

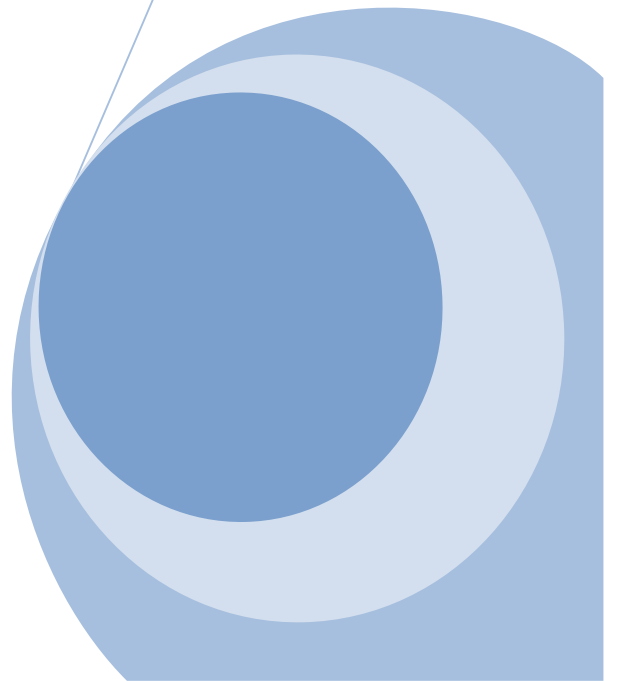


BOOO

A Gift of a Qalandar

Baba Bukhari R.A

Syed Shakir Uzair
3/24/2009



Where should I begin from; because these are eternal decisions? What will happen? How will it happen? When will it happen? Why will it happen? What is the logic behind it? What is hidden, what is apparent? What is the sequence, what is eternal? Truth, lie, deceit, hatred, malice, grudge, enmity, fraud, envy, scorn, revenge, love and affection, are a form of inter-linked continuous sequence. Mental freedom dreams of walking whichever path is available. Everyone dreams of emancipation. The world of dreams strengthens the evil of *Nafs*¹ (*the self*). Evil entraps like a trampling elephant, under the sorcery of its effects faster than the speed of time. The captivity of *Nafs* erodes the sword of intention and thus mental contamination gives birth to darkness in heart. Those who cannot see hope of light nor find a path eventually bears dullness in their hearts and thus in the dark dungeons of restless and troubled state they are tormented until they depart from this transitional limited world turning into an image of torment and agony themselves. Where does one end up? This decision depends upon The Creator's own will. He has not hidden the standards of His will and approval from anyone. 124,000 prophets and messengers have been descended to guide the lost humanity. Those beloved messengers of Allah spread widely the teachings of Love despite presence of extreme evil opposition. They inflicted hardships upon self in order to enlighten those with no knowledge. They bartered love for hatred. They suffered themselves but united and aligned those, who lived in a world of unleashed beasts, into a rosary of brotherhood and mutual love and respect. They embraced and liberated the weak and oppressed and put an end to their continuous misery. Uncountable rewards and blessings of the True Lord illuminated the hearts with such a divine light which in fact is the real life. It is an eternal life that does not need an elixir of life. A life of a continuous sequence. A never ending sequence like so is the splendid beacons of divine messengers and the summit of this sequence is The Holy Prophet Muhammad (S.A.W) the benevolent and the mercy upon humanity,

The magnitude of his mission alone is greater than the rest of the 123,999 messengers. For he is the true beloved, the spring of all the knowledge, the fountain of all the divine favours and blessings, the interpreter of the will of God, the statue of love and affection, the torch of truth and purity, the pivot of purity, the ambassador of light, the messiah of compassion and empathy for humanity, Master of all, Leader of all, the True Messenger, Ahmed Mujtaba, Muhammad Mustafa (S.A.W) . He is the Beloved of The God who owns what the east and the west contain. His practical teachings and the continuity of love and care has created such an *Ummah* (community or nation)², who is the best of all, they have the Manifest Book, The society of *Haq (The Truth)*³. The Holy Quran is an eternal book. It is a living miracle. It is a complete guidance and light. The practical example of this book is the life of The Holy Prophet's , which teaches a greater discipline of life. His is a beautiful way. It is light, the light of the truth. It is a sequence that guarantees eternity, ensures salvation, belief of the hearts and the sacred torch of passions.

The journey of the torch of light still goes on and continues. The beacon of *Ishq-e-Haqiqi (The True Love)*⁴ has brought the whole universe out of darkness into illumination. The mission has been accomplished. Guidance has spread in its entirety. The blessings have been completed.

Purity had only just been strengthened and soon after the evil minded, fuelled with the evil desires of *Nafs*, determined to extinguish the beacon of light. But the fire of great love, the *Ishq* was set ablaze. It was time to leap without fear. Who could it be? The only worthy one was the Light of the blood of *Batool*⁵ (*peace and blessings be upon her*) The greatest Imam. He gave his life but did not bend. The rider of death turned Eternal. *Din*⁶ was protected. *Ishq* was victorious. Wisdom was defeated. Those who wanted to extinguish the torch of eternal light kept planning but against the fate. Apparent results pushed them into the dark caves of misguidance. *Ishq* smiled victorious. The destroyers perished and the journey of *Ishq* continued. Eternal decisions are permanent. He chooses and illuminates with the light of mercy and compassion whomever he wishes. The spiritual and physical journey of the Blood of *Batool* still carries on like a travelling continuous light. *Ishq* then showed its colours embodied in many beautiful faces of such eminence and stature that whenever there is a mention of them the hearts still bow in respect. The mercy upon humanity is mercy forever. Even the imagination of it is so beautiful that mental erosion is vanished. Those who reigned over hearts are still alive and the materialistic ones have been forgotten forever. The continuity of sainthood is the heritage of *Hussain* (A.S). The magnificence of *Faqr* travelling through hearts reached and enriched the subcontinent. The great saying of the Greatest Holy Prophet (S.A.W), "I feel fragrance coming from Hind" is still a universal truth and evident to everyone. Hence it arrived at "Dhudi Thal Lillah Town"⁷, the same place where Shah Hussain (R.A) was born 500 years ago. Now it was awarded to *Bukhari Sadaats*. A social worker of his area Makhdoom Safdar Ali Bukhari (R.A) was given the wealth of *Jazb*⁸. Light ends the darkness. The extreme mad love burst out dancing in public. All were amazed to see that. Some thought it could be sorcery others thought it was lunacy. Family members were embarrassed. Logic did not work. People attempted to reason with *Ishq*.

"You belong to a noble family shun the *ghungro*⁹ and stop saying one thing all the time. Live your life of pleasure and enjoyment". Darkness began its endeavours to imprison the light.

But how can this happen! The exuberance of *Ishq* broke all the strong boundaries of human wisdom and reasons and took refuge in a place of anonymity and defamation. He got out of the environment of sweet talk, flattery and external praise and embraced degradation and reproach. This is the fuel of *Nafs*, false praise. Frustrated, sinful and deserted people embraced him. Then the reality was revealed, when the internal and external became one. The mask of pretence mannerism was shattered. Feeling the pain of broken hearts gave him peace and satisfaction. Then criticisms and sarcasm reached its peaks. Useless were all the attempts of the enemies. The light paved the path itself. The advisors gradually gave up. They left him alone regarding him as a lunatic. Plans of wisdom were lost in the dark caves of helplessness and the power of *Ishq* put him in the state of powerlessness. Now in hands of God alone. This unity had him liberated from everything. Empathy alone was left. Empathy creates it, the motherly love, a feeling, full of generosity and sincerity, his slogan was always the same "snatch the pain away from the troubled ones, put smiles on their faces, concentrate entirely on oneness". This is the real definition of *Ishq*, other than Allah everything else is obliterated and so it happened. Makhdoom *Sarkar*¹⁰ (R.A) abandoned everything. Obedience turned him away from material world.

Friends and relatives did not matter any longer. He embarked upon a search of one whom he would share his secret with. And so *Ishq* with its magnetic powers started reaching out for particles of iron that it would pull and empower them with the virtue of fearless love and little sparks of light would twinkle to suck the pains of humanity. As soon as *Ishq* makes an intention the metal particles would come in action. Intoxication and selflessness created mad lovers. They started visiting Makhdoom Sarkar's abode found amidst the bazaar of humiliation. People started calling him Baba-Jee. He would often experiment with music. Those familiar with music would try to explain what music was. But those intoxicated with divine love do not obey the teaching of human wisdom. He would say there is a pain in music. Those who Sing and who listen should let their inner selves listen to it in order to understand and bring congruence. That's when the journey of empathy, feeling the pain of others, begins and more lights can be lit. Make the one inside compliant. Make up, beautify and dress the inner. Thereupon the magic of sound waves would penetrate into the hearts of the listeners. The devoured *Kaki's of Bazar e Hussan*¹¹ developed great love for Baba Jee. Baba Jee put a veil of *Ishq* hence he kept hidden like a hunter in search of its prey. Had he advised them to quit they probably would not let Baba Jee come even close to them. It's the combination of negative and insensitive thinking that keeps the splendour of *Bazar e Hussan* alive. It was the best place from where to start correcting things with the benefit of *Ishq* being hidden while people are unable to discover its true magnificence and meanwhile it remains busy doing its work. Baba Jee started researching *Dhamal*¹². Spectators kept on visiting. The girls kept dancing. The *Ghungro* kept tinkling. The intoxicating trance of Baba Jee would turn a *Kaki* into a reflector that spreads light in all directions. Whatever one intended is what one would receive. The distressed would find relief from pain. The drug addicts decided to quit. The extent of events that occurred is unlimited. Out of a sudden it was all over the newspapers, it read "*Baba Kaki Tar*", "*Pir (a spiritual leader) of 800 (female) dancers*". They said all sorts of things about him. But Baba-Jee never rejected anything. He took criticism positively and considered it as an honour. They thought they had valid basis for this defamation but in reality such news only made people even amazed and astonished. People wanted to know the truth. Everyone made an effort but in vain. The river of *Ishq* decided to reach out for the thirsty and in this way the writer met the Honourable Baba Jee.

The journey of meeting Baba Jee is quite long. It is my intention to write a book on this journey in the near future. However, the theosophical vision of the noble *Qalandar*¹³ upon me, the humble compiler of words (writer), has not only enabled me to be the blessed and honoured *Inheritor of the Faqir*¹⁴ but also empowered me to dedicate my heart for the mission of spreading the eternal message of Al-Rehman. Following is a presentation on Al-Rehman I delivered in Qasoor city of Hazrat Baba Bhullay Shah, on the 10th of March 2007, to enlighten the minds with the Divine Quranic Radiations and to resurrect those dead hearts stuck in materialistic confusions and darkness through the light of the truth.

سچا راہ محمد والا

The path indicated by the Prophet is true, O Bahu

جین وچ رب لبھیوے ہو

Following it, one can find God.¹⁵

Respected Ladies and Gentlemen!

خشخس جتنا قدر نہ میرا

My value is no more than a grain of opium

اس نون سبھ وڈیاپاں

All the credit goes to him

میں گلیاں دا روڑا کوڑا

I am garbage from the street

محل چڑھایا سایاں

Yet, he has elevated me to the palaces

The Holy Prophet (S.A.W) has said

“I have left you a book, revealed by God, the Quran which is light and guidance”

I have been in the world of showbiz for 32 years. In showbiz, people spend their life under the captivity of *Nafs*. This neglect leads to an extremely prolonged painful end. One day I was with Baba Bukhari Sarkar, we passed by Al-Hamra Hall and there we came across a famous artist. Baba Jee asked him, “Tell me one thing, why do you artists die a painful death?” The artist had no answer to this and only said, “Baba Jee! Please pray for us”. He went away but Baba Jee's face was full of grief, “Why is it that people don't care? This is a difficult stage. I consider myself fortunate to have met a Noble personality like Baba Jee while still involved in showbiz. He opened my eyes to the understanding of the fact that the biggest favour in the universe is the feeling of empathy and consideration. Being blessed with empathy is a divine favour of God, the most merciful the compassionate. I was still working and busy in Showbiz when a *Fakir* came along whom you know by the name of Makhdoom Syed Safdar Ali Bukhari. Let me also point out that this infamous *Fakir* belonged to the Malamati¹⁶ school of thought. Nobody knew or recognised him at the time.

Allah says,

“My friends stay protected under my cloak whom no one knows or recognises other than myself and my special friends”

It is important to give reference to *Malamatiyya School of thought* because people used to look away, walk away or prefer not to meet him. By all means people's hatred dishonoured not him but themselves. Look at what Allah says, that it is compulsory to be a friend of Allah in order to recognise a friend of Allah. My Lord Baba Jee visited my office and said, "Syed! Will you do dramas all your life? You should also do something for the benefit of the distressed humanity" I replied, "Baba Jee! This is the work suitable for the religious scholars. I belong to Showbiz. I direct dramas; music programmes however I also do religious programmes. We celebrate the holy month of Rabi-ul-Awwal and Muharram and also the month of Ramadan. I have to do all sorts of programmes." My Lord Baba Jee said "I am not talking about programmes. I am talking about the purpose of your life."

وما خلقت الجن و الانس الا ليعبدون

I have only created Jinn and Men for *Ma'rifat e Ellahia*¹⁷ (meaning knowledge and recognition). Syed! I speak of recognition. Know yourself. Do not be sick with *Evil Nafs*. You should accomplish something for which you will be remembered by the generations to come with a smile. You too should work for humanity. Deliver your service to the distressed humanity". I said Baba Jee, "Please tell me yourself, what I should do" He said Syed Baba, "When Allah wishes to take service from someone He indeed takes service from them. Guidance is from Allah only". This conversation happened like so and was forgotten.

