42

STOP HATING

Start Loving



Hazrat Dr. Zahurul Hassan Sharib

Gudri Shab Baba VI, M.A., LL. B; Ph. D.

Head of the Gudri Shahi Order of the Sufis

42—LECTURE—DECEMBER—1990

All rights reserved including the right of translation. 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 : 0145–20424 ✻ 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 Ashton Gardens, Chadwell Heath Romford, Essex Phone ; 01–598–8158 ✻ Mr. Jamil Morris M.S.M; 4—Polygon Court, The Polygon Soton 501–26T, Southampton Ph. : 0703 —220978 **Italy**— Mr. Qamar ud Din Corrado M.S M; Pia zza Tra i Rivi, 4 Trieste 34135 Ph. : 040–417743.

S. M, Membership Subscription ✻

	Foreign	India
one year	4.00 (US) Rs.	70/-Rs. 10/-
Two pears	8.00 (US) Rs.	140/-Rs. 20/-
Five years	20.00 (US) Rs.	350/-Rs. 50/-
Life	200.00 (US) Rs.	3600/-Rs. 1000/-

Remittances payable to "Society of Mystics"

✻Same amount applies to indiyiduals as well as to institutinos.

STOP HATING
Start Loving

I greet you on the eve of the New year.

The year that is coming to an end had many ugly scars on its face. Let us hope and pray that the new year will be free from such ugly burns and sores.—

This is the last lecture of the year. Let us pray in all solemnity that the new year may bring in its wake peace, happiness and joy.

People want shelter. They want safety and security which are the requisites to better living. Better living depends in a great degree upon moral and spiritual development.

So long a person is burning himself in the fire which he has himself kindled he can not enjoy the bliss of peace and tranquility.

The fire of malice, envy and hatred, once it engulfs a person does not allow him to fulfill the legitimate demands of a better living.

Regionalism and casteism pose a threat to the harmonious working of society. Comunalism and racialism divide mankind. Fanaticism is alien to tolleration. It is negation of social justice.

Let people come close to each other. Let there be mutual understanding and good-will.

Everybody is capable of giving something to others. Let him then at least give a smile, signifying his greetings and his good wishes.

Why People should hate instead of loving ? The strife and differences between people professing different religions and creeds and belonging to different races and regions land people in misery and abject living.

Hatred may be due to rancour or malice or both. Rancour and malice led to hatred. Hatred in some cases may be due to superiority complex. It may also be due in some cases to jealousy and envy.

Grave social inequality leads to class struggle, resulting in hatred. Mutual strife and hatred may also be due to poverty. It may. also, be due to lack of equal opportunities.

Sometime comunal and caste differences are exploited leading to mutual hatred, violence and riots.

Feudal attitudes and illiteracy divide people on a scale and in a way, that people begin to hate, resulting in fragmentation of society.

Political parties pursue their own ideology, which may isolate and divide people. Sometimes, their ill-conceived policy leads to mutual strife and mutual hatred.

Sometime. it so happens that tense situation is not properly controlled. The unscrupulous manipulation of the situation casts grave doubts on the sincerity of those, dealing with the situation.

Fanaticism and orthodoxy survive an age old dismission.

Casteism, communalism, racialism, and regionalism lead to disunity in diversity.

What is urgently required is that we must revise and change our attitude towards the day to day problems challenging our society. Unity is of imperative necessity for the survival, progress and prosperity for any multi-religious, multy-racial and multi-lingual country.

A judicious political management is called for. Socia management to tackle the emerging problems is required.

Compromise and conciliation are signs of mature wisdom and of mutual understanding, mutual trust and mutual goodwill.

Instead of hating, it is better to ignore the person, who is the target of one's hate.

Do not punish yourself by being engaged in hating. Never speak of a person, whom you dont like.

Hatred is meanness of heart.
Hatred is active dislike.
Envy is passive dislike.
Malice robs our mind of peace.
Hatred makes us uneasy.
Envy leads to hate.
Malice shouts and hatred shows sign of restlessnes.
Hatred is a vice which afflicts narrow souls,
Hatred is a slow poison.

It is not the mark of a gentleman to hate anyone whomsoever he may be. Vices must be disliked, but the person should not be hated on that account. Instead of hating person, injustice should be disappoved. Intolerance, cruelty;

oppression, pride, vanity, show of force, extravagance, ostentation, show and vice like drinking, gambling and the use of intoxicating drugs should be condemned.

As opposed to hatred, love is a cementing force. It unites peoples. The spirit of love should be cultivated. Love like spiritual attainments should be developed. Love demands that we should pray for all irrespective of caste affiliation, colour community, race, region and religion.

Love is a fellowship in prosperity and adversity. Love points out what is good, beautiful and sublime.

In order to love, try to understand the people. It is good to believe the best.—

Human dignity demands due respect and veneration.

Instead of hating, we must try to understand people, We must pay due attention to the problems of the people. We must study their view point. We should try to know their back-ground. We should try to find out whether a person is under some pressure, or whether he is unwell or whether he is under fear and is afraid of expressing himself.

Let us, also, try to find out factors of environment, which may have moulded his outlook. The study of his home back-ground may reveal his past. His parentage may disclose his family traditions, his likes and his dislikes.

In order to love a person, we should not judge him, but we should be sympathetic to him, sharing his joys and sorrows and trying to solve his problems and difficulties, by giving

him advice, suggestion, and spiritual, moral and financial help if need be.

