

# Learn TELEPATHY



**Khwaja Shamsuddin Azeemi**

**Khanwada of A**

# **FOREWORD**

This book is dedicated to those lively-hearted friends who want to reach the pinnacle of humanity through service to mankind and to those scientists who would adorn the Earth anew after 2006 **A.D.**

# PREFACE

His Divine Grace Qalander Baba Auliya writes in his valuable work 'Tazkira Tajuddin Baba' (An Account of Tajuddin Baba Auliya).

"Human beings are conversant with the act of 'articulation' from the very beginning. In talking, the sound waves with predetermined meanings convey the information to the listeners. This method is a duplication of that communication style which takes place between the waves of Ego. It is a common observation that a dumb person conveys everything with a slight movement of his lips and those who are versed with lip-reading; understand every thing which he desires to convey. This too, is a replica of the same method. Animals convey their feelings to their fellows without producing any sound. In this case, too, the waves of Ego are operative. Trees also converse and communicate with one another regardless of the distance existing between them. This conversation not only takes place amongst the nearby trees, but the trees at far off distances also take part in it. The same law is valid for the minerals as well. Stones, pebbles and the dust particles also negotiate with one another exactly in the same style."

## Single Unconscious

Many events of prophets and people with spiritual powers are evident that only one and the same Unconscious is actively functioning in the whole universe. Every wave of the Seen and the Unseen understands the meanings of the other thought, even if they are located at the opposite poles of the universe. Understanding the significance and meaningfulness of the Seen and the Unseen is the life essence of the universe. We, with a considered contemplation about this life essence, which is our own life essence as well, can explore the conditions and situations of other planets besides that of our own planet. We can discover the thoughts of men and animals, can acquaint ourselves with activities of angels and **jinni**, and know the internal stimuli of plants and mineral. Continuous concentration transmutes the mind into Cosmic Unconscious and the artificial self—adopted shell of our personality is emancipated from the clutches of Ego and begins to observe it in the conscious. The targeted aim of the lesson of Telepathy that were started in Roohani Digest, Karachi in 1979 was that the sagacity pertaining to the significance and meaningfulness of the universe could be revealed upon the unpolluted minds and hearts of the young generation.

It is an occasion for rejoicing and gratefulness that our efforts have seen the light of success. The experiences of the students of Telepathy as reported in the following pages are

evident of this thing.

Telepathy; the technique of transference of thought, is that branch of metaphysical science which has widely attracted the attention of the people of the present era. A large number of books have been published on this subject in the western countries as well as in our own country. Without commenting on their literal values, it is said, that the knowledge presented in the form of this book has no parallel to it, because it is not based upon the occidental source rather the origin of this knowledge is that sublime heritage of our ancestors that has reached us in disciplic succession.

It is the blessings of our elders that the students of telepathy have been endowed with that thinking approach which is called the divine approach and this has helped them to remain on the straight path.

Announcement regarding the publication of this book proved to be such an act which widely earned the approval in anticipation. It is a blessing of Allah, the most sublime, that the book became a subject of discussion in various circles of our society even before its publication.

I am grateful to my sincere friends for their love and affection extended to me. I humbly pray through the intercession of the Holy Prophet (Peace and Blessings of Allah be upon him) that this effort of mine be a means of salvation for the people who want to enable them to rise to that position about which Allah has proclaimed, "Verily the Friends of Allah neither have any fear nor any sorrow troubles them."

Just as for learning any worldly knowledge a teacher is mandatory, for following the instructions incorporated in this book guidance of a teacher is prerequisite and necessary.

Teachers of psychology, parapsychology and the learned leaders of spiritual orders can be taken as guides in this field.

Khwaja Shamsuddin Azeemi

# CONTENTS

Click over to reach the content page

Foreword

Preface

Single Unconscious

## **1. WHAT IS TELEPATHY**

**Law of Sight**

## **2. TIME & SPACE**

## **3. THE GALAXIAL SYSTEM**

**Waves of Ego**

## **4. THE LAW OF EXCHANGE OF THOUGHTS**

Society and Our Belief

Deterioration of the Brain Cells

Focusing of Attention

## **5. SALT AND SUGAR**

Mirror Gazing

## **6. EXPERIENCES AND INCIDENTS OF FIRST LESSON**

Mercury Light

Angels

Goddess of Sleep

Universe Submerging in Light

Third Eye

Diving and Emerging

The Garden of Paradise

Voiced Thought

## **7. TELEPATHY AND THE BREATHING EXERCISES**

## **8. THE SECOND LESSON OF TELEPATHY**

## **9. THINKING OF RIGHTEOUSNESS**

## **10. ON THE THRESHOLD OF GRAVE Men, Jinni & Angels**

## **11. INCIDENTS & EXPERIENCES OF SECOND LESSON**

Rain of Noor

Candle & Lamp

Broom and a Lean Person

## **12. CLASSIFICATION OF KNOWLEDGE**

## **13. MENTAL TURMOIL**

## **14. THIRD LESSON OF TELEPATHY**

## **15. BELIEF OF SCIENCE**

Trees also Converse

## **16. INCIDENTS & EXPERIENCES OF THIRD LESSON**

Door Opens

The Last Pool

The Tomb of Data Ganj Buksh

Flame of Fire

Advice

The Inner Eye

## **17. TRUE DEFINITION OF IMAGINATION**

## **18. THE FOURTH LESSON OF TELEPATHY**

## **19. 156 ELEMENTS**

## **20. INCIDENTS & EXPERIENCES RESULTING FROM FOURTH LESSON**

Riddance of Inferiority Complex

Golden Palaces

## **21. DOMAIN OF THOUGHTS**

## **22. LAW OF NATURE**

## **23. FIFTH LESSON OF TELEPATHY**

## **24. SIXTH LESSON OF TELEPATHY**

Breathing Exercise

Special Instructions

## **25. EXPERIENCES DURING THE COURSE OF SIXTH LESSON**

## **26. SEVENTH LESSON Breathing Exercise**

## **27. METHOD OF INFLUENCING TELEPATHICALLY**

Curing Cancer Telepathically

## **28. EIGHTH LESSON**

Breathing Exercise

## **29. MIND..... A TREE**

## **30. SPIRITUAL PERSON**

## **31. SPIRITUALITY AND SORCERY**

# WHAT IS TELEPATHY?

The modern world of science is well acquainted with galaxial and solar systems. Science has reached that phase of its advancement where it is required to strive to understand the relationship of light of galaxial and solar systems with our planet earth and how does the light from these systems affect the earthlings, man, species of animals, plants and inanimate objects?. How the state and situations of animals, plants and other objects are changed? This also is believed by modern science that the basis of every thing existing on earth is wave. Nothing but wave. The wave which cannot be denominated by any name other than light.

In telepathy that knowledge is delved which is operative at the background of our senses remaining obscure from our conscious. This knowledge informs us that the grip of our senses is hypothetical and a fictitious thing.

## **Example:**

When we happen to see a solid thing we instantly know of its hardness, though our mind does not come in tactual contact with that thing.

According to the most modern sciences and occult knowledge every existing thing is a collection of waves or rays. When we pay attention to any object of wood or iron the waves of wood or iron inform our mind. For

informing the mind the tactual feeling of wood or iron

is not necessary. It needs profound consideration that a wave is neither solid nor has any weight then how we come to know about softness or hardness of an object. Similarly when we see water though it has not soaked our mind. How do we pronounce water as water when it has not soaked our mind?.

More than sixty types of colors have been discovered so far. When we see a color not only we instantly recognize it but we are directly influenced by its intensity. Greenery and green shades have a soothing effect on our nerves whereas the red color causes unpleasant irritation and can even imbalance our attitude.

In fact everything is existing because of distinct and definite quantities. The fixed quantities and magnitudes of waves and rays separate one thing from another. The rays of a thing supply informations about its existence. To wit, every existing thing is another name of the waves and waves of every thing are different from one another. If some how or the other we could have this knowledge as to what type of waves are operative in man, animals, plants and inanimate objects and how can we exercise control over them, then we can influence these things. The ray or the wave in fact is a continuous movement and everything has a definite formula of the movement of waves.

We always remain surrounded by various sounds. The sounds are also a form of waves with varying wave lengths. Scientists have estimated that man cannot hear the sound waves having less than 20 cycles/sec, nor can waves of over 20,000 cycles/sec, be heard. The waves having less than 20 cycles/sec, can be heard with the help of electric current. Similarly the sound waves of more than 20,000 cycles/sec, can only be heard with the help

of electric current.

The stimulation that takes place on the retina of an eye is also because of the rays or waves. The more sensitive the eye, the more distinctively the waves are perceived. The principle of telepathy is that through practice, the sense of sight is sharpened and enhanced to such an extent where one can distinguish between the flow of stimulating waves and the waves of the senses. The eyes are the organs of sense of sight and they are influenced by external stimuli. The external stimuli affect the brain through the eyes causing the activation of sense of sight. It has been stated that the sound waves of more than 20000 cycles/sec, can be heard with the help of electric current. This is only because all the senses and thoughts are also a sort of electric current.

It is necessary to know that whatsoever we see is not seen in the outer world. Every manifested form of universe is located within our selves. We think that what we are observing is present in the outside. Existence of anything in the out is only a hypothetical phenomenon. Every thing is residing within our selves and we observe it over there. Every observation is our own knowledge. If we do not have knowledge about something we cannot see it.

In telepathy, in the beginning, one is made to practice that the objects and things are existing within us. As a result of practice one starts observing a particular thing within one's self. Continuous attention and persisting attempts to focus finally enables one to see something present within one's self. For developing concentrative abilities, breathing exercises and Muraqbah (transcendental meditation) is performed.

# Law of Sight

Before dwelling upon the exercises of telepathy, understanding of law of sight is necessary. Man, in fact, is Sight. When the sight is focused upon an object after absorbing it, brings it to the mental screen, then the mind sees it, feels it and ascribes meanings to it. It is the law of sight that when an object is taken into focus the image of that thing persists for fifteen seconds on the screen of the mind and with the act of blinking it gradually slides into memory and is replaced by some other image. If the sight is focused on an object for more than fifteen seconds the same image keeps on recurring on the screen of the mind, registering itself in the memory. For instance when something is sighted for a long interval of time without blinking the eyes, the ability to transfix the sight infuses in the mind, putting an end to the mental distractions. Gradually practice enables the exerciser to control and monitor the movement of an object according to his will. It means that the concentration of sight generates the will power and will power is that force which enables us to perform various tasks. The basic principle of telepathy is to enable one to concentratively focus one's sight on one particular point. For attaining concentration of sight, some intention is also required to be there. The more proficiency in concentration is there the stronger becomes the will-power, backing the intentions. When a telepathist intends to reflect his thoughts on the screen of some other person's mind the thought is transferred to him and he takes this thought as one of his own thoughts. And now if the recipient of this thought is a person with an undistracted mind, the thought after passing through the phases of concept and feelings becomes a manifestation. If one thought is transmitted repeatedly, the mind of the recipient starts receiving it even if he is not consciously attentive. Concentration makes a thought manifested.

Telepathy is not the only name of the knowledge of transferring thoughts but we can fill our life with pleasant ideas after studying our life with the help of this knowledge. Life is a cobweb of urges, desires and wishes. It is basically a compounded mixture of wishes and urges. The first urge encountered after one is born is the feeling of hunger. When the mother brings her child to her bosom he starts feeding himself as he had learned it in the womb of the mother.

Growth is another name for completion and fulfillment of wishes. Wishes are fulfilled in two ways. One is the conscious fulfillment and the other is the unconscious. The conscious and unconscious are two pages of a single leaf. Impressions of thoughts and ideas on one page are bright and clear and on the other they are dim and unclear. The page with bright and clear impressions is known as unconscious. And, the page with dim and dull impressions is called the conscious.

In spiritualism one is made to observe that in bright and clear thoughts, time and space are not there. Unclear, vague thoughts are associated with spatio-temporal ties at every step. When we analyze an urge and its eventual fulfillment we come to know that ascribing different meanings to an urge makes it appear differently in reality Hunger, for instance is an urge and its fulfillment is to eat something. One individual satiates his appetite by eating bread and meat, the other eats something else. A lion does not eat grass. A goat does not eat meat. One likes sweet foods the other is fond of salty things.