In 1995 he said to me, "People who suffer from paralysis, no matter you administer medicine, physiotherapy, special beds, patients of paralysis do not recover. Left side paralysis can result in heart diseases and brain haemorrhage" I said, "Baba Jee! I have a thought which basically is a product of your teachings. *Qasida Burda Sharif*¹⁸ has been used and remained restricted to the *Khānkāh* (Sufi Lodge) system. This master piece *Naat*¹⁹ is an exquisite expression of the grandeur and exalted status of the Prophet Muhammad (S.A.W). Written by Imam Al-Busiri r.a. and consists of 172 verses. Could this be used for something?" He asked, "What will you do?" I said, "We can only do a programme". Our respected Master Baba Jee asked, "Is it possible for *Radiations* to transfer through a screen". In fact Baba Jee Sarkar wanted to transfer the inward feeling of empathy and consideration through to people via sound waves. Meaning purity transmitting through sound waves will have a great awakening effect over those listening and watching." I said that it was a great idea. Your words are honourably great. I had an idea to make a sincere endeavour to organise a programme. He said, "Yes, Syed Baba". I invited Qari Khushi Muhammad (Late) along with 15 kids from his academy. And our dear friend Syed Pervaiz Haider composed this *Qasida Burda Shareef*. This was a first experiment to present *Naat* with music. Presentation of *Naat* had remained quite simple until then and was visually limited to the image of a *Mihrab*²⁰. Television was yet to offer the level of attention that *Naat-e-Rasool* duly deserved. Perhaps we were yet to find within us, the degree of elegance required for a beautiful presentation.

There was no such consideration present. Although all efforts and energy was being spent over producing songs and dramas. Think about it now, meeting a *Fakir* is such a blessing. A thought was provoked within me to break the traditional style of production and produce the programme in modern way. People do claim their love for The Messenger (S.A.W) but they do so only for promoting their name. Upon following the *Fakir* life was given to the dead heart that then produced a great passion. Present yourself with purity in the courts of the Holy Prophet, Mercy Unto the Worlds. All the children who participated in the programme were *Hafiz-ul-Quran* (A person who knows Quran by Heart) and innocent. Twelve programmes of 5 minute duration were prepared. Later when I watched and listened to the programme, I felt vibrations.

سنیا سخن تے گنیاں کھل اکھیاں
These words opened my eyes to reality
 اساں چت مولا ول لائی ہو
And I fixed my attention on the Lord.
 کیتی جان حوالے رب دے
I then placed my soul in his protection
 اساں عشق ایسا عشق کمایا ہو
*Such was the love I cultivated in my heart.*²¹

Vibrations are not created by earth quakes alone. If someone possesses a sensitive heart and this fortune of sensitivity bears unidirectional focus then merely saying "Allah" by heart would vibrate the whole universe. Such vibrations cannot be felt by everyone. This is not a matter of the physical body. It is rather a journey of the hidden heart (*Arabic: Batini Qalb*) through these *Radiations* into the esoteric world. The programmes were run for 12 days during the month of *Rabi-ul-Awwal*. Everyone liked the programme. I heard people who were not very religious minded saying, "What is it in this programme that the sound and music pulls the heart towards it" I still remember I was recording air force drama serial "*ShehPar*" at Kamra Airbase. I witnessed for myself that a huge crowd would gather up in the mess hall before *Khabarnama* (PTV News Programme), as soon as this programme "*Qasida Burda Sharif*" went on air, a silence and peace would spread across as if those who listened and watched were receiving energy. This programme changed the world of *Naat*. It still echoes from every mosque early in the morning. *Maula ya sal'li wa sal'im daa'iman abadan*. It's read in every school. Be it *Milad-un-Nabi* (The Prophets Birth Day) celebrations or weddings the ceremony starts with *Qasida-Burda-Sharif*. Later the presentation of *Naat* changed. People started presenting *Naat* with great enthusiasm. Many new *Naat* reciters came forward and plenty of new records were produced. A blessing attention of a *Fakir* rejuvenates a lifeless heart. The empathy felt by the one has produced amazing results. One thing remained which was to get the patients of paralysis out of their misery. Let me enlighten those who might not be aware of the fact that Imam Busairi (R.A) was suffering from paralysis. A *Fakir* motivated him to write *Qasida Burda Sharif*. When he completed the *Qasida* he saw The king of the kings, The Mercy unto the Worlds (S.A.W) in his dream that night. The Holy Prophet said, " Busiri! Let me listen to the *Qasida* as well" Imam Busiri recited *Qasida*. He was very pleased and smiled. He (S.A.W) then touched his body with his right hand and threw his mantle or *Burda* (*Arabic*) over him. Upon waking up he discovered that the paralysis was gone and the mantle was still covering his body.

A mantle or a cloak is called *Burda* in Arabic. Hence famous by the name *Qasida Burda Sharif*. A person suffering from paralysis who was a Syed (*The descendants of Prophet*) telephoned me to say that amazingly during time when the programme was broadcasted on PTV and he listened he would feel great sensations in his body. Patients of paralysis started recovering within seven days. This was a huge encouragement for me. Upon sharing with Baba Jee he said, " Now disseminate it widely with great enthusiasm". I personally created video and audio cassettes and distributed among people. Some of my friends also joined me and the results were very encouraging. The belief strengthened that if one was to do good, pure intentions were a compulsory requirement to achieve it. With such intentions, you can contribute in your personal capacity regardless of where ever you are, to humanity, to society, no need for a bigger platform, no material possessions, you just need a passion.

Soon after, I was thinking of what to do next. Baba Jee Sarkar said, "Let's talk about *Quranic Raditions*, The Quran which is a complete and a truthful book. Every word of it carries divine light, it has *noor* in it, and it is a fragrance, a cure, mercy and blessing. Should not we heal people with this? Then he said, "I have transferred all the research done over *Soorat Al-Rehman*²² on to you."

Ladies and Gentlemen! PTV played a successful programme over a period of six month by the name of "Al-Rehman". This message of truth spread over the world via CDs, Cassettes and websites. Why is there a need for it? How does it work? Why should it be listened to in the morning, afternoon and evenings? The manner of listening to it should be like so,

سنیا سخن تے گنیاں کھل اکھیاں

These words opened my eyes to reality

We should listen to it in a way changes our lives. Let character be reformed. Let purity bring elegance to the societies. Let there be peace and prosperity. I salute the great majestic *Fakir* who held this thought and researched it. He devoted every breath of his life to the welfare of distressed humanity. Whenever I met him whether it is morning or afternoon, evening or night he would talk about one thing only. "How far has the message been transmitted? Do not forget that from an ordinary person to those in palaces, everyone must receive the message. Everyone needs it." According to the 2003 report of WHO, 25 Million out of a total population of 140 millions in Pakistan, have suffered from Hepatitis. Think of the magnitude and proportion. This is the number of people who were actually registered as patients, the number of non registered cases is unknown. This is to mention just one of the diseases. WHO also mentioned that the amount required to treat a patient of Hepatitis is US\$8000. It amounts to around Rs 450,000 to 500,000 be it *Interferon* injections or some other treatment, Allopathic or homeopathic. No Pakistani can afford this. WHO further adds that curing ratio is only 17%. Now this means that only 17% of people will be cured.

Now what do we do? Firstly we do not have sufficient amount of money and then the success rate is merely 17%, what will we do with the rest of the patients? This is a huge number. We presented *Soorat Al-Rehman*. It is the beautifully decorated chapter of the Quran. We asked them to listen to it with eyes closed. Listen with such great concentration, dedicated focus, and imagination as if it was actually revealed upon their hearts. The results were great. People started recovering. We did this in nearly all the hospitals in Islamabad, Rawalpindi, Karachi, and Multan; we started playing Al-Rehman to patients suffering from fatal diseases admitted in intensive care wards of hospitals in each city. We personally went out to people who considered terminal and incurable and let them listen to Al-Rehman. The results of listening were so spectacular that would amaze all of you. Let me also mention that *Soorat Al-Rehman* is not only a cure for physical illnesses rather the underlying objective of the Holy Quran is character building. We have formulated this presentation to enlighten the common man about this concept. Please consider and acknowledge the fact that it is our moral and religious duty to ensure, that the message that originates from The Holy Prophet (S.A.W), the message brighter than the sun in its truthfulness, must reach all. Moreover, let the light of divine truth illuminate our hearts and let others know.

Saying of the Prophet (S.A.W)

“A Muslim is he, who chooses for his brother what he would choose for himself “

So we start with this presentation in order to establish a sound clarity.

People ask questions. Why particularly Soorat Al-Rehman, why not Soorat Yaseen or some other chapter of the Quran? Why particularly Qari Abdul Basit? Why not some other Qari? To answer these questions I shall begin my presentation.

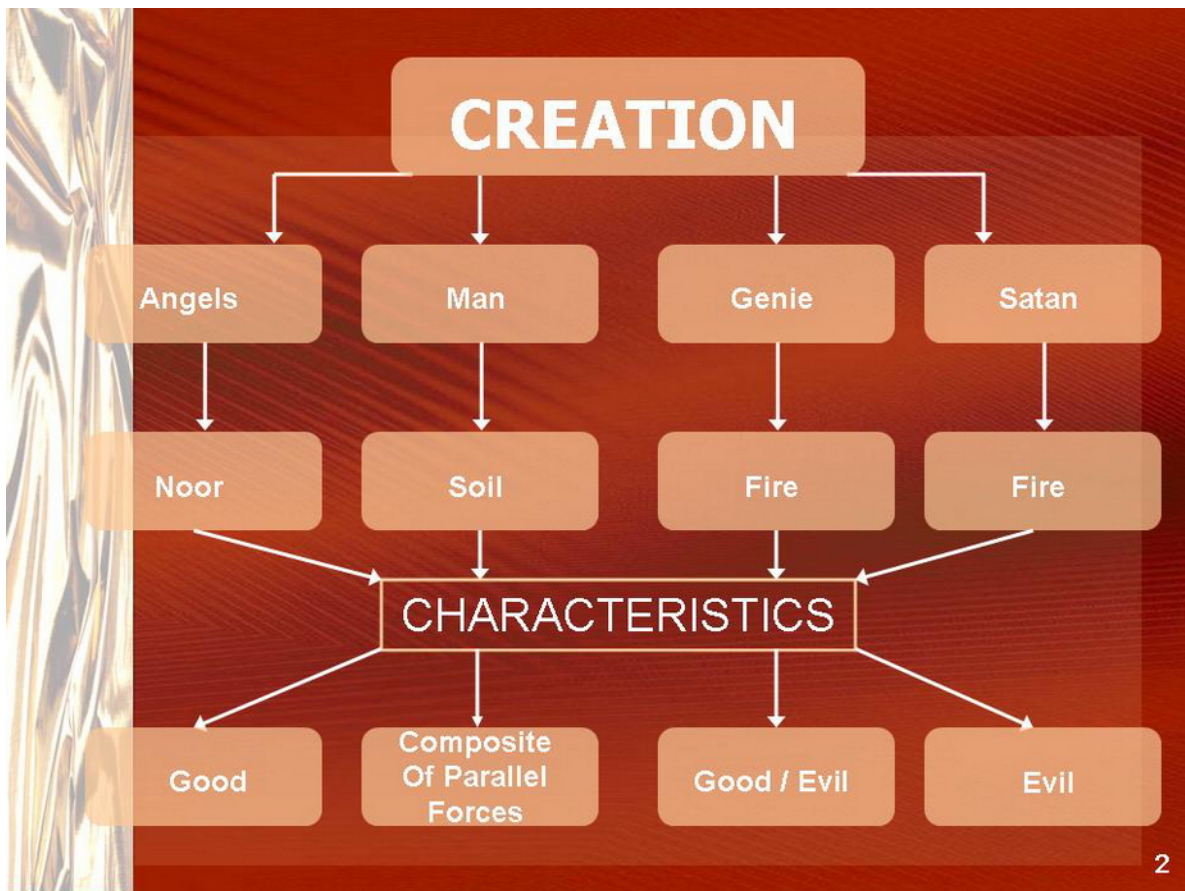


“The Ultimate Remedy” Every word of the Quran has healing powers. It is mercy, light, guidance and Gods special favour.

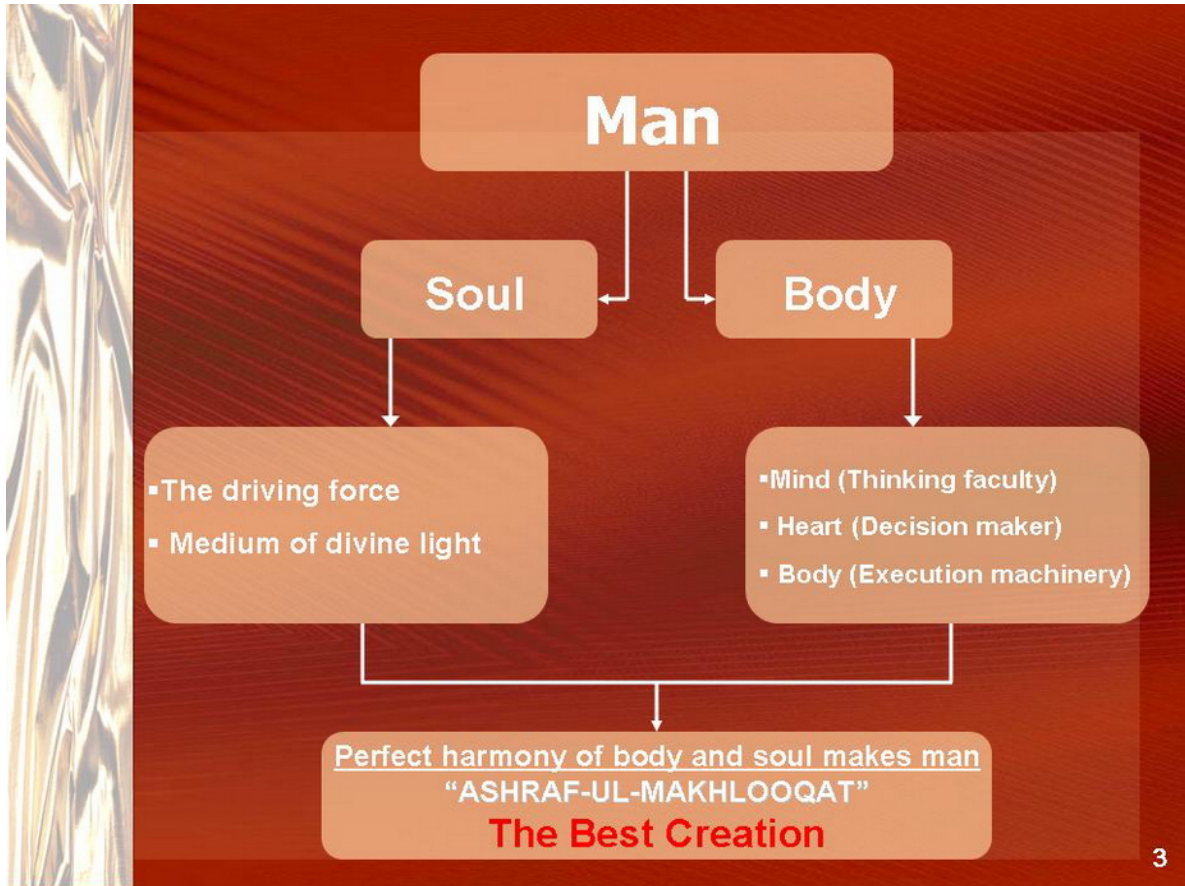
He created all of us; the owner of the universe, Al-Mighty God is the Lord of everything. He is The Magnificent, The Greatest. It all starts from here. Like saying goes,

الف الله چمبے دی بوٹی میرے من وچ مرشد لانی بو

My Master (Spiritual Guide) has planted in my heart the jasmine of Allah's Name.



