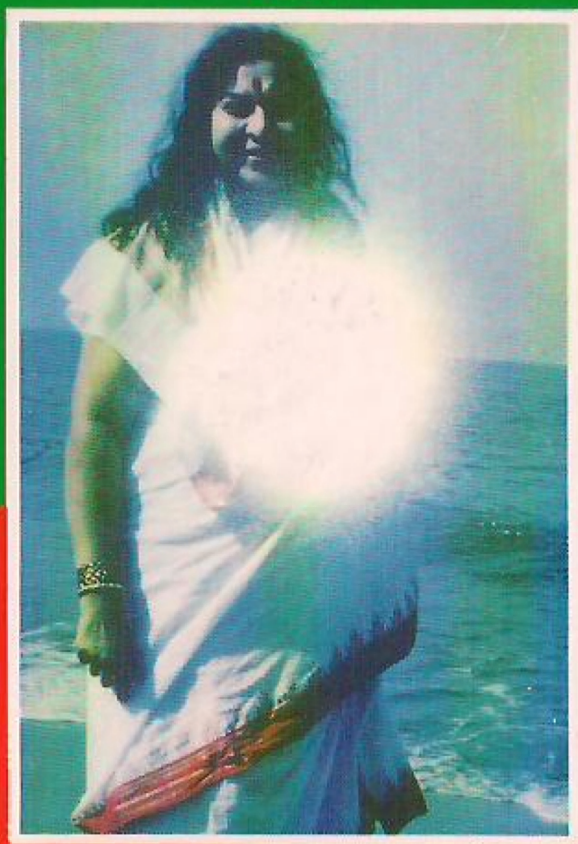


محمد ﷺ

الله

ISLAM ENLIGHTENED



JAVED KHAN

ABOUT THE BOOK

Islam Enlightened is no ordinary book. And Javed Khan is no ordinary man. A devout Muslim and an ardent seeker of truth, Javed Khan experienced the true meaning of Islam in the light of Sahaja Yoga. It is his firm belief and experience that all that is enshrined in the Holy Koran and Hadith can be understood and realized only after the awakening within has taken place. For, the teachings of the Prophet and meanings of the Koran go beyond the scope of mere intellect.

Without this light within, life becomes a web of captive rituals. After the self-realization, however, the meaning and essence of all that the Prophet had enjoined and proclaimed become a part of the experience within. Indeed, after the awakening which takes place spontaneously through Sahaja Yoga, Islam ceases to be a mere doctrine or religious belief but becomes a living experience, an enlightened way of life as ordained by the Prophet and willed by the Almighty.



*Islam
Enlightened*

Javed Khan

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C O N T E N T S

- | | |
|--|----|
| 1. ISLAM ENLIGHTENED | 1 |
| 2. PROPHET MOHAMMED'S 'MERAJ' | 5 |
| 3. THE PUL-SIRAT | 7 |
| 4. THE POWER OF FORGIVENESS | 9 |
| 5. WUDU & TAYYAMMUM | 17 |
| 6. JIHAD OR THE HOLY WAR | 21 |
| 7. BACK BITING AND
SCANDAL MONGERING | 25 |
| 8. THE QIYAMAT OR RESURRECTION | 29 |
| 9. QUALITIES OF A BELIEVER | 37 |
| 10. SEVEN JEWELS OF FAITH | 55 |
| 11. NAMAZ AND THE DIFFERENT
MUSSALLAS (WAYS OF PRAYING) | 59 |
| 12. DIAGRAMS OR SUBTLE SYSTEM
AND CHAKRAS | 64 |
| 13. RARE PHOTOGRAPHS | 69 |

ISLAM ENLIGHTENED

Islam, which means surrender to Allah (God), was introduced to the Arabs by Prophet Mohammed in 600 AD. The main scriptures through which the Muslims seek spiritual guidance are the Holy Quran and the Hadith (Sunnah). Muslims believe the Quran to be the word of God Almighty and the Hadith, the traditions, sayings and the actions of Prophet Mohammed.

The most important thing for a Muslim (a person who has surrendered his will to the will of God) is that he should try to achieve or attain his 'MERAJ' or ASCENT. Unfortunately, this achieving of one's ascent has been completely sidelined by the Muslims. They are more involved in superficial things, erroneously believing them to be very spiritual. For example, trying to earn SAWAB'S (MERIT), arguing

how long their beard should be or how they should stand and where should their hands be during SALAH (NAMAZ), the five obligatory prayers a Muslim must perform daily. They have become fanatical, trying to convert the whole world to Islam when they themselves have lost the true meaning of it. Prophet Mohammed said 'Salah is the Meraj for the believer', meaning, that if performed properly, this Salah or prayer (in fact, it is meant to be meditation) will ultimately lead you to your Meraj or Ascent.

It is only after getting self-realization, which happens spontaneously in Sahaja Yoga, that one understands Islam correctly and experiences ASCENT / MERAJ.

The Quran and the *Hadith* speak specifically about Meraj.

In the first chapter of the Quran, 'SURAH FATIHAH', which means the opening chapter (a Muslim recites this 48 times daily during his/her obligatory prayers), it says:

**'EIH DEENAS SIRAT AL MUSTAKEEM
SIRAT AL LADEENA
ANA AMTA ALAIHIM
GAILIL MAGDUBI ALAIHIM
WALAD DUA'A LIN'**





Which means:

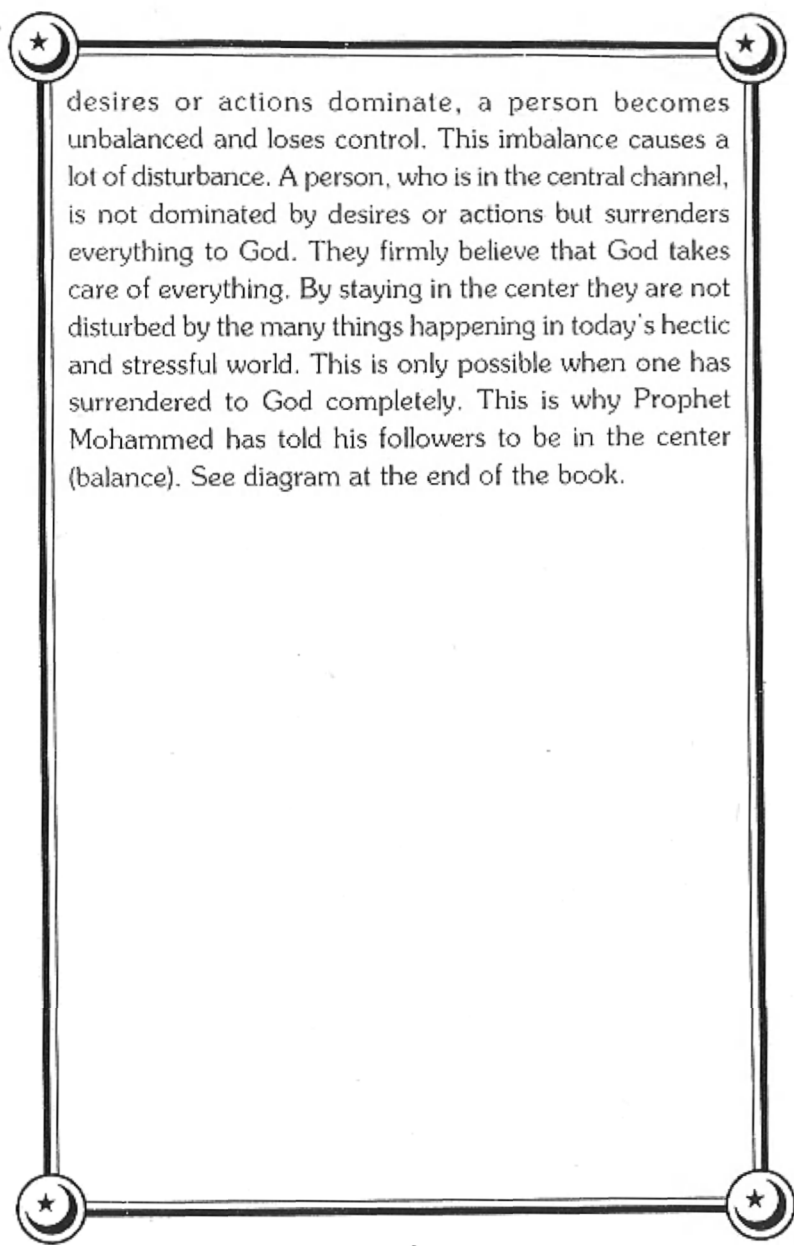
**“SHOW US THE STRAIGHT PATH
THE PATH ON WHICH YOU HAVE
BESTOWED YOUR FAVOURS
NOT OF THOSE WHO HAVE INCURRED
YOUR WRATH AND HAVE GONE ASTRAY”**

AL-QURAN. CHAPTER-1, VERSES 6-7.

It clearly states that we have to be on the straight path where God bestows his favours. The diagram of a yogi in meditation clearly shows the left, right and center channels. It is on the central channel, called in Yoga the Sushumna Nadi (Sirat al Mustakeem), that all the Chakras (spiritual centers) are situated. Once enlightened by the awakening of the Kundalini, you get your ascent. Then all the favours of God Almighty are bestowed upon you. When this awakening takes place a person becomes his or her own Master or Guru, making it difficult to go astray and incur “God’s wrath”.

In the *Hadith*, Prophet Mohammed said that one has to walk on the central path and not to go to the right or to the left. This means that one has to be not only in balance but must maintain it. Being in balance is well understood by Sahaja Yogis. Two channels, the right and the left, are from where our desires and actions arise. When these







desires or actions dominate, a person becomes unbalanced and loses control. This imbalance causes a lot of disturbance. A person, who is in the central channel, is not dominated by desires or actions but surrenders everything to God. They firmly believe that God takes care of everything. By staying in the center they are not disturbed by the many things happening in today's hectic and stressful world. This is only possible when one has surrendered to God completely. This is why Prophet Mohammed has told his followers to be in the center (balance). See diagram at the end of the book.

PROPHET MOHAMMED'S 'MERAJ' OR ASCENT AS PER THE HADITH

It has been mentioned in several places in the *Quran* and also in the Hadith that there are seven heavens and that there are Prophets who reside in these heavens. The seventh heaven is the place of God Almighty and is called 'ARSH-E-MOHALLA'. Bukhari, Muslim and other recorders and compilers describe the Meraj of Prophet Mohammed very beautifully in the *Hadith*.

It was said that "in a twinkling" Prophet Mohammed was taken to Jerusalem (the Dome of the Rock) from Mecca by Angel Gabriel. It was from there that Prophet Mohammed with Gabriel sitting on the Buraq, ascended into the heavens. The Buraq has been quite misunderstood by the Muslims. They believe it to be dazzling white horse with wings and the face of a woman,





but in fact it is the 'KUNDALINI' (the feminine power of God within all of us that takes us through these heavens or Chakras, giving us our ascent or self realization).

At the gate of every heaven the guard asked, "Who is it?" and he replied "Gabriel". Then he was asked, "Who is with you?" when he replied "Mohammed". He was then asked "Is he authorized to come?" Gabriel replied "yes"; the angel guarding the gate then allowed them to pass.

In every heaven Prophet Mohammed met the other Prophets preceding him. In the first heaven he met Adam, in the third heaven he met Moses and when they reached the sixth heaven, Gabriel told Mohammed that he must go alone from here to the seventh heaven.

In the seventh heaven, Prophet Mohammed met God Almighty. It was here that he saw the 'SIDRAT-UL-MUNTAHA'. This is the radiant tree with beautiful colored leaves, each leaf having a different color. This is called the SAHASRARA CHAKRA (the thousand petaled lotus) in yoga.

The second diagram at the end this book shows all the seven Chakras or the seven heavens within us. It is also true that in these Chakras there exist the Prophets and their principles. This can be felt by vibrations on the hands and on the top of the head after a person achieves Meraj.



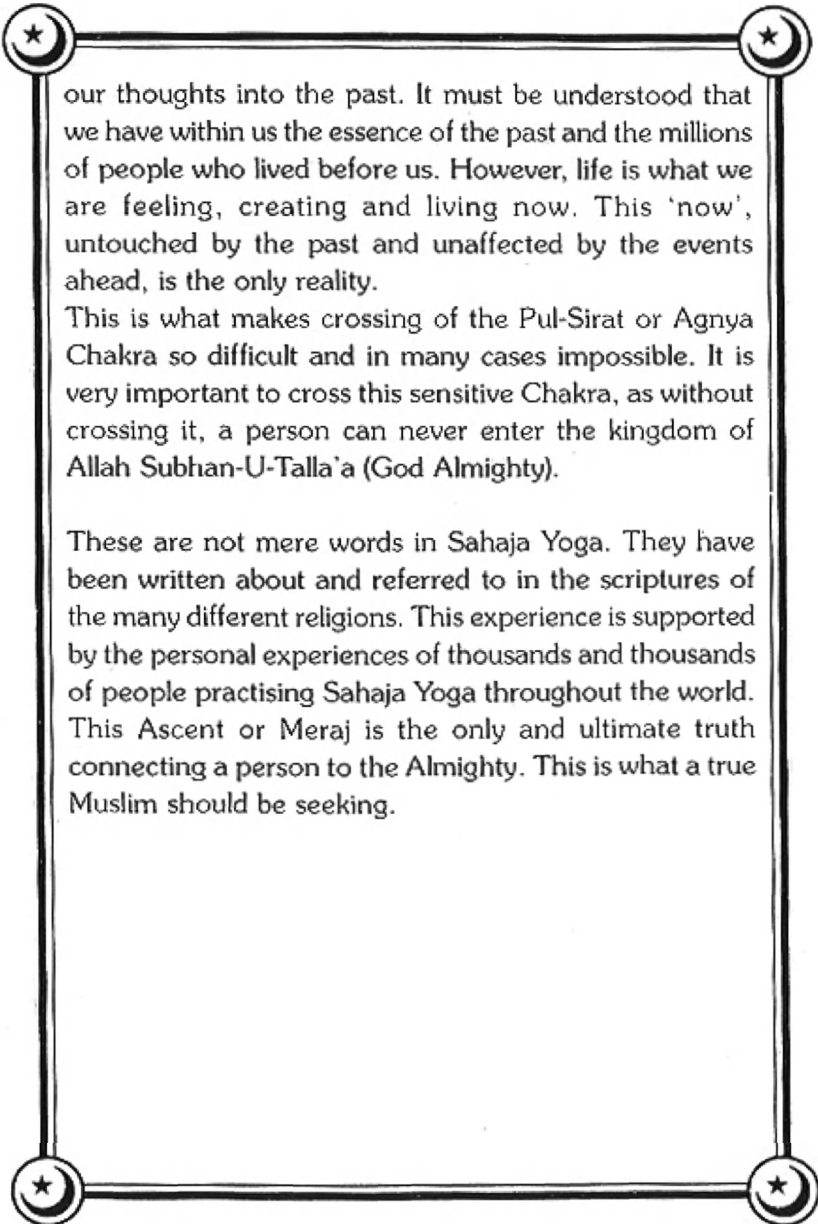


3

THE PUL-SIRAT

The *Hadith* mentions the Pul-Sirat, which is the bridge to be crossed if one has to enter heaven. This Pul-Sirat, according to the Hadith, is a bridge that is "sharper than a sword and thinner or finer than a strand of hair" thus making it difficult for one to enter heaven. This Pul-Sirat is called the Agnya Chakra in Sahaja Yoga. To cross it one has to forgive everybody and oneself sincerely. It is at the Agnya Chakra that all the three channels—the left, the right and the central—cross-making it very constricted. At the left and right side it creates 'balloons' of the ego and superego.