No single person can deny this fact that sorrow and happiness are directly related with thoughts. Some thoughts are very pleasing and others are very disturbing. Fear, fright, dubiety, jealousy, greed, hatred, malice, showing off, false pride and vanity are all products of our thoughts. And love, affection, faith, humility, modesty and sacrifice and feelings of grief are also

resultants of thoughts. Sometimes all of a sudden this ] thought flashes that an accident may be faced by us or by one of our children. Although no accident has actually taken place, this thought causes us to experience all the agony of an accident. We experience feeling of



anxiety in detail regarding disastrous accidents, similar is the case of happiness and a happy life. When an idea after becoming an imagination focuses on such a point where the pictures of happiness and prosperity are existing, fountain of happiness springs from within. Grief and joy are associated with imaginations and the imaginations results from the thoughts.

# TIME & SPACE

You must have seen such patients who have developed this fear that they will encounter an accident if they leave the house. This thought overpowers them to such an extent that they stop going out. Similarly some develop a dread of lizards or cats resulting in a complex. Although there is no apparent reason for this fear. Just a hypothetical idea causes fear in their minds.

Once a patient was brought to me. She had this whimsical thought that she had been made a victim of black magic because of which she had pain in her stomach after every meal. Her husband regarded it as a baseless thing. I too diagnosed it as a freakish whim only, so she was suggested some medicines to improve her digestive system but the symptoms aggravated causing mental fits. She was hospitalized and despite expenses of many thousand of rupees the symptoms persisted. Then she was taken to a mental hospital. After one month of psychotherapy, spiritual healers were also consulted. When nothing improved the situation, she was again brought to me. I listened to her very complacently and told her to see me after two or three days so that I could check what type of magic is affecting her. She kept on visiting me for a fortnight and I kept on apologizing that I because of my other commitments, I could not spare time for her case. Finally when I assessed that she has developed this faith that nobody can cure her except me I told her that she has been really a victim of very strong magic. And to treat her it was necessary that she should get up early in the morning at such and such hour and should try to concentrate with closed eyes, that I am liberating her from the evil influence of the magic by my spiritual power. The patient told me later.

"I kept awake the whole night lest I may fall asleep at the given time. At the appointed hour I closed my eyes and started imagining you. I felt that your brain waves are flowing towards me. With the impact of your brain waves I found myself in an old graveyard. There I dug the earth between two graves. A doll was unearthed there. My name was written on the chest of that doll. I dropped that doll in the well of the graveyard and with that my stomach ache vanished."

At the appointed time all that I had done was that I relayed this thought to the patient that she had been exorcised of the evil influence of any black magic which was affecting her.

According to the laws of creation, man is a collection of three folds. One fold is the attributive fold, the other in is the fold of the Self and the third one separates the former ones from each other. This third fold is the material body of man.

Each fold has its own set of feelings. The self feels, comprehends and observes the thoughts and fantasies very closely. The attributive fold conveys the fantasies and thoughts to the material body in the form of concepts. After ascribing meanings to the concepts, it indicates the feelings of joy or grief. If it is supplied with informations about a beautiful garden there surges colorful waves, lights, fragrances and the aesthetic feelings. And if it is supplied with information pertaining to an accident, colorful bright lights are replaced with darkness, bad-smell replaces fragrance, beauty is replaced by ugliness, grief replaces joy, and dismay replaces hope and love by hatred.

The fold which is made neutral by nature has two types of impressions. One is the innate-impression which is stored with subtle lights and has no interaction of time and space. The

other is the manifested impression. The emotions of narrow mindedness, meanness, inferiority complex, selfishness, jealousy and mental perversion are produced in this side. The actual thing is ascribing meanings to the thoughts. The meaning described to thoughts becomes the ideas and concepts. And these very concepts after taking the shape of manifested features determine the ways of our life-cither a life full of joy and comforts or a life full of sorrows and miseries.

If the concepts are complex and complicated it results in anxiety, uneasiness and worries and this causes scratches in the innate-impression. These very scratches are the basic reason of the moral corruption and the very same scratches are responsible for diseases like epilepsy, melancholia, depression, schizophrenia, anxiety, cancer, fistula, consumption and T.B. etc.

As long as our basic urges remain unsatiated we feel sad. This frustration results in feeling of uneasiness and distress. It is an important aspect of life that we remain in pursuit of those things which could give us pleasure. But since we are otherwise oblivious of the laws governing a sorrowful or pleasant life, we, in search of happiness, usually keep on heading in a wrong direction and due to our ignorance; we often select a path which ends in darkness.

When we analyze life we come to the conclusion that more than half of our life is spent in dismay and distress. This happens because we do not know about that path which is illuminated with the candles of joy, what makes the dewdrop a pearl, which atmosphere is fragrant and tranquil and which perfume enlightens our conscious.

We remain unhappy and frustrated because our urges are not properly exposed to our conscious and we remain neglectful of the needs operative in the background of our urges.

# THE GALAXIAL SYSTEM

The trouble is that the formation of bones, muscles and tissues is called Man, by us. This is not that man which is considered man by nature. This body of flesh and bones could be called, at the most, an attire of the man. Example:

When we are dead. Our body becomes devoid of any movement of its own, you may cut this body into pieces, drag it along, strike it, cast it aside, do anything to it, it will not offer any defence of its own nor will any movement be initiated by it. There remains not even a slight chance that it could be revived to life.

Now let us put this example in this way:

If it is desired that the shirt which we are wearing could make any movement of its own. It is simply not possible. The shirt moves along with the movements of the body that is wearing it. The sleeve of the shirt moves along with the movement of the arm present in that sleeve. If you want to move your arm without causing any movement in the worn sleeve then this too would be illogical. As long as the sleeve is there on the arm it is bound to move along with the movement of the arm. The same is the case with the material body of man. When the body is called "the dress" it is meant that this material body of flesh and bones is a dress of the soul. As long as the soul is present the body will be moving along but when the soul is not present the dress of the soul (Body) is just like a discarded shirt.

Man is composed of two types of urges and needs. One is the instinctive and the other is natural. We can control the instinctive urges but as far as the natural urges are concerned, we can exercise only a partial control over them. We cannot reject them altogether. A mother, for instance, loves her child when the child expires the mother after expressing her grief violently, finally settles down. In ordinary terms mother's love is considered as a natural urge. This urge in fact is instinctive rather than natural. If this urge had been natural, the mother would also die with her child or would lose her senses but it does not happen that way.

When we take the other case of natural urges like hunger and sleep into consideration, we come to know that one can adjust his diet for satiating one's appetite but one cannot live without taking food or water, similarly no one can live awake through out one's life without sleeping or the other way round.

In the light of these facts we can say that the emotions or urges whether they are instinctive or natural are however related to thoughts. We would remain oblivious of an urge unless it occurs in the form of thought The senses of sight, hearing, smell, speech and touch will also remain in obscurity if the thought concerning them is not there.

It is one of the natural urges of man that he should find out that from where and why the thoughts come to him. And how do the small segments of thoughts combinatively construct the final pattern of our life.

In general terms' thinking is denominated as "**ego**". This ego or thinking pattern is a conglomeration of such conditions that are collectively known as individual. The stars and the particles are the creation of similar type. Either it does not occur to us altogether or we are not fully conscious of this fact that exchange of thoughts keeps on taking place between stars, planets, particles and all the creatures by means of dunking. The waves of thoughts of these creatures contribute a lot in our thinking and the waves of our thinking also contribute in their thoughts. In fact the whole universe is like a family, busily exchanging thoughts

between its individuals. The jinni and angels are more close to us in their thinking patterns and, therefore, they are more habituated with us.

We are connected to the galaxial systems and have an established link with them. The thoughts that keep on emerging in our mind reach us from far off distant inhabiting systems through the light. Light waves carry the different pictorial representations of thoughts that are termed fantasy, idea, imagination and thinking etc. We consider them to be our own whims or thoughts but in fact it is not so. Thinking patterns of all the creature have a common point and the very common point after collecting all the pictorial representations of thoughts inform us about them. This knowledge depends upon the conscious of the individuals and the species. The pictorial representations are molded into that pattern which is adopted by the conscious according to the values of its ego.

Here it would not be out of place to mention that three types of creatures, resemble the most in their behavior and attitude and these have been mentioned as man, angels and jinni in the Holy Quran.

These three species are found in all the galaxial systems of the cosmos. Nature has devised such a system that all these three species have become the creative workers. The waves of creation are dispersed in the universe from their minds and when these waves reach at a certain point after covering specific distance a phenomenon or a manifestation come into being.

Cosmos is the name of spatio-temporal distances formed by the varying intermingled waves of the ego. Time and Space, in fact, are two different forms of this variation.

## **Waves of Ego**

This law should be remembered with great consideration that most of the thoughts coming to our mind are not related to our affairs. They belong to the nearby and far away creatures existing somewhere in the universe. The concepts belonging to those creatures come to us through waves and when we try to establish a link between these thoughts with our life, we simply fail.

Few things are worth considering regarding the waves of Ego. According to the scientists, light is the only thing that has the maximum velocity but it is not that swift and nimble that it could eliminate the distances of Time and Space. But the Waves of the Ego (thoughts) are present everywhere in the Boundlessness simultaneously gripping the distances of Time and Space. Distances do not exist for these in the distance which the light waves have to cover up, existence of that distance is not even acknowledged by these waves.

The story of King Solomon and the Queen of Sheeba as stated in the holy books and scriptures also testifies the same.

In the grand court of King Solomon jinni and animals besides men, remain present according to ranks and order for attending any assignment entrusted to them. Once when the court of King Solomon was held in all its grandeur and majesty, Solomon noticing the absence of the Hoopoe, said, "Why is it, I see not the hoopoe? or is he among the absentees? I will certainly punish him with a severe penalty or execute him unless he comes up with a clear reason for his absence." The hoopoe tarried not long, he came up and in reply to the inquiry of King Solomon submitted "I have come up with such an information which will certainly not be in your knowledge, that is, in Yemen there is a Queen of Sheeba. God has provided her with every requisite and she has a magnificent throne. The Queen and her subject practice the worship of the sun. Satan has misled them and they do not worship the one and the only

God." King Solomon said, "Soon shall we see whether you have told the truth or lied. Take this letter of mine and deliver it to them and see what they have to say about it."

When hoopoe dropped the letter before the Queen, she was leaving for sun-worshipping. The Queen studied the contents of the letter and said to her courtiers. "Here is a letter delivered to me, it is from Solomon and reads," "In the name of Allah, most Gracious, most Merciful. Be ye not arrogant against me, but come to me in submission to the True God." She said, after reading out the letter, "Ye chiefs advise me in this regard, no affair have I decided without your consultation." They replied, "There is no need to be afraid as we are endued with strength and given to vehement war but the command is yours, so consider what you decide." The queen expressed, "keeping in view, the way this letter is delivered to us, we should take a considered step in this regard and I would like to send an embassy to Solomon with gifts and presents. When the envoys of Queen of Sheeba reached before Solomon he said, "Take these presents back and tell your Queen if she did not acknowledge my message, I shall come to Sheeba with a great army and they will never be able to defend themselves."

The envoy on their return narrated what they had seen in the court of King Solomon and told her that Solomon is not only a ruler of men but Jinni and animals are also ruled and governed by him. Queen after hearing all this decided to submit and started for King Solomon.

Solomon on learning about her decision said to his courtiers "I want, before the Queen could reach here, her royal throne present in this court."

A giant jinni said, "I can bring it here before the court is adjourned by you." A man who possessed the knowledge of the Holy Book, on hearing this, said, "I'll bring it here before you could wink your eye." And Solomon turned and saw the throne of the Queen present in the court.

For the man's conscious incarcerated in spatio-temporal restraints it is necessary to understand how could the throne of Queen Sheeba reach the grand court of King Solomon within a wink of an eye from the distance of hundreds of miles. In fact the thought waves of the man with the knowledge of the book became a means of transference of the throne from the far off distance after infusing into the waves operative in the throne.

Since times immemorial man is versed with communication through conversation and talking. Sound waves with predetermined meanings inform the listener about the thoughts of the speaker. This method is a replica of the method of exchange of thoughts that takes place between the waves of the ego. It has been observed that even a dumb fellow conveys his thoughts by means of slight movement of his lips and those who can read his lips understand him completely. This method is also a duplication of the first one. Then there are animals who convey their feelings without uttering any sound. In this case too, the waves of thoughts are exchanged. Trees irrespective of the distance between them communicate with one another. Inanimate objects like stones, pebbles and rocks also communicate exactly in the same manner.