Allah has created the angels from *Noor, the light*, hence they are angels of light. Light is their source of creation. He created man from soil. Then, the *Jin/Genie*, he created them from fire and created *Satan* from Fire hence he is made of fire. Each creation has its own separate purpose. The angels are sheer goodness, light based creatures. Humans on the other hand are a 'Composite of Parallel Forces'; a combination of Good and Evil. It's like the earth. Later we shall discuss soil; we shall find the nature of soil; and what we mean by Productive, Non-Productive and Barrenness. There are good and bad classes among the *Jins* whereas the *Satan* as we call him, (*Satan's name was Iblees*) is pure evil. This means there is no space for good in him.



These are the characteristics of a human being. A man is a composite. There is a soul inside and a body. What is the soul? Why is there a soul?

It's the driving force. It is a power. It is a Medium of Divine Light.

“Be wary of the sagacity of a true Muslim (Mu'min) because he sees with Allah's light”

‘...He sees with the light of Allah’ means that the soul is a medium of light. Within there is the code with which he finds nearness of Allah, with His mercy and blessings.

The body possess a mind which is the thinking faculty, it thinks and analyses and calculates everything. The Heart has the power of decision-making; this is the Heart that is the actual divine secret.

In the words of Doctor Iqbal,

ہزار خوف ہو پر زباں ہو دل کی رفیق

A thousand fears around yet say what the heart says

یہی رہا ہے ازل سے قلندروں کا طریق

Such has been the way of the Qalandar from eternity

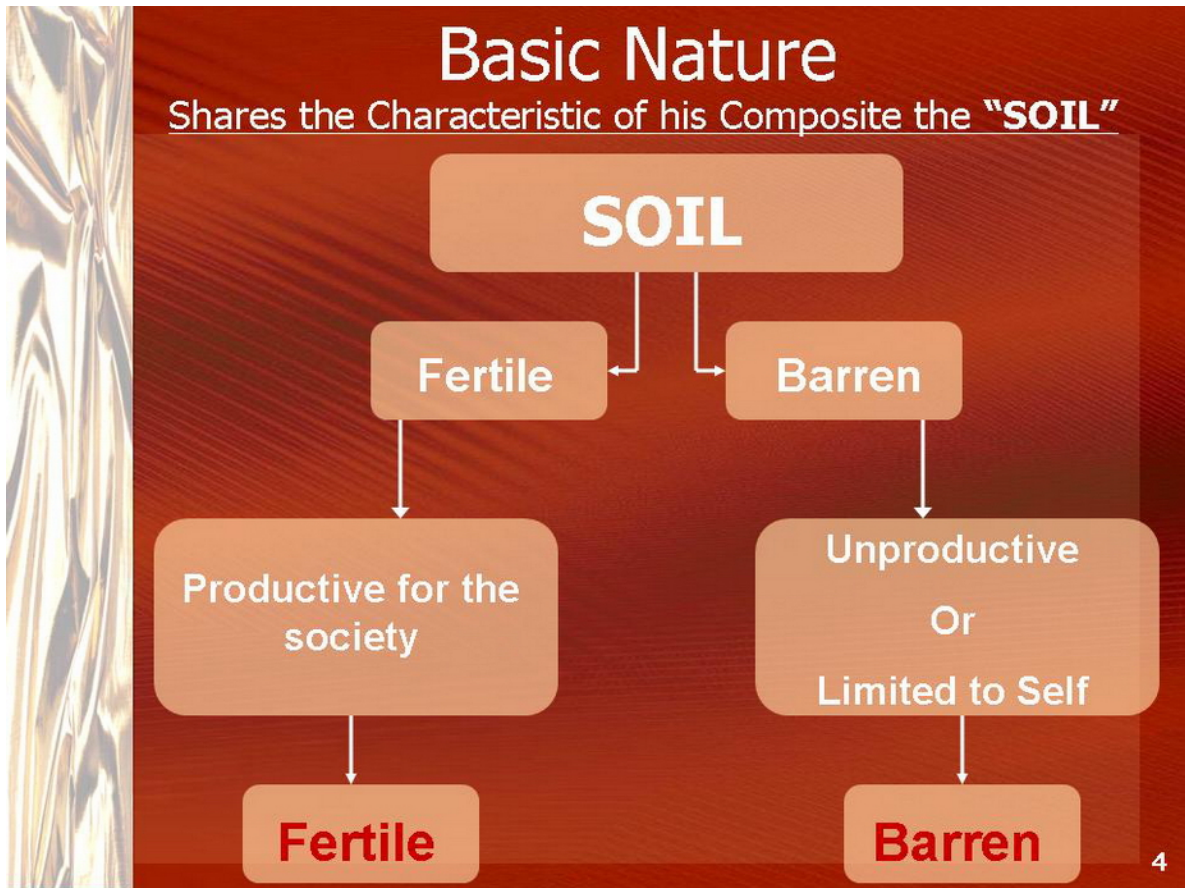
Body is the execution machine, hands, tongue, nose all such organs are our senses faculties. We see things, we hear, we talk and walk and use our hands etc. The synchronisation of body and soul creates a harmony.

Perfect Harmony of body and soul makes a man the best creation.

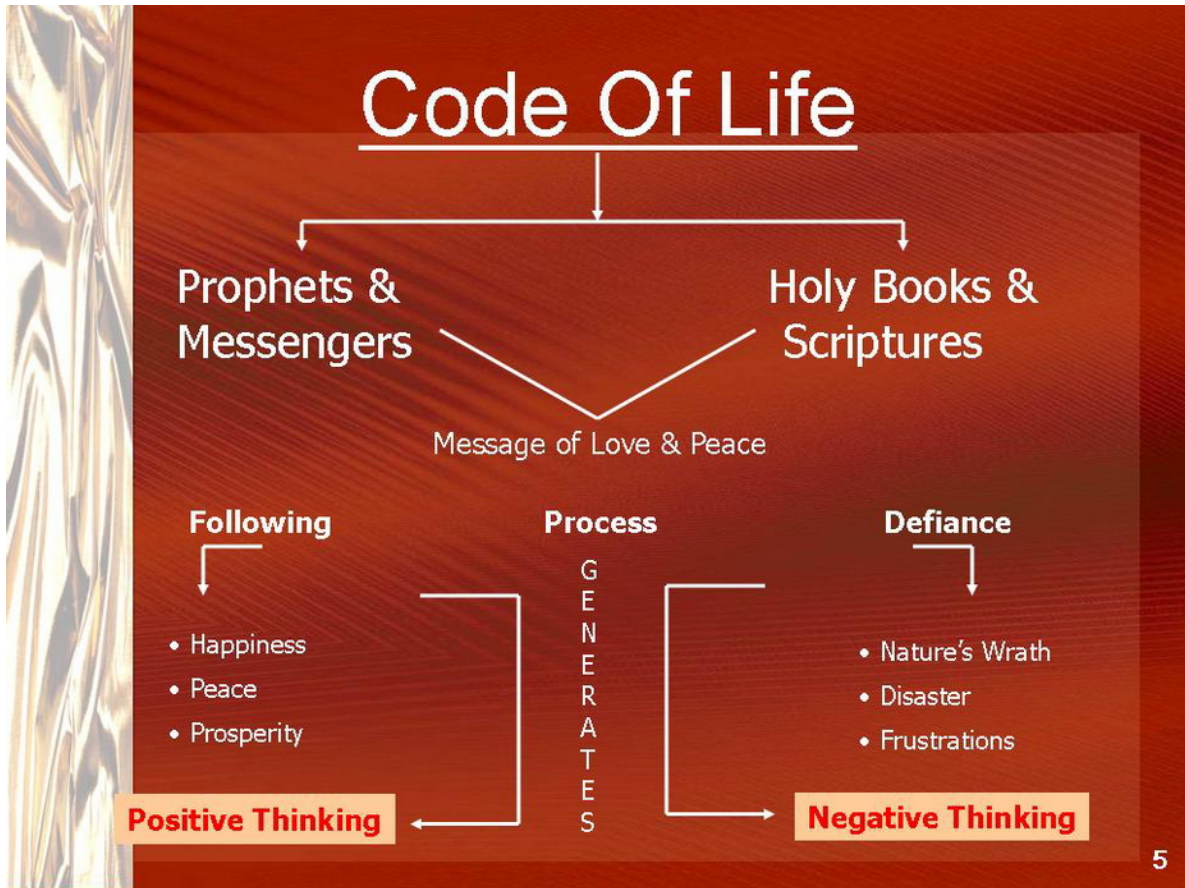
لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَن تَقْوِيمٍ 95:4

Verily, We create man in the best conformation.

A sync between a perfect soul and body. Perfection cannot be achieved without the sync between body and soul.



Now we need to see the Basic Nature. We mentioned soil earlier. Earth has fertility. Fruits, flowers, and vegetables they all grow in soil. Thorns also grow in soil. Land can also be barren. If fertile, it is productive for the society. What is useful? When a human being's body, the soil, becomes productive, it proves to be very pure and positive for the society. Moreover selflessness creates such pure passion that it leaves no space for personal interests. Free of interests and independent. However, if negativity takes over then this soil i.e. the body, becomes barren. It then becomes unproductive, negative and selfish. No contribution to society is made, and bears egocentricity; moreover, egocentrism acts as a venom sufficient for the destruction of any society.

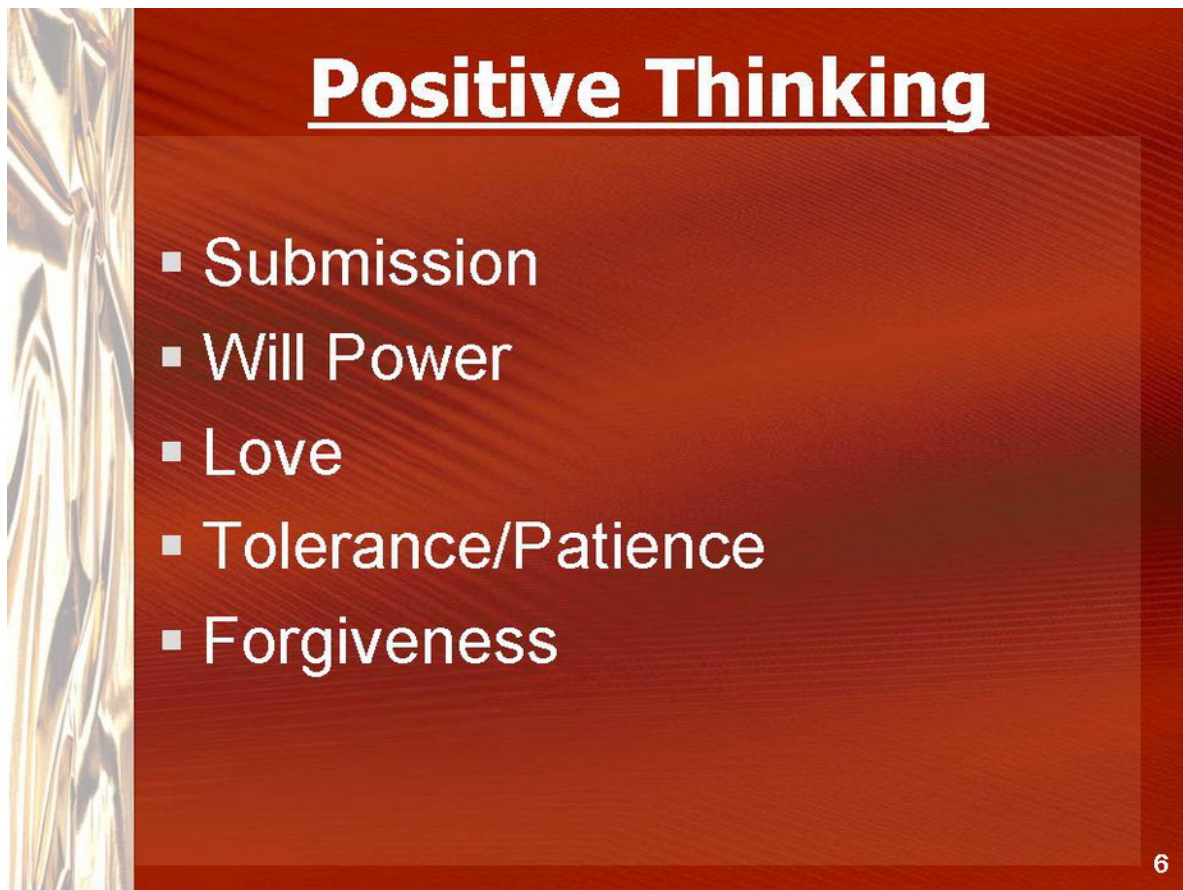


Now what is our code of life? The holy prophets were descended. Several Messengers were sent. Holy Books and scriptures have been sent. What was the message? Basic message was a message of love, peace, prosperity such as Islam, which is peace. It is the religion of peace and salvation, religion of love. If we follow this message of love and peace without any doubt in our hearts, as the Quran says, *ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ* "That is the (Holy) Book, where there is no doubt". If we do not have a doubt then why don't we follow it? When we follow it, we shall achieve happiness and peace. Prosperity does not mean possessing wealth and money; rather it means an elegant civilised society. Where people care for each other and feel each other's pain, they are more concerned about the welfare of their neighbour than their own. Such a society is a source of peace and tranquillity for the entire humanity.