Personal interest in the life of some one creates love. Helping a person to achieve what he wants to achieve creates mutual love. A word of hope and encouragement sometime serves as a sunshine in the life of some one, who is de pressed and despoundent

As we need love, affection and attention, likewise, we should give love to others. We should be not self-centered, egoistic, and selfish, but altruistic, helping and loving.

People do not like to be criticised. Then why criticise them ? Whatever you wish for yourself, give the same to others. Give something to others, if you can. Do not try to get but, also try to give. If you get, then give. If you give then you get. There is a reciprocal law operating.

To make fun of people is to hurt their sentiments. It alienates people. A joke need not to be enjoyed at the expense of others.

To take a superior attitude is to assume superiority complex. It hinders the overflow of love.

Do not belittle the importance of others.

Sarcastic remarks lead to disunity.

Joking, mocking, laughing, and making fun of people lead to confrontation instead of co-operation.

Negative criticism lead to nowhere. Constructive criticism based on love yields positive results.

Sometime, it so happens that success in life without love makes a person lose his balance of mind. He becomes critical, arrogant and proud.

Love has inherent power. When a person comes to realise love in his heart, his whole life pattern is changed. He is not the same man again.

What is acquired is a personal revolution. Inner revolution changes a man to the extent as nothing else can. There should be a complete revolution in our daily life, and in our appoach to life and its problems. Our worship, our prayer and our thanks-giving should evoke the sentiment of love.

Connotation should be replaced by devotion. Our devotion and our submission should make us self-disciplined.

Spiritual honesty is need of the hour. An uncessing war should be declared on spiritual self-deception.

Any semblance of unreality, confusion and frustration should be totally effaced and erased. Let us, then, declare war on spiritual poverty.

Let us avoid self-deception. Let us shun self-conceit. Let us make no compromise with arrogance.

If you do not like a man, do not hate him. Instead of hating him, the best way is not to do nothing with him.

If you can not forgive, then at least forget. Forget the injustice done to you, but remember the favour conferred upon you.

Man has complex nature. He exibits different moods at different times. He loves, he hates and he has his own likes and dislikes.

Man is given reason. But sometime, he is guided and led by impulse and emotions, resulting in ignoble actions.

Love constitutes the greatest pleasure of life.

If you love someone purely, warmly, sincerely. and diligently and with all your heart then your love will expand and you will begin to love all irrispective of their casts and colour.

What we love that determines our life s parameters. We are thus shaped, moulded and fashioned.

Whybelieve in love at first sight ? Let us believe in taking a second look.

If you are in search of happiness, then live well and love all.

Love is a gift and true love is a gift of abiding value.

Love does not argue It gives in abundance. Love is total abandonment. It is neither self-possessed nor prudent.

Recently, I had a very bad cough. I could not hide it from others. Likewise, love can not remain hidden. Love is like perfume. The smell of perfume can not be hid.The some applies to the smell of love.

Love leads to purification of heart.

Hatred makes the heart unrefined.

Love makes a person noble, daring and courageous.

Love makes distant object appear nearer and large.

The technique of love is seeing through a telescope.

Hatred magnifies objects revealing details invisible to naked eye. Its way is seeing through a microscope.

Envy looks through eye glass.

The heart of one, who has love within is a paradise on earth.

Let us rise above pretty squabbles, ignoble feuds and quarrels. Let us take a wide view of the world at large. Let us build brick by brick a society, which is free from confrontation and hatred. Its guiding spirit is humanism, altruism and empathy.

We can not survive if we live to hate and disown love.

Regional forces, communal passions, and caste and class distinctions lead to social discontent, caused by lop-sided development of personality.

In order to save the world from impending castatrophe, it is urgently required, that, people should rise above invidious distinctions of caste, creed and colour and work like a team and save and serve the depressed, the despondent and the down-trodden.

Issue of social justice should be taken up. An unequivocal stand should be taken on the good of all.

The love wave shonld serve as a channel or mediun to start the process of uniting people, as has been done by the mystics and the Sufis. According to them, bad thought is worse than bad action.

Some necessary institutional changes should be made in the structure of society :—

This calls for harmony, catholocity, righteousess, respect for the dignity of man and tolerance for his belief and faith.

The universal heritage of the inherent oneness of all

should receive due recognition and sober people should work to make the ideal a reality. It should figure prominently in any political agenda or in any social and economic planning.

Pride and prejudice are negation of humanism.

Love is a great mystery and a great necessity. It is mysterious, universal and inevitable.

Love, taken in a wide sense is the crowning grace of humanity.

—o—

The following verses have been received by Zahur Mian :

786

The hoary Frosts of Thy winter have nourished in truth.
The downy—Fresh blossoms of Springs' eternal Youth,
Eager for knowledge of sunshine's promised warmth,
Their inocent blushes quicken to rose-tinted hue.
The late Snow's veil of white - laced misty blue.
And in the garden of Thy long labours fruits,
Lingering memories, held in past Season's buried roots,
Melt in anticipation of the pressing suit,
Of balmy breezes breathing new's of Summer wines' bouqet.
Matured and served in patient Sharib's perfect way.

—Jamil Uddin Morris
Southampton (England)

Condolence

We are sorry to know that MUNIRA Van Voorst Van Beest a member of S. M. breathed her last in France recently.

May her soul rest is peacc !

o o o o

We have suffered another loss in the passing away of Haji ALTAF HASAN Sahib who was the younger brother of the late Hazrat Khadim Hasan, Gudri Shah Baba III and younger uncle of Zahur Mian (Gudri Shab Baba IV). He died in Moradabad (U.P.) on 20th December 1990.

May his soul rest in peace !

General Secretary