In fact only one single conscious is operative in the whole universe and because of this commonness, every wave of the seen and unseen realms, even if they are situated on the opposite poles of the universe, understand the meanings of the other wave. Understanding the meanings of the waves of the seen and the unseen realms is the most vital component of the universe. This understanding is equally important for our own existence. We can observe the situations, conditions and affairs of other planets besides the one of our own planet; earth, activities of man, animals, angels, jinni and the various stimuli taking place in plants

and inanimate objects through attention and contemplation. Regular practice of contemplation transforms our mind into the Cosmic Unconscious enabling us to be liberated from the limiting ties of our ego and we start observing, comprehending and preserving any thing that is intended to be understood.

This is what we call spiritualism. And, telepathy is one branch of this body of divine knowledge. Telepathy is the name of that knowledge which deals with the exchange and transference of thoughts from one mind to another whereas spiritualism, or to say, parapsychology is much wider and deeper study of the creative formula and their implementation in the universe.

In Ghous Ali Shah's renowned book Tazkira-e-Ghousia, Maulana Gul Hassan reports that once he inquired from Hazrat Ghous Ali Shah "Sir have you ever been in Love? He said, when we reached Banaras. My brother Faizul Hassan was there in the police department. It was a very pleasant meeting. He insisted that I should stay with him but I preferred to stay in the mosque by the bank of the River Ganges. There was a thoroughfare nearby. My brother used to visit me there and also send my meals. One day I was sitting by the wall of the mosque looking at the passer- bys. When all of a sudden a young Kashmiri brahman girl of 14/15 with extra ordinary beauty and enchanting manners came there along with her companions, I was overwhelmed with passion. She proved to be a thunderbolt to me. I retired to my room leaving the instructions for my brother that I was not to be disturbed as I have to remain secluded from the world for a certain period of time. I closed the door and sat down with eyes closed lost in the imaginations of that pretty girl. This state pervaded for a week. I remained so lost in her thoughts that I had become oblivious of my prayers or had even forgotten about taking food. On the eighth day, some one knocked at the door. I opened the door and there she was standing with her husband with a tray of sweets in her hands. Her husband was also young and smart. I asked them the purpose of their visit. They replied, "To have your blessings for children."

I understood then that it was Cupid's doing otherwise it was not for them to be worried about children at that short span of their marriage. I found her staring at me. I told her husband to leave us alone for a while as I have to ask her something privately. He left the room. In those days I was forty five years of age. I addressed my self. Now what do you want? Want to marry her? She'll be yours; or want to have sisterly affection from her. If yes, then why have you given up your own relations? You were anxious to be with her, she is here. Now decide, say what you have to say. My heart suggested this was a good game and has played it well and now I don't want to play it any longer. This was a wish which has also been accomplished.

After having this conversation with myself I inquired few things from her and called her husband in, wrote an amulet for them and bade them good-bye.

When they left, it occurred to me that this game of love would certainly have some effects on the other side as well. So after midnight I left the mosque and stayed in a place some twenty miles away from there.

Next day, she also came there accompanied by her husband, wearing a weary expression on her face, totally tired and exhausted. On approaching me she implored me to come with them to Banaras. When I found them both insisting, I told them that I am here for an urgent piece of work and as soon as I am free I'll join them in a few days. Thus I sent them off to Banaras after consoling them. When they left I went to Lucknow and don't know what happened to them."

# THE LAW OF EXCHANGE OF THOUGHTS

Man is composed of three rings, or to say, it has three levels.

First ring is that of the conscious of an individual. Second is the unconscious of the individual and forms the conscious of mankind. Third is the unconscious of mankind which is the conscious of the universe. This has been denominated as the cosmic conscious. Or to say, mind of an individual has three stages. The primary stage is the conscious of the individual which on the second level becomes the unconscious, is constituted from all the consciences of all the individuals of a particular species and in case of man, the mankind. On the third stage comes the unconscious of mankind or the species which in fact is the conscious of the universe or the cosmic conscious.

When the mind rises from the level of the conscious, it enters the unconscious where record of all the consciences of all the individuals of that particular species are preservedly stocked. And, when the mind enters the third level, it becomes the unconscious of the mankind which comprises of all the consciences of all the species, this stage of the mind or the unconscious of a species is known as the cosmic conscious.

This thing clearly indicates that informations pertaining to every existing creature of the universe are found within an individual and exchange of these informations keep on taking place. And, angels and jinni also come under discussion when the information regarding these creatures are exchanged in the mind of an individual. Or in other words, the waves of the thoughts of all the creatures of the universe keep on transferring to us. A creature is recognized because of the transference of thoughts. We recognize any thing when the thought waves of that creature come to our mind. Similarly, realization of the feelings of hunger and thirst also arises when an information pertaining to them is received by the mind in the form of a thought. Someone impresses us because of the infusion of waves from his personality into the waves operative in us. Acceptance and rejection of any thought brings us closer to something or takes us away from it. Any breakage in this link of exchange of thoughts render us unable to recognize one another.

Thoughts reach us through the medium of light. In our own terms we call these thoughts whims, ideas, imagination, concept, and the thinking patterns of all the creatures have a common point and the very common point feeds us the informations about the existence of other creatures. Since man's unconscious remains continuously in touch with the far off boundaries of the universe, therefore, after focusing our thoughts on one single point concentratively, we can relay our message even to the most remote comers of the cosmos. This is the principle behind the science of telepathy.

Man is the talking animal, who communicates his thoughts through the sound waves whereas other animals convey their feelings and thoughts without using the medium of words. This is evident from the fact that thoughts can be exchanged without any obligation of words and sounds. Man expresses his feelings and emotions through words and sounds and the animals express their feelings without using any word and sounds. And, the one for whom the feelings are expressed, acknowledges their proper understanding by responding adequately. In the story of King Solomon and the ant stated in the Holy Quran. A discussion between King Solomon and the ant has been reported. It is important to note that ant did talk to King Solomon and King Solomon did express the understanding of the statement of the ant. Obviously ants never converse in spoken words as we do. It must have communicated through the waves of thoughts and King Solomon expressed their reception



and understanding. The moral of the story is that thoughts, feelings, sentiments and emotions can also be conveyed without spoken words.

Telepathy is the art of exchanging thoughts without using any known media. If we, like Ghous Ali Shah, could concentrate our thoughts about someone then the targeted person after becoming the focus of our thoughts would start receiving our relayed thoughts. And, if after having acquaintance with the common point of the cosmos, we transfer our thoughts to that common point, the cosmos will eventually accommodate our thoughts. This is the stage about which it has been stated in the Holy Quran, "And we have made subservient to you all that is in the heavens and the earth." The only thing is that we should be aware of the fact that all the creatures of the universe remain in constant touch with one another through the waves of thoughts and every individual keep on exchanging thoughts with other individual even if he does not 'cognize' it. Since we are not aware of this law of exchange of thoughts, we fail in comprehending the thoughts coming to our mind from the other creatures. Our ignorance of this law also results in deterioration of our own thoughts. The deterioration of thoughts results in weak willpower. One who has a strong willpower live more successfully than others only because of the fact that deterioration of his thoughts is reduced to minimum and his attention remain focused on a certain point enabling him to attend any assignment concentratively. Such a person has an impressive personality and can very easily convince others to agree with him. Those who do not have strong will-power are constrained to spend their lives aimlessly and without any purposeful objective. To make proper use of will-power and for strengthening it, it is necessary that we should be aware of this reality that the whole of our life revolves around the thoughts and the hidden relationship existing between the universe and its member creatures is also based upon the thoughts.

After settling upon the fact that the whole of our life is revolving around the thoughts and our relationship with other creatures of the universe is also based upon the thoughts, we have to consider as to how we can reduce the deterioration of thoughts. There is only one method for it and that is to refrain from dubiety and uncertainty and not to allow doubts and suspicions to enter into our minds. It is also important to note that the reason behind the weak willpower is the existence of doubt in One's mind. And for getting rid of doubts and uncertainty, we have to have this knowledge as to how a doubt is created in the mind. Only then, we would be able to live with certitude having faith. To have certitude and belief is the only remedy for remaining protected from dubiety and uncertainty.

Weakness of determination and will-power is produced because of the doubts and suspicions. As long as there is uncertainty in thoughts, a state of certitude is not possible. When certitude is not there, willpower is not there, one cannot get his thoughts implemented. Failure in implementation of thoughts results in frustrations, depression and distress. All the exercises suggested for strengthening of will power or to develop concentration are, in fact, aimed at purging the mind of dubiety and filling it with certitude.

Continuous practice and persisting concentration enable the focusing of thoughts on one single point. This state of focusing concentration helps in replacing the state of dubiety and uncertainty with that of certitude and the thoughts start becoming the manifestations because of the backing up of developed will power and determination. This is the secret of telepathy. Those who are interested in learning this art, have to learn to focus their thoughts on only one single point. The only condition to do it successfully is, to practice persistently and whole-heartedly.

Man passes through the various stages of life in small intervals of time and utilizes the fractions of time to live his life by combining and connecting these fractions together in his mind. We either advance from one fraction of time towards the next consecutive fraction or revert back to the previous one. In order to understand this, man thinks of taking food but due to an upset stomach the intention is relinquished, how long will he abstain from it? He

has no idea in this regard. Likewise thoughts are the ingredients of his life which either makes him successful or unsuccessful. An intention is formed, then is relinquished or is postponed whether within minutes of its formation or in hours, in months or in years, anyhow it is ultimately abandoned. This abandonment or the relinquishment is the chief constituent of man's life.

There are many things like hardships, difficulties, worries, diseases, anxiety, depression etc. etc. and to equalize all these there is one thing called 'peace' in which man sees all types of eases and comforts. Most of them are not real but hypothetical and for man they appear to be the easy ones. This creates the trend of inclination towards the easygoing. Actually, formation of the human brain is such that it makes him go for facilities and avoid difficulties. These are evidently two directions and man spends his life between these two directions through his thoughts. Every activity is motivated towards one of these two directions. We decide a plan, when we were organizing it, it was perfect and complete in all its aspects and its direction was also correct but it happens that after taking only a few steps, a change takes place in our mind, with this change the direction of our thoughts also undergoes a change, resulting in a net change in the direction of our activity. And the target towards which we were heading goes into oblivion. What is left with us? Groping in the dark and taking steps gropingly. This is why only one out of millions of people takes a step which is in the right direction and is not withdrawn. It may please be kept in mind that all this is about the in-between stages of doubts and beliefs. As far as the majority is concerned, the main force that controls their minds is whim and doubt, which is ceaselessly effecting the cells of their minds. The more the intensity of doubts, the more will be the deterioration of the brain cells. It will not be out of place to mention that all the nerves of the body work under the direct control of brain cells and the activities of the nerves are the life.

Believing something is equally difficult for man as coming out of the illusions, dubiety and disbelief. For example, man presents himself contrary to what he actually is. He always hides his weaknesses and boasts about those hypothetical virtues which actually are not possessed by him.

## **Society and Our Belief**

The society in which a person is educated and reared up becomes his belief and his mind fails to analyze this belief and this belief becomes his faith, although it is not more than a deceptive illusion. The main cause for this, as already stated, is that he poses himself contrary to what he actually is.

This type of life causes him to face many difficulties, the difficulties which he cannot resolve. It causes, on every step, fear in him that his action would prove to be futile and would yield no result. Sometimes this doubt becomes so intense that he begins to believe that his life is facing destruction and if not destroying it is in great danger. All this happens because of the rapid deterioration of brain cells, the eventual outcome of dubiety.

When the life is lived contrary to that which actually it is or is posed differently than what one is in fact, then the actions and deeds based upon this sort of life do not yield positive results. When he wants to achieve the desired results from such deeds, accelerated alterations and deterioration of brain cells changes the tracks of his practical life and either it does not yield any result or proves to be harmful or produces such a doubt which hinders and obstructs him from taking any step at all.

The mental structure or the construction of the mind, in fact, is in man's own control. Here 'structure' means that the rate of deterioration of the brain cells is high, moderate or low. It is sheer luck if someone is saved from doubt, which is because of the minimum and the least deterioration of the brain cells. The faith and dearth of uncertainty in mind is directly

proportional to the successes of life whereas the intensity of the doubts and uncertainty has its direct proportionality with the failures of the life.