If we go against this, Nature will react. Allah will not be pleased with us. Our denial puts us in distress and brings frustration. There will be destruction. To follow means to be positive. It brings positive thinking.

Positive mentality leads you towards the Godly quality of *Rehmaniat (Compassion)*. Positive mentality is our true *Din*. But if we choose defiance instead of compliance then it will generate negative thinking. What is Negative energy? As discussed earlier we have within us two forces parallel to each other, such as Fertility and Barrenness. If the corresponding graph fluctuates then there will be turmoil. If the difference remains minimal then the picture will be elegant.

But let's for example if there is 80% negativity and 20% positivity you can imagine what would be the state inside a house. Let me tell you why all these diseases come into being.



Positive Thinking

- Submission
- Will Power
- Love
- Tolerance/Patience
- Forgiveness

6

What is positive thinking?

It is submission. One submits and presents oneself to Allah with great humility and humbleness in the courts of Al-Mighty Lord; relies solely and wholly upon Allah, ones willpower is stronger and becomes overwhelmed with Love. It is also very important to bear the quality of tolerance and patience and the ability to forgive others because Allah prefers people who forgive.

Contentment, one is contended, caring and concern, Faith, Unity and Discipline, these are but a few that I mention in order to make it simple and easy to understand as to how one can progress from the obvious surface to the point of excellence in *Ma'rifat*¹⁷ (*Knowledge of God*). I only talk of visible surface for now.

I am just talking about Scientific Explanation of Quranic Radiations.

The subject of the *Ma'rifat e Ellahia*²³ cannot be described in words.

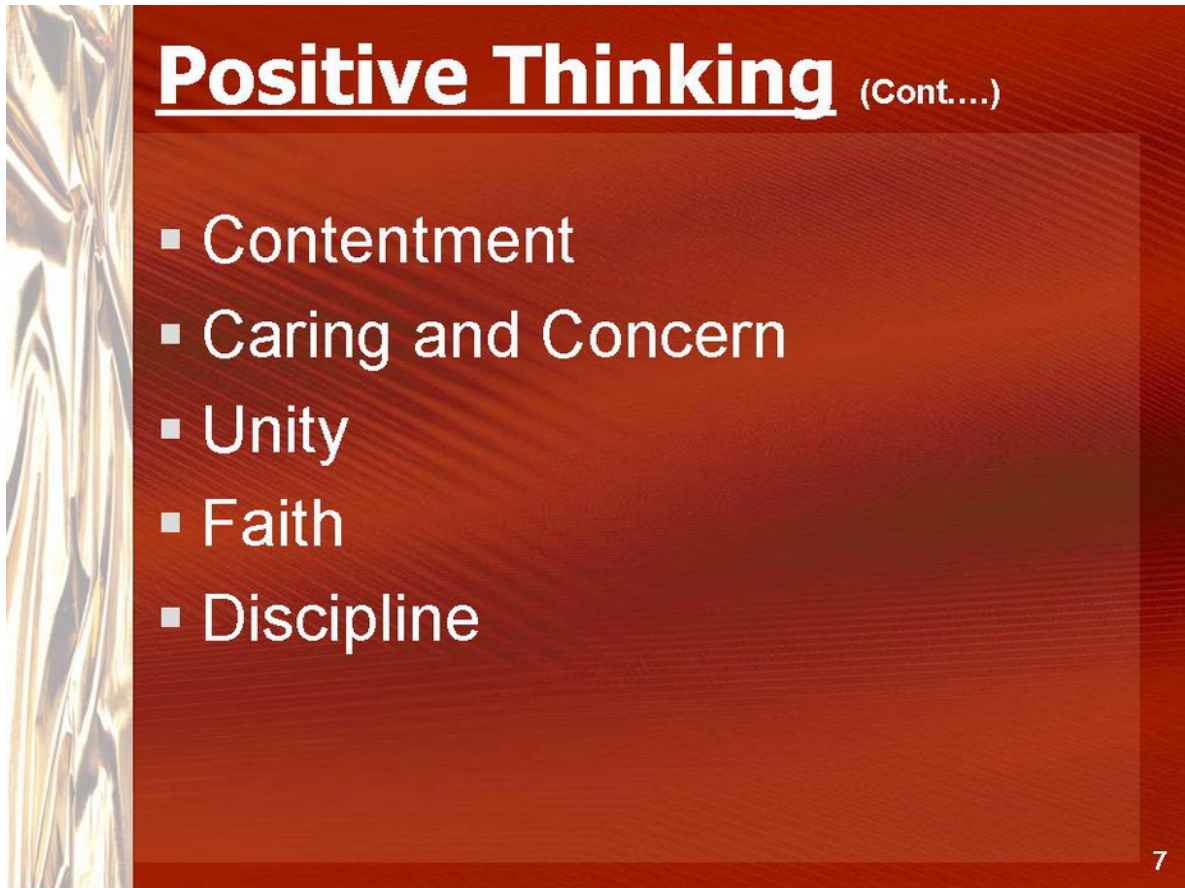
عشق دم جبریل عشق دل مصطفیٰ

Gabriel is Ishq, Ishq Mustafa's Heart

عشق خدا کا رسول عشق خدا کا کلام

Messenger of God is Ishq, Ishq is the Word of God

This is *Ishq*²⁴ (*Divine Eternal Love*)



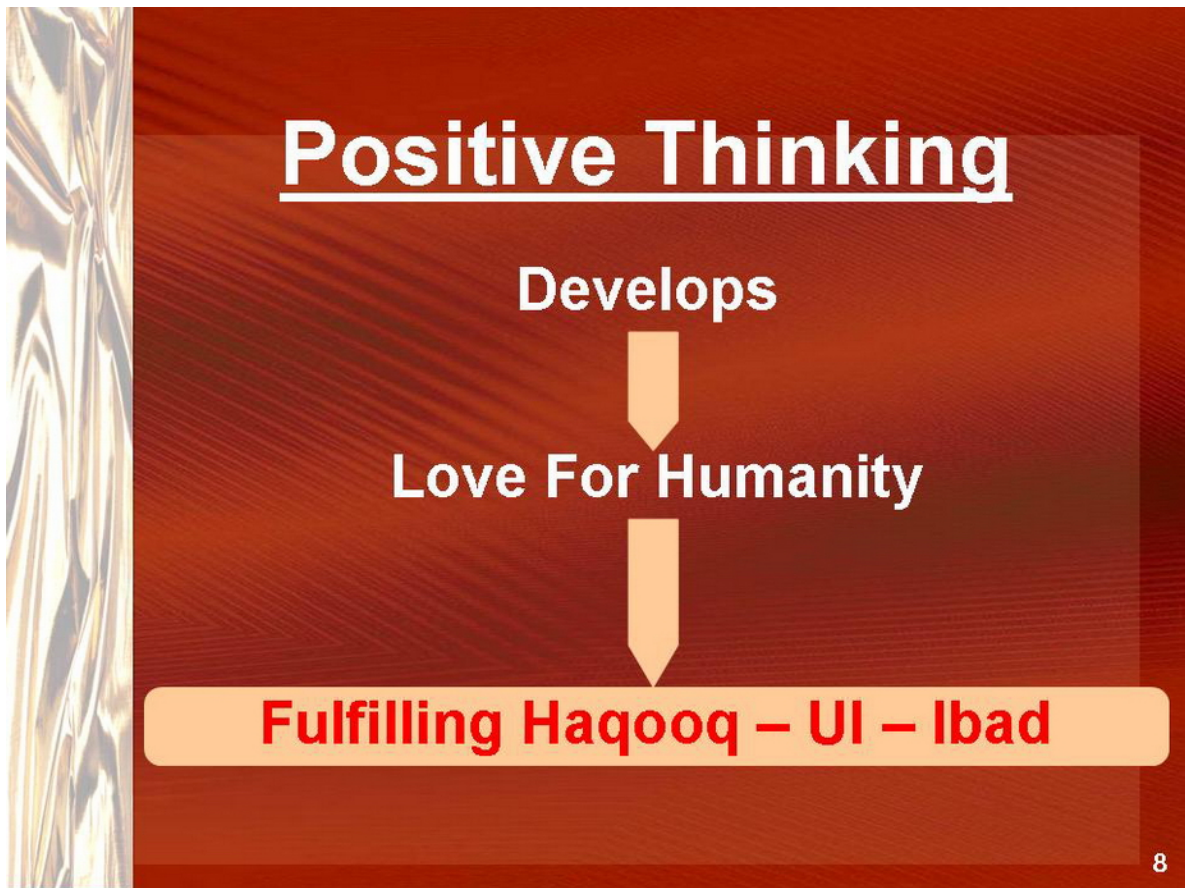
Positive Thinking (Cont....)

- Contentment
- Caring and Concern
- Unity
- Faith
- Discipline

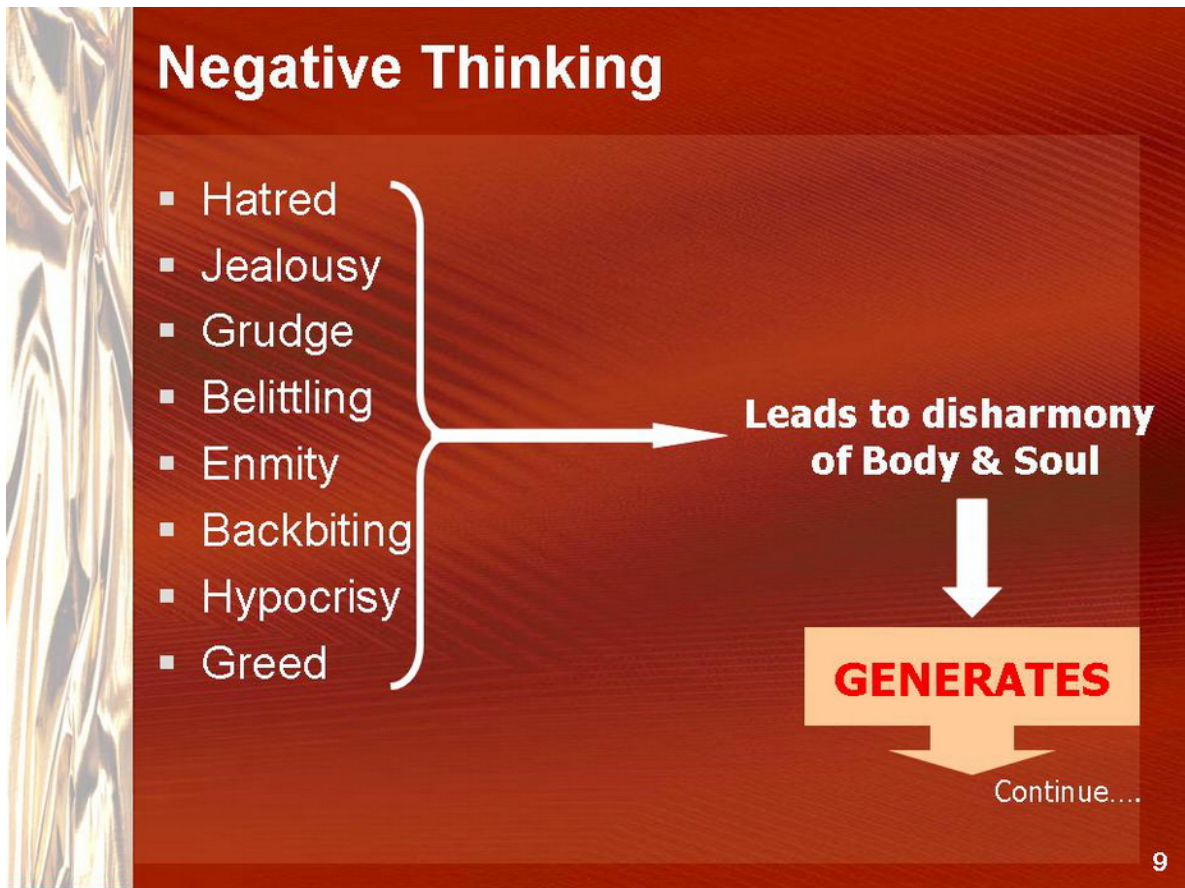
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This is positive thinking. What does positive thinking do? Positive thinking creates love of humankind. Fulfilling our duties and responsibilities towards others (*Arabic: Huqooq ul Ibad*) is of great importance

because Allah does not forgive in this matter. Protect yourself from harming others physically or mentally, never be suspicious or negative about others. You can read several sayings of the Prophet (S.A.W) and contemplate, you will find that we have been commanded to love each other. For instance if a person has a single storey house and the other wants to build a three storey house he should ask the one with one storey house for permission according to the sayings of the Holy Prophet (S.A.W).



Fulfilling our duties towards others will develop positive thinking in us and that will make us The Best of Creations.



What is Negative Thinking?

Manifestation of Hatred, Jealousy, Grudge, Greed, Belittling, Enmity, Backbiting, Hypocrisy and all these things within us leads to disharmony of the body and soul. The soul is completely incongruent from the body.

