual and spiritual values. As a matter of fact, loss of purse need not be treated

as a loss. Loss of health is of course, some loss. Loss of good reputation is a great loss. Loss of ideal is even a greater loss. But, what people do not realise is, that, loss of hope is total loss. Let us then realise:—

If purse is lost there is in fact no loss.

If health is lost there is, of course, some loss.

If good reputation is lost, there is a great loss.

If our ideal is lost there is a greater loss.

And if hope is lost, there is total loss.

We should keep our hopes within reasonable limits. Over-optimism is the want of judicious judgment. Optimism should serve as a vision.

It should not be visionary. It shouid take into account all the difficulties, odds and harsh realities of life, but, should continue to try, struggle and to strive hoping and believing to overcome them all.

Our effective action inspired by hope can, also, bring about a social change, provided we do not lag behind. We should plead for a just society, which furnishes equality of opportunities, and which is above the distinctions of caste, creed and colour.

We have to try, to strive and to struggle. Optimism should point to us the right direction.

Optimism is the flow of positive thoughts and inspiring ideas, whereas pessimism is a dark dingy and desolate solitary cell.

It has been said that "Power corrupts a man and absolute power corrupts a man absolutely" But, it is not power alone, which corrupts a man. Pride, arrogance, cowardice, greed, flattery, poverty, false notion of prestige lack of security, and above all complacency also corrupt a man.

It is not only emotional instability, which leads to discontent, upheaval, war, feud and quarrels, but, inferiority complex has, also, its due share in the nefarious drama enacted all around.

II

Why is it that some are morose, dejected desperate and despondent ? There are manifold reasons for their dejection. Repeated failure and shock leave them no stamina to meet the challenge. Prolonged illness robs them of a cheerful frame of mind. Inferiority complex makes them emotionally unstable. Social persecution makes life miserable, Sometimes, some affliction or some misforture moulds their out-look on life. Inconstancy and impatience make them volatile. Insecurity leaves its imprint on the mind. In the midst of fire, famine and flood on the one hand, and dirt, draught and disease

on the other, they find themselves unable to make adjustment under trying conditions.

Bad home atmosphere has a demoralising effect on the mind of the inmates. Where there are jarring influences, family disputes, litigation, corruption and mutual recriminations, there can be no concerted effort to tide over the crisis or calamity. Diseases, leading to nervous break down, make a person emotionally unstable. Indigestion and insomnia lead a person to look towards the dark side of things.

III

People require to be replenished and fuelled by hope. In a regimented society, frustration is inevitable. Self-renewal is necessary. In time of dejection recall to mind the past success and repeat to yourself, that, when you were helped then, you will be helped now in your present situation. Search and find out how did you overcome the difficulties then obstructing your way to the desired goal.

In moments of darkness and gloom, it is advisable to stop thinking over your problem. Change the trend of thought. Think of something, which is true, beautiful and noble. Take to your favourite hobby and forget the onslaught of negative

thoughts and disturbing emotions and feelings. Sit in a garden or park. Hear the melodious song of birds. Inhale fresh air.

Faith can still remove mountains, and belief can turn sand into gold, sugar into salt and salt into sugar. Study of Scriptures confer inner peace. Auto-biographies and biographies instruct us in the art of living. Do not neglect physical exercise.

Sometimes, it so happens, that by chance, we meet a person, who gives us a word of comfort and cheer, which goes a long way to uplift us. At another time, it so happens, that by mere chance, we come across a sentence in a book, which comes to occupy a deciding factor in our life. Sometimes, there is some writing on the wall, and we happen to see it, and that writing on the wall becomes of crucial importance in our life.

The company of those people, who are optimistic, cheerful, God fearing, kind and just is an island in the boisterous sea of life.

It is no use worrying. It is better to place our worries and anxieties at the feet of our Master, who is All–knowing and All-hearing.

We need good mothers to train up children in the art of positive thinking.

We need good homes guiding and inspiring the inmates.

We need good teachers to build up the character of students.

When you get up in the morning, be prepared for any eventuality. You may come across pain and pleasure, success and failure inspiration and dejection But, inspite of them all continue to follow the goal, that you have set before you.

A thing, which people are afraid of, and which, they dislike, is being criticised, which sometime, land, them in abject misery, and makes them dejected and disappointed.

Criticism may be constructive or negative. Constructive criticism is good, as it tries to reform an individual and society. Reformers have criticised the working of society and the social set-up, deriving its sanction from ignoble practices and traditions, which could not be justified on humanitarian ground.