## **Deterioration of the Brain Cells**

It is unfortunate on man's part that he evaluates the knowledge and sciences granted to him by Allah, on the basis of self-made and false principles and refuses to acknowledge them as such. Light has been declared by Allah as the basis of each and every knowledge. Man was required to explore the maximum types and kinds of lights and their functions but he never paid proper attention to this and this thing always remained in obscurity. Man didn't try to lift this veil because either such a veil never existed for him or he never paid attention to it. He never attempted to explore rules and principles governing the composition of lights. If this approach had been adopted by him the deterioration of the brain cells would have been the minimum and he would have advanced towards the belief and the doubts would not have bothered him as much as they are troubling him now. The hindrances and obstructions in his practical activities would also have been the minimum but it didn't happen thus, he didn't explore the types of lights nor did he try to discover the nature of the lights.

He doesn't even know that lights also have their: specific structural formations and natures, they even have the trends and tendencies of particular characteristics. He also doesn't know that the very lights are his life and they protect him as well. He is only familiar with the effigy of me clay and dust which doesn't possess any life of its own. The effigy made from the rotten clay by Allah has no reality of its own. The reality is that which has been breathed in him by Allah in the form of the Soul. Ignorance of the actions of lights causes aversion from the saying of Allah in this regard. The more the aversion, the more increased will be the doubts and whims and faith and belief would also be shattered accordingly.

The spiritualists define faith as a belief in which there is no doubt.

Actual cause of the weakness in determination or that of faith is doubt. As long as reluctancy and hesitation in thoughts is there, firmness of faith is not possible. A thought after acquiring the lights of faith and firm belief becomes a manifested phenomenon.

To check the deterioration of the brain cells we have to have a developed will-power. The exercises designed by the para-psychologists to improve will-power are basically aimed for a better pattern of certitude.

## **Focusing of Attention**

The distance between dubiety and certitude in terms of time on one hand is one hundred years and on the other it is equal to only one split of a second. This seems to be a puzzling statement, but Allah; the most High has resolved it for our comprehension in these words

["This is the book without doubt, in it is guidance sure to those who have faith in the unseen" \(S: 2, V: 2\).](#)

Here Allah the most sublime has stated two things, (1) by saying "the book without doubt" the doubt has been (legated) (2) the unseen which equals to faith and certitude.

This clearly indicates that God does not allow us to have doubt or uncertainty. Only certitude and belief are allowed to remain in the mind. This very thing is called "believing the unseen" which provides guidance. The purpose of guidance is very important. That is, one thing whether seen or not, understood or not, recognized or not is believed to exist. This provides a whole lot of guidance and man is surrounded by it from all directions.

When the radiant thoughts are practiced to remain concentratively focused on one singular point so much so that the lights of dubiety and uncertainty are replaced by the lights of certitude then because of the backing of the determination it is bound to become a manifested reality.

You have read about the practical demonstration of concentrative focusing of thoughts and the resulting manifestation of certitude in the incident of Hazrat Ghous Ali Shah. Another incident of similar nature which has been narrated to us by our elders is as follows.

"When the daughter of a renowned business man attained the age of 15, one day a strange thing happened to her. When she woke up she found her hands decorated with henna. At noon, all of a sudden she had a fit of unconsciousness and then it started that on every Thursday at a particular time she would faint. Doctors started treating her for hysteria. When no improvement was observed she was taken to spiritual healers. They diagnosed exorcisms and tried to exorcise her from the evil spirits. When charms, amulets and other means of witch-doctors also failed she was taken to hakeems and local doctors. This treatment and others continued for four years. Then it started that on the day the girl was to have fit of unconsciousness she would appear to be very happy and contented. After awakening in the morning she would start making up after having bath and would wear silken clothes, and perfume herself. She would appear as a newly wed bride. When asked about this special arrangement she would very shyly say that, "He" would be coming and if I do not prepare myself he would be very angry. After arranging everything around her she would sit on a couch very modestly waiting for some one. When the sun started descending she would collapse and have a fit of unconsciousness. Which lasted till late in the evening.

A board of doctors and hakeems suggested unanimously that only the marriage would put an end to the fits of hysteria of the girl. When the girl came to know about the decision. She opposed it vehemently. Her parents did not pay any heed to her refusal and married her to a healthy youth of their family.

On the very next day of her marriage the girl turned her bridegroom out of the room threatening to disclose the secret of his impotence. The elders of the family attempted to mediate but the bridegroom was so disheartened that he divorced her. Both the families had a big row over the issue. The elders approached the groom and asked him. He stated that the fact is that as and when he went to her, he was deprived of all of his manhood. Everyone considering it a lie scolded the youth who finally committed suicide.

The merchant fervently tried to marry his daughter for the second time but to no avail. Once again they resolved on her treatment. By and by, he was told about a hakeem who practiced in a village some hundreds of miles away. Patients from far and wide would visit him. He had a curing touch and he treated people free of charge.

It was settled that they would set on the journey for that hakeem on Sunday so that on Thursday when the fit would be there the hakeem could himself witness the state of the patient and the diagnosis would be easier.

When the family along with the girl reached the village they were told that on Thursdays the hakeem does not treat patients rather he spends this time in seclusion. There was no alternate but to wait till Friday. The girl had her fit as usual and in the evening she recovered. The merchant also discovered that hakeem was an old bachelor and would avoid any suggestion of marriage; if some one insisted the hakeem would reply that he is already married pointing towards a picture would say that it was his wife's picture.

In short, on Friday the merchant took his place in the queue of visiting patients with a view to have his turn as early as possible. People were waiting for the door to open but it did not

open. People grew anxious and started knocking at the door. But no one was there to answer. Every body finally decided to break the door as the hakeem might have suffered some accident. When people entered the room they found the room empty and the rear door was open. Every thing was there in the room as it was except the hakeem. The picture about which he claimed to be of his wife's was lying on the floor along with an envelope which was addressed to the merchant. When the merchant opened the envelope a letter was there. Which stated "I have divorced your daughter on Friday and now she will not suffer from the fits of unconsciousness any longer. It would be better if you return to Patna, taking the picture of your daughter along with you."

When the merchant saw the picture he was taken aback with surprise because it was his daughter's picture. People of the village were also surprised as to what was happening after all. Everybody was asking each other about this mysterious happening. However, the merchant returned with his daughter and her picture. The girl never had any fits after that.

Only one thing can be concluded from the events narrated by sages like Ghous Ali Shah and others that for transference of thoughts it is necessary that the attention remains persistently focused on a single point. If concentration is not there attention can not be focused on a single point/For learning telepathy it is necessary that our mind is purged from various thoughts that keep on coming to our mind and should be transfixed concentratively on only one thought. For having concentration the following exercise is suggested for those who are interested in learning telepathy.

This exercise is to be conducted once early in the morning and once before going to bed.

1. Close the right nostril with the thumb of the right hand.
2. Inhale through the left nostril for five seconds.
3. Close the left nostril with the small finger of the same hand. Hold the breath for five seconds. •
4. Remove the thumb and exhale through the right nostril for five seconds.
5. Inhale again through the right nostril for five seconds. And close the right nostril with the thumb and hold the breath for five seconds.
6. Exhale for five seconds after withdrawing the little finger from the left nostril.

This makes it one cycle. Do this exercise for five cycles. This exercise is to be carried out sitting in a relaxed posture, keeping the neck aligned with the spine. facing the north. This exercise is to be done on an empty stomach in a well ventilated place. Intake of sweet and sour foods is to be reduced as much as possible.

Besides this breathing exercise which soothes your nerves and gives you tranquility, you have to imagine with eyes closed and remaining in the sitting posture that there is a river of light (Noor) flowing and the whole world including yourself is immersed in that river of light (Noor) . This meditation is to be done approximately for half an hour.

This meditation is to be done three hours after taking dinner. Do not be bothered about the straying thoughts coming to your mind during this exercise. Do not resist them they will automatically go away. Let the thoughts come, just don't pay any attention to them, they will disappear. You have to mind your own business, let the thoughts do theirs. After this exercise of meditation, don't attend any worldly affairs and go to sleep.

Those who are desirous of learning telepathy are to advise to maintain their diary to note the daily events in a diary and to remain in a state of ablution or wazu.

This simple exercise will help you in maintaining your composure in your daily routines and will help you in having a perfect concentration of mind, the prerequisite for learning telepathy.

# SALT AND SUGAR

Comprehension and understanding of affairs and activities of the unseen realm are usually considered to be something mysterious and inexplicable. There exists many fallacies about the witnessing of the affairs of the unseen realm. Whenever there is any discussion on this subject mostly the reaction of the people is that it is not possible for man to observe and witness the affairs and activities of the unseen realm. Usually the attitude of the people is to ignore or just to express surprise when someone tries to share one's experiences and findings in this context.

According to parapsychology every one has been gifted with the faculty of observing and witnessing the metaphysical phenomena. This is altogether a different thing whether one uses it or not. Every man and woman enjoys the ability to observe, perceive and understand the affairs of the preternatural unseen world. The only condition is to make use of this gifted ability. It is our own fault if we are ignorant of the methods to exercise this faculty.

The students of metaphysical sciences know it well that there are two minds functioning simultaneously in man. One is that mind which is responsible for perception of the conscious senses, the senses of the material world. It perceives those senses which remain incarcerated in time and space limitations. This mind is termed as the conscious mind. The other is the unconscious mind responsible for perception of those senses which are independent of time and space restrictions and capable of perceiving the metaphysical realities. We are familiar with the first mind i.e. the conscious mind. But, our acquaintance with the unconscious mind is far behind than it is actually required. We have yet to explore ways to familiarize ourselves with the working pattern of the unconscious mind.

It has been discovered by me spiritual scientists that sugar and sweetness produce gravity and help in constructing the conscious senses. And the quantities present in salt activate the unconscious senses. Sweetness and sugar develop the conscious which is required for living and comprehending the phenomenal world of matter. The salt activates that mind which has been termed as unconscious and works in comprehension of the metaphysical realm. It has been experienced that the unconscious mind of those is more active whose intake of a salt is more than the sugar as compared to those whose sugar intake is more than the salt.

When I came to know about this law that salt activates the unconscious I decided to experiment it on myself so I stopped taking sugar. I experienced weakness and depression in first 2-3 weeks. After few weeks I started settling down and became used to this state of mind. The weakness reduced but the fits of irritation and a state of unpleasantness kept on prevailing. After two months I started feeling that my body has become light and delicate. Here I should be telling dial besides giving up sugar and sweet foods I kept on practicing the exercises for mental concentration.

When the salt level of my blood increased due to abstention from taking sugar, I Started experiencing preternatural things. The brick walls began to appear thin as if they were made of paper. More depth in concentration resulted in emancipation from spatio-temporal restrictions. Once, when I was sitting alone absent-mindedly, to my surprise, I noticed that the distance between floor and the ceiling does not exist altogether. When I tried to touch the ceiling I touched it easily, or to say, the distance between the ceiling and the floor had been abolished for me.

An endless chain of dreams started in the third month of my sugar abstinence programme. The dreams used to become true sometimes the very next day. Once I saw that my sister is sick and is in great pain. After awakening I wondered because only the previous night I was with her and she was all right. After a little while news came that my sister had suddenly fallen sick and she has been hospitalized. On another occasion I saw that I am in receipt of a letter from one of my friends. Then I saw that I am on a platform of a railway station where I am looking for someone. After awakening, at about 11 a.m. I received a telegram announcing the arrival of one of my friends with whom I had lost contact some twenty years ago. And the next day I was receiving him on a platform of the railway station just as seen in the dream.

Then the form of my dreams changed and I started seeing that I am flying in the air just like birds even moving my hands like the birds. Sometimes I used to fly at such an altitude which was scaring. Then I also experienced that in my dreams, I had been seeing the far off places, meeting with different people and eating delicious and sweet fruits and the taste of the eaten things in dreams used to persist even after awakening. When six months of sugar abstinence were completed I started witnessing the far off things even during the state of wakefulness. I could see the things present at long distances. Once, for instance, I started thinking about one of my friends who was residing in Switzerland. Then all of a sudden I found that I am present in the house of my friend, in Switzerland. I was witnessing the house, the rooms, the decorations and the other articles just as if I could have witnessed them physically. Now, this was quite a unique experience for me. I wrote a letter to my friend and sent him a rough sketch of the house witnessed in my imagination. The sketch contained the number of rooms in his house, their measurements. The position of various articles was also indicated in that sketch. The reply of my friend was even more astonishing. He had stated that all the details given by me were perfectly right. He had written, after expressing his astonishment, that I had described in such detail which was not possible even for himself, if he had been asked to give.