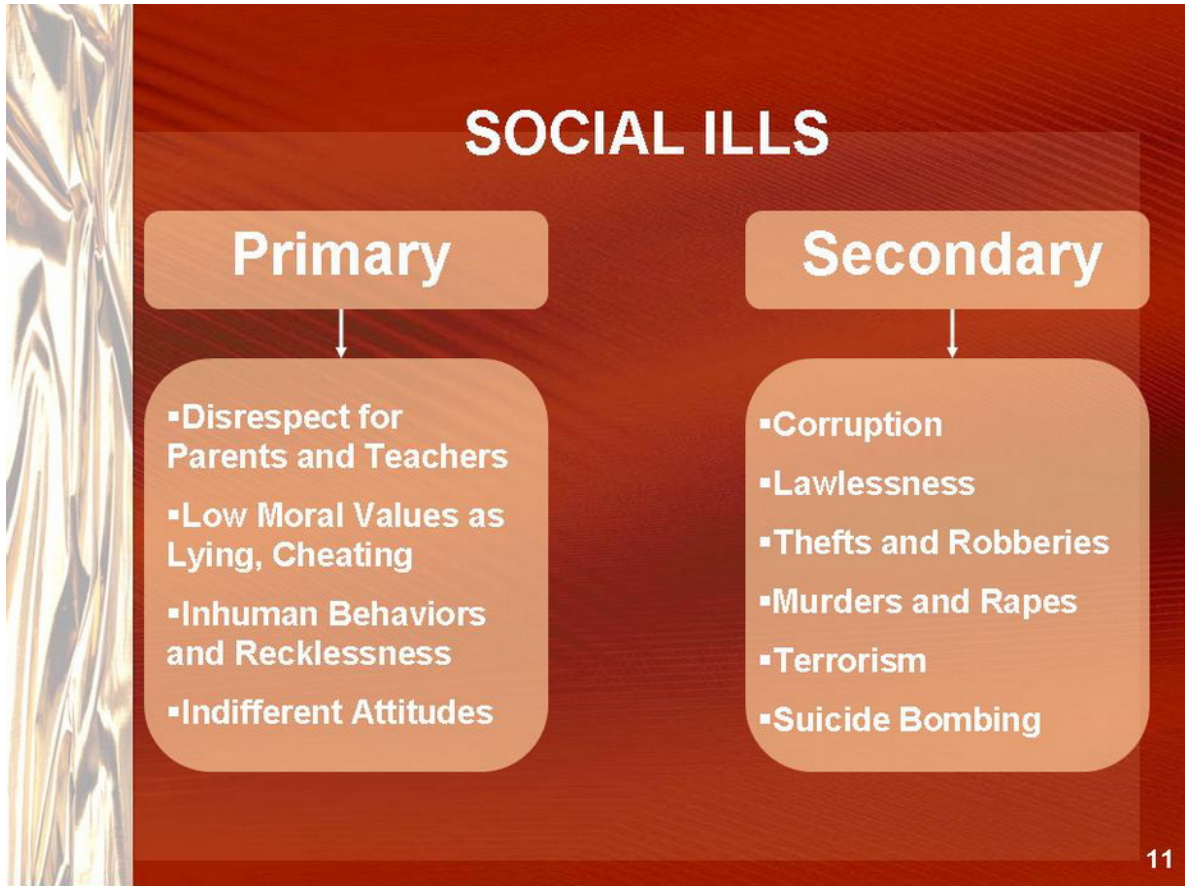


Generates

- SOCIAL ILLS
- PHYSICAL ILLNESS
- MENTAL DISORDERS
- SPRITUAL DISTURBANCES

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Consequently, the disharmony generates four types of ills, Social Ills, Physical Illnesses, Mental Disorders and Spiritual Disturbances. As I mentioned earlier to keep in mind the harmony of body and soul. It is such harmony which is achieved by aligning everything together into a unidirectional focal point. I quoted سنیا سخن تے گنیاں کھل اکھیاں (*These words opened my eyes to reality*) lets deliberate, we try to concentrate, we shut our eyes, then when we offer our prayers, what to do we imagine? How do we stand, how do we present ourselves, we imagine Allah watching us. The soul, body, mind and heart are in complete harmony. Now if we do not achieve harmony from this and negativity increases then what will happen to us?

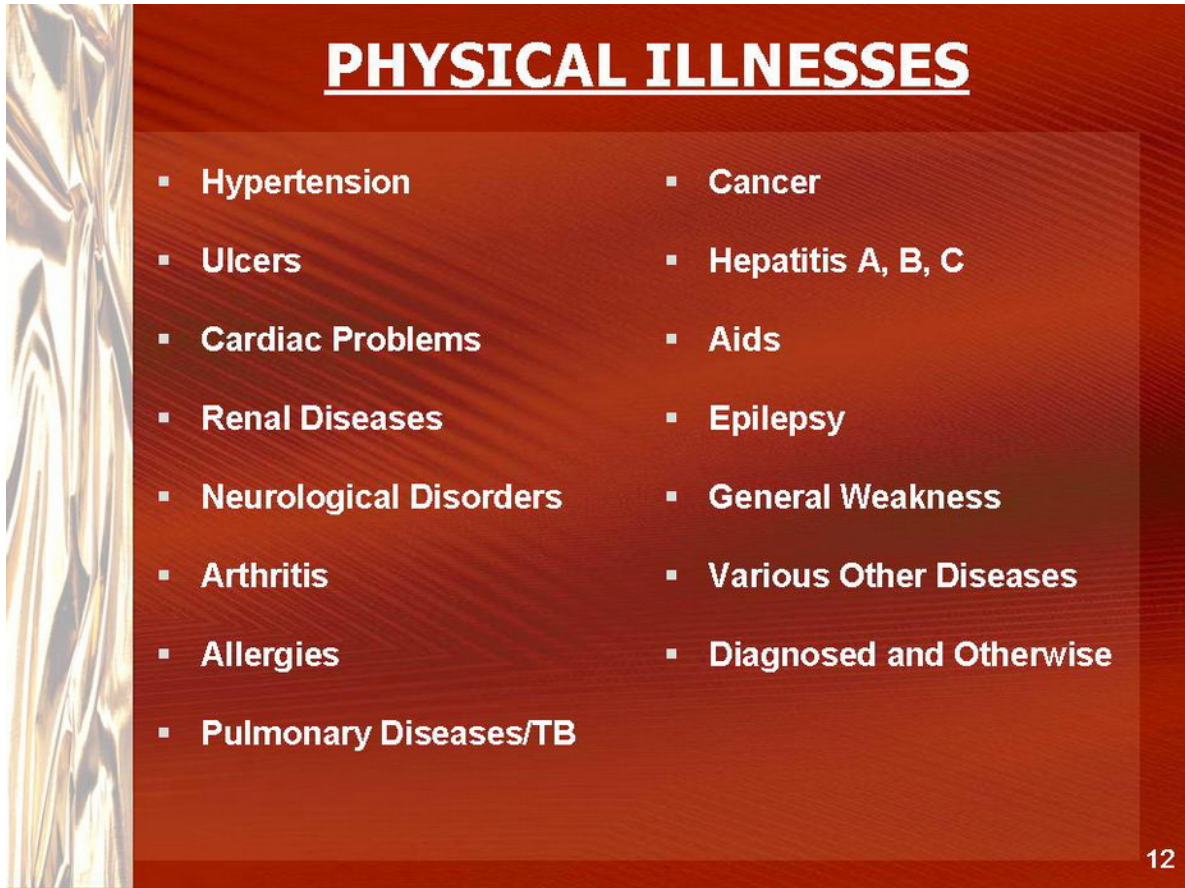


What are social ills? There are two types of social ill, Primary and Secondary.

Primary includes disrespect for parents and teachers, parents are not obeyed any longer. Teachers are not treated with due respect. Umar Farooq r.a. said, “Learn etiquettes before you seek knowledge”. According to the Quran, “If one or both of them (parents) grow old in your presence, do not say fie to them, nor reprove them, but say gentle words to them” 17:23.

Low moral values include lying and cheating, inhuman behaviour and recklessness; people become so insensitive that they completely disregard others. People adopt indifferent attitude towards others. They will achieve what interest them even if it means stomping over others in their way. It does not matter whether it affects others positively or negatively, all they want is to accomplish what they wish.

What is the background of Secondary Ills? Corruption, Lawlessness, thefts and robberies, murders and rapes are all secondary social ills to name a few. There are further lengthy details but due to shortage of time, we shall not go deeper. The basic objective is to point out both aspects of social ills, so that we understand the point.



PHYSICAL ILLNESSES


- Hypertension
- Ulcers
- Cardiac Problems
- Renal Diseases
- Neurological Disorders
- Arthritis
- Allergies
- Pulmonary Diseases/TB
- Cancer
- Hepatitis A, B, C
- Aids
- Epilepsy
- General Weakness
- Various Other Diseases
- Diagnosed and Otherwise

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Physical Illnesses

This includes problems such as cardiac diseases, ulcer, hypertension, renal diseases, arthritis, and neurological disorders. In our part of the world it is very common among the women and people in their forties and fifties to struggle with their knee joints, shoulders and backaches. Doctors tell them that they have arthritis or suffering from allergy.

Moreover we have pulmonary diseases, tuberculosis and cancer, Hepatitis A,B and C, Aids, Epilepsy and general weakness. In short, we see such diseases these days that are beyond our understanding. One wonders, whether they have been researched before, whether they existed in the times before us or have they appeared in our times alone.



MENTAL DISORDERS

- Depression
- Panic Disorder
- Obsessive Compulsive Disorder
- Bipolar Disorder
- Personality Disorders
- Psychotic Disorders as Schizophrenia
- Drug Addiction
- Epilepsy

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What are mental disorders? Eighty percent of people in Pakistan are suffering from Depression or mental stress. They cannot sleep even after taking pills. I have seen a family in Islamabad, very rich, they could not sleep at night, they used to eat hands full of pills, sleep inducing pills, but they could not sleep. Why?

This is depression, moreover Phobia, Panic Attacks, Anxiety Disorders. There is restlessness among us, we want to do something, we think of getting rich over night, we do not want things to follow its natural pattern, the sun rises in the morning and goes down at a set time in the evening, what would happen, if it were to fall immediately after dawning?. The consequences would be catastrophic destruction of the universe. If a baby is born in the morning, an adult over night, gets married, what would be left for him to enjoy in his life. Islam is the religion of Nature. We have been woven into a natural system. Therefore, we have to wait, as mentioned earlier we must have contentment.

Obsessive Compulsive Disorders; every other victim has bizarre problems. For instance, some washes hands repeatedly, others puts the lock on and checks it again numerous times before going to bed. Such diseases are mental conditions. Then there is Personality Disorders, Psychotic Disorders and Schizophrenia. There's also Drug additions. Some are overly dependent on medicines. They say, "oh, I cannot sleep without it", "why can't you sleep?". Nevertheless, this is not the cure. The problems of the mind, cannot be cured with medicine alone, rather, the correction of the thought process is necessary. There is however, a cure in the universe. The Ultimate Remedy, The Quran. Remember, there is no cure other than the Quran. All the knowledge, entire human abilities, whatever there is, are due to the Quran. The Quran is for the entire humanity. Later I shall share a personal experience that I had with a person of Christian faith who was suffering from cancer and I got him to listen to it.

When we say that the Quran is a complete cure, then we must bear in mind that Quran is the word of Al-Mighty God. It strictly does not mean that we disregard the importance of its healing powers. Our purpose is to point towards this saying of the Holy Prophet (S.A.W). "Once a Jew physician came to see the Prophet (S.A.W) and complained, "Since you arrived and people embraced Islam they have stopped consulting me for treatments, is it because I am a Jew? The Prophet (S.A.W) said, "No, there is nothing like that. No one gets sick among us". Now imagine, those whose hearts possess the light of acceptance, bears the beauty of positive mind which fills the body with Love of the Lord. Thus, where there is Love of The Prophet ((and the Lord of the Worlds, there you will not find any sign of mental confusions. Illnesses because of negative thinking erode the body from within. Hence, verbal acceptance is not enough. Acceptance by Heart is compulsory and the merit of the faith. We must remember that drugs cannot treat the illnesses originated in the mind and this dissonance between *Ishq* and *reason* pushes nearer towards materialism and drives away from spirituality.

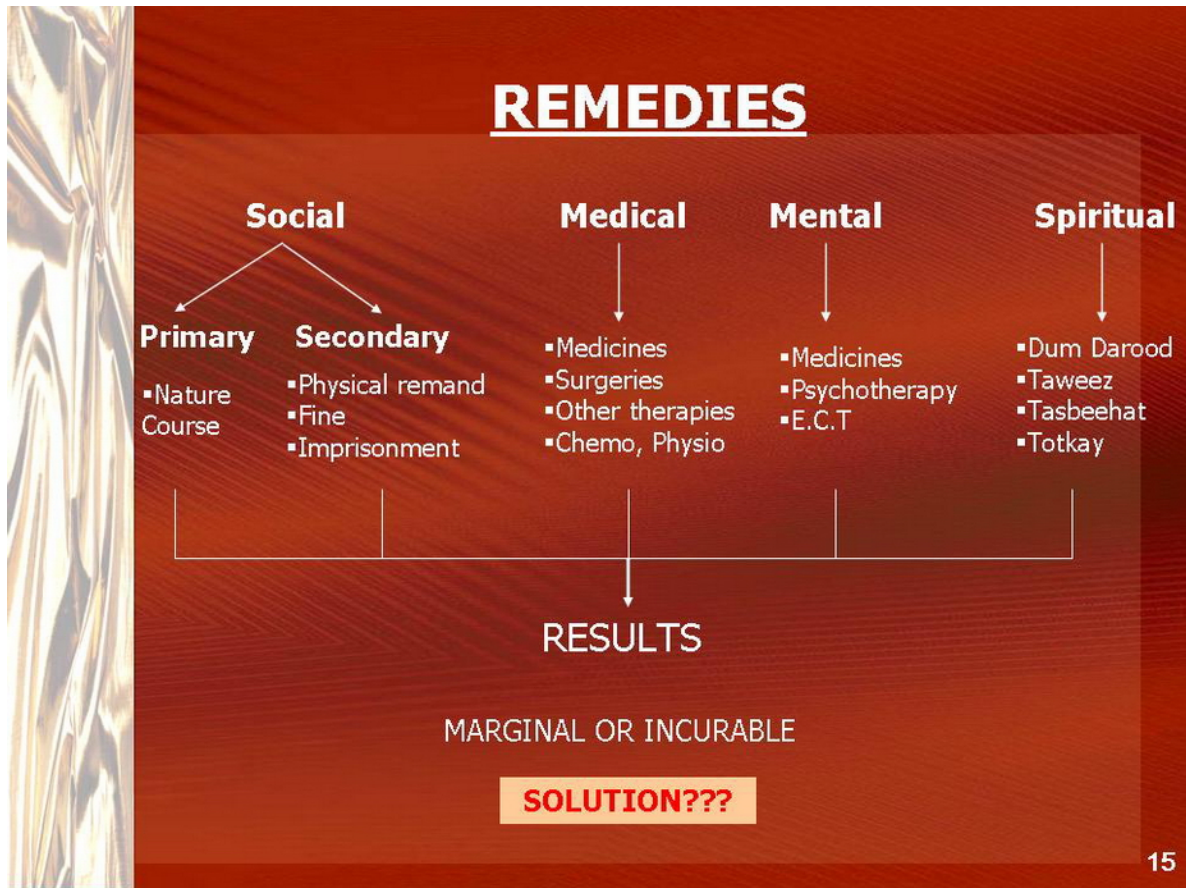


SPIRITUAL DISTURBANCES

- Superstitions
- Black Magic
- Possessions
- Genie
- Demon
- Shaky Faith

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Let's look at Spiritual Disturbances. We find that we are very superstitious. Whoever you see, is supposedly "under the spell of Black Magic", "my income's been blocked" "my daughters marriages have been blocked" "my employment is being blocked" What I mean to say is that our lives are surrounded by strange superstitious beliefs. People believe that the Jin/Ghosts have possessed them. We have created fantastic stories within our communities. We believe in Demons. We have quite shaky faith.