It is the ego and or the superego, which causes individuals so many problems. This ego always tells us that we are right and the other person is wrong even if we are in fact wrong. It is the ego that prevents us from forgiving and makes us blame others for our faults. The superego contains all of our conditionings from the past and takes



our thoughts into the past. It must be understood that we have within us the essence of the past and the millions of people who lived before us. However, life is what we are feeling, creating and living now. This 'now', untouched by the past and unaffected by the events ahead, is the only reality.

This is what makes crossing of the Pul-Sirat or Agnya Chakra so difficult and in many cases impossible. It is very important to cross this sensitive Chakra, as without crossing it, a person can never enter the kingdom of Allah Subhan-U-Talla'a (God Almighty).

These are not mere words in Sahaja Yoga. They have been written about and referred to in the scriptures of the many different religions. This experience is supported by the personal experiences of thousands and thousands of people practising Sahaja Yoga throughout the world. This Ascent or Meraj is the only and ultimate truth connecting a person to the Almighty. This is what a true Muslim should be seeking.



4

THE POWER OF FORGIVENESS

The sixth Chakra which is called the Pul-Sirat according to Islam when opened opens the way to the seventh heaven. It is after this gate to heaven is opened that the seeker feels the true bliss, and the love of God Almighty flow through him/her as discussed in the earlier chapter. The secret of this is TO FORGIVE. Prophet Mohammed by his examples has showed the world the essence of forgiveness; it is because of his great quality of forgiveness, that he won more followers. He was also trying to teach his followers that they had to forgive to ascend. Here are a few examples which show his power of forgiveness.



Prophet Mohamed had gone to Taif which is a hill station near Mecca to preach the word of God. The Chieftains of that village ridiculed him by calling him a liar and saying that " did God not get anybody better than you to make him a Prophet". A frustrated Prophet left Taif and started

to walk out of that village when the village sent their children to stone of him which they did mercilessly.

A bleeding Prophet Mohammed left the village where he started to pray to God and was crying. God on seeing this was very angry and Angel Gabriel came down to meet the Prophet with another angel who had the power over the mountains. As Taif is situated between the mountains, the Prophet was asked if he wanted that village crushed between them. His reply to that was "O Allah! To thee I complain of my puny strength and the failure of my zeal with regard to these men. O Thou most Compassionate and merciful, Thou art the Lord of the weak and Thou art my Lord. I have none but Thee on whom to lean, but if Thou be not angry with me because I am powerless to ensure love and respect for Thy word I care nothing for all the ordeals I undergo." Saying this he forgave them.

In another instance, there was a Jewish lady who would always throw garbage at the Prophet when he passed by her house. One day when he passed from there and the garbage did not come he was surprised. On inquiring he found out that she was ill and he paid her a visit. The lady was ashamed of herself and was impressed by the Prophet's piety. She converted to Islam after this incident.

The first holy war fought by the Muslims was called 'battle of Badar', as it was fought at the wells of Badar. Here





the Muslims were victorious over a large number of Meccans who were against the Prophet. There were many prisoners taken by the Muslim army. As their fate was being decided, Abu Bakr was of the opinion that since the ties of blood ran through victors and vanquished, suggested that a ransom should be accepted and the prisoners be set free. Omar on the other hand, recalling the fact that all the prisoners had distinguished themselves by persecuting the Muslims and were also responsible for the banishment of the Prophet, proposed that they should be mercilessly executed. Both opinions had an equal number of people supporting it.

The Prophet sided with Abu Bakr. He issued orders to treat the captives with greatest humanity. He had them freed from their bonds and kept them guarded. His orders were such that the Muslims even deprived themselves of bread in favour of their prisoners, being content with dried dates.

The ransom was fixed according to each prisoner's wealth. Abbas, Mohammed's uncle had to pay the largest amount, several others were set free without paying anything. However, it was required that before being set free, each captive who knew how to read or write give lessons to two Muslims who did not know how to read and write.



Among the prisoners was Abul's As Ibn Rabiya, a rich



man of high repute who also was the Prophet's son-in-law. He had married Zainab, the Prophet's daughter before he had got the revelation, and was with the Meccan unbelievers. For the ransom of her husband, Zainab sent from Mecca a sum of money and a necklace, which was a wedding gift from her mother Khadija. On seeing that piece of jewelry tears started rolling down from his eyes as it reminded him of his beloved Khadija. He then put a question to his disciples " If you do not oppose me, I will send him back to Zainab and renounce all claims to ransom." As no objection was raised, Mohammed told his prisoner that he was free to go but on the condition that his daughter be sent back to him as a daughter of a believer could not remain with an nonbeliever. It was immediately agreed and as soon as he reached Mecca he kept his word.

The Quraish (Meccans) learning of Zainab's departure, started off in pursuit and one of them by the name of Hibar struck her so brutally with the shaft of his spear that she fell down from her camel. On her reaching Medina, Zainab did not recover from her fall, and being pregnant died from her injuries. This incident gave the Prophet immense grief. Even this man Hibar was forgiven by Mohammed when he asked for it, after the Muslim's, victorious entry into Mecca.



The second war fought between the Muslims and the nonbelievers of Mecca is called the 'Battle of Uhud'. In



this war the Muslims were defeated as they did not obey the orders of the Prophet. The bodies of the Muslims were in a pitiful condition. The women of the Quraish hurled themselves on the corpses to mutilate them. Hind, the wife of Abu Sufiyan who was the leader of the Meccans was the most ferocious of all. Taking out her earrings, necklaces and bracelets she handed them to Wahshi (the killer of Hamza who was the Prophet's uncle) adorned herself with necklaces and bangles fashioned with noses and ears sliced from the heads of the Muslims. Like a filthy hyena, she squatted on Hamza's remains, tore open his body, dragged out his liver and bit into it, after which she climbed on a high rock and on the top of her voice shouted towards the soldiers of Islam " We have paid you back for the day of Badr."

When Mecca fell several years later and the Muslim army marched victoriously into Mecca, Sa'ad ibn Ubayda who was the chieftain commanding by the pass of Al-Kada remarked " Today is a day of revenge and carnage allowable even in the holy precincts." As this remark reached the Prophet's ears, Mohammed told Ali to deprive the rash speaker of his command and take charge of the standard in his place.

In the Kaaba after all the people had assembled, Mohammed turned to the Meccans and asked " O assembly of the Quraish! How shall I treat you?" " With generosity, O generous brother, son of a generous man!"

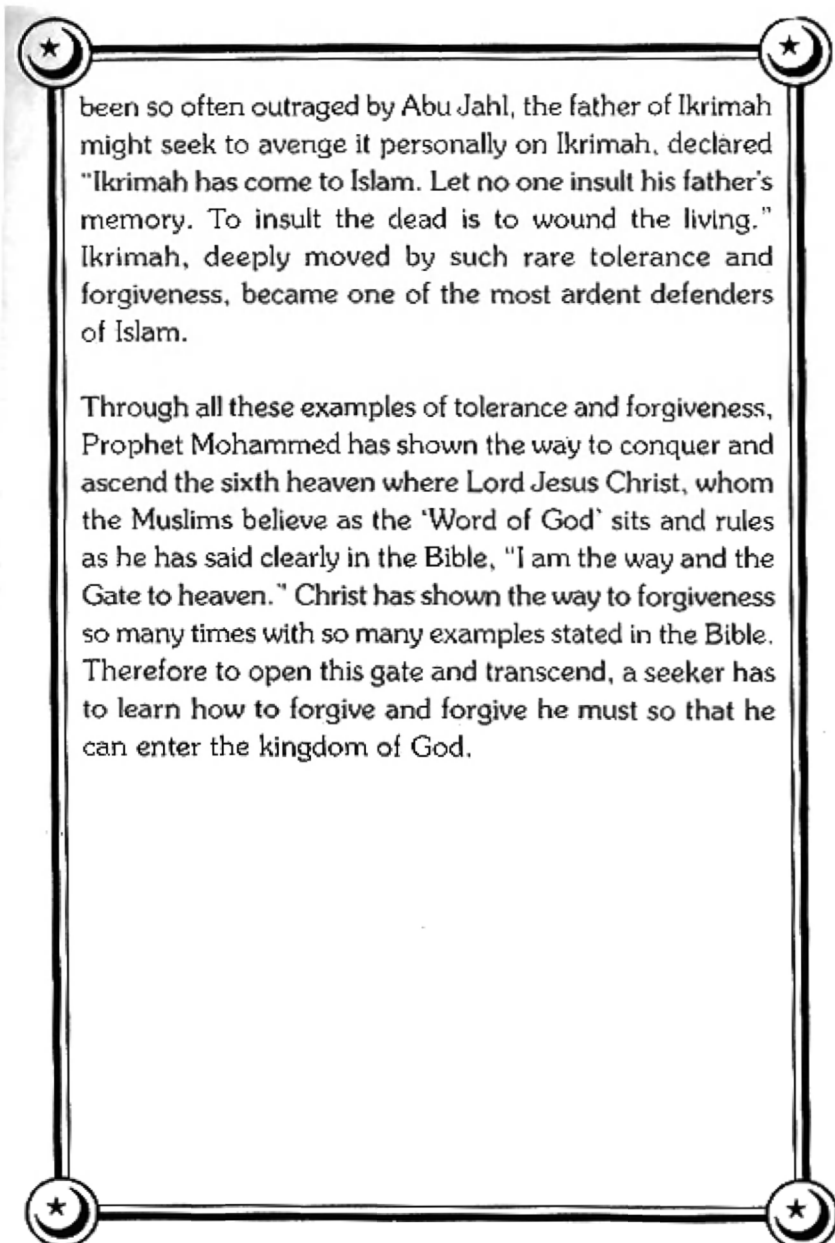


they replied, devoured by anxiety. "Begone, you are free." He told them. (According to laws of war prevalent at that time, they were slaves and captives).

Among the crowd of Meccan women who came to declare their devotion, Mohammed's attention was drawn to a woman hiding behind her companions. Despite the fact that she was disguised, he recognized the ferocious Hind, the wife of Abu Sufiyan. She came to him throwing off her veil and confessed that she was Hind, the wife of Abu Sufiyan, begging his pardon for her past deeds. The Holy Prophet in spite of the odious mutilation of the body of his uncle Hamza forgave her.

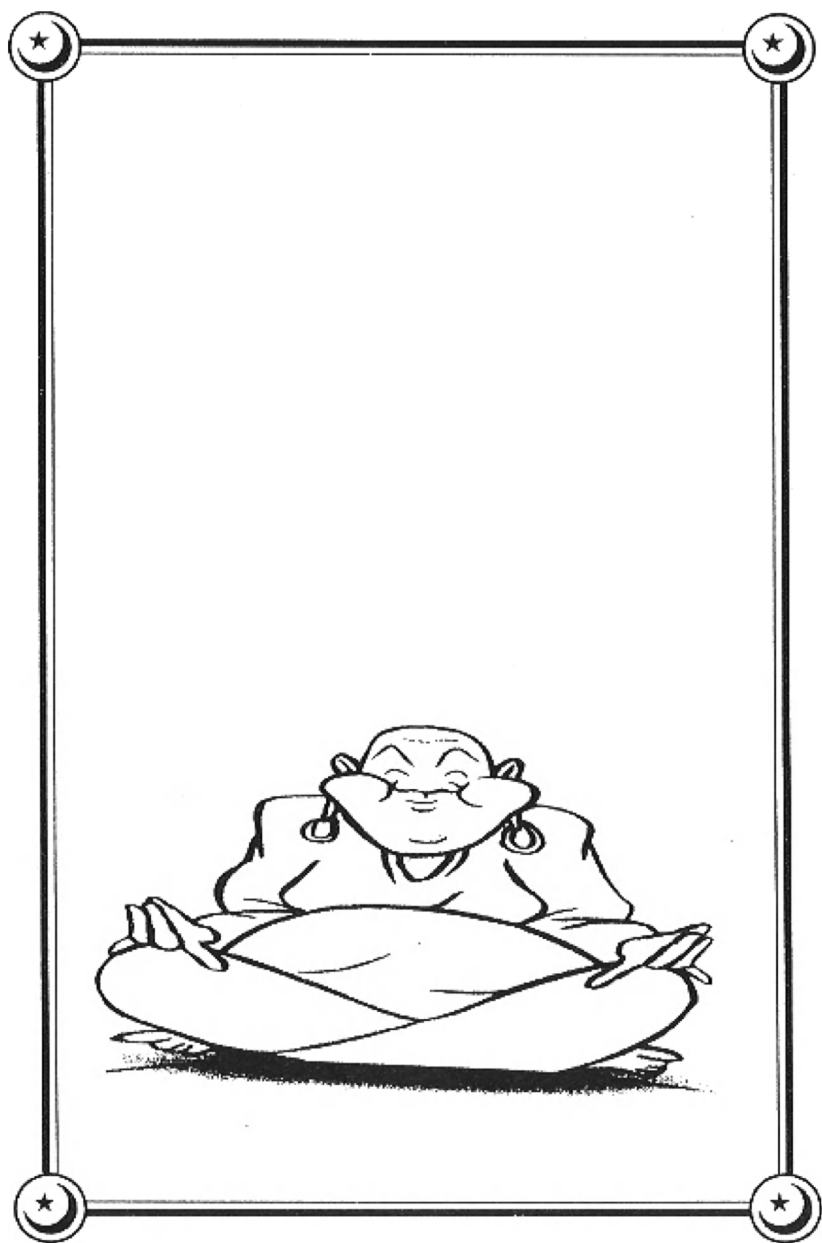
Wahshi, the slayer of Hamza was pardoned likewise and so was Hibar the killer of Zainab the daughter of the Prophet who had fled fearing punishment, and then confiding in the infinite clemency of the Prophet came and gave himself up embracing Islam in all sincerity. "Go thy way in peace, thy conversion does wipe out the past, but never let me see thee anymore." Was the Prophet's reply.