On completion of ninth month of abstinence from sugar I started experiencing that the thoughts of the person whosoever comes in contact with me are transpired on the screen of my mind and I could easily read the mind of the other person. I could describe what one had on his mind. One day my father after coming back from the mosque scolded me for not going to the mosque for prayer. I apologized and promised to be careful in future but his reproach continued. Then all of a sudden, it flashed to me that when my father was saying his prayer, at that time he was in fact, calculating about the money spent on the repairs of the house. I simply couldn't resist and told him, "Of what use is that prayers in which one is calculating the expenses of repairs." I felt very strange when he admitted that he was calculating the expenses of the repairs.

These few examples clearly show that abstinence from taking sugar helps in liberating one from time and space restraints. This also is the reason that the exercise suggested for teaching telepathy are supplemented with this direction that the intake of the sugar should be reduced considerably.

Experiments have confirmed that excess of the salt contents in blood helps in emancipation from the grip of the conscious senses. This also is in our experience that when salt is not taken in our diet, we suffer from various ailments. Normally, the use of salt and sugar results diseases and anxiety. Abstinence from taking sweetness or sugar activates the sub-conscious but since man is not accustomed to living with the activities of the sub-conscious, therefore, it results in so many complications. Thus, it is necessary that intake of sugar should not be reduced on your own. If during the course of learning the metaphysical sciences, abstinence or reduction of the salt or sugar is desired, it should not be done, unless it is advised, or at least, permitted by the teacher.

Only a teacher knows, when some exercises should be practiced and when not. Those who practiced the reduction of sugar intake under the supervision of a teacher have reported that this exercise helped them in liberating from the spatio-temporal restrictions, enabling them to witness the far off things, see the incidents of the remote

past or that of the future and observe the activities, taking place at the preternatural level. Here, it seems necessary that it should be pointed out that activation of the unconscious is not spiritualism. It only helps to comprehend the realities, existing at that level. Activation of the unconscious do help in exploring the potentialities of the soul but this is not the end of the road.

Fasting in the month of Ramadan is that programme given by our religion which is aimed at the control of salt and sugar intakes which finally enables us to get our unconscious activated.

Telepathy is basically aimed at transference of thoughts without any obligation of any medium, Extinction of medium means that the spatio-temporal distances existing between two individuals vanish. As it has been said earlier, thoughts are light. A light which is independent of time and space. Since we are not accustomed to communication without using mediums therefore for achieving this thing we are required to practice concentratively. There are many exercises suggested for the purpose, for instance, gazing the candle, or mirror, staring at circle, gazing in the dark, staring at a photo negative, sun sighting, moon sighting or looking at water etc.

## **Mirror Gazing**

An event regarding mirror gazing was published in the daily newspaper of England the "**Morning Leader**" Friday, August 4, 1896. "Last month dead body of David Thomas, a carpenter working in the estate of Lord Windsor was found in the outskirts of Ferrowier. He had been shot by some one. Despite the hectic searches and investigations neither trace of the murderer nor any clue of the cause of the murder could be found. All evidences lead that David was liked by every one because of his quiet nature. He had pleasant relations at home. He came from a small town of Cardiffshire but was residing in Glamorgonshire where he had married a respectable lady.

He was employed as a carpenter in Lord Windsor's estate and was living, therefore, in St. Fargon; a village near Cardiff. He hadn't been long in that village when he met this gruesome accident on Saturday night.

On the eve of that accident he finished his work early so that he could clear the vegetation that had grown in front of his cabin.

When in the afternoon becoming tired he went to his cabin, his wife told him to take the kids out. He did not answer. His wife who was busy in the other part of the cabin also did not pay attention she however remembers that he had a wash and after changing clothes he left without taking the kids along.

It seems that he met a friend and both went to a pub and had beer, they parted at 10.00. He was walking homewards cheerfully. When he readied a desolate stretch on the road a passerby heard a shot followed by a scream. The passerby, soon after hearing the shot, saw a man walking hurriedly. The man appeared to be very disturbed.

The pedestrian found, some two hundred yards ahead, a dead body which later proved to be that of David. He shouted for help. David had not died instantly. He had attempted to run after he was shot. The trail of blood indicated so.

A girl of 19, who used to practice Mirror gazing, on the request of the Cardiff Psychological Society, revealed certain strange things about that murder with the help of mirror gazing.



She was taken to Ferrweir. She had not been there before. She described all the details of that murder.

The Western Mail also had information about this strange event. Not believing the story they asked the girl to repeat her experiment in the presence of two reporters or the newspaper. The girl accepting tnS request took all the participants to that pub where the deceased David had taken the last drink of his life. From there the girl accompanied by two reporters of the Western Mail started walking. She walked silently for some time then she uttered, "I am beholding a pistol, pointing towards me. The pistol is new and shining bright. It has a wide barrel.

After heading for forty yards she again said, "I am hearing the foot steps of someone. I see a man."

"Where?" the reporters asked.

Right in front. He is crawling beside the hedge on the road side. So that he should not be seen by any one.

"Describe him. How is he clad?" the reporters inquired.

The girl at that time was in a trance, she stepped forward hurriedly. The reporters were holding her when the girl pushed one of them that the man she had seen is pursuing her. Then she screamed. The reporter rushed to hold her otherwise she would have fallen down. This happened exactly where David was first shot.

The girl was now moaning. She was trying to reach below her shoulders in a state of agony. The reporters held her by the arms. She kept on heading staggeringly. Her condition was growing critical. Her eyes had turned white. She appeared to be dying.

"Leave her alone." One of the reporters called out and as the girl was released she fell to the ground, uttering moans of agony. She finally collapsed as if she was dead.

"Tell, friend who are you?" a reporter asked. The girl responded in a feeble voice, "I am David Thomas"

"What do you want us to do? The reporter asked. "I was shot dead", the girl said in a masculine voice.

Who shot you? She was asked. The girl uttered a name.

What can, we do now for you?

The girls' lips were moving slowly as if she was in pain.

"I will avenge my murder." "From whom? Who shot me?"

After this the girl told them about the hidden weapon with which David was killed. The girl was lying as if she was dead during this time. Then all of a sudden she called out. "Look! look!" she said in a terrified voice.

"Look there is blood!"

"Where?"

"Look here, the drops of blood!"

The reporters tried to see but could not see the blood.

The girl said trembling "He is here. Take me away from here. And her body grew stiff. She was petrified. Her face had grown pale.

What are you looking at? A ghost;

The reporters returned with a feeling of terror and fright experienced.

Apparently this incident seems to be an enigmatic and puzzling one. But it is not so. You have studied in this chapter that there are two minds operative in man. When the other mind is activated we start witnessing those things which cannot be explained with the help of intellect confined in spatio-temporal restrictions.

Any exercise, whether it is mirror-gazing or some other exercise, which after liberating the mind from the on rush of thoughts enables it to concentratively focus on one single point eventually results in witnessing such happenings and incidents which remain obscure from the eyes otherwise.

This thing can be briefly stated that when the mind after coming out of the on rush of thoughts is focused on one single thought the sixth sense of man is activated with all its radiances.

It is our routine observation that the network of life is woven with thoughts of various types. Mankind is living its life on segments of thoughts and ideas.

### **Example:**

We feel appetite. What is this appetite? Appetite is an urge to maintain the growth of our body. This urge comes to our mind in the form of an idea. And under the influence of this thought we are compelled to do something. Likewise all the urges and needs of life are following this law. There is no activity of life which is not initiated by a thought and ends on a concluding thought. When feeling of tiredness is there. We are informed in form of an idea that we should be resting now, and we go to sleep.

# EXPERIENCES AND INCIDENTS OF FIRST LESSON

## Mercury Lights

Muneeza Fatimah from Lahore writes: "I wanted to learn telepathy. When the first exercise of telepathy was published in the weekly Mag. I was over whelmed and I decided to practice the exercise given by you. I am sending you the detailed account of my experiences and incidents experienced during practicing the exercise." 9th JUNE:

"I was trying to submerge in the ocean of light when I fell asleep and I saw in my dream that there is the light of Allah which is like the mercury light but it is so bright that when I tried to look at it, it dazzled my eyes then I saw that place where the souls of the martyrs reside."

"After the Fajar prayer I again went to sleep and saw it is quite stormy and I am trying to close the windows and doors but to no avail. In the meantime the milkman named 'Ilm Din' comes and delivers some pure milk and tells me to drink it. I return leaving the door open. I look towards the sky and see a very bright star right above my head. It has a network of hair around it First I feel scared but then this feeling subsided and I start praising the Almighty Allah."

10th JUNE:

"I went to sleep when I was imagining my submergence in the river of light. Saw in dream that a very thin beam of bright light is connecting the earth and the sky. This in fact is a passage towards the heaven.

When I following this beam see towards the heavens I hear the voice of Allah saying "If you want to walk on this radiant passage, existing between the earth and the Heaven, tell people to be good and sympathetic towards each other."

11th JUNE:

"During the course of my meditation I felt as if a dark screen has been removed and an opening appeared before me, when I looked intently I noticed some weird and strange things, like a very high table, a beautiful huge bowl etc."

13th JUNE:

"During the meditation exercise, it appeared as if there is great and limitless ocean of light in which the whole universe is submerged, I found myself empty and saw that my body is a thin leaf like shell. It occurred to me that I am free to move around as, when and where I would like so I thought of visiting my teacher floating through the vast expanses of the cosmos with the occurrence of this thought I found myself flying in the air towards Karachi.

15th JUNE:

"When I managed to submerge in the ocean of light, I noticed a large book, when I opened it I found a painting captioned in Persian. The picture was depicting the ocean of light. There is an ocean of blue rays of lights spreading over the horizon. Excess of blue rays causes fear, the ocean is in the form of huge waves and tides resembling dark clouds. When I turn over the page another painting is there before me. This painting is showing an ocean of very light blue color. There is a passage of bluish white light in the center of the ocean. There is a very big tree on the right hand side of the passage and at the end of the passage an old man with a very kind and benign expression on his face is standing. His dress is radiant as if made of mercury light. There is so much of the mercury light that I find it difficult to see that old and gentle person. It appears as if he is standing there to receive people. A strange light coming out from a wall behind him was falling upon him. He is not looking towards the wall. I

apprehend that the ocean will swallow the passage and there will be no trace of that old man, but nothing of the sort happens because the ocean just touches the passage and recedes."

"Ever since I have started these exercises, I feel like smiling all the time. A cheerfulness prevails upon me, God has started appearing merciful and benevolent. The concept of God's wrath and anger is gradually replaced by his cherishing love and affection. I want to remain silent and lost in thoughts of my Lord God. A voice comes from within, O, ye; I am close to you but you are far away from me."

## **Angels**

Mr. Mumtaz Ali from Sangher writes:

I am submitting my experiences resulting from the first exercise.

14th JUNE:

"After the breathing exercise I sat down to meditate. During meditation my body is cut open like a sliced melon and few people who were probably angels were throwing black things which were like snakes after taking them out of my body."

15th JUNE:

"When I attempted to sink in the ocean of light I was facing considerable resistance from within as if some monstrous creatures have entered into me and are teasing me."

16th JUNE:

"In a state of drowsiness, I saw a house of green color. A young and beautiful lady is casually walking in it; before I could see further the scene vanished, leaving a sense of success. It is the normal state that even during day time when I close my eyes I find myself submerged in an ocean of light. I am experiencing strength, vitality and increased will power."

18th JUNE:

"In a dream I found myself in a green world where every thing, houses, orchards, men and women etc. are of green color."

## **Goddess of Sleep**

Niaz Ahmed from Peshawar reports:

"I can inhale through one nostril only for 3 to 4 seconds. Inhaling through right nostril is comparatively easier than the left nostril. Although I can easily exhale up to 5 seconds, and can manage to retain my breath up to 20 seconds, I do it only for 5 seconds as instructed by you."