What are the Remedies for all these things that exist? For instance, among the Social Ills, the first part is Primary Ills; *Nature's Course of Retribution* is the remedy. If we stop treating our parents with respect, what we achieve is the displeasure of Allah, now you and I would have to face *nature's course of retribution* because of breaking these commandments and character values. Indeed Allah will hold us accountable for our deeds. Now among the secondary ill, one steals, burgles, or commits a crime then there is physical remand for him such as penalties, imprisonment etc.

Medical illnesses: Medicines are used for physical illnesses, surgeries are conducted and other therapies such a chemotherapy, physiotherapies etc. Cancer patients undergo chemotherapies, the injections takes over two hours, includes loss of hair etc and so on.

Mental: They use medicine, psychotherapy; electroconvulsive therapy; where they give electric shock to patients with unstable mind. Spiritual Disturbances: They use *Dum Darood* (*casting spells; religious*), amulets, *Tasbeehat* (*chanting/repetitions of holy verses or names etc*), and *Totkay* (*conventional tips and tricks*). What happens with such treatments?

The results are either Marginal or Incurable. According to Allopathic and Scientific knowledge, only 17% of patients of Hepatitis can be cured. If we are to save, 17 out of a hundred, should we leave the rest of the 83% to die? This is not what I say, this is what Science tells us regardless of whether one has money or not. We believe that no one can die without the consent of The Lord of the Heavens. No illness can kill you. One can recover from a disease however; the ailment of "Death" does not have a cure. Now what is the solution?

Where to go? These are our problems, we face thousands of difficulties, we are distressed and restless, we have lack of resources, we wish to buy a car, build a house, and all these are our problems. They are all around us all day and keep bugging us. We look at the Mayor of the city, due to our negativity we perceive him negatively and disapprove of him. We look upon Chief Minister we start hating him, we do not like the President or the Prime Minister. We hate Police; we dislike everyone other than ourselves. We doubt that everyone else is wrong. No one is faithful but our self. This is negative thinking. We have to correct this.

THE ULTIMATE REMEDY

- "I have left you a book, revealed by God, the Quran which is light and guidance."

The Last Sermon of the Holy Prophet (S.A.W)

- ALLAH says,
"We reveal of the Quran that which is healing and mercy to true believers, though it adds nothing but ruin the evil-doers"

**Every Alphabet / Word of the Holy Quran is
'NOOR / SHIFA'.**

What is the solution? The Quran, the Ultimate Remedy. The Prophet (S.A.W) said, "I have left you a book revealed by God. The Quran, which is light and guidance". It is divine mercy, kindness and generosity. Allah says, "We reveal of the Quran which is healing and mercy to true Believers. Though it adds nothing but ruin to the evil doers". Who is the Evil Doer? Those who react and refuse to accept after they hear the message, because the one who brings the message to you brings the message of The Quran not their personal message.

Every alphabet / word of the Holy Quran is *Light and guidance*. The apparent view of the Quran is that of a Book, or words and characters yet the letter *Alif*, as in *Alif for Allah*, appears as *Alif* but it actually represents the Oneness of God, in its apparent form it is a letter but in esoteric terms it is a light, as the Great Doctor Iqbal (R.A) says,

یہ راز کسی کو نہیں معلوم کہ مومن

No one is aware of this secret that a true believer (Mu'min)

قاری نظر آتا ہے حقیقت میں قرآن

Appears to be a recitor of Quran but in reality he is The Quran

Our Research Work Is On Surah Al-Rehman

- The Bride of Quran
- The Beauty/Zeenat of the Quran

Our research is based on Soorat Al Rehman. Why Soorat Al-Rehman? Narrated by Hazrat Ali (A.S), that the Holy Prophet (S.A.W) said, “ Soorat Al Rehman is like the sacred bride of the Quran” it is a decorated bride, a very beautiful imagination of divine favours and compassions. What does Rehman mean? One who is equally merciful upon all, regardless one is good/pious, sinner, indecent, Muslim, non-believer, Hindu, Sikh or a Christian. Rehman is the one whose mercy is universal. The one who gives all what they want before they ask. He does not care whether you believe in Him, you tune in to his melody, you meditate or not. Allah sustains his Mercy upon all. When it rains it does not discriminate and refuse to fall over *Bazar-e-Hussan*²⁵ because this is a dirty place, it rains over *Badshahi Mosque* as well as *Bazar- e-Hussan*. It rains over the areas where sober people live. This is the eminence of the Great Rehman, the most merciful because He is God of all.

Why listen to it? Should I just read it? Why do you say that you should *listen* to it, what if I just read it?

The Quran says, “When the Quranic verses are recited listen with fullest concentration so that you are blessed with mercy”. Remain silent and listen with deep concentration so that you are blessed with mercy.

The Holy Prophet (S.A.W) said, “I prefer to listen to recitation of Quran”. While sitting among his companions he would listen to Quran being recited with great concentration. On one occasion he said, “You will enter paradise 500 years before your other brothers”

Method

- Close your eyes.
- Clear your mind of all thoughts.
- Concentrate deep in your heart.
- Imagine yourself in the presence of Allah Almighty.
- Listen to the recitation as if it is directly revealed on your heart.

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Method: The method is important. What should be the method for this? You should close your eyes, liberate your mind of all of your thoughts, and concentrate upon your heart. You shall listen with the ears of your heart not with these ears that you can see. Like the King of Aarifin says, “upon listening to this great saying my eyes were opened” which eyes were opened? This is the eyes of the Heart the *Qalb*. Which kind of verses are these? There is only one kind. So concentrate deep in your heart, listen with the ears of the heart, this light will not stay here, it will pervade in to the whole body. We once visited a hospital. There was a highly respectable government official. His father-in-law had a problem he was in comma. Therefore, when we arrived at the hospital the doctor asked us to sit down. They said it happened 12 or 13 days ago. Please get the cassette, we said. They started laughing. “The best possible treatment could not get him out of comma and you want to play a cassette player, he cannot hear a thing, what would you do with a cassette player?” Now science tells us that people in comma can hear. We played Soorat Rehman and within 10 minutes, the man opened his eyes. This is my personal experience. I have been visiting Nephrology ward where you have all those in comma. Just play the recitation by Qari Basit next to their bed and see what happens. The Holy Quran is such a kind of mercy and light of guidance that it does not

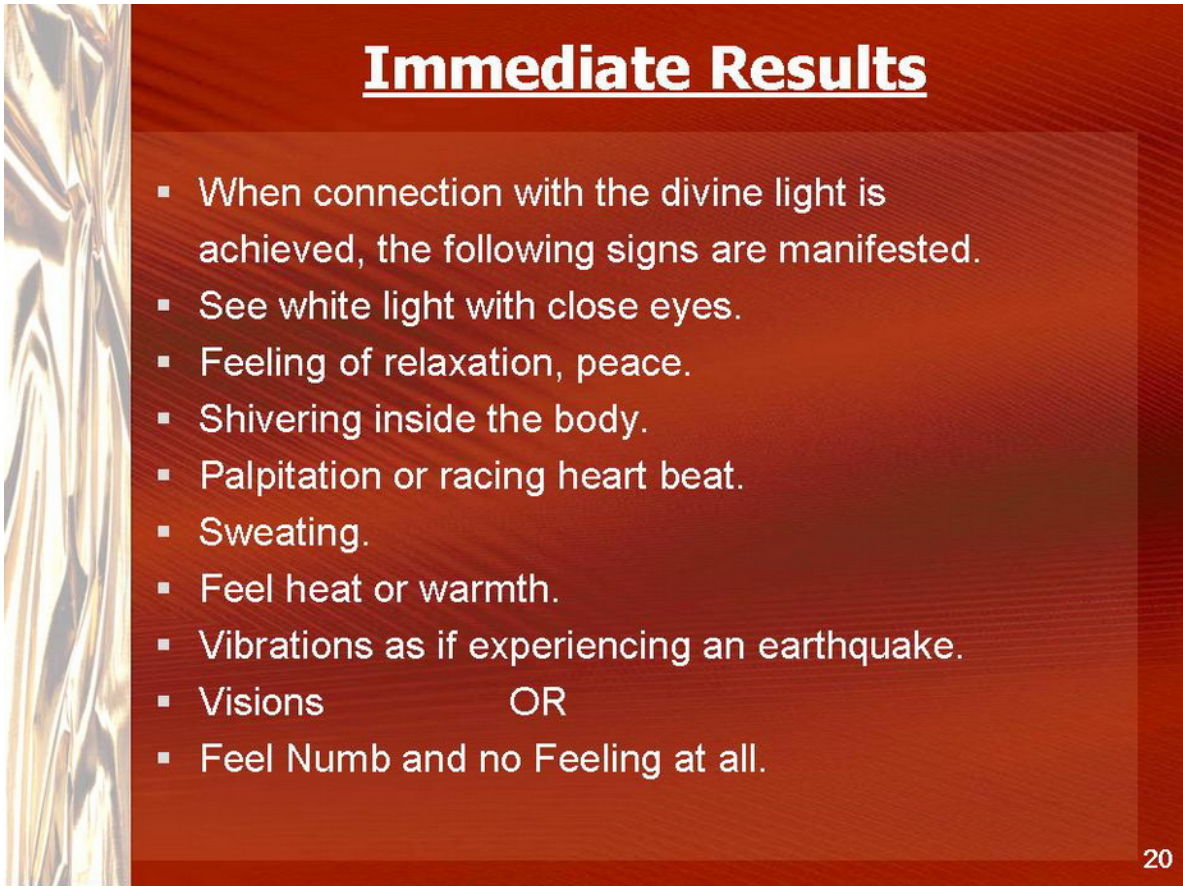
depend on anything. Mercy does not depend on a face, a character or anything, remember that it permeates inside. Therefore, Quran should be listened as if it is being revealed upon your heart.

Imagine yourself in the presence of Allah Almighty. Allah is looking at us and we are facing Him. Engulfed with feelings of shame and blame. All these things can only originate from within when we immerse in the thought of the Real Creator, that we never are out of His sight. Do not think that He sees us only when we go to the mosque, He sees us when at home. We are always under the protection of our Merciful Lord. He is watching over us.

2. 255 وَلَا يَتُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

“and He tires not protecting them: He alone is all high and supreme”

Listen to the recitation as if it is directly revealed on your heart. There is darkness inside. Its veiled and covered. The Sufis call this *“Hijab e Ghain and Hijab e Rein”* Ghain means darkness, if there is darkness (in your heart) consider yourself lucky because darkness can be removed with light. There comes light at the end of every night when the day breaks. Quran is light (*Noor*) when it penetrates inwards it illuminates the inner and darkness is vanished. *Rein* is being used for the non-believers. *Rein* means rust, like the rust that eats iron away.



Immediate Results

- When connection with the divine light is achieved, the following signs are manifested.
- See white light with close eyes.
- Feeling of relaxation, peace.
- Shivering inside the body.
- Palpitation or racing heart beat.
- Sweating.
- Feel heat or warmth.
- Vibrations as if experiencing an earthquake.
- Visions OR
- Feel Numb and no Feeling at all.

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Immediate Results: What happens after doing the above?

I shall let you listen to it before I leave today. At least a few verses. It is not just verbal theory rather practical. It shall include you and we shall see the results. When connection with the divine light is achieved the following signs are manifested.

As soon, as you shut your eyes and present yourself in front of Al-Mighty God. You may see white light with closed eyes. "الله نور السموات والارض" *Allah is the light of the heaven and earth*. The light spreads, eyes shut and light spread, feeling of relaxation and peace. You may become completely peaceful and weightless. You may feel elevated. What happens? There was disharmony between body and soul. The light comes from above, the soul returns and when struck with light brings harmony that makes us feel elevated and peaceful, and one feels like not doing anything after this.