The negative criticism is criticism for the sake of criticism, leading no where. There is another type of criticism, which has character assassination as its ulterior motive. Such a criticism is revengeful, and is due to jealousy ill-will, malice and hatred. Such a criticism does not deserve attention, but, should be disregarded. It is a mere out-burst of revenge.

Do not allow your mind to be disturbed or your attention distracted,

Take every difficulty as a passing phase. In such a situation, it is always good to recall the past good days, that have passed. When the good days have passed so soon, how can the bad days last long ?

Every difficulty has a solution. Difficulty is a lock, and you have got the key. Do not concentrate on difficulty, but try to discover the solution, which is hidden some where therein

Stand upright. Look forward and onward. Do not think of failure. Think of success, imagine success, talk of success and get success. It is not proper to utter a word, which has negative import. It is not wise to utter a word, which you do not want to say.

Disciplined life implies control of thoughts and tongue.

Self-control means, that hope is not lost and is not allowed to be lost.

Self-knowledge points to the fact, that, hope is alive, and that, it is for an individual to make the most of it, cherish it, nourish it and make right use of it.

Self-realization is an admission, that, hope is a living reality. But, to pitch too many hopes high is to invite frustration.

IV

In the struggle of every day life, we can not afford to lose hope. If we lose hope, the struggle for survival will meet with failure.

To hope for the best is to get the best.

What you hope for, that you get.

To travel hopefully is our destined goal.

To look forward and move onward is to be inspired by hope.

To strive to rise after fall is to take hope as an ally.

An optimistic well-balanced person is an unsung hero in the midst of chaos and confusion.

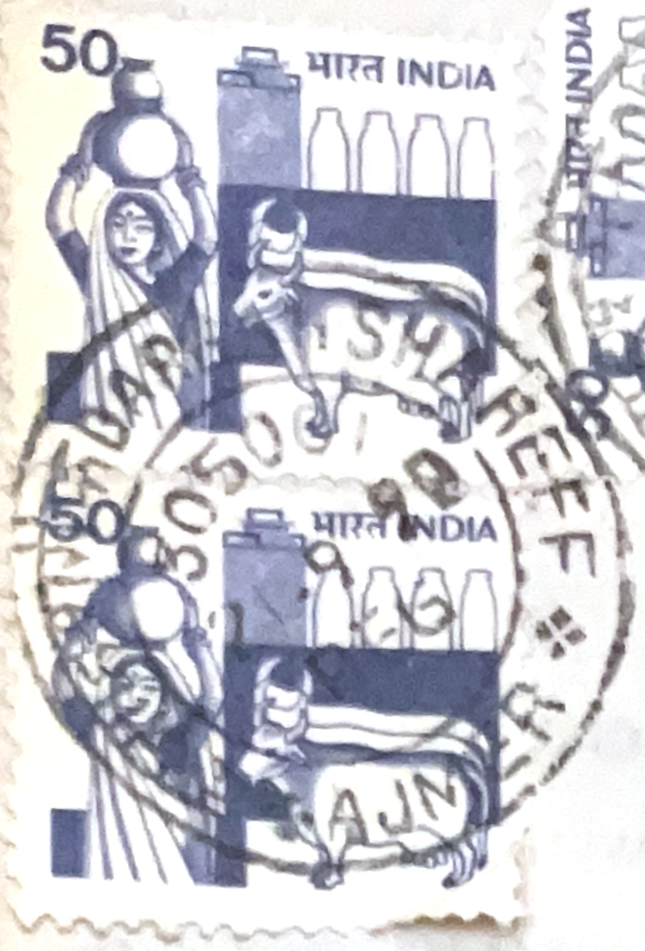
If you say. "I can't", that implies that you have lost hope, but if you say. "I can", this means that you have vitality, stamina, vigour, enthusiasm, and that you are willing and prepared to be led by the driving force, generated by Hope. □

INVOCATION

Let me have Hope, Love and
Leisure,
And bestow upon me Knowledge
and Wisdom in ample me--osure.
What I have to do with Wealth and
Riches ?
Thy grace is itself a great
treasure.
—**Z. H. Sharib**

POSITIVE RESPONSE

I said to a holy man whom I met
On the way,
"Let your blessings come to me
night and day".
He Said; "Hold fast to Hope for,
Hope is a blessing for which one
should ever pray".
—**Z. H. Sharib**



Onward March of Society

Some of the lectures have been translated into Dutch and Italian. Recently, the four following lectures have been translated into German by **Katrin Engel:**—

1. Das Durchhaltevermogen der Geduld
2. Die Mystische Chirurgie
3. Die Mytische Suche nach Stille
4. Leitfaden fur ein positives Leben