"I perform meditation of light sitting on a Cot. For first 2/3 days various thoughts kept on disturbing me but now I am settling down."

14th JUNE:

"Started the exercise. The onrush of thoughts was overwhelming, but I did not bother. Neither I tried to stop thought, nor attempted to reject, so the result was that whichever thought occurred it would pass away. Then for a short while I witnessed a beam of light that was thick at one of its ends and on the other end it was leading towards a mountain."

18th JUNE:

"I found myself in a green valley and noticed a drain of light beneath my feet. It was flowing through fields and orchards finally vanishing in the foot hills."

"When I perform the breathing exercise I become very sleepy but **when** after doing the

meditation for half an hour I try to sleep the sleep is no longer there."

## **Universe Submerging in Light**

Mrs. Nazia Sultana from Karachi reports:

20th JULY:

"From today I started practicing the meditation. After the Isha prayer at 11 p.m. I imagined that the whole universe is submerging in the ocean of light and I was also there in it. Before starting meditation I recited Darood-e-Khizri 50 times and ya Haiyoo ya Qayyum for 100 times. I kept on trying to imagine for 15 minutes but could not succeed in conceiving the desired imagination. And then went to sleep."

24th JULY:

"Today I practiced the meditation for almost 20 minutes I was feeling as if light rays are coming from some where but these were not in a definite form. They were just moving at random as if a continuous reflection is taking place."

27th JULY:

"During the exercise I felt as if there are some white spots which kept on appearing one after the other. They stayed only for a short while then disappeared."

## **Third Eye**

Fareed Mustafa from Bahawalpur writes:

3rd AUG:

"After starting my exercise imagination of a river started taking shape to some extent. I was sitting with face towards the North and the river in my imagination Was flowing! The River was that of milky white light with a yellow tinge in it. The river banks were at a far off distance. There was a depression in the land before me. The river from a distance is coming from the right and is going towards the left."

7th AUG:

"When I started the exercise I felt as if white mercury light is falling on my face. In the beginning I felt a bit frightened but then I settled down."

11th AUG:

"I saw a long corridor. On the other side of the corridor lush green trees could be sighted. At that time the bright light was white as that of tube light and at Times it resembled the sunlight."

14th AUG:

"Soon after the meditation exercise a bright white wave flashed before my eyes and I felt a sensation going through my body."

15th AUG:

"I witnessed a candle. The flame of the candle was of green color which had a black spot in its center. Then there appeared many candles."

17th AUG:

"Immediately after starting the exercise, I felt as if I have been engulfed by a fathomless ocean of light and I dozed off. Now I can't recall what I saw during this drowsiness. After a while a fit of sleep causing spasm woke me up. Again I tried to concentrate but again dozed off. This happened for a considerable length of time. Spasmodic fits of sleep kept on hindering the exercise."

22nd AUG:

"Now a days whenever I try to imagine something with closed eyes I feel as if that thing physically exists before me."

17th SEPT:

"As usual I started my exercise facing the North. During the exercise it occurred that I should sit west-wardly. The thought was so powerful that I found it difficult to resist and felt that I am turning towards the west and then I actually turned. After that my mind became peaceful but my body kept on having the pricking sensation. It was then followed by a feeling as if my sternum and abdomen is cut open and the upper portion of my body will get off like a shirt."

23rd SEPT:

"Soon after starting meditation exercise I felt as if there is an eye right in the center of my forehead. Through that eye I am witnessing that light which is engulfing me and the earth. Today the sensation of pinpricking was also there."

M. Jahangir Talat Dera Ismail Khan writes:

13th SEPT:

"During Muraqabah I saw that I am swimming in an ocean of light with my head protruding out. I heard some one congratulating me. During the exercise I felt heaviness in my head."

14th SEPT:

"A wave of some sort caused turbulence in my head and I felt as if a beam of white light is converging through my eyes."

16th SEPT:

"I witnessed, in Muraqabah, light all around me and there is a tower before me. I swim through the ocean of light to the tower. Then the chain of thoughts broke off. I felt slight headache and a sensation of emission of light Waves from my brain followed."

20th SEPT:

"At 10.00 p.m., after I had started the exercise of meditation the vision of a garden emerged in my mind. In that garden many old people were sitting around a table set with a variety of food items. One of those old people present there was serving the others from a dish which contained a green substance. Then there appeared such a bright thing which dazzled my eyes,"

21st SEPT:

"Tonight during the Muraqabah I saw that I am in a garden. I heard a voice "O' my man" The voice said again, "I reward greatly even for a small deed of virtue. Perform Muraqabah and read the Holy Book of Allah with understanding."

"I prayed, O, Allah grant me success in learning telepathy and I felt the prayer has been accepted."

## **Diving and Emerging**

Aqeel Ahmed from Rawalpindi writes:

"I started the exercises of telepathy according to your instructions. The detail of my experiences is as follows."

18th JUNE:

"I started imagining, with closed eyes that an ocean of light is there in which the whole universe and I are submerged. The difficulty was that I could not have silence around me. The sound of fan or the songs played on radio kept on disturbing me. But anyhow, after sometime the imagination of light started taking shape in my mind."

"During the exercise every thing about which a thought came to my mind appeared to be sometimes completely merged in light and sometimes partially. The imagination of only light, anyhow, could not take shape in my mind."

22nd JUNE:

"When the imagination of light took shape I felt myself in an open space after getting out of myself. I started diving in the river of light. I experienced the feeling of my whole being transforming into light."

"One thing which I have noticed very clearly is that now a days I feel like working whole heartedly whereas before I used to keep on postponing the tasks at hand. Now this approach has developed that when a thing has to be done then why should it not be done now."

27th JUNE:

"When I lie down to sleep in my bed I feel as if I am lying there all molded in light. On awakening I could feel dim light in my eyes. When I open my eyes the light vanishes. Now-a-days I sleep soundly."

1st SEPT:

"The imagination of light was remarkably clear and conspicuous. I saw myself flying over the river occasionally diving in the river. Then I saw myself splitting into innumerable bodies."

## **The Garden of Paradise**

Mohammad Safdar Tabassum reports from Shaikhupura:

29th OCT:

"After saying the Morning Prayer I started with the first exercise of telepathy. Various thoughts kept on coming to my mind. Then I saw a river with gushing water in it. Then an ocean appeared before me. The high tides and waves were striking against the shore, clashing amongst themselves. It occurred to me that I was looking at the river of light whereas it was water, with this thought a garden appeared before my vision. A brook was flowing in it. The water flowing in the brook was shining crystal bright. When I put my hand into it, it was not water but something like sand or powder was shining. Then series of beautiful scenes like a motion picture kept on appearing before my vision."

30th OCT:

"After the Morning Prayer I started Muraqabah like yesterday brooks and rivers came before my vision. The scene was sort of hazy. The water of the ocean was also white like fog and

mist and was floating like clouds. It was quite a scene. Attempted to dive in the ocean but could not succeed. Then it came to my mind that I have to imagine that I am submerged beside the whole world in the Noor. My mind set on in quest of noor. The rivers and oceans kept on appearing before me in the form of mist."

"In the Muraqbah of the night I saw that I am standing on a cliff. When looked down I saw a white light coming from somewhere when I got close I found that white and blue light was pervading all around. I wanted to dive into it. On getting closer, it turned to be a spring of gushing water then I found myself in a valley of houses constructed with black and golden stones. The houses were quite high and moonlight was giving an impression of fairy land. I opened a door and saw a stream flowing. The stream was filled with lights instead of water. I opened three or four doors and found a stream behind every door. The water in these streams was bright white and blue. I imagined that the whole world and I are submerged in an ocean of light. I saw the whole world and myself immersing in the moon light. Then I witnessed the waves like that of a light from a bulb, which was flowing from North to South.

31stOCT:

"During the Muraqbah, I saw the **noor** which appeared before me as if the moonlight has a tinge of blue colour. I started flying in the air and landed on a hill. I found myself in a cave from where I could see the Kabba (The House of Allah). Luminescences showering on it. I sat on a stone after coming out of the cave. The stone started rising and took me along. After passing through the sky I reached a place where the white walls were border lined with black strips with some neon sign like writings on them. I was in that state when my uncle called for me and I finished the Muraqbah. When I looked at my watch half an hour had elapsed."

"During the Muraqbah at night a screen like a T.V. appeared before me. Various thoughts kept on coming to my mind. Then after viewing valleys and hills I found myself in front of a door. When I opened the door and entered it I was in a paradise like garden where a mercury light was pervading every where. After staying there for a short while I came out of that place through the door closing it behind me."

5th NOV:

"When I started Muraqbah, I saw myself flying in the air. During my flight I landed on a hill. After taking off from there I found myself in space. From there I observed the earth and the moon. The earth was round and the surface of moon had craters and mounds. Then I landed on a planet. It occurred to me that it was Mars from there after sitting on a chair I started rising up and reached very close to the sun. The sun was above my head and I was facing the whole galaxial system. It came to my mind that when I am so close to the sun then why I am not feeling the heat. The answer occurred to me that I am in such a ring of light where the heat of the sun cannot harm me."



## Voiced Thoughts

Irshad Ali Malik writes from Azad Kashmir 12th OCT;

"I saw in my Muraqabah that a man is walking in the vast open space. His thoughts were striking against my mind, that is, I was listening to what he was thinking. He was thinking how beautiful this planet earth is and he should take a nap for half an hour over here. Then he instantly went to sleep but this half hour proved to be only a few seconds for me. I noticed that I have command over his thoughts. He was doing only that which I had in my mind for him to do. I concentrated on his mind, and screamed. He also started yelling."

14th OCT:

"I witnessed two men were having a row over a girl. One wanted to take the girl along and the other was also wishing the same. Both were abusing each other. Soon after that there appeared five stars before my eyes. When the stars disappeared a snake like thing appeared there. It was pure white. Then I saw a torch light coming from the distance. When it came close I saw the torch is in my brother's hand. He threw the torch towards me which I caught. Then it appeared to me that my brother is traveling in a bus. He threw two or three torches one after the other which I caught still lying on my bed in my room."

15th OCT:

"The imagination established instantly. A bright light kept on appearing before my vision intermittently. After a while a woman came before me. At first I could not see her face when I saw her face I found it to be a horrible one. Her hair was flying in the air around her. After that waves of bright light kept on accumulating in my mind. I was feeling difficulty in keeping my balance because then I was floating in the air."

"Then once again I found myself on my bed. The face of a woman appeared before me, on getting closer it was found that she was traveling on a ship. I was wondering who she could be. The certain voices in my mind informed me that she belongs to Indonesia and she was traveling for the last thirty six years. Then with my closed eyes I saw a wall in the dark. The wall was made of light. The window in it was also that of bright light. In that darkness I could even see my own shadow."

17th OCT:

"I saw a very graceful man. It occurred to me that this man knows telepathy. I requested that man to take me to a certain place. He looked into my eyes. My strength drained out and I started floating in the air like a balloon, my speed grew. I tried to stop using my will power. With a bit of success I reached my destination."

18th OCT:

"I saw that I am swimming in an ocean, and there is a bright silhouette over me only at a distance of one foot. Then I saw that I am sitting on a radiant land. A boy came there and sat in front of me. I told him that he was spoiling that radiant land. On hearing this he started laughing. The lights of that place where he was sitting went out all of a sudden and he fell down. When he was falling he held a wooden staff and it started moving like a fan. I drew him out and he ran away."

"I noticed that lights appear before me according to my will. If I think of a solid light it is like ice and if I attempt to see it in a liquid form it appears to be something like water."

"Although it seems to be impossible but it is a fact that because of the exercises of telepathy the thoughts of people have started reaching me. Once a snake appeared near our house.

People started throwing stones at it to kill it. I also joined them. My parents have forbidden me from participating in such activities so when my brother saw me in that act of throwing stones I grew worried. When I came home I was concentratively thinking as to what my brother would say. Then in my mind the angry tone of my brother reached. "Where were you?" "I was having tea." I replied in my mind. "What were you doing before that? My brother's voice again came to me. "I was taking my food." was my reply. Then I heard him asking angrily. And where were you before that?" I kept silent and didn't reply. My brother started scolding me. At this point the mental negotiation with my brother came to an end. After few moments my brother physically entered my room and the whole conversation which I had already perceived mentally actually started taking place."

"At another event, a man came to me and before he could have said something it occurred to me that he would ask for a knife. And the next moment he was actually asking for a knife.

Another important thing is that my thoughts have grown so powerful that when I wish something it actually happens so. One day my two younger brothers had a fight and the elder of the two slapped the younger. For some time they both remained angry with each other. Then they resolved and once again resumed their play. It came to my mind that the younger should avenge the slap and should hit the elder brother. To my surprise the younger one actually slapped his elder brother."

"These are few of those incidents that I am experiencing now days."

# TELEPATHY AND THE BREATHING EXPERIENCE

Shamim Ahmed from Lahore has written:

I have studied almost every important work of eastern or western writers on occult and metaphysical sciences, all the writers have written about the exercises of candle gazing, mirror gazing and staring at the circle giving details of the ensuing results of these exercises duly supporting them with experiences of people in this regard. Scholars have dealt with the subject in the light of psychological and physical laws as well. But the theory of yours about telepathy is unique and different from theirs. I think no other author has ever mentioned anything like breathing exercises and imagining the ocean of light in the context of telepathy. As far as peace of mind is concerned, which is a prerequisite for learning this knowledge, can be achieved by candle or mirror gazing. Would you please tell your readers what is the importance of the breathing exercises and Muraqabah of light?

**Answer:** This cosmos is kinetic and in continuous motion whether it is the micro-cosm or the macro-cosm.

When the study of motion associated with life is attempted it is observed that life of living animals and plants is based upon respiration and man is no exception to this law.

Flow of life is directly related with breathing. As long as inspiration and expiration is there, life is there when one stops inhaling the oxygen we declare him as expired. With stoppage of breathing this phenomenal life of this world also comes to an end. Breathing or respiration like every other phenomenon of the universe is dual and bifolded. Inhaling or inspiration is its one side and the other is the exhaling or the expiration.

Inhaling, according to the spiritual point of view, takes the man closer to his inner self or the soul and exhaling takes him away from his inner self. When we inhale we become closer to our inner self. Spiritualist calls it ascending movement. And when we exhale we are drawn away from our inner self. This movement has been termed as the descending movement.

Life keeps on oscillating between these two movements. Emotion and sentiments, thoughts and imaginations, our every activity and interest in various activities are there as long as the system of respiration is there. Initially it was considered that only living animals respire then man discovered that plants too respire. And every species of plants and animals have its own specific rate of breathing and this rate of breathing is directly related with the rate of heartbeats. If, for instance, the rate of man's heart-beat is 72 per minute than his rate is not found in the goat or any other living animal. The impulses acting as heart-beat in plants and inanimate objects are also related with their specific rate of respiration. If somehow we could invent an instrument to measure the respiration rate of plants and other inanimate objects it would be found that the rate of respiration of plants is different than the rate of respiration of mountains and the other inanimate and apparently non-living things. Man respire 18 to 20 times a minute and a mountain respire once in 15 minutes.

Every one of us knows it well that we inhale and then exhale. Then this too is in our knowledge that the rate of breathing in anxiety is different than the state of calmness and tranquillity. Similarly the rate of heart-beat and respiration when one is afraid is different

than the one when one is not.

As stated above respiration is a bifolded action. One is to inhale, that is, oxygen is absorbed and the other is to exhale, that is, carbon dioxide is expelled. When we inhale the oxygen present in the atmosphere is taken in where it burns like a fuel and then the waste material produced during this burning is expelled through exhaling. And, this chain of breathing in and out keeps on taking place as long as we remain alive. According to the spiritual sciences and the statement of the Lord of the worlds, everything comes from Him and returns to Him. When we inhale we are linked with our inner self, or to say, we are in a state of receiving something which is coming from our Lord. And, when we exhale all our interests become attached with our material body and the material world around us, or to say, our attachment with the worldly senses is established.

Senses, too, are of two types. One type of the senses is that in which we remain incarcerated in spatio-temporal restrictions and associate us with this material phenomenal world. The other type of the senses releases us from the spatio-temporal restrictions and the worldly attachments. These types of the senses prevail upon us during the state of sleep or in a state similar to sleep. When we are in a sleep-like state the conscious senses are negated and are released from the time and space limitations. The senses that we experience during dreaming are termed as nocturnal senses and the same are called as (the senses of) the night by Allah the most exalted. The other senses which are associated with wakefulness are termed as the diurnal senses and Allah has termed them as (the senses of) the day. During the nocturnal senses every creature is liberated from the time and space and when the diurnal senses prevail every creature is incarcerated in spatio-temporal restrictions.

When we inhale we come closer to the nocturnal senses, the senses which are required for cognition of the soul. And, when we exhale we are drawn away from the nocturnal senses and come closer to the diurnal senses, the senses which are made to comprehend this material world around us incarcerated in time and space.

When our attention is focused concentratively on any point, whether our eyes are closed or not, the duration of time for inhaling is increased, that is, our conscious attention is drawn towards our soul or the inner self.

This is the reason behind the suggested breathing exercises in metaphysical and allied sciences like telepathy. Through breathing exercise one is drawn closer to his inner self. Acquaintance with the inner self results in awareness of the latent potentialities of the soul. And one starts experiencing the developed will-power and the resulting benefits including the better understanding of the affairs of the material world around us.

For learning the metaphysical sciences powerful mind and strong nerves are required. For having the elastic nerves, active mind and to enhance the working potential breathing exercises have proved to be extremely Useful and beneficial. When one gets control over the breathing the functional abilities of the brain tissues and cells are charged when the breath is retained in the lungs and provides a better chance for activating the latent abilities.

Spiritualists have formulated various rules and methods for breathing exercises which if practiced regularly benefit a lot spiritually and physically. Waves of health and energy too enter the body through respiration. If it is imagined when one is sitting in the open (that waves of energy and health are entering in his body with every inhale and are absorbed in the body then in fact it starts happening so. Certain breathing exercises purify the blood

and accelerate the blood circulation, give boost to mental faculties and cool down the emotional excitement. One can cure almost any disease of one's self through the breathing exercises. Gastric problems, stomach and intestinal ulcers, constipation, kidney's stones, headache, epilepsy and other mental disorders, Ophthalmic ailments etc. etc. can be cured with the breathing exercises. Flu and colds, ailments of chest, throat and nose are automatically cured when the breathing exercises are performed punctually according to the curative methods. It has also been observed that people who had adopted any particular breathing exercise as a routine of their life stay fresh and cheerful like the youths even in their sixties and seventies. They are seldom found depressed or worried and their skin too remains wrinkleless even in the last stages of their life.

Those who happen to conduct their breathing exercises punctually under the supervision of a teacher become able to exchange their thoughts with other people. Such a power is produced in them that they can communicate with people at far off distances telepathically. They start transmitting their commands telepathically and become able to receive the thoughts of the other people even if they are not expressed in words. But it should also be remembered that for learning telepathy only breathing exercises are not enough.

The antenna installed in our inner self is able to transmit or to receive only when the mind is enriched with the ability to focus its attention concentratively. This divine ability can only be made functional and activated when we would learn to sink deep in the ascending movement of our soul with our devoted attention and concentration.

We cannot make our access to the inner most recesses of the universe if we are not aware and acquainted with the secrets of the universe. For making our entrance in the heavens and the heart of the cosmos we have to have control over that phase of breathing which is associated with the ascending movement. Inhaling deeply or taking the oxygen into the lungs takes us closer to the unconscious and the emerging of the breath or exhaling introduces us with the conscious. When the conscious life is active the unconscious goes into the background. And, when the unconscious life is active the movements of the conscious life become suppressed. The mysterious forces of mind can be put to work only when the ascending movement of respiration is controlled by the brain.

We have already stated that man is a convoluted compound of lights. The basis of these lights is the Light (noor) of Allah, the most high. Just as the breathing is related with life, the thoughts can also be called life. In other words the breathing is directly responsible for the life of thoughts.

Now if life is analyzed it would be observed that thoughts are also of two type, just as low-thinking or the degenerated approach whereas the other one is that direction which after uplifting us from the low takes us towards high and sublime thinking. In ordinary terms it is known as purity or brightness of thoughts or complexity and darkness of thoughts. Purity of thoughts is associated with the thinking approach if the thinking approach is pious; man is bound to live a peaceful and profitable life. Peace and inner calm develop the concentrative abilities. Contrary to it is the evil and dark approach which causes disappointment, dejection, sorrow and miseries, which in turn after disturbing (he concentration causes mental depression.

This thing can also be put in another way. All (.he holy books and scriptures tell that man's actual creation took place in the realms of Eternity. Man was sent to this world when he had committed the act of disobedience. The world where that phase of eternity exists has been

made unseen for him but he enjoys a hidden relationship with that Unseen Realm. Man's existence in eternity, is related with man's soul. Man's material body is composed of such senses which are confining and are responsible for man's distance from his soul. When we inhale we get closer to eternity and when we exhale we are drawn away from the eternity or to wit, the exhaling is a veil drawn between eternity and the present life of ours. When the breath is held in our lungs our relation with the eternity re-establishes.

The breathing exercises are included in the lessons of telepathy so that man could get closer to his inner being, the Soul. True success in metaphysical sciences is not possible if one is not close to one's soul.

Generally those who desire to learn telepathy have ambitions of material gains from this divine knowledge, so that they could take certain advantages after influencing their medium. But there are people who learn it, so that they could serve the creatures of Allah. For instance, they could cure the patients by transferring their healthy thoughts to them. Minds of the people learning this science works according to their thinking approach.

For the purpose of mental concentration the Muraqbah of light is suggested so that besides acquiring peace of mind and inner calm, the thinking approach is also expurgated. The pious thinking approach takes us closer to our soul and such sagacity is produced in man which in terms of Sufism is called the thinking approach of Righteousness.

We have presented the states experienced by the students of telepathy during the course of their practice of first exercise; you must have noticed that the thinking of all these people has automatically taken a bend towards the lights. And when someone is acquainted with the lights not only his own life is adorned but he becomes a means of relief for the sufferings of the creatures of Allah.

We are certain that our readers would be bestowed with the thinking approach of righteousness with more developed concentrative ability. And after equipping themselves with this pious approach and learning telepathy they will be relieved of tension, anxiety, depression and will become instrumental in serving the creatures of God.

# THE SECOND LESSON OF TELEPATHY

In the first lesson this thing was made explicitly clear that for learning telepathy it is necessary that only one thought is to be targeted after getting rid of distracting thoughts.

The second lesson for having concentration and ability to focus mind on one point is as follows.

Close your right nostril with the help of the thumb of the right hand. Inhale through left nostril for 5 seconds and hold the breath for 10 seconds after closing the left nostril with the small finger of the right hand. After 10 seconds exhale through the right nostril. Inhale through the same nostril for 5 seconds. Close it with the help of your thumb and hold your breath for 10 seconds. After ten seconds exhale through left nostril after releasing it from the small finger. That is to say, inhaling through left nostril for 5 seconds, holding the breath for 10 seconds and exhaling through right nostril for 5 seconds. Holding the breath for 10 seconds and then exhaling through left nostril for 5 seconds would make it one cycle. Complete 10 cycles.

This exercise is to be conducted once early in the morning before sunrise and once before going to bed. It is important that this exercise should be done on empty stomach. In the morning it could be done before taking breakfast and in the evening at least three hours after taking dinner.

After doing this exercise in the evening. Sit in a relaxing posture and close your eyes. You have to imagine now that the sky is clouded with clouds of blue color and light is showering from these clouds like rain upon you.

Initially the conscious mind resists so much that one feels giddy and has the sensation of heaviness. This sensation of heaviness is indicative of your success in this exercise.

During first few days either the imagination does not take any shape altogether or only a dim idea of the sky and the clouds appear on the screen of the mind. When practice enables you to have this imagination, with deepening of this imagination one starts having the sensation of rain drops falling upon one's head. When this imagination is further deepened one not only starts witnessing the rain but also feels that the rain drops of light are falling and hitting against one's body. Gradually the whole atmosphere starts appearing as that of the rainy season when one closes his eyes and tries to imagine the blue clouds and the falling rain of lights from there. When one reaches this stage that one can visualize the scene so perfectly with closed eyes that one even feels the hitting of rain drops then one is required to practice this exercise with open eyes. It should be attempted to visualize with the help of third eye that the rain of light is falling every where and the whole atmosphere is drenched with this incessant rain of light.