Your body would shiver inside. When I just called "Allah", my entire body was trembling. It is like earthquakes in your body. These are not ordinary words. Let me now share with you an experience that I had in the cancer ward of PIMS hospital, Islamabad. There were 17 male patients. The doctors forbid me to go in without wearing a mask in the fear that I might be infected. I told them to stay calm nothing was going to happen. As I entered, I saw that all of them were depressed. Some had Quran next to their beds, others were reciting it. I told them that I was there in connection with a PTV programme. That I had discovered a secret that was not to give way to despair, cure is from Allah, and you do your bit to present yourself. See what happens then, just give me 10 minutes and close your eyes. I shall play the cassette and you will share with me what you felt afterwards. I told them that I was going to record it and run it on the television. I have a mission of propagating this cure to save the distressed humanity. The poor nation of my country does not need money rather compassionate intentions and pure passions. How will the poor get cure, not everyone in this county is rich. Not all of us are property owners. Nevertheless, who needs land when we have in our possession this divine favour? We keep it at home yet we are deprived of its benefits. Everyone shut their eyes. We asked everyone how each of them felt after 10 minutes. Few of them said, "This is a very good book, it's the truth" I replied, "I did not ask you this" I said, "How would you feel if I were to swear at you? They replied, "What are you saying? Of course we will be angry and we will let you know what we'll do next" so I said, "Oh Great, so you shall be angry at me, what a reaction for just a word of swear? I have let you listen to The Quran. Is it not a book when recited, it goes through your ears deep into your heart and vibrates you from within and you feel very relaxed?" "Has anyone felt like this?" I asked. There was no answer. There also lay a man of the Christian faith, he raised his hand and said, "Unfortunately I am a Christian but if you permit I wish to say something" "Please speak," I said. He said, "You asked us to close our eyes". You see what I am saying is that you do not necessarily have to have a certain faith. I speak of the truthfulness of the Book. It is about the Lord of Worlds.

He further added, “You asked to close eyes so I did. No sooner did you start playing the recitation of Soorat Al-Rehman, I suddenly felt tremors similar to that of an earthquake. With eyes shut I saw a light spread across and I could feel submerged in fragrance. Then I heard your voice asking me to open my eyes so I opened my eyes. I was astonished to see that the pain that no medicine could take away off my body disappeared as if it was never there”. He further said, “Let me tell you now that this book is true, I shall definitely recover, not only me all of these brothers here will recover as well”. So then, I ran this message over the television. Several organisation enquired me as to where and how did I record this programme. I said I have not done anything special, it is the divine blessing through this Book that amazes me repeatedly. It has changed my life too.

Shivering: I mentioned trembling in the body, raising heartbeat and palpitation. The heartbeat races so violently as if it would burst out any moment. Sweating start and you feel warmth and feel heat in your body. You would feel as if it is the summer. You would wonder why it is hot while its winter and the weather is quite cool. You feel the heat of the *Jalal (Majestic power of Allah)*, the light, and the *noor*.

Vibrations; as if experiencing an earthquake. Visions; many people have different visions. Some see themselves around *Ka'aba* and others in Medina.

Feeling Numb and no feeling at all; there are two kinds of human bodies. One can feel minute things. For instance, you sit in your home alone, a tiny thought, something in your heart and you suddenly get Goosebumps. The other kinds of people do not feel anything. It is not their fault. This is because of the type of their body. They feel it but much delayed.

ULTIMATE RESULTS

- Darkness in heart is replaced by the Light (Noor).
- Mind is relaxed and physical energies are restored.
- Will Power is enhanced that generates the positive thinking.
- Harmony between body and soul is restored through the light.
- All social, mental, physical and spiritual illnesses are cured.
- There by laying the foundation of REAL CHARACTER BUILDING.

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What are the Ultimate Results? What will happen consequently?

The Darkness in the heart is replaced with light. When the heart is illuminated, that is when positive thinking comes. Mind is relaxed and physical energies are restored. I have spoken for several hours in many seminars. I have never memorised what I was going to say nor have I read a book. This is the energy, the light. It requires pure intentions and they are not mine. This is the gift of that honourable man who is known as *Qalandar*. Makhdoom Syed Safdar Ali Bukhari (R.A). I have seen him in this age. He used to say that we have to account for every breath. Remember you must take care of every breath you take. One day you will be questioned big time. Therefore, it is through every breath. I mentioned earlier that Selflessness is productive towards society. Now what is selflessness? That we hold pure intentions, remain unselfish, not in the interest of self alone, not just to collect charity, we don't sell cassettes and cd's, rather we give it out free of cost. We just ask to listen to it, take it with you. However, when you recover then paying the fees apply which is that you must pass this message to other needy people. We have a website for this purpose. If you cannot afford to buy it just download it from the website. Will power is enhanced that generates the positive thinking. The light restores harmony between body and soul.

As mentioned before the disharmony created in your body. You can get rid of it through this divine light that you have heard with your eyes shut.

Now the question is; Is this only for diseases? I am not talking about diseases alone. This was just an example. I talk of character building and positive thinking is the name of character building.

How do you build the Character? I cannot build someone's character by delivering lectures. The Holy Quran builds the character. This pure book says, "Listen to our words with deep concentration and silence so that you are blessed with mercy". What is our understanding of *Rehmat (Mercy)*? "I'll regain health, I'll get a house or might get some land" this is not *Mercy*. According to the saying of the Holy Prophet (S.A.W), "Every *Ummah (nation)* has an evil and my *Ummah's* evil is wealth/possessions". Wealth is the evil. What *Rehmat* does is that it develops a positive mind. A character shall build. What do the *Sufi's* do?

Why does every non-Muslim respect the *Sufis*? As soon as they see a Sufi, they sit with humility and respect, because a Sufi always talk about loving the humankind. He does not profess fighting. He says not to hate any one, not to complain about others, just keep giving love. Now this is character building. Do you think that we can follow the Greatest of all, our beloved Prophet (S.A.W) that easily. *The mercy unto the worlds* wanted to forge us into the shape of the best of the creations. So that we have a good character regardless we have a good outlook, a pretty face, or not, but we must possess a good character. People should feel the fragrance of our good character and utter "such nice people". A character does not need words. It does not spread through words. This can be achieved through vibrations (*that are felt within the heart*). The vibrations that I have mentioned repeatedly.

All social, physical, mental and spiritual illnesses are cured. All the diseases disappear, I have done it myself.

We have seen cancer patients recover instantly. Patients of Hepatitis have been 100% cured. We produced a programme of 50 minutes on Soorat Al-Rehman in which we brought patients along with their doctors. We said that you had considered them terminal. We asked the patients to listen to Soorat Al-Rehman and we then carried out medical reports second time round which you can see now. Tell us what you think about it now. Do you still believe they are incurable? We would say go and treat yourselves as well and do not drag people towards dependencies. Do not make them over dependent upon medical drugs. If you have to teach dependency to something then you should look no further than the word of the Holy Prophet (S.A.W) . "I have been sent to make you bow only to the One". That is the true dependency. We are dependent upon Allah alone.

There by laying the foundation of real character building. It starts from here as I mentioned earlier that there is the need for character building. We do not have a character. We do not perform anything. You should be aware that worship in the form of offering prayers, fasting, *Zakat* and *Haj* is not a favour to anyone, being proud of it is invalid claim.

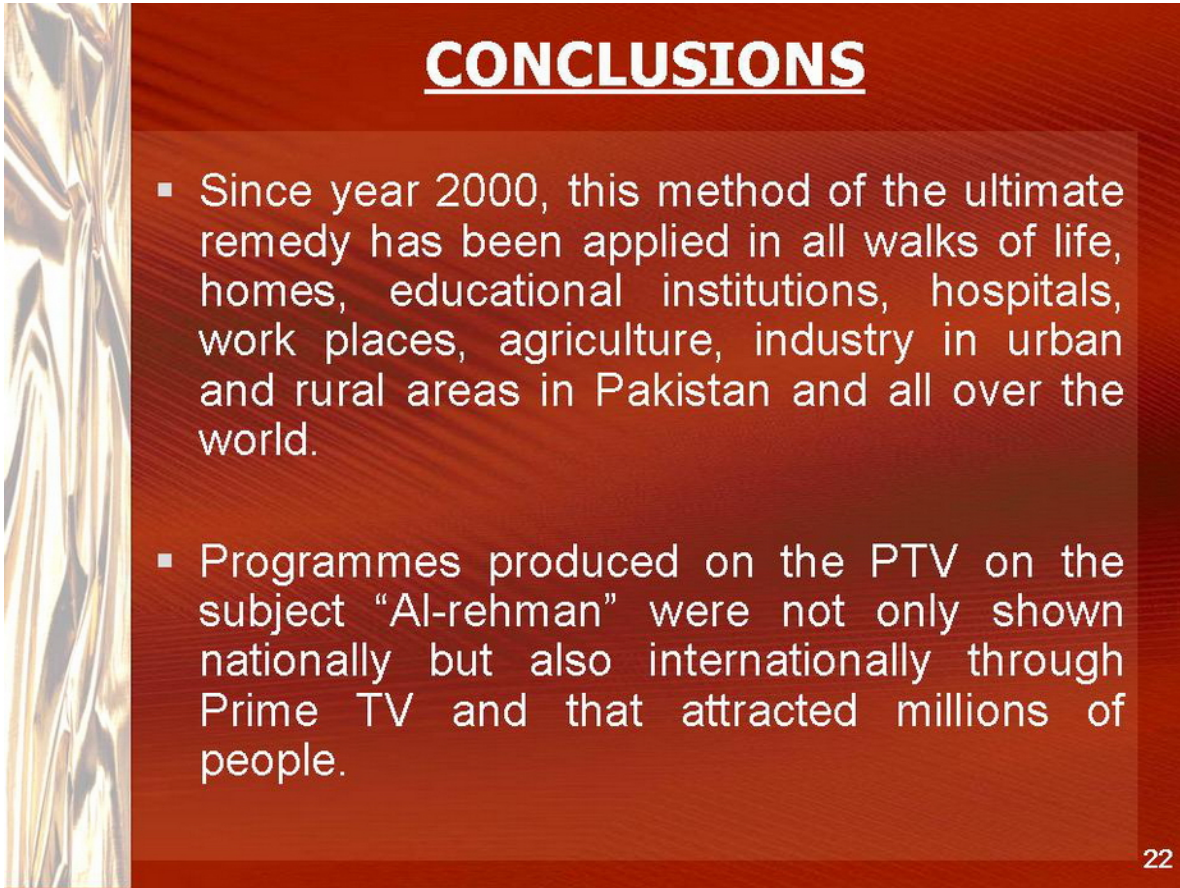
پڑھنے دا تو مان نہ کریں اے نہ اکھیں میں پڑھی

Do not be proud of your worship; do not say that 'you' have done it

او، جبار، قہار، سداوے متاں روڑ دیوے دودھ کڑیا

Lest the Jab'bar²⁶, the Qah'har²⁷ rejects everything you have accomplished

What is its value to Him? If you want to accomplish something worthwhile then try to Love somebody.



CONCLUSIONS

- Since year 2000, this method of the ultimate remedy has been applied in all walks of life, homes, educational institutions, hospitals, work places, agriculture, industry in urban and rural areas in Pakistan and all over the world.
- Programmes produced on the PTV on the subject "Al-rehman" were not only shown nationally but also internationally through Prime TV and that attracted millions of people.

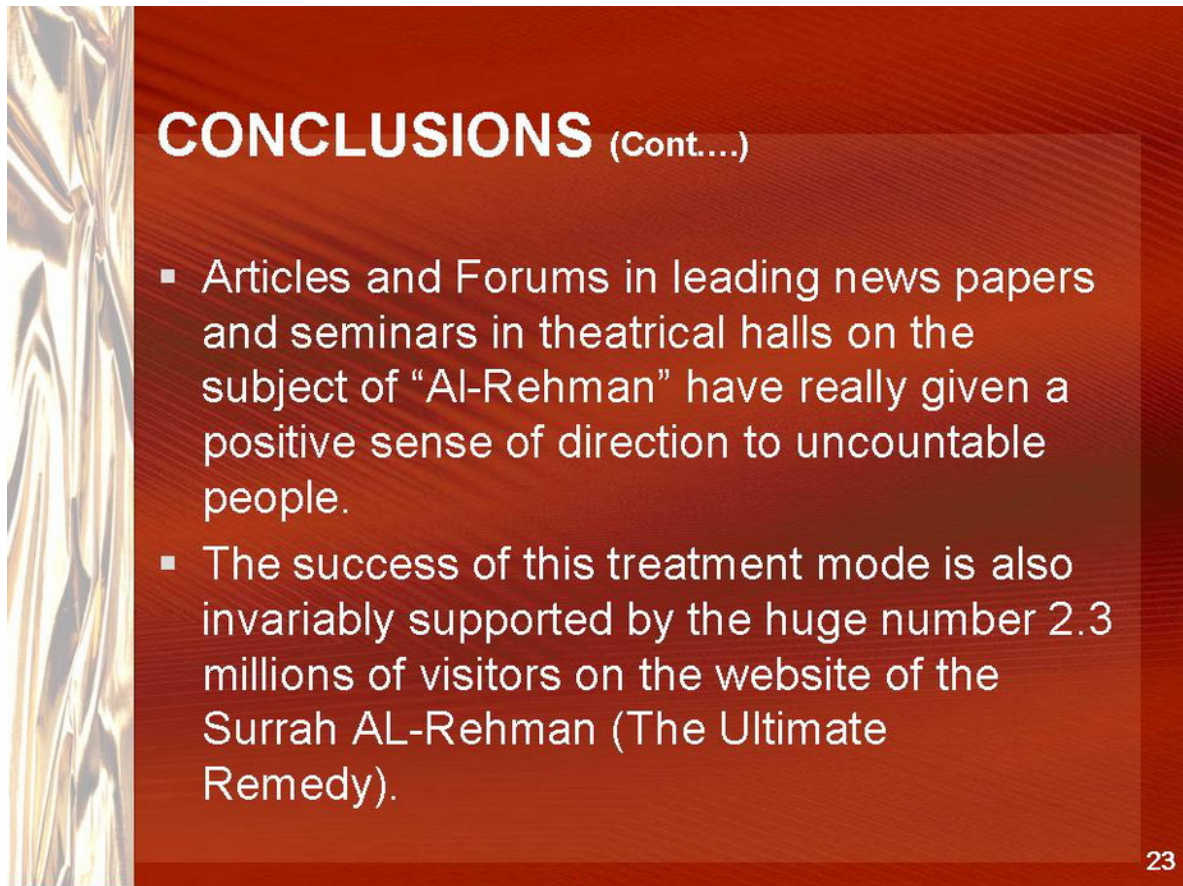
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What is the Conclusion?