Ikrimah and his father Abu Jahl were strong opponents of Islam and the Prophet. Abu Jahl had been cause of several severe problems to the Muslims during times of war and during initial stages of Islam sought pardon through his wife Umm Kakim. She brought him back and the Prophet, fearful that his companions who had



been so often outraged by Abu Jahl, the father of Ikrimah might seek to avenge it personally on Ikrimah, declared "Ikrimah has come to Islam. Let no one insult his father's memory. To insult the dead is to wound the living." Ikrimah, deeply moved by such rare tolerance and forgiveness, became one of the most ardent defenders of Islam.

Through all these examples of tolerance and forgiveness, Prophet Mohammed has shown the way to conquer and ascend the sixth heaven where Lord Jesus Christ, whom the Muslims believe as the 'Word of God' sits and rules as he has said clearly in the Bible, "I am the way and the Gate to heaven." Christ has shown the way to forgiveness so many times with so many examples stated in the Bible. Therefore to open this gate and transcend, a seeker has to learn how to forgive and forgive he must so that he can enter the kingdom of God.





5

WUDU & TAYYAMMUM

For any Muslim the most important ritual to be performed before praying is the Wudu, which means ablution or cleansing of the body with water. In the absence of water, the ablution can be done with earth; this is called 'TAYAMUM'.

The Chakras (spiritual centers) situated within the central channel of the body, also have their corresponding positions on the hands, fingers and in the head. This helps us to correctly perform Wudu and Tayamum.

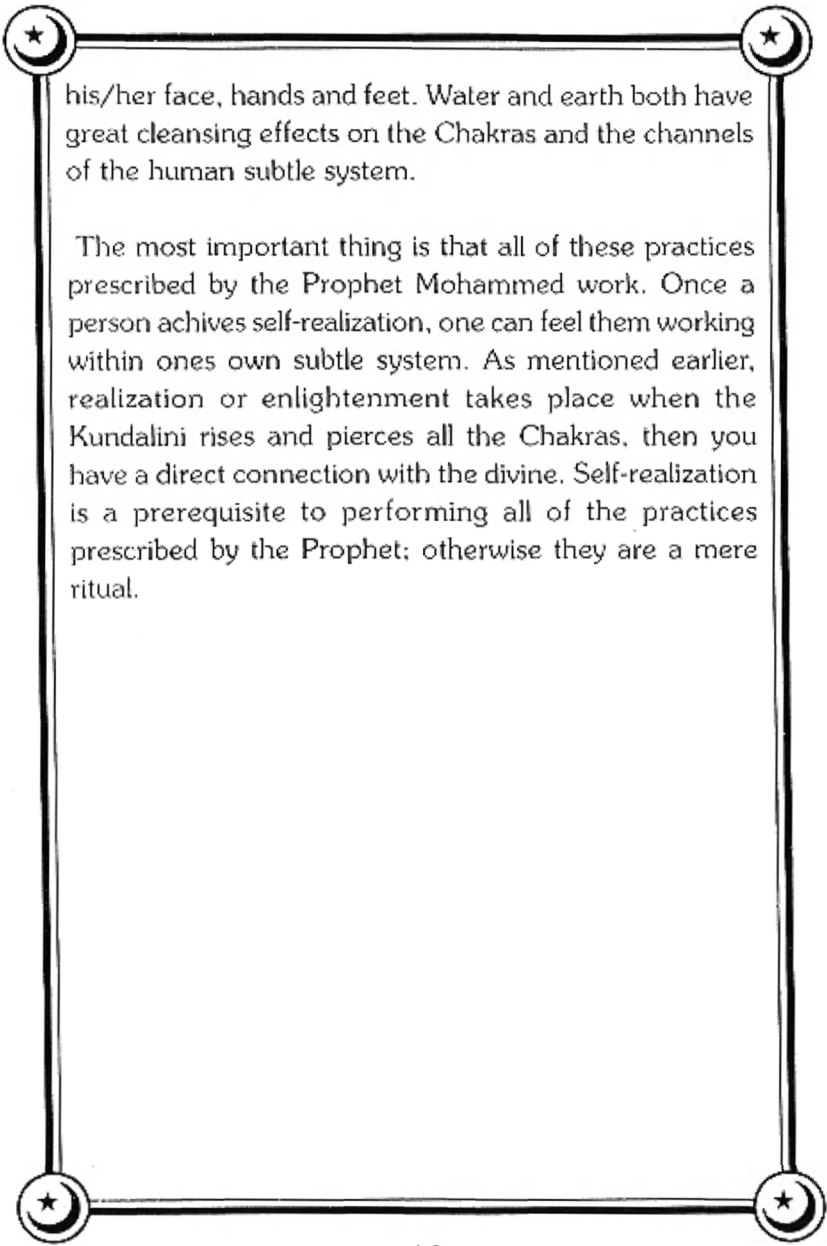
First of all, the namaz or salat does not mean prayer, the correct meaning is meditation. To meditate, one must clear the chakras if we are to derive maximum benefit. According to Islam, a person performing namaz / salat has to perform his Wudu properly if his salat is to be accepted by God. One cannot perform salat without doing the Wudu or Tayamum.

The question is why? What is this Wudu and why should it be performed? The reasons given by Islamic scholars are very much at the gross level. Their explanation is to clean all the exposed parts of the body (face, head, hands and feet) before praying. The question still arises. WHY?

The answer to this why is found in SAHAJA YOGA. Sahaja yoga not only deals with the gross level of the body but also with the subtle system within the body. Before performing Wudu, one first expresses pure desire (the NIYYAH) to be cleansed, in preparation to face the maker. The most important thing in the Kingdom of the Divine is pure desire. Prophet Mohammed said 'KULLU AAMALA BIL NIYYAH', meaning, all your deeds will be judged according to your intentions (desire).

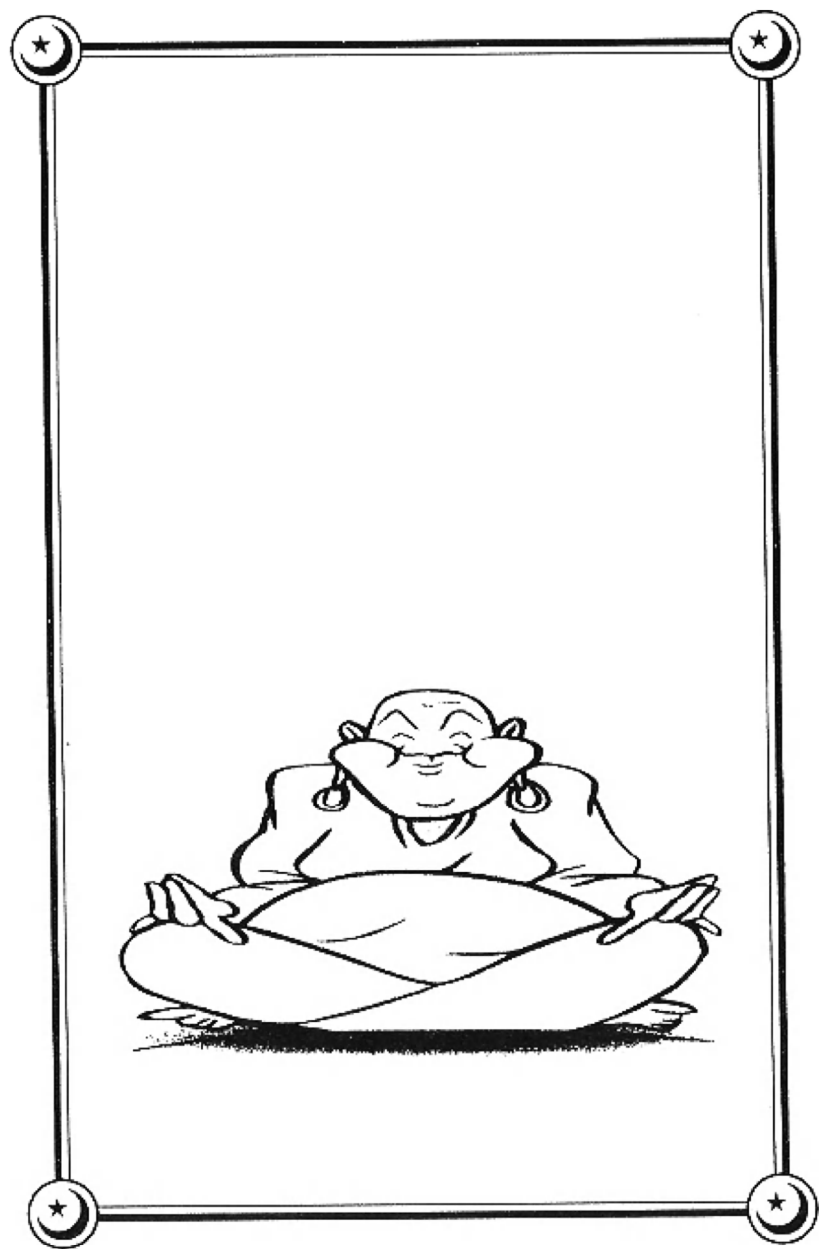
As described earlier, the Chakras are reflected in the hands, feet and fingers and also on the head. (Diagrams 1 to 5 at the end of the book refers). You can feel them and their catches or their disorders. Thus, when a person correctly performs Wudu, by washing their hands and feet, gargling, putting water in the nose, massaging the head and sides of the neck, they are in fact cleansing their Chakras. To meditate effectively, Chakras must be cleansed. This is exactly what the practice of Wudu does.

When there is a scarcity of water, or there is no water, then Tayamum is performed. This is done by slapping both hands on earth and symbolically running them over



his/her face, hands and feet. Water and earth both have great cleansing effects on the Chakras and the channels of the human subtle system.

The most important thing is that all of these practices prescribed by the Prophet Mohammed work. Once a person achieves self-realization, one can feel them working within ones own subtle system. As mentioned earlier, realization or enlightenment takes place when the Kundalini rises and pierces all the Chakras, then you have a direct connection with the divine. Self-realization is a prerequisite to performing all of the practices prescribed by the Prophet; otherwise they are a mere ritual.



JIHAD OR THE HOLY WAR

Jihad or the Holy war as described by Prophet Mohammed has an entirely different meaning. The word Jihad or Jihad comes from the root word in Arabic the meaning of which is to strive. Therefore Jihad actually means to strive.

**THOSE WHO BELIEVE, AND SUFFER
EXILE AND STRIVE WITH MIGHT
AND MAIN, IN GOD'S CAUSE,
WITH THEIR GOODS AND THEIR PERSONS,
HAVE THE HIGHEST RANK
IN THE SIGHT OF GOD:
THEY ARE THE PEOPLE
WHO WILL ACHIEVE SALVATION**

AL-QURAN, CHAPTER 9, VERSE NO 20.

Here is a good description of Jihad. It may require fighting in God's cause, as a form of self-sacrifice. But its essence consists in (1) a true and sincere faith, which also fixes its gaze on God, that all selfish or worldly motives seem paltry and fade away. (2) Earnest and ceaseless activity, involving the sacrifice (if need be) of life, person or property, in the service of God. Brutal fighting is opposed to the spirit of Jihad, while the sincere scholar's pen or preacher's voice or a wealthy man's contributions may be the most valuable forms of Jihad.

**SAY: IF IT BE THAT YOUR FATHERS
YOUR SONS, YOUR BROTHERS,
YOUR MATES, OR YOUR KINDRED;
THE WEALTH THAT YOU HAVE GAINED;
THE COMMERCE IN WHICH YOU FEAR
A DECLINE; OR THE DWELLINGS
IN WHICH YOU DELIGHT
ARE DEARER TO YOU THAN GOD,
OR HIS APOSTLE, OR THE STRIVING
IN HIS CAUSE; -THEN WAIT
UNTIL GOD BRINGS ABOUT
HIS DECISION: AND GOD
GUIDES NOT THE REBELLIOUS.**

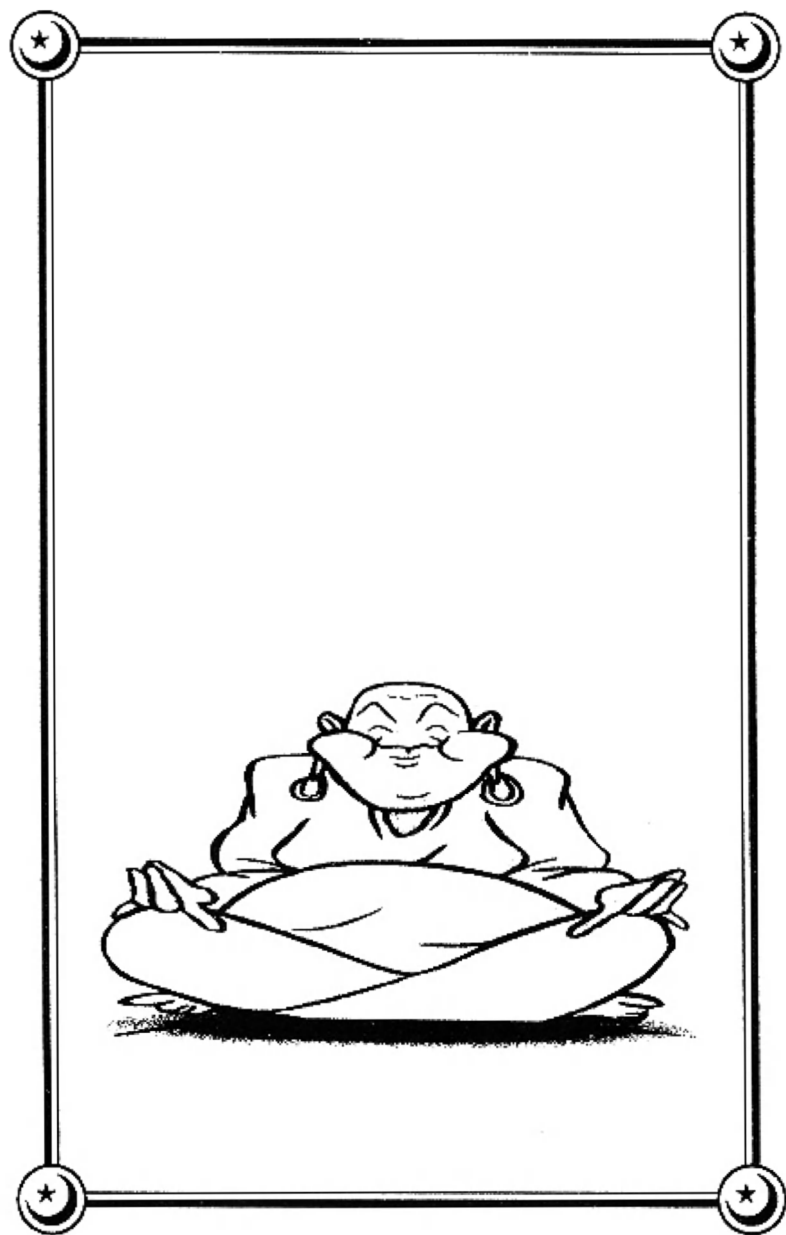
AL-QURAN, CHAPTER - 9, VERSE NO 24.

Man's heart clings to (1) his own kith and kin- parents, children, brothers, and sisters, husbands or wives or other relatives. (2) Wealth and prosperity. (3) Commerce or means of profit and gain, or (4) beautiful and grand houses, for dignity and comfort. If these are a hindrance in God's cause, we have to choose which we love the most. We must love God even if it involves the sacrifice of all else.

Prophet Mohammed when speaking about Jihad has said, "The biggest Jihad one fights is with himself/herself." This clearly means that a true believer, who is a realised soul, has to introspect and strive hard to remove all his/her faults. All of us have our faults; no one except God is perfect. We do not have to see the faults of other people, but rather we have to strive hard (wage a holy war {Jihad} within ourselves) to make ourselves better instruments of God. It is mentioned in the Quran that Muslims (realised souls) should be the helpers of Allah .

**BY THE TOKEN OF TIME THROUGH THE AGES
VERILY MAN IS IN LOSS
EXCEPT SUCH AS HAVE FAITH
AND DO RIGHTEOUS DEEDS
AND JOIN TOGETHER IN THE
MUTUAL TEACHING OF TRUTH,
AND OF PATIENCE AND CONSTANCY.**

AL-QURAN, CHAPTER 103.



7

BACK BITING
&
SCANDAL MONGERING

WOE TO EVERY KIND OF
SCANDAL MONGER AND
BACK BITER
WHO PILETH WEALTH
AND LAYETH IT BY
THINKING THAT HIS WEALTH
WOULD MAKE HIM LAST FOREVER
BY NO MEANS! HE WILL BE
SURE TO BE THROWN INTO THAT
WHICH BREAKS TO PIECES



AL-QURAN, CHAPTER 104, VERSES 1 TO 4.

O YOU WHO BELIEVE AVOID SUSPICION
AS MUCH AS POSSIBLE, FOR SUSPICION
IN SOME CASES IS A SIN, AND SPY NOT
ON EACH OTHER,
NOR SPEAK ILL OF EACH OTHER
BEHIND THEIR BACKS.
WOULD ANY ONE OF YOU LIKE TO EAT THE
FLESH OF HIS OWN DEAD BROTHER?

AL QURAN. CHAPTER NO 49, VERSE NO 12.

As stated above from the Quran and the Hadith, three vices are condemned here in the strongest terms: (1) scandal mongering, talking or suggesting evil of men and women by word or sly remark, or behavior, or mimicry, or sarcasm, or insult. (2) Detracting from their character behind their backs, even if the things suggested are true, where the motive behind is evil. (3) Piling up wealth, not for use and service to those who need it, but in miserly hoarding, as if such hoarding can prolong the miser's life or give him immortality: miserliness is itself a kind of scandal.

Some of the biggest problems that have been faced by mankind individually and collectively are due to backbiting and scandal mongering. Governments also use scandal mongering to mislead people, fool and

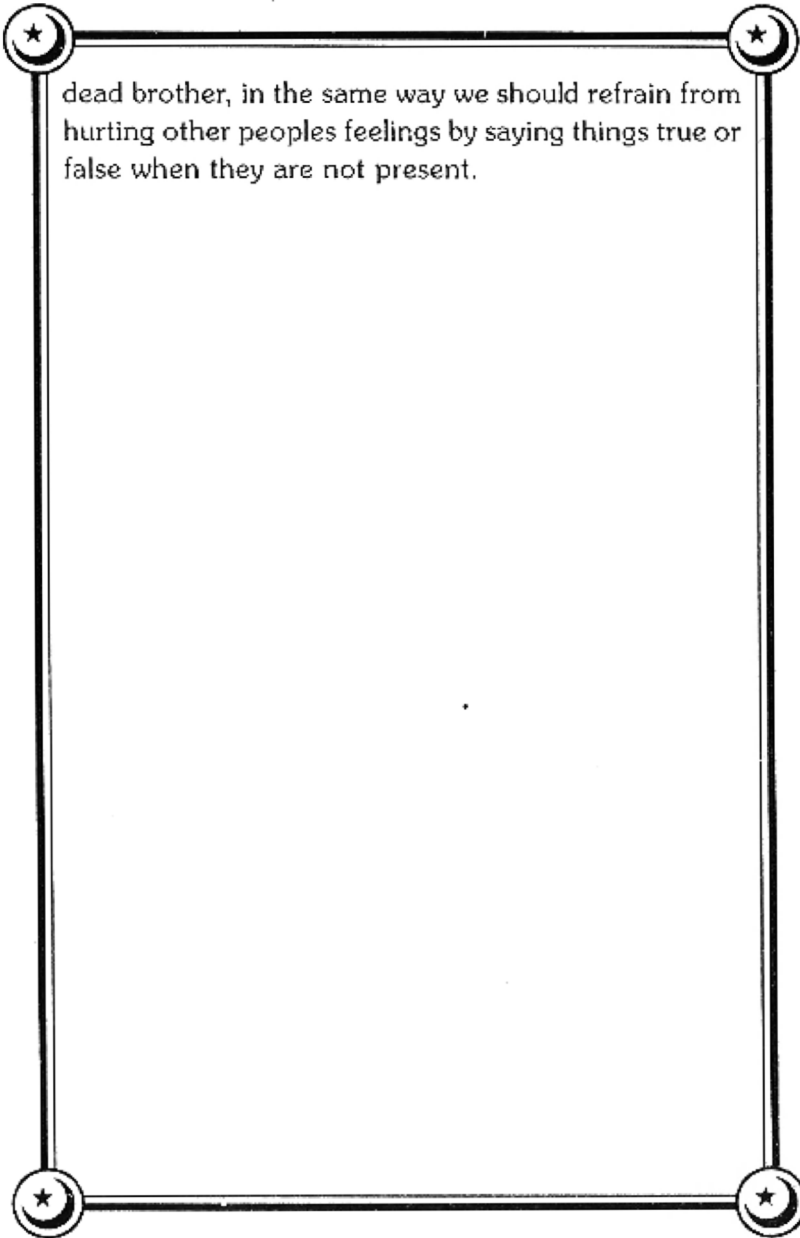


manipulate them to forward their own selfish motives. Great wars too have been fought, where lives property and morality have been destroyed.

Miserliness has no place in the spiritual world among spiritual people. A person should realize that all wealth has been given by God for a specific purpose and definitely not for hoarding. Money should be circulated and not hoarded where it sits rotting with only a few people. God has given more than enough for the whole world to live very happily, but when a few people try to control what is meant for a large number of people then a large number of people suffer. Money, which is means to an end, should be used to help the people of the world and to end suffering rather than keep it locked up in vaults where it just sits doing nothing.

Most kinds of suspicion are baseless and are to be avoided, and some are crimes in themselves for they do cruel injustice to innocent men and women. Spying or inquiring into other people's affairs means idle curiosity and is therefore a useless thing to do. Suspicion carried a stage further almost amounts to sin as a person can do irreparable harm to another only due to suspicions of his/her whims and fancies.

Backbiting when poisoned with malice is even worse. Just as no one would like to indulge in such a nauseating act as eating the flesh of his/her own



dead brother, in the same way we should refrain from hurting other peoples feelings by saying things true or false when they are not present.



8

THE QIYAMAT OR RESURRECTION

The Quran and the Hadith often mention the Qiyamah or Resurrection. Like so many of the Prophet's preachings and prophecies, Muslims also have misunderstood this.

The Prophet speaks of the coming of the Qiyamah (Doomsday and Resurrection) at around 1400 Hijri (Moslem calendar); this is the current time, the 21st century. He has prophesied how the state of the world will be at that time. This totally corresponds to what is happening in the world now. This period is called the "GHOR KALIYUG" in the Hindu scriptures. It is said that during this period the Qiyamah would come. The Prophet has also said that in some places "WHAT WILL HAPPEN AFTER 1400 HIJRI, EVEN I DO NOT

KNOW". He has also said that at this time human beings will degenerate both morally and spiritually.

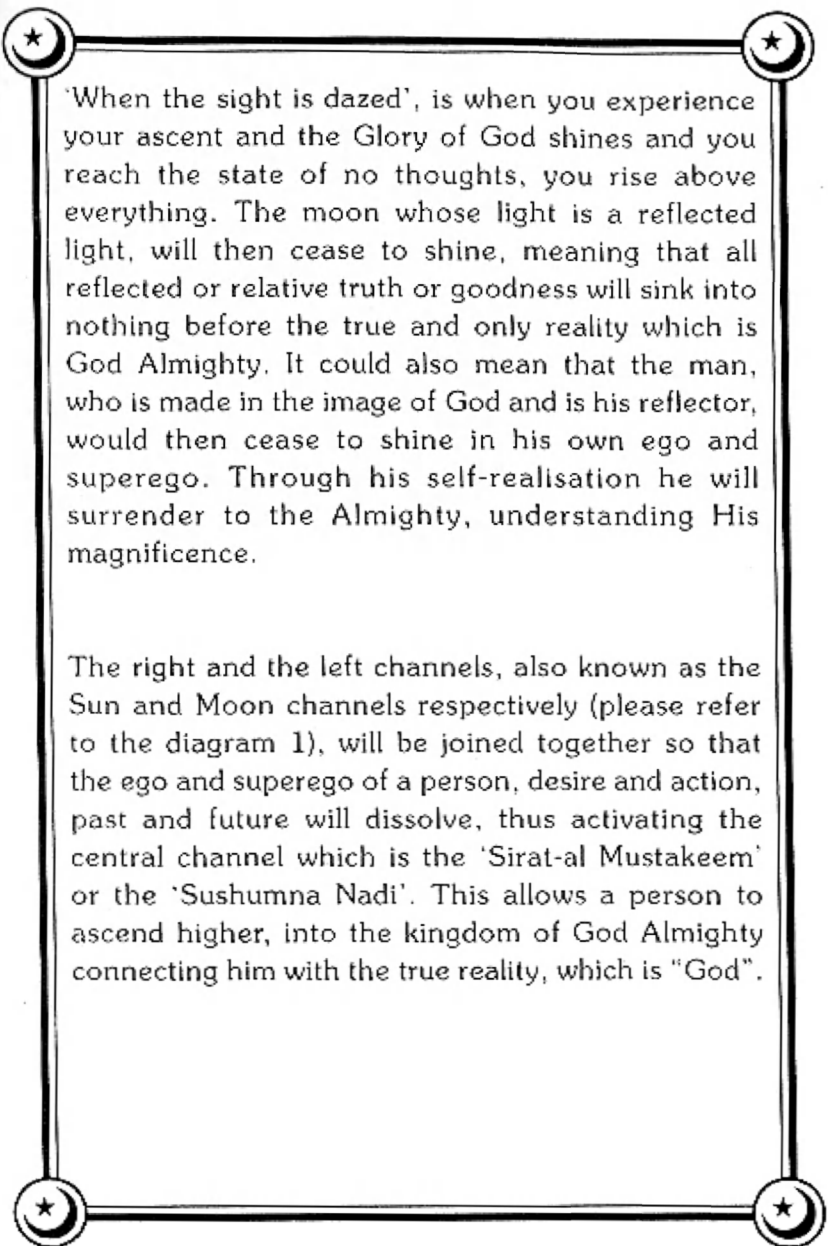
The Islamic scriptures also mention the return of Jesus Christ, who will come to save the earth and all the true believers. They also mention that Jesus Christ will lead the true believers to victory in the battle against untruth and evil and that he will destroy all the negative forces on the earth and that all those who misguide people in God's name will be destroyed (false gurus & false prophets). That time has come. Now we have to recognize Jesus in this life. Once we recognize him, we can start moving upwards towards our ascent.

In chapters 36, and 75 of the Quran, Surah Yasin and Surah Qiyamah, we are told specifically the signs of the Qiyamah or time of resurrection.

THE QUESTIONS:

**"WHEN IS THE DAY OF RESURRECTION?
AT LENGTH WHEN THE SIGHT IS DAZED
AND THE MOON IS BURIED IN DARKNESS
AND THE SUN AND MOON
ARE JOINED TOGETHER.**

AL QURAN. SURAH QIYAMAT-
CHAPTER 75, VERSES 6 TO 9



'When the sight is dazed', is when you experience your ascent and the Glory of God shines and you reach the state of no thoughts, you rise above everything. The moon whose light is a reflected light, will then cease to shine, meaning that all reflected or relative truth or goodness will sink into nothing before the true and only reality which is God Almighty. It could also mean that the man, who is made in the image of God and is his reflector, would then cease to shine in his own ego and superego. Through his self-realisation he will surrender to the Almighty, understanding His magnificence.

The right and the left channels, also known as the Sun and Moon channels respectively (please refer to the diagram 1), will be joined together so that the ego and superego of a person, desire and action, past and future will dissolve, thus activating the central channel which is the 'Sirat-al Mustakeem' or the 'Sushumna Nadi'. This allows a person to ascend higher, into the kingdom of God Almighty connecting him with the true reality, which is "God".



**"THAT DAY SHALL WE SET
A SEAL ON THEIR MOUTHS
BUT THEIR HANDS WILL SPEAK TO US,
AND THEIR FEET BEAR WITNESS
TO ALL THAT THEY DID."**

AL QURAN, SURA YASIN-CHAPTER 36,VERSE 65

Here again it is very clear, once the ascent or realization takes place, a person's hands and feet start to speak, bearing witness against him. Not only the hands and feet but the whole body starts to speak. All of the rights all the wrongs that have been done or are being done are known through the vibrations being emitted from the body. Thus, on the vibratory level, everything is known, not only about yourself but also about others.

After realization these vibrations are distinctly felt on the hands and feet as a cool breeze flowing from within. A person also gets to know when he is being lied to, or being manipulated. The mouth stops speaking for the realized person, as the mouth can lie but the hands start speaking and the feet bear witness, as everything is revealed through the vibrations and the vibrations never lie.

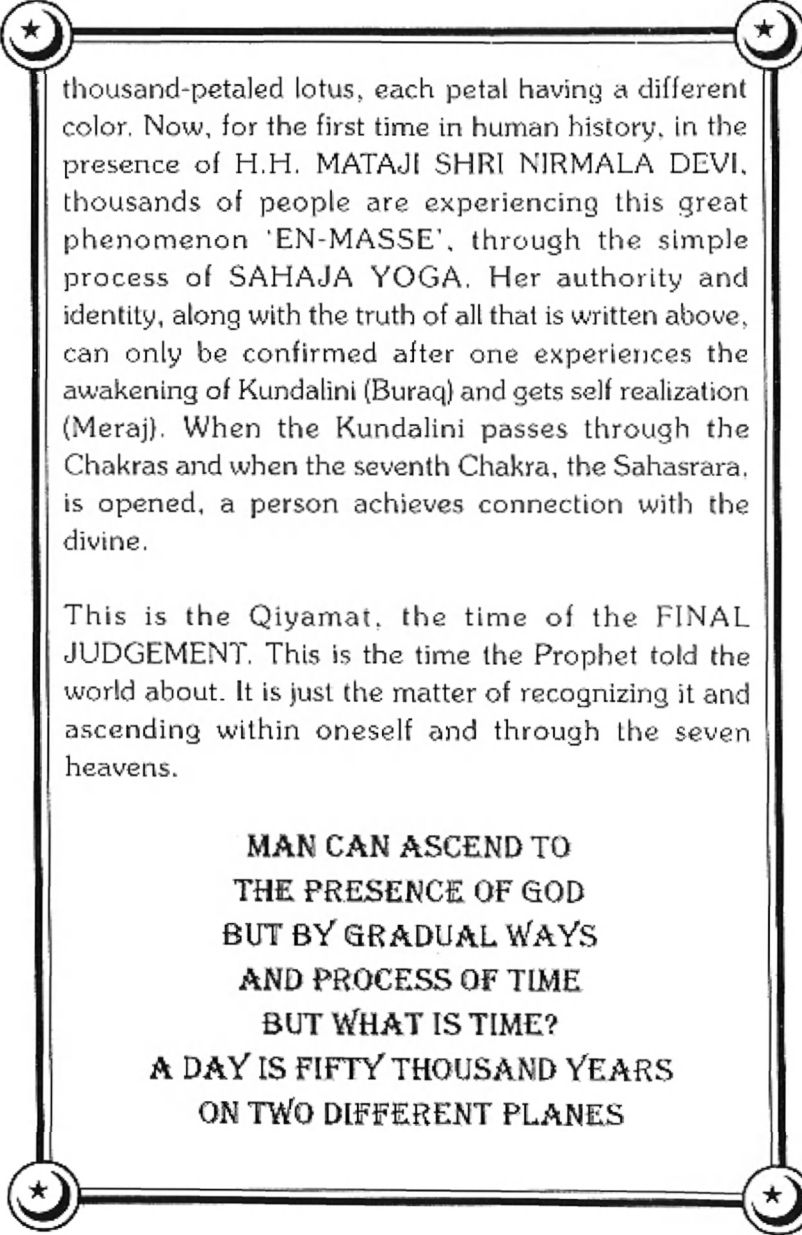
This is the time of Qiyamat. Without a doubt as all the prophecies in the Quran and the Hadith are coming



true. The experience of self-realization, ascent and meraj are not just happening to a few people but thousands and thousands of people throughout the world are experiencing it 'EN MASSE' through SAHAJA YOGA.

The Muslim community is generally highly programmed and conditioned. It therefore does not look beyond what has been taught to them by the Mullahs, who themselves, unfortunately, do not have much foresight and insight. The Sufis, however, discovered the true essence of Islam and sought their self-realization and God-realization. They saw the 'All Pervading', and His love everywhere and in everything. The Sufis always kept seeking and searching for God. They knew that this was only possible after they had attained their own MERAJ.

All the Prophets had their Meraj and that is why they could give their communities and the world inspired guidance. Moses saw flames that were cool to touch coming from a bush on Mount Sinai. It was here that he spoke to God. When Jesus got his Baptism (Meraj), people saw the Holy Ghost descend above his head like a dove. It was seen as tongues of flames over the heads of Jesus' disciples. Prophet Mohammed saw it as the most beautiful tree with colored leaves of indescribable beauty. In the Indian scriptures and in Yoga it is known as the SAHASRARA, or the



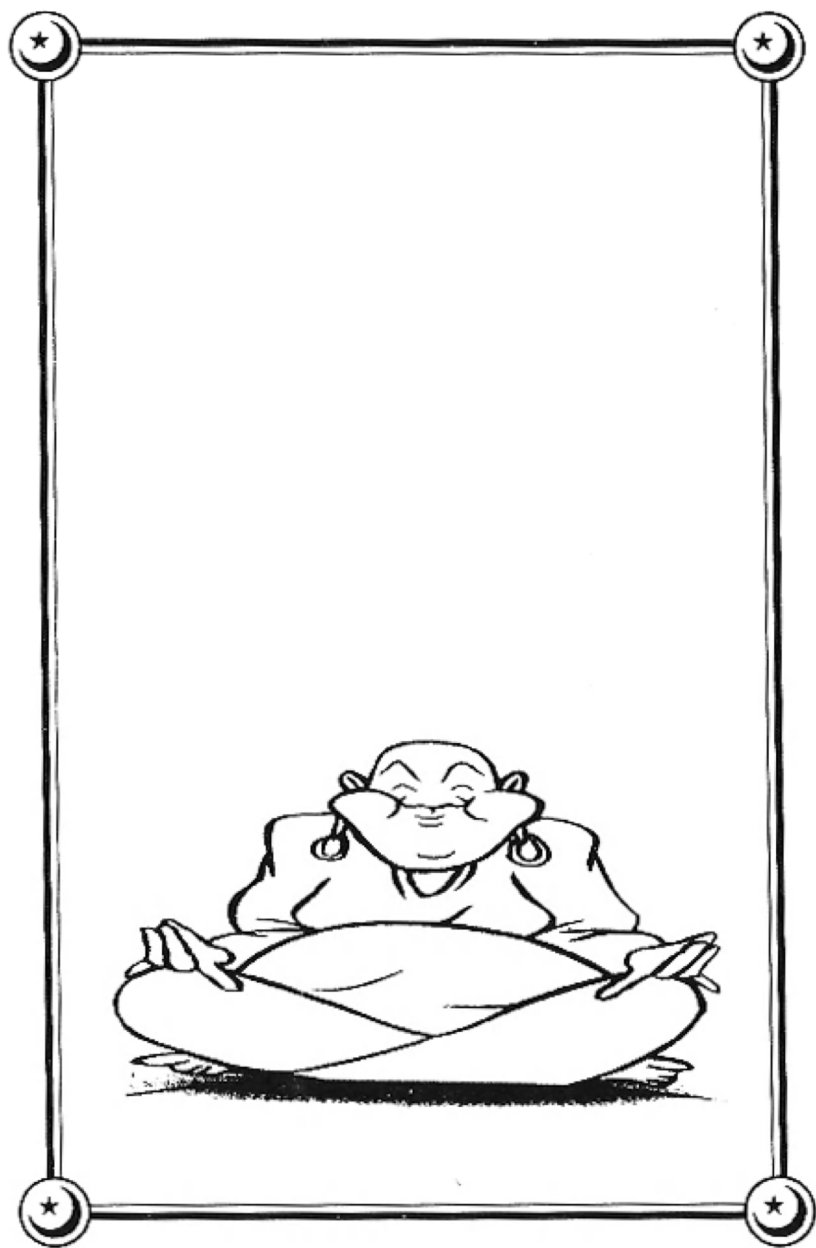
thousand-petaled lotus, each petal having a different color. Now, for the first time in human history, in the presence of H.H. MATAJI SHRI NIRMALA DEVI, thousands of people are experiencing this great phenomenon 'EN-MASSE', through the simple process of SAHAJA YOGA. Her authority and identity, along with the truth of all that is written above, can only be confirmed after one experiences the awakening of Kundalini (Buraq) and gets self realization (Meraj). When the Kundalini passes through the Chakras and when the seventh Chakra, the Sahasrara, is opened, a person achieves connection with the divine.

This is the Qiyamat, the time of the FINAL JUDGEMENT. This is the time the Prophet told the world about. It is just the matter of recognizing it and ascending within oneself and through the seven heavens.

**MAN CAN ASCEND TO
THE PRESENCE OF GOD
BUT BY GRADUAL WAYS
AND PROCESS OF TIME
BUT WHAT IS TIME?
A DAY IS FIFTY THOUSAND YEARS
ON TWO DIFFERENT PLANES**

WHAT SEEMS NEAR IS FAR AND
WHAT SEEMS FAR IS NEAR
SO WILL BE JUDGMENT
AS THINGS AS WE KNOW THEM
WILL BE TRANSFORMED COMPLETELY IN A
WORLD ALL EVIL WILL COME TO ITS OWN
WHATEVER IT MASKS IN THIS
TRANSITORY WORLD, AND GOOD WILL
SURELY REACH ITS GOAL.
THE GOOD LIFE IS PATIENT IN PRAYER
AND WELL DOING FAITH
AND THE EARNEST SEARCH
FOR THE GOOD, PLEASURE OF GOD,
PURITY AND PROBITY
THERE ARE PATHS TO HEIGHT
AND THE GARDENS OF BLISS
NO EVIL CAN ENTER THERE
BUT FOR THE EVIL ARE OTHER WAYS,
LEADING BY DEEP
DESCENT TO DARK IGNOMINY.

AL QURAN. SURA MAARIJ-CHAPTER 70.



9

QUALITIES OF A BELIEVER.

Once a person turns into a believer (realized soul) and starts growing in the realization, the Quran gives a description of the qualities of such a person. It also mentions what the believer should be like, what he should do and what he should avoid.

**O YOU WHO BELIEVE!
FEAR GOD, AS HE SHOULD BE
FEARED, AND DIE NOT EXCEPT
IN A STATE OF ISLAM**

AL-QURAN, CHAPTER-3, VERSE NO 102.

The fear here is of reverence, which comes from love, for it fears to do anything which is not pleasing to the object of love. Those mature in faith (realization/

vibrations) develop this sort of fear, and observe all the protocol towards God.

Our whole being should be infused with Islam (surrender to God); it should not just be an outward show, which is what the next line means when it mentions about dying in the state of Islam. The surrender should be total, as someone has said 'yours is not to question why. Yours is but to do and die.'

**AND HOLD FAST,
ALL, TOGETHER BY THE ROPE
WHICH GOD STRETCHES OUT FOR YOU
AND BE NOT DIVIDED AMONG YOURSELVES
AND REMEMBER WITH GRATITUDE
GOD'S FAVOUR ON YOU**

AL-QURAN - CHAPTER 3, VERSE NO-103

After realization, people should hold fast to one another helping each other without bringing division among them. The rope that God holds out for them is the mother's love that binds her children together uniting them in the bond of brotherhood. In this way even the worst calamities can be overcome when people become more collective in nature. The favours of God are endless and we should be thankful and happy rather than complaining about the petty things in life.

LET THERE ARISE OUT OF YOU
A BAND OF PEOPLE
INVITING TO ALL THAT IS GOOD
ENJOINING WHAT IS RIGHT
AND FORBIDDING WHAT IS WRONG
THEY ARE THE ONES
WHO SHALL ATTAIN FELICITY

AL-QURAN. CHAPTER 3, VERSE NO 104.

There is only one way we can invite people towards goodness and stop people from evil/wrong. This is when we get our self-realisation, and we get to know good and bad within ourselves. This way we first improve ourselves and then help other people with love to get their self realisation, which in turn helps them to do good and shun and reject evil. This is in fact the real Jihad, where people live in love and harmony on the path of truth helping one another ascend spiritually, making this world a beautiful place to live in.

The ideal Muslim (Sahaja) community is happy, untroubled by conflicts or doubts, sure of itself, strong, united and prosperous because it knows right and wrong through the vibrations.

YOU ARE THE BEST
OF PEOPLE, EVOLVED
FOR MANKIND, ENJOINING WHAT IS RIGHT
FORBIDDING WHAT IS WRONG,
AND BELIEVING IN GOD.
IF ONLY THE PEOPLE OF THE BOOK
HAD FAITH, IT WERE BEST
FOR THEM: AMONG THEM
ARE SOME THAT HAVE FAITH,
BUT MOST OF THEM ARE
PERVERTED TRANSGRESSORS.

AL QURAN. CHAPTER 3 VERSE NO 110.

Again here is the mention of enjoining people towards the truth and forbidding what is wrong. Throughout the ages with the coming of various Prophets and Avatars, who delivered the message of God to the people, and delivered the scriptures all over the world preparing them for this time for their self realization. If these people had faith, and could understand their scriptures, they would be Sahaja Yogis. Unfortunately there is no faith, but selfishness, ego and doubts, which cause all these problems mankind faces today, but the people on the path of truth shall not be harmed.

THEY WILL DO YOU NO HARM
BARRING A TRIFLING ANNOYANCE

AL QURAN. CHAPTER 3, VERSE NO 111

O YOU WHO BELIEVE!
GUARD YOUR OWN SOULS
IF YOU FOLLOW RIGHT GUIDANCE,
NO HURT CAN COME TO YOU FROM
THOSE WHO ASTRAY.
THE GOAL OF ALL OF YOU IS TO GOD, IT
IS HE THAT WILL SHOW YOU
THE TRUTH OF ALL YOU DO.

AL QURAN. CHAPTER 5, VERSE NO 108.

IN CASE OF THOSE WHO SAY,
"OUR LORD IS GOD", AND FURTHER
STAND STRAIGHT AND STEADFAST,
THE ANGELS DESCEND ON THEM
FROM TIME TO TIME.

WE ARE YOUR PROTECTORS
IN THIS LIFE AND THE HEREAFTER

AL QURAN. CHAPTER 41, VERSES 30-31.

All the above verses mention about the divine protection enjoyed by the believers (realized souls). No harm will come to them as they are protected by (1) the angels and (2) by God Almighty himself against the negativity, unbelieving people who wish harm to the believers, and all evil forces in this life and also in all other lives. We must have true faith (which is not for show or any other outward purpose), we should be surrendered and our goal is towards our ascent (Meraj) and to reach God for getting this protection.

**WHEN THOU SEEST MEN ENGAGED
IN VAIN DISCOURSE
ABOUT OUR SIGNS,
TURN AWAY FROM THEM UNLESS
THEY TURN TO A DIFFERENT THEME.
IF SATAN EVER MAKES YOU FORGET,
THEN AFTER RECOLLECTION,
SIT NOT THOU IN THE COMPANY OF
THOSE WHO DO WRONG.**

AL QURAN. CHAPTER 6, VERSE NO-68.

If in any gathering truth is being ridiculed, we must not sit in such company. If we find ourselves in it, and as soon as we realize it we must show our displeasure by leaving it, if we cannot help them realize the truth. It is

much better for our ascent and spirituality that such people and gatherings are avoided for people like these are described in the Quran as deaf, dumb and blind; they will not return to the path of wisdom.

**O YOU WHO BELIEVE!
TAKE NOT FOR FRIENDS
UNBELIEVERS RATHER THAN BELIEVERS**

AL QURAN. CHAPTER 4, VERSE NO 144.

**O YOU WHO BELIEVE! TAKE NOT FOR
FRIENDS AND PROTECTORS
THOSE WHO TAKE YOUR RELIGION
FOR MOCKERY OR SPORT
WHETHER AMONG THOSE WHO
RECEIVED THE SCRIPTURE BEFORE YOU,
OR AMONG THOSE WHO REJECT FAITH;
BUT FEAR YOU GOD,
IF YOU HAVE FAITH WHEN
YOU PROCLAIM YOUR CALL TO PRAYER
THEY TAKE IT AS MOCKERY AND SPORT
THAT IS BECAUSE THEY ARE A PEOPLE
WITHOUT UNDERSTANDING.**

AL QURAN. CHAPTER5, VERSES 60-61

It is not right that we should be in intimate association with those to whom religion, realization and vibrations is either a subject of mockery or nothing but amusement. They may be amused, or may have other motives. But your association with them will drain the seriousness of your faith and could make you cynical, insincere and insecure.

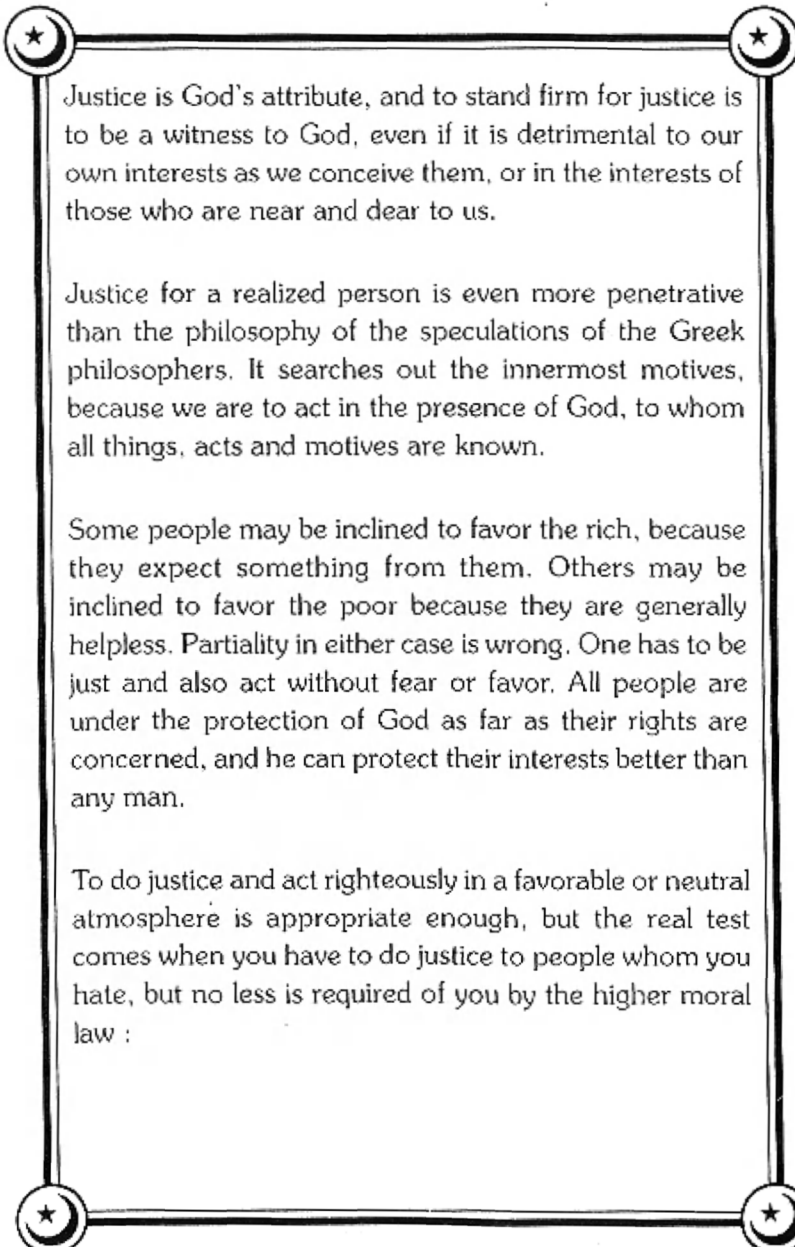
O YOU WHO BELIEVE! STAND OUT FIRMLY
FOR GOD, AS WITNESSES TO FAIR DEALING
AND LET NOT THE HATRED OF OTHERS
TO MAKE YOU SWERVE TO
WRONG AND DEPART FROM JUSTICE.

BE JUST: THAT IS NEXT TO
PIETY AND FEAR GOD, FOR GOD IS WELL
ACQUAINTED WITH ALL THAT YOU DO.

AL QURAN. CHAPTER 5, VERSE NO-9

O YOU WHO BELIEVE! STAND OUT FIRMLY
FOR JUSTICE, AS WITNESS TO GOD, EVEN AS
AGAINST YOURSELVES, OR YOUR PARENTS
OR YOUR KIN, AND WHETHER IT BE AGAINST
RICH OR POOR, FOR GOD CAN PROTECT BOTH.
FOLLOW NOT THE LUSTS OF YOUR HEARTS,
LEST YOU SWERVE, AND IF YOU DISTORT
JUSTICE, VERILY GOD IS WELL ACQUAINTED
WITH ALL THAT YOU DO.

AL QURAN CHAPTER 4, VERSE NO- 135.



Justice is God's attribute, and to stand firm for justice is to be a witness to God, even if it is detrimental to our own interests as we conceive them, or in the interests of those who are near and dear to us.

Justice for a realized person is even more penetrative than the philosophy of the speculations of the Greek philosophers. It searches out the innermost motives, because we are to act in the presence of God, to whom all things, acts and motives are known.

Some people may be inclined to favor the rich, because they expect something from them. Others may be inclined to favor the poor because they are generally helpless. Partiality in either case is wrong. One has to be just and also act without fear or favor. All people are under the protection of God as far as their rights are concerned, and he can protect their interests better than any man.

To do justice and act righteously in a favorable or neutral atmosphere is appropriate enough, but the real test comes when you have to do justice to people whom you hate, but no less is required of you by the higher moral law :

O YOU WHO BELIEVE! ASK NOT QUESTIONS
ABOUT THINGS WHICH IF MADE
PLAIN TO YOU, MAY CAUSE YOU TROUBLE.
SOME PEOPLE BEFORE YOU DID
ASK SUCH QUESTIONS AND ON THAT
ACCOUNT LOST THEIR FAITH.

AL QURAN CHAPTER 5, VERSES 104-105

Many secrets are wisely hidden from us. If we knew everything like our future etc. we would not necessarily be happy. In many cases we would be miserable. If the inner meaning of a lot of things were disclosed to us, it could cause a lot of mischief or discontent. God's message as long as it is to shape up our conduct, keep us on the right path and connected to him is now plain and open to us. There are however many things too deep for us to understand, either individually or collectively. It would be foolish to inquire into them, as some foolish people have tried in the past with the previous Prophets and Avatars, and they try even now with the Holy Mother. When such foolish questions are asked and there are no answers, it shakes the faith of the foolish ones.

One should never pass the bounds of our own capacity to understand, time and occasion when we ask the questions and part of the universal plan, which is God's plan to reveal to us. As we grow in our realization,

meditation and clarity of Chakras, we get most of our questions answered in the meditation itself. Also asking too many questions shows we are not yet complete in our surrender.

**SUCH IN TRUTH ARE THE BELIEVERS: THEY
HAVE GRADES OF DIGNITY WITH THEIR LORD**

AL QURAN. CHAPTER 8, VERSE NO 4.

Believers (realized souls) have their own dignities that can be compared to the dignity of a king. There are grades and levels of dignity, as there are levels of understanding and faith. This dignity comes when people are always on the path of truth and fear God with love and humility.

**THE BELIEVERS, MEN AND WOMEN
ARE PROTECTORS OF ONE ANOTHER**

AL QURAN CHAPTER 9, VERSE NO 71

**AND HE HATH PUT AFFECTION BETWEEN
THEIR HEARTS NOW IF THOU HADST SPENT
ALL THAT IS IN THE EARTH COULDST THOU
HAVE PRODUCED THAT AFFECTION BUT
GOD HATH DONE IT, FOR HE IS EXALTED IN
MIGHT WISE**

AL QURAN CHAPTER 8, VERSE NO 63

God loves the realized souls, out of his infinite love which he has put into our hearts making us love one another, stand up and protect each other. In this selfish world, where people are trying to buy love, compassion, loyalty, protection and other emotions with money and other worldly things God has put his love which is selfless into the hearts of the believers, which makes them love one another and stand up for each other no matter whatever the consequences. All this is done in a selfless spirit, which is so difficult to find in this selfish world.

**O YOU WHO BELIEVE!
FEAR GOD AND BE WITH THOSE
WHO ARE TRUE IN WORD AND DEED.**

CHAPTER 9, VERSE NO 119

**SAY TO MY SERVANTS THAT THEY SHOULD
ONLY SAY THINGS THAT ARE BEST FOR SATAN
DOTH SOW DISSENSION'S AMONG THEM**

CHAPTERS 17, VERSE NO 53.

Realized souls have several responsibilities. One of them is speech. A realized person should know what he/she is talking, as loose and useless talk can harm a person in several ways as is known by experience in society, but all such talk also harms the fifth chakra (Vishuddhi) on the subtle level. A realized soul should be true in word

and deed, so that people can develop a trust towards such a person. If these qualities do not come then all the preaching done by him/her is useless, as the people can see the truth with their own eyes. There is a saying "action speaks louder than words." For a realized soul both action and words should carry weight, so that other people are impressed and try to be like them.

**THOSE WHO BELIEVE AND
WORK RIGHTEOUS DEEDS,
FROM THEM SHALL WE BLOT OUT ALL EVIL
THAT MAY BE IN THEM, AND REWARD THEM
ACCORDING TO THE BEST OF THEIR DEEDS.**

CHAPTERS 29, VERSE NO 7.

**HE WILL REMOVE FROM THEIR ILLS
AND IMPROVE THEIR CONDITION**

AL QURAN. CHAPTER 47, VERSE NO 2.

Doing righteous deeds is important after you get your self-realization; otherwise the realization slips away leaving the person without vibrations and the connection to God. When a person after getting his self-realization meditates, prays and does righteous deeds, the Kundalini burns out all the negativity and evil within that person from his past and present, giving him/her a beautiful future, which is the reward of best deeds.

As the Kundalini rises it starts burning all the impediments on the Chakras within that person, due to which all illnesses and other problems occur are thrown out from the body and conditions improve, whether external, internal or of the heart and mind. All their ills will also be blotted out.

**IF TWO PARTIES AMONG
THE BELIEVERS FALL INTO QUARREL,
MAKE YE PEACE BETWEEN THEM
WITH JUSTICE, AND BE FAIR.
FOR GOD LOVES THOSE WHO ARE
FAIR AND JUST. THE BELIEVERS ARE
BUT A SINGLE BROTHERHOOD
SO MAKE PEACE AND RECONCILIATION
BETWEEN YOUR TWO CONTENDING
BROTHERS, AND FEAR GOD,
THAT YOU MAY RECEIVE MERCY.**

AL QURAN. CHAPTER 49, VERSE NO 9-10

Quarrels between two realized souls (Muslims) should be solved quickly and without taking any sides, as all are brothers to one another. There should be perfect fairness, justice and respect for the highest principles, taking into account every just and legitimate interest without compromising spiritual with transitory matters.

Enforcement of brotherhood in Islam is the greatest social ideal, but in Sahaja Yoga all people who get their self-realization get connected in collectivity with Mother's love and the Kundalini binds them together in brotherhood. It happens spontaneously.

HAS NOT THE TIME ARRIVED
FOR THE BELIEVERS THAT
THEIR HEARTS IN ALL HUMILITY
SHOULD ENGAGE IN THE
REMEMBRANCE OF GOD
AND OF THE TRUTH WHICH HAS BEEN
REVEALED TO THEM.
AND THEY SHOULD NOT BECOME
LIKE THOSE TO WHOM WAS GIVEN
REVELATION AFORETIME,
BUT LONG AGES PASSED OVER THEM
AND THEIR HEARTS GREW HARD?
FOR MANY AMONG THEM
ARE REBELLIOUS TRANSGRESSORS

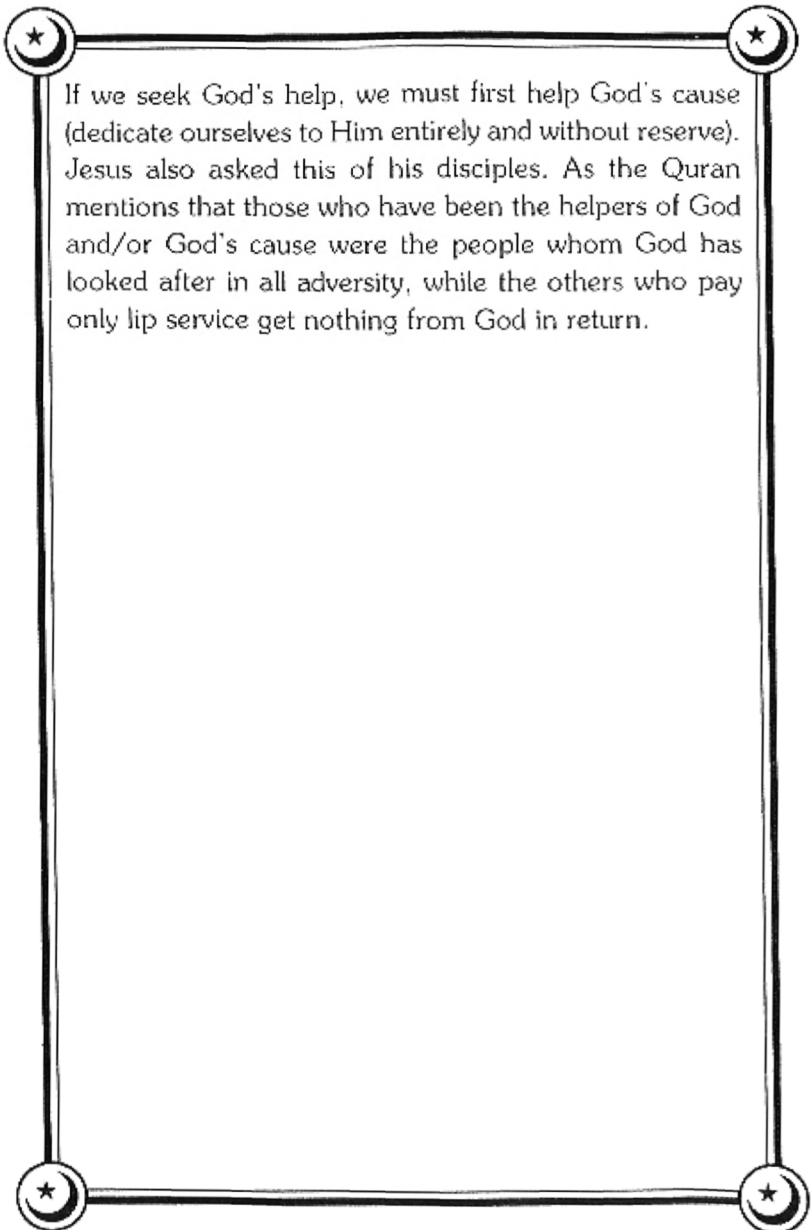
AL QURAN, CHAPTER NO 57, VERSE NO 16-

All the people of the world no matter where they have been have received God's messengers and were given God's revelations. As time passed, they corrupted it,

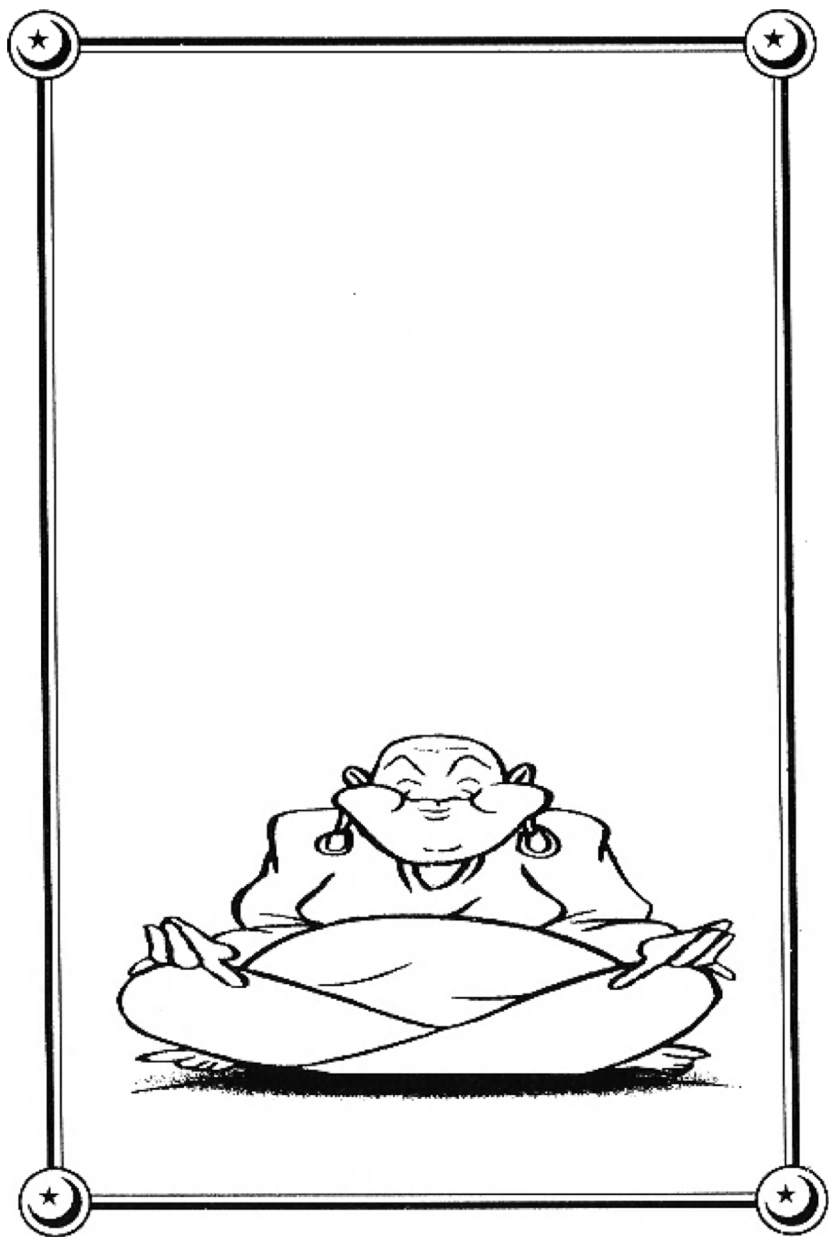
became arrogant and hard hearted, subverted justice and the purity of life. No one God's favourite except the righteous, there is no chosen or individual race, and there is no blind good or ill fortune. All happens according to the just laws and the will of God. Humility and righteousness are very important for the seeker. These qualities are all the more necessary in the hour of victory and triumph. Humility should be from the heart and it should be genuine and not an outward show or posture.

O YOU WHO BELIEVE! BE YE THE HELPERS
OF GOD AS SAID JESUS THE SON OF MARY
TO THE DISCIPLES,
“WHO WILL BE MY HELPERS
TO THE WORK OF GOD?”
SAID THE DISCIPLES,
“WE ARE GOD'S HELPERS!”
THEN A PORTION OF
THE CHILDREN OF ISRAEL BELIEVED
AND A PORTION DISBELIEVED
BUT WE GAVE POWER
TO THOSE WHO BELIEVED
AGAINST THEIR ENEMIES, AND THEY
BECAME THE ONES THAT PREVAILED.

AL QURAN, CHAPTER NO 61, VERSE NO 14.



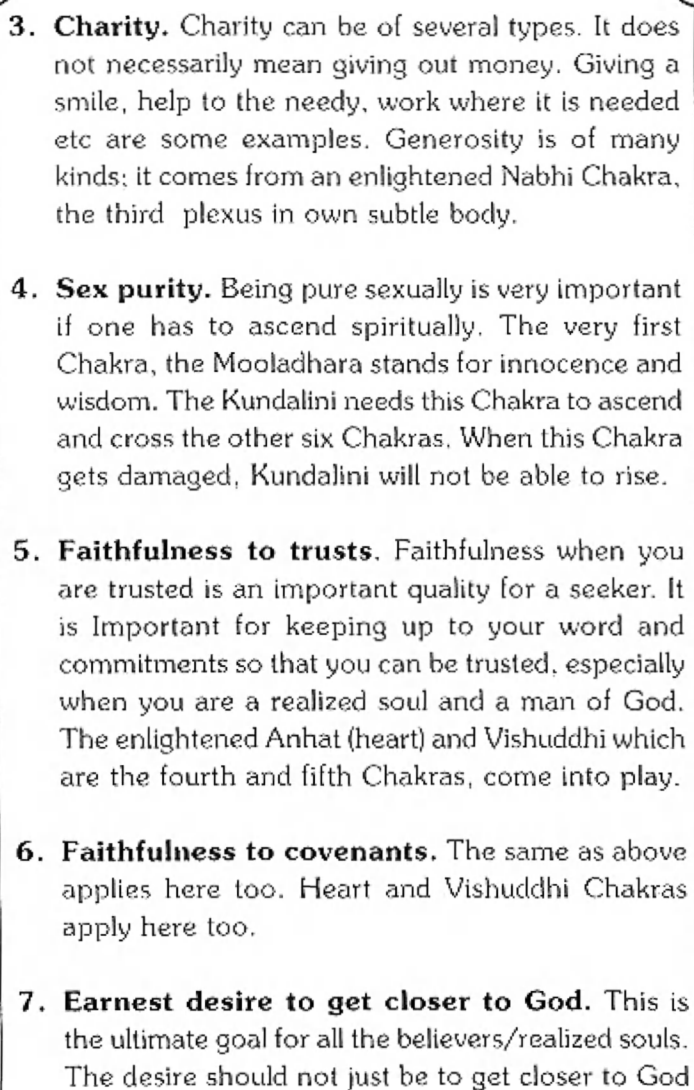
If we seek God's help, we must first help God's cause (dedicate ourselves to Him entirely and without reserve). Jesus also asked this of his disciples. As the Quran mentions that those who have been the helpers of God and/or God's cause were the people whom God has looked after in all adversity, while the others who pay only lip service get nothing from God in return.



SEVEN JEWELS OF FAITH

There are seven JEWELS OF FAITH according to the Quran. These show the quality of a realized person, which are awakened once you receive your self-realization. They are:

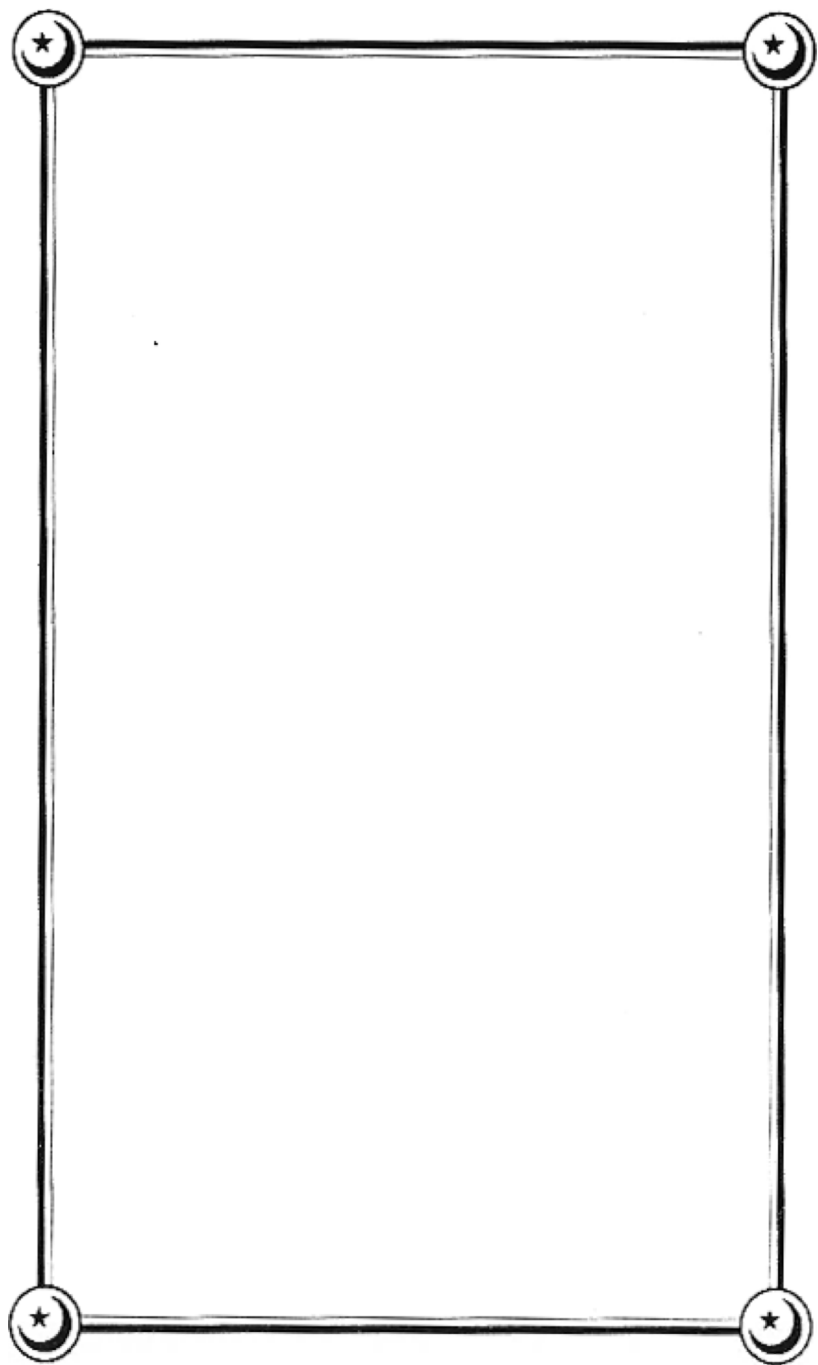
1. **Humility.** It is very important for a believer to be humble. This has been explained before. Swadhishtana and Agnya Chakras are the ones which when enlightened make the seeker a humble person.
2. **Avoidance of vanity.** A vain person is full of ego. Such a person cannot be close to God and get his/her self-realization. He/she cannot respect anybody because such a person does not respect him/herself. Again the enlightened Swadhishtana and Agnya Chakras, which are the second, and the sixth Chakras come into play.

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3. **Charity.** Charity can be of several types. It does not necessarily mean giving out money. Giving a smile, help to the needy, work where it is needed etc are some examples. Generosity is of many kinds; it comes from an enlightened Nabhi Chakra, the third plexus in own subtle body.
 4. **Sex purity.** Being pure sexually is very important if one has to ascend spiritually. The very first Chakra, the Mooladhara stands for innocence and wisdom. The Kundalini needs this Chakra to ascend and cross the other six Chakras. When this Chakra gets damaged, Kundalini will not be able to rise.
 5. **Faithfulness to trusts.** Faithfulness when you are trusted is an important quality for a seeker. It is Important for keeping up to your word and commitments so that you can be trusted, especially when you are a realized soul and a man of God. The enlightened Anhat (heart) and Vishuddhi which are the fourth and fifth Chakras, come into play.
 6. **Faithfulness to covenants.** The same as above applies here too. Heart and Vishuddhi Chakras apply here too.
 7. **Earnest desire to get closer to God.** This is the ultimate goal for all the believers/realized souls. The desire should not just be to get closer to God

but to stay there with Him all the time. Be on the seventh heaven, the Sidrat-ul-muntaha or the Sahasrara. Pure desire is the desire to be the spirit, to be with God Almighty. It is the cessation of all desires. It is the purest yearning for God and nothing else.

All seven Chakras are being mentioned in a very subtle way through the seven jewels of the believers in the Quran. It is only going to work for you if you get your self realization which is possible only through Sahaja Yoga, where this event takes place spontaneously due to your pure desire to be one with God.





NAMAZ AND THE DIFFERENT MUSSALLAS (WAYS OF PRAYING)

It is said that Namaz/Salah is the meraj for the believer, which means that through namaz or by performance of the act of namaz a believer achieves his or her meraj or realization or union with God Almighty.

There are verses in the holy Quran which tells the believers to pray and there is no description or any method shown in the Quran about how to pray. The several Hadith throw light on the proper method of prayer : about how the Holy Prophet performed and offered his Salah. There are four major schools which according to the Sahih Hadith offer their salah



in four different ways which are called Mussallas. They are called :

SAH'AFI
HANIFI
HAMBALI
MA'ALIKI

These different schools are all right according to Islamic studies and great scholars of Islam and so are their methods of praying. One system has the hands on the navel, some hold their hands below their navel, some cross it on the heart area and some leave their hands down to their sides while praying. If all these styles of praying are right and the schools of thought true then WHY did Prophet Mohammed pray in these different ways ?

During the Salah when the Muslim bends down in Ruku gloryfying God and saying 'SUBHAN-I-RABBIYAL AZIM' he clasps his knees tight with the palms. When the performer performs the act of Sojood which is prostration and presses his head and face to the ground gloryfying God saying "SUBHAN-I-RABBIYAL AL'A" he is touching the highest part of the body to the ground in total surrender. The question again is why all this ?

One must first understand that Islam is a very collective religion or "Dean", which means "The way". All benefits or calamities must be worked out in a collective manner, whatever the nature. As explained and illustrated about the chakras or heavens, which are





within us, there must have been some collective problems on those particular Chakras or Latifas which had to be worked out collectively and since the Prophet could feel those collective obstacles, he prayed and made the whole Islamic collective pray in that fashion. When there was a problem relating to the second chakra the Prophet prayed by keeping the hands in that area, when the problem was on the third chakra hands were there; when the problem was on the fourth chakra, the hands were crossed on the heart area. When there was no problem the hands were left open on the sides. Hence these four styles of praying. When the hands are placed on that particular chakra during prayer/meditation positive vibrations are released in that area clearing all obstacles, catches and any and all negativity in that area.

In the act of bending during Salah when the knees are clasped tightly, vibrations are given to the third chakra, (please see the diagrams). Again one must first be a realized soul to feel these vibrations and understand Islam and its subtlety and the true meanings of the teachings of the holy Prophet Mohammed; this realization comes spontaneously through Sahaja Yoga.

CONCLUSION

According to the Quran there have been more than one hundred and twenty four thousand Prophets sent all over the world. The Quran says that they have been sent to every NATION, TRIBE AND PEOPLE of this earth, only a few of them have been mentioned in the Quran and many have not been mentioned.



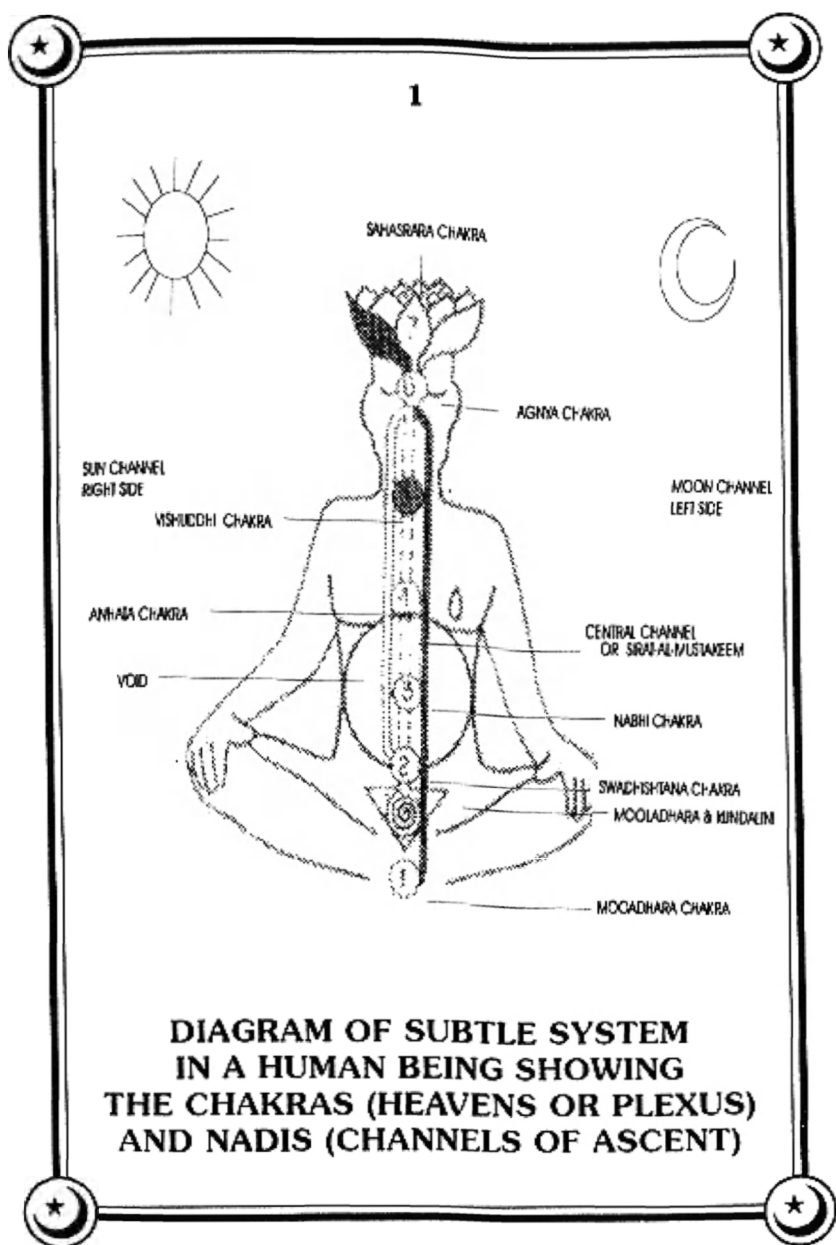
A true Muslim must also believe in all the Prophets. Knowledge about the self and God have been revealed to all the people of this earth as God has created different races with different languages and customs. The Prophets who came to them got messages so that those people could understand better and also identify with it. Socrates, LaoTze, Confucius, Zoaraster, Buddha, Mahavira, Sri Krishna, Sri Rama and so many others have come all over the world just like Abraham, Moses, Solomon, David, Jesus and Mohammad. They too have to be revered and their messages seen and all the common points found out to build bridges of love and understanding between all the people of the world. The Quran tells all the people to come on a common platform and see where they all agree upon.

Therefore Muslims should keep an open mind and understand the universal message which is of truth, love and harmony and also understand the fact that they are not exclusive as made out to be by a lot of prejudiced people. We as Muslims should also know that the purpose of us being here on this earth is to achieve our self realization, which will ultimately lead us to God realization (Hadith of Prophet Mohammed)

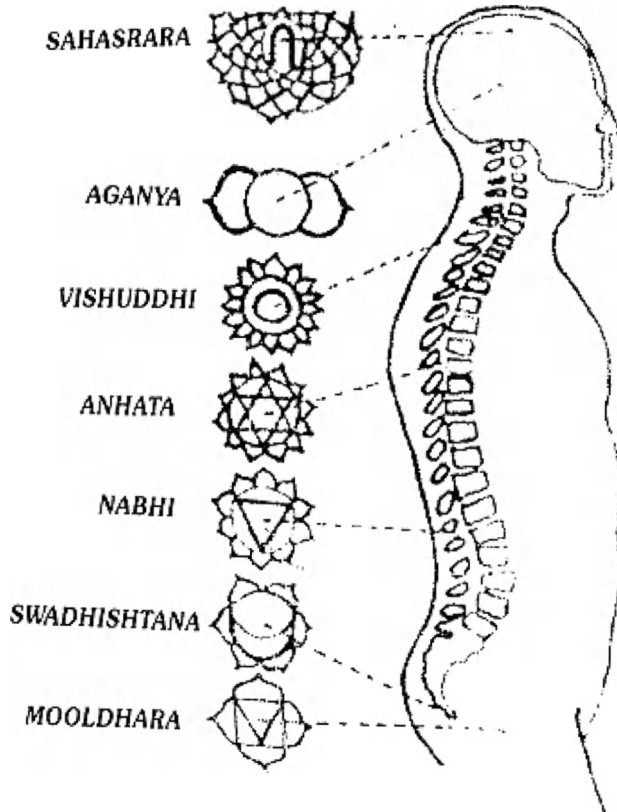
THE CHAKRAS AS THEY ARE KNOWN IN ISLAM AND SUFISM

<u>NAME OF CHAKRA</u>	<u>IN ISLAM</u>	<u>IN SUFISM</u>
1. MOOLADHARA CHAKRA	ALAM-E-FA'ANI	LATIFA KALABIYAH
2. SWADISHTANA CHAKRA	ALAM-E-MASOUT	LATIFA NAFSIYAH
3. NABHI CHAKRA	ALAM-E-LAHOOT	LATIFA KALHBIYAH
4. ANAHATA CHAKRA	ALAM-E-SAHOOT	LATIFA SIRRIYAH
5. VISHUDDHI CHAKRA	ALAM-E-MALKOOT	LATIFA RUHIYAH
6. AGNYA CHAKRA	ALAM-E-JABROOT	LATIFA KHAFIYAH
7. SAHASRARA CHAKRA	ALAM-E-LAHOOT	LATIFA HAQQIYAH

These Chakras are known as Alam or Latifa in Islam and Sufism respectively. One of the names of Allah is Al-Latif, which means the subtle one or the one who knows all subtleties. Hence the word for Chakras used is Latifa which means subtle center. Chakras are indeed subtle centers which when awakened give a person his self-realization

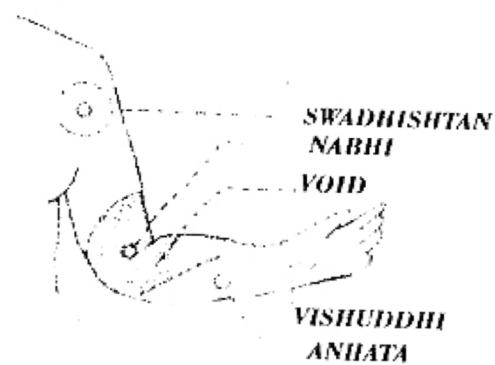
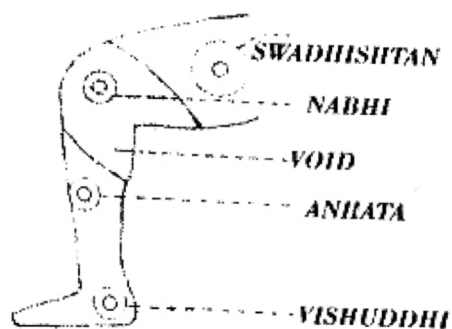


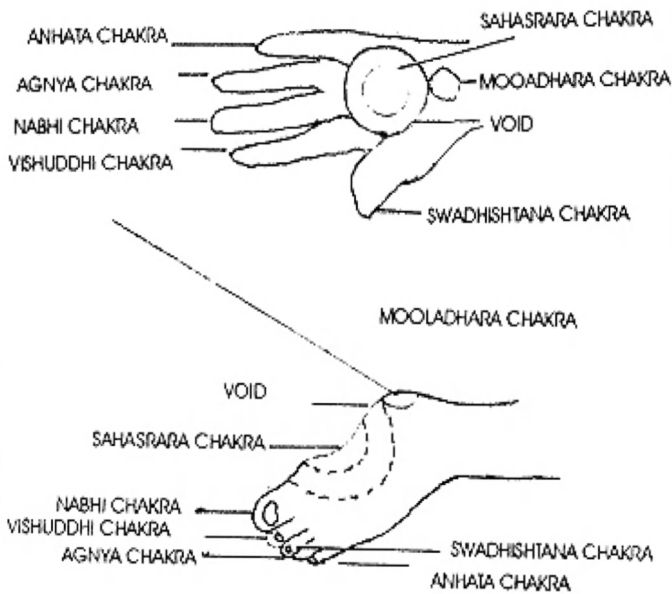
SEVEN HEAVENS OR CHAKRAS



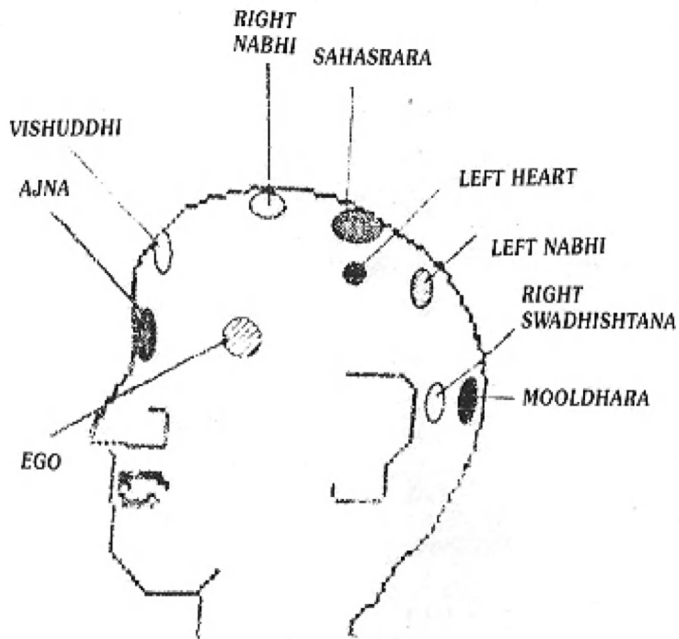
LOCATION OF CHAKRAS
IN SPINAL CORD

LOCATION OF CHAKRAS IN DIFFERENT PARTS OF BODY





POSITIONING OF CHAKRAS ON HANDS & FEET



**DIAGRAM SHOWING
THE CENTRES OF THE CHAKRAS
IN THE HEAD WHICH GET
STIMULATED AND PURIFIED
DURING THE ACT OF WUDU**