Completion of this concept is indicative of completion of this exercise.

# THINKING OF RIGHTEOUSNESS

Javid Saleem from Lahore writes:

You have indicated two aspects of thoughts the low and the high.

The high thinking has been termed as the thinking of righteousness by you. According to religious point of view living in strict accordance of the principles of Islam is the righteousness and there we find no mention of telepathy in Islam. Telepathy, in fact, is one of those sciences which the European scientists have deduced from other metaphysical sciences. It is quite disturbing that you have conflated telepathy in Islam. I agree that telepathy has become quite an important branch of knowledge but it does not mean that one who wants to learn telepathy should also have the thinking approach of righteousness that is, he should be a Muslim.

Can you indicate even a single instance which has been experienced by our ancestors and has some co-ordination with telepathy. I would like to make this appeal to you that kindly present this knowledge in its original form and shape so that the distinction in telepathy and Islam should remain there.

**Answer:** As far as the thinking approach of righteousness is concerned it cannot be claimed that it is the property or heritage of only one particular nation. In fact it is another name for human values. If a non-muslim has these values he will be called a human after all. And if a Muslim does not has these values. Then he is not worthy to be called even a human being. It has been declared by Allah the most high in Surah Maida Verse 72.

It has been proclaimed in the Holy Quran, "Those who believe in the Quran, those who follow the Jewish scriptures and the Sabians, and the Christians, —any one who believes in God and the Last Day, and work righteousness, they shall have no fear nor shall they grieve" (S:5-V:72). It has been clarified in this verse that the good deeds and actions based upon righteousness of any individual or a nation are not wasted and these are rewarded provided such righteousness is observed purely for the sake of Allah. All those deeds that are done for the sake of Allah are always based upon right mindedness.

According to the spiritualists, right mindedness enables us to become closer to our soul. In fact closeness to our soul and the cognition of the soul is the only yardstick of humanity. All the sacred and divine books and scriptures have invited man to have this thinking approach and preached those programmes which could induce the right-mindedness after having the proper cognition of the soul. Cognition of the soul is the only via media for cognition of our Lord God still living in this phenomenal world. Cognition of the soul on one hand enables us to make use of the latent potentialities of the soul while on the other it enables us to have the proper cognition of the Lord of the worlds in a better perspective of His creations. Thus the thinking approach aimed at the cognition of the inner self or the soul is the right mindedness. All the prophets strived throughout their lives to spread that right mindedness which was bestowed upon them by the Almighty Allah. It remained their mission that the thinking approach granted to them should be transferred to their fellow beings so that they could be saved from the rebelliousness and the evilness.

Now coming to this point that telepathy is not found in Islam. Telepathy, in fact, is the



name of that knowledge in which one transfers one's thoughts, ideas and the i thinking pattern to other creatures of Allah. It had been the mission of all the prophets of God that the thinking pattern bestowed upon them under special arrangements could be presented to mankind for its benefit and to safeguard them from evil and transgressional thinking. It does not make any difference if instead of inspiration or suggestion this knowledge is called telepathy just as Allah is called God in English and Bhagvan in Hindi.

You have also asked to cite even one single instance from Islamic history that has any co-ordination with telepathy.

Once the Holy Prophet (Peace and blessings of Allah be upon him), happened to pass by a camel. Upon seeing the tears in the eyes of the camel he told the owner of that camel that the camel is complaining against him that he makes him carry the full load but is maltreated and is kept under nourished.

Similarly the incident of Hazarat Omer Farooq (R.A.) is recorded in the History of Islam in golden letters. During the course of war with Iran. Hazarat Sariya, the commander of Muslim army besieged the CUCmy. The enemy had reinforcement. At the same time Hazarat Omer was addressing the Friday congregation of Muslim prayer at Madina. During his address he stated, "I am witnessing the two battling forces" And he described the positions of both the sides. Then all of a sudden he called out, "O, Sariya- go behind the cliff— go behind the cliff."

History testifies that Hazrat Sariya heard the voice of Hazrat Omer in the battle field and acted upon the suggestion which saved him from a sure defeat.

In this regard hundreds of incidents of prophets, auliyas, saints, sages and the geniuses could be cited as example.

# ON THE THRESHOLD OF GRAVE

Mr. Toufail A. Shahid from Lahore writes:

**Question:** I am sixty years of age I am an ardent reader of articles on telepathy and other allied the east and the west on these subjects but I have never come across any writing so inspiring, comprehensive, logical and luminary as that of yours. Now at this age when I am actually sitting on the threshold of the grave, I intend to seek your guidance that can I at this age start the exercises of telepathy suggested by you?

You know it well that at this age of mine no interest remains there. I have almost every worldly facility by the grace of Almighty, except peace of mind. You have written that the exercises of telepathy minimizes the deterioration of the brain cells, thoughts are purged automatically and the anxiety and depression finishes, can the results of these exorcises bs had at any age? And, will these exercises have any harmful side effects for brain and heart in sixtieth year of life? Please allow me to start these exercises if the answer to this question is negative.

**One more question, Please.**

Can we exchange thoughts with jinni, angels and animals as it can be done with human beings? Can we influence the other solar systems by our thinking besides this world of ours? And, do the lights (thoughts) have their own distinct nature, trends and characteristics?

**Answer:** Baba Tajuddin Nagpuri, the renowned sage of his age not only in describing the special points but even in his routine conversations would relate such facts which had direct affinity with the laws of nature. Some times he would hint at a thing which scientifically explained the background of a wonder-working (Karamat). The listeners would instantly perceive the principles operative behind a wonder—working. At times it was felt as if the waves of light are transferring to the minds of the listeners. This also was experienced by the people who were present around Baba Tajuddin that he is sitting silently and they were feeling and understanding every such thing which was pondered upon by Baba Sahib, without having his attention consciously focused on some one his unintentional attention affected the people, they were greatly benefited from this style of Baba Sahib. This was almost a routine that if some people had some questions in their minds Baba sahib replied to them before they could utter it.

## Man, Jinni and Angels

Marhata Raja Ragho Rao used to have great respect for Baba Sahib. "Whenever he would come to him or request something, his style was that of a mortal submitting something before the gods. Once Maharaja said, to the great spiritual scientist of his times.

"The creatures that are invisible; like angels and jinni, we have reportedly been informed about such things. All the divine books have mentioned one thing or the other about such creatures. Concept of evil spirits is also found in every religion but due to lack of logical and scientific explanation, people with rational approach hesitate to acknowledge any proper understanding A this regard. Experiences in this regard are also on individual level, not on the collective level. If you could throw some light on this issue."

Whatsoever was stated in reply to the Raja's query by Baba Tajuddin is evident of the fact that nature whispers its secrets to those who care to listen to such. whisperings. When this question was asked, Tajuddin Baba was reclining against a pillow, and gazing towards the sky. He said, "Well, we are all familiar with the heavenly bodies like stars and there is seldom a night when the sky embedded with stars is not observed by us. It is quite interesting to note that we say that we are witnessing the stars, we are familiar with the celestial bodies but in fact what is being witnessed and which realm of the heavenly bodies is known to us, its explanation is beyond our abilities. Whatsoever that is stated in this regard is not more than conjectures but still we consider that we know. Isn't it strange that when we claim to know something we do not bother to think whether there is any truth in this claim or not?"

"Try to understand what I am saying then tell how limited is mans knowledge. Man, in spite of the fact that he bows nothing believes that he knows too much. Forget about the stars and the heavenly bodies, these are distant objects. Let us examine the case of those things that are near to man and remain in his experience frequently. We are acquainted with the rise of day. What the day is? What is the meaning and purpose of the dawning of the day? What is this cycle of days and nights? We know nothing. The only statement made in this regard is that this is the day and then the night follows it. Or vice versa. This is the practice of mankind."

"Ragho Rao! just consider, can this answer satisfy a serious minded person? The day and night are not invisible phenomena like angels and jinni. These are one of those manifestations which cannot be denied. You might be saying that the day and night are believable because they can be witnessed. But don't forget the function of thinking operative behind the sight. The tongue cannot tell anything about the things seen if thinking is not operative to support it."

"The relation between thinking and sight is clear enough. The whole process, in fact, is nothing but thinking. Without thinking, sight is merely an inarticulate silhouette. Thinking is the basis and origin of all our experiences. Similar is the case of other senses. All the senses are deaf, dumb and blind if thinking is not functional behind them."

"Thinking gives meanings to the perceiving senses. Ordinarily it is considered that the senses and the thinking are two different things but actually it is not so. Man is only a set of thoughts, or to say, he is nothing but a pattern of thinking. Similarly the angels, jinni and every creature having any awareness of its surroundings merely

is a pattern of thinking."

"During the course of this discussion we happened to reach such a point where many secrets of the cosmos would reveal." He said, and continued, "Listen carefully, many things keep on emerging in our thoughts. These things enter our thoughts from the outside. In fact, man keeps on accepting the influence of thinking of other creatures just as he is affected by the thinking of other fellow human beings. Nature keeps on feeding the limited thinking from the limitless thinking. If it would not have been so the relationship existing between the individuals of the universe would have perished. It is the divine scheme of mother nature that thinking of the one should be affecting the thinking of others. Man is incarcerated in dust, jinni are silhouettes and the angels are the thoughts confined in most subtle achromatic light known as noor. All these three types of thinkings are the universe. If they do not remain in contact with one another and the waves of one's thinking are not received by the other, the link would naturally be disintegrated and the cosmos would collapse eventually."

"To prove it, it could be said, that in our thinking we are quite familiar with the silhouettes and other things similar to them and besides that we are also mentally acquainted with things embodied with Sight and its various forms although our own experiences are associated with the material realm of the dust.

In general terms thinking is denominated as 'ego'. This ego or thinking pattern is a conglomeration of such conditions that are collectively known as 'individual'. The stars and the particles are the creation of similar type. Either it does not occur to us altogether or we are not fully conscious of this fact that exchange of thoughts, keeps on taking place between stars, planets, particles and all the creatures contribute a lot in our thinking and the waves of our thinking also contribute in their thoughts. In fact the whole universe is like a family busily exchanging thoughts between its individuals. The jinni and angels are more close to us in their thinking patterns and, therefore, they are more habituated with us."

Tajuddin Baba Auliya said, still staring at the sky, "we are connected to the galaxial systems and have an established link with them. The thoughts that keep on emerging in our mind reach us from far off distant inhabiting systems through the light. Light waves carry the different pictorial representations of thoughts that are termed fantasy, idea, imagination and thinking etc. We consider them to be our own whims or thoughts but in fact it not so. Thinking patterns of all the creatures have a common point and the very common point after collecting all the pictorial representations of thoughts inform us about them. This knowledge depends upon the conscious of the individuals and the species. The pictorial representations are molded into that pattern which is adopted by the conscious according to the values of its ego.

Here it would not be out of place to mention that three types of creatures resemble the most in their behavior and attitude and these have been mentioned as man, angels and jinni in the Holy Quran.

These three species are found in all the galaxial systems of the cosmos. Nature has devised such a system that all these three species have become the creative workers. The waves of creation are dispersed in the universe from their minds and when these waves reach at a certain point after covering specific distance a phenomenon or a manifestation comes into being."

"As I have already said, thinking, ego and person are one and the same thing. Because of the difference of the words they may appear to be different things but they are not. Now the question is what this person, ego or the thinking pattern is? It is that entity which is made up of incalculable forms and figures of moods, conditions, states, feelings and faculties. Sight, hearing, articulation, love, pity, sacrifice, plight, ambulation etcetra etcetra, each of these states has a particular form and figure. In fact, nature has collected such countless forms and figures in one single capsule in such a manner that despite retaining their individuality these forms have been shaped into one single body. Thus a man has thousands of layers all encased in one single body. Similar is the case of the angels and jinni. This type of formation is specified for them only because they have more layers than any other creature of the universe. In the universe there are uni-layered as well as multi-layered Species though the numbers of the layers in one species are always the same.

Man is inhabiting inestimable planets and the variety of their types is unimaginably large and the same can be stated about the angels and jinni. Each stratum of man, angel or that of a jinn is an everlasting state. Some of the strata are ostensibly bright and vibrant and some remain latent. When the movement of a stratum becomes manifested, it enters the conscious whereas when it is latent it remains in the unconscious. Results of a manifested movement are termed as inventions