Since the year 2000, this method of the Ultimate Remedy has been applied in all walks of life including homes, workplaces, hospitals, education institutions, industry, agriculture, urban and rural areas. In short it has been applied everywhere all around the world. We have put in all our efforts in order to spread this

message from heart to heart. That is why we are here today so that your hearts can get this message as well. Through each of you, it could reach 50 others then to 50 thousands and in 50 years imagine how far this message would reach. This beautiful truth and guidance would illuminate many hearts.

Programmes produced on the PTV on the subject "Al-Rehman" were not only shown nationally but also internationally through prime TV and that attracted millions of people.



CONCLUSIONS (Cont...)

- Articles and Forums in leading news papers and seminars in theatrical halls on the subject of "Al-Rehman" have really given a positive sense of direction to uncountable people.
- The success of this treatment mode is also invariably supported by the huge number 2.3 millions of visitors on the website of the Surrah AL-Rehman (The Ultimate Remedy).

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Radio channels in Europe and America broadcasted this holy message of Al-Rehman via my telephone. Our Muslim brothers, our Pakistani brothers need it over there. People have money but not peace of mind. Where do you buy peace? You can find this in one place, it is found where you bow before the One who deserves it.

Newspapers and articles talked about it and in seminars in Lahore and Islamabad and many other cities, which gave a positive sense of direction to people.

CONCLUSIONS (Cont...)

- The method of the Ultimate Remedy has also attracted a great number of Doctors and they are applying it on the patients.
- Successful results have been obtained with treatment of incurable diseases as hepatitis B, C, renal failure, cancer, major cardiac problems, depression etc.
- Most remarkable results were obtained in character building and personality development through process of attaining positive thinking.

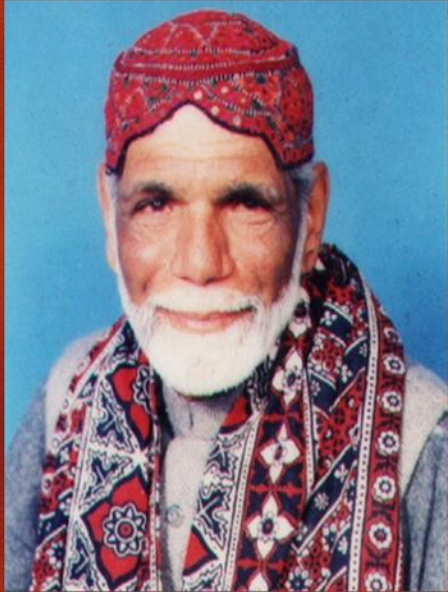
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Successful results have been obtained with treatment of incurable diseases as hepatitis B/C and renal failure.

There was a woman in the programme. Both of her kidneys had failed. 70 year old yet her kidneys started working again. This is still a minor thing. *Fakirs* (Sufis), through the concentration of their sight, used to bring back life in the dead. Our Baba says, "We do not need to bring life to the dead we need to put life in the dead hearts. These men seen walking around are in fact not alive"

We need to eliminate the deadness that has entered our hearts in the shape of depression.

Most remarkable results were obtained in character building and personality development through process of attaining positive thinking.



All these incredible accomplishments are due to the sole efforts of the researcher of this Ultimate Remedy

Qalandar Baba
Syed Safdar Ali Bukhari

who devoted his every breath for the humanity.

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All this happened because of this great Sufi. (Standing Tribute and Loud Applause). Please take your seats. I have done nothing, I say this everywhere. Whatever happened is his doing, he has blessed me with the power of speech, this speciality is his entirely. The *Fakir*, who belonged to the *Malamati School of Thought*, was a *Fakir* of a duty. Those among you familiar with *Tassawaf (Sufism)* if you had the chance to read *Kashf-al-Mahjoob* you shall know that *Malamati* is a Sufi sect who hide beneath the veils of condemnation in a place where they have to perform a noble duty. He possessed a majestic personality. An ordinary person is unable to tolerate him. Mr. Mansha is here with us, he has witnessed it. During the times of his *Moaj (his peculiar Sufi trance)* no one could dare confront him let it be parents, siblings or his progeny. There is long history behind it, what did he do and what decisions he used to take. I cannot point out his status for I am very insignificantly humble. A beautiful saying by *Sultan-al-Aarifin(R.A)*

سچا عشق حسین دا باھو
The Love of Hussain and Ali is True, O! Bahoo
سر دیوے پر راز نہ بہنے ہو
They sacrificed their lives, but not their Love

It is this secret

راز مابی دا عاشق جانن
Only lovers know the secret path to the Lord
کی جانن لوگ اتھوری ہو
How can people driven by blind impulse find it?²⁸

He took this secret away along with him. What is the secret? It is the *Fakir*. He came down to our level and led us in the right direction and changed our frame of mind with the purity of his vision. Iqbal has put it in these words.

نگاہ مرد مومن سے بدل جاتی ہیں تقدیریں
The vision of the true believer (Mu'min) can change the fate.

He gave us a direction. He has shown us a path.

سچا راہ محمد والا
The path indicated by the Prophet is true, O Bahu
جین وچ رب لبھوے ہو
Following it, one can find God.²⁹

He passed away at my residence. To the last breath, he urged that this message must not stop from spreading and that it must spread with gentle love. He never claimed that he was a *Fakir*. He lay where ever he found space, ate whatever available. He spoke of only one thing day and night. The Lord's name was in his breath all the time. Such grand stature, the progeny of the Prophet (S.A.W) and Ali(R.A). He was born in a small town of Lillah; he went to Gordon College and belonged to a strong feudal family. He was not a poor man. He was a very rich man. However, when Allah selected him for this duty, he left everything behind. There was nothing left. He lived in a small house on Bismillah Street in Shah Inayat, Bhati Gate. *Bhullay Shah* had resided in the same place. He was also known by the name of *Bhullay Shah Sani (the 2nd)*. One can continue talking about him as long as one wishes. If I were to ask any *Kaka or Kaki* to stand up and talk about him, they will tell you things that would amaze you. He gave a light to our youth. He did not stress on modifying dress code rather encouraged amending the mind, the thought. What is it?

اے تن ہجرا رب سچے دا باھو
This body is the temple of the true Lord;
ایتھے پا فقیرا جہاتی ہو
Peep within it, hermit!

نہ کر متتاں خواجہ خضر دیاں

You need no help from Khwaja Khizr:

تیرے اندر آب حیات ہی ہو

The water of life is already within you.

This elixir of life is the Light. Whoever Allah wishes, illuminates his heart, he selects to serve Him. After this he sinks deep into the ocean of His Love. Then he is known as the King of the *Receptive Fakir's (Jazb)*.

Today, *Fakirs* remember him by the name of "*Marshal Fakir*", they respect his greatness, that he came with a grand mission at his disposal. He was like this throughout the time even before the production of "*Qaseeda Burdha Sharif*". Hepatitis had spread quite badly around Islamabad. He said to me, "Syed Baba! Put this in the newspapers. 'Take half a glass of water, drink it in three sips or three breaths, every morning, evening and afternoons and say Allah in heart with eyes closed consecutively for seven days, Hepatitis will be cured'." I visited all the newspaper, some charged 200 others a 100 but the advert was printed on the front pages on the top. His heart would go out for every ill person. He says that the Holy Book is the only thing, which has a cure for everything. Do not be worried and never abandon hope.

All these conclusions are due to the sole efforts of the researcher of this method.

Mr. Makhdoom Syed Safdar Ali Bukhari(R.A)

He devoted his every breath for humanity.



POINT TO PONDER

- Let's save the humanity and to do so, first listen to **Surah Al-Rehman** for seven days and thereby strengthen this cause which is our moral duty.
- For further details please visit our website:

www.alrehman.com

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Now what is the point to ponder?

Let us save humanity. To do so, firstly listen to Soorat Al-Rehman for seven days

Until we listen to it ourselves, we will not be able to spread the message. Let's suppose you passed on the message and they experienced some of those effects such as he/she closes eyes and sees light, trembles, heart beat rushes, sweating, body filled with fire etc what will you say if they question you about it? Are you going to say that you did not know because you never listened to it?

First, you have to listen to Soorat Al-Rehman and thereby strengthen this cause, which is our moral duty. Please note that you can visit our website www.alrehman.com for further queries. Ladies and Gentlemen! We have spoken on scientific basis so far. We have not touched *Ma'rifat* because that is a field of personal experience. Until you enter yourself, you shall not experience firsthand and until then you will not be able to comprehend. You can find thousands of books on biographies of greatest *Sufis*. How did they spend their lives? They mention miracles where our logic fails to understand. A *Fakir* once said that he wanted to see God. He spent 40 sleepless years without leaning against anything. Forty years! One cannot bear three nights in a row. Therefore, after not sleeping for 40 years continuously he finally fell asleep. No sooner did his eyes close he saw Al-Mighty Allah. He said, "I did not sleep for forty year so that I can see you, now that I have finally fallen asleep you have shown yourself to me, I do not understand?" Allah replied, "Had you not been awake for 40 years you would not have seen me today". We have to be concerned about ourselves. We have to correct our shortcomings. It is not a day's work. This sequence must continue to the last breath. We have to do the effort, success or failure is in the hands of Al-Mighty Allah. Now we shall play Soorat Al-Rehman. Lets close eyes, keep all the thoughts away, present yourselves in the courts of Allah, He is watching, He is listening, He is keeping the distress away, He is showering his Mercy upon us. We shall listen with closed eyes. Let us close our eyes.

Recitation of Surah "Alrehman".

Note:

Afterwards everyone shared how they felt. There was a strange silence. Nobody wanted to leave despite that it was 11pm in the night. No one was hungry. Mr. Mansha announced dinner. I was surrounded by a huge group of people and so discussion on individual level kept on until late in the night.

References

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- ¹ *Nafs* is an Arabic word meaning self or psyche. In Sufi teachings, it means more of false ego.
- ² Ummah, community, or nation, is a special name given to Muslim brotherhood and unity.
- ³ The One Reality; the Truth; the Real, a Divine Name
- ⁴ *Ishq*: Extreme excessive love of God. *Ishq* is a highest superlative degree of Love, *Haqiqi* refers to reality beyond human understanding. Also Divine Eternal Love of God.
- ⁵ The Prophet Muhammad's (S.A.W) daughter Fatimah (peace and blessings be upon her)
- ⁶ According to Islam, true Din consists of living in total submission to God, and the way to do so is to accept as binding the guidance communicated through the Prophets.
- ⁷ *Lillah* Town is situated near Salt Range M3 Motorway Pakistan.
- ⁸ *Jazb*: Is a divine quality of absorbing the negativities surrounding the human beings. It is a kind of saintly blessing.
- ⁹ A string/strap of small bells worn around the wrist or ankle during dancing.
- ¹⁰ A term/salutation used to indicate superiority and show respect for a person regarded as a Master, Lord or a leader.
- ¹¹ *Kaki of* (Literal Translation: Baby girl of a Beauty Market) *Kaki* refers to an expression of affection used by Baba Jee for women. It is a word of Urdu/Punjabi meaning a baby girl. *Bazaar-e-Hussan* means Bazaar of Beauty. This term refers to women in the trade of dancing.
- ¹² Dhamal: A religious dance involving trance.
- ¹³ An order of Sufism. A Qalandar devotes his life to his Lord and His people. He disregards the comforts of life, has no permanent dwelling and choose to live for benefit of humanity.
- ¹⁴ A *Faqir* is a person who does everything solely to please his Lord and remains focused and connected to Him at all times. A *Faqir* has no inclination whatsoever towards the gains and losses of this mundane short lived life and the world we live in.
- ¹⁵ Translation by www.haqbahu.com
- ¹⁶ A category of persons, who, in the mystical branch of Islam, Sufism, represent the highest category of occulted or hidden Sufi saint, whose deep inward piety is concealed not only from the eyes of men but ultimately from themselves, the attachment to the perception of one's own piety constituting a formidable barrier to genuine cardiac self-realisation. The *Malamati* is one for whom the doctrine of "spiritual states" is fraught with subtle deceptions of the most despicable kind; he despises personal piety, not because he is focused on the perceptions or reactions of people, but because as a consistent involuntary witness of his own "pious hypocrisy", God in turn wishes to keep him preserved and sheltered in divine occultation. (Wikipedia)
- ¹⁷ *Ma'rifat* is a mystical intuitive knowledge, knowledge of spiritual truth as reached through ecstatic experiences rather than revealed or rationally acquired, it is not a station of excellence in men, but it is a destination. This destination is the ultimate objective of men's existence. This is the goal wherein God wants men to reach and reach their true potential.
- ¹⁸ The al-Burda, also called Qasida (hymn) Burda, is an Arabic poem honouring the Prophet Muhammad (S.A.W). The name means 'poem of the mantle' or 'of the cloak'.
- ¹⁹ Praise of the Prophet (S.A.W), Hymn, also *Nasheed*
- ²⁰ A niche in the wall of a mosque that indicates Qibla i.e the direction of Kaaba in Mecca.
- ²¹ Translation by www.haqbahu.com
- ²² Chapter 55 of Al-Quran.
- ²⁴ *Ishq*: Extreme excessive love of God. *Ishq* is a highest superlative degree of Love, *Haqiqi* refers to reality beyond human understanding. Also Divine Eternal Love of God.
- ²⁵ Refers to a 'red light district' in Lahore city of Pakistan. There women here offer traditional and classical dances.
- ²⁶ Al-Jabbar (Allah's Name): The One that nothing happens in His Dominion except that which He willed.
- ²⁷ Al-Qahhar (Allah's Name): The Subduer who has the perfect Power and is not unable over anything.
- ²⁸ Translation by www.haqbahu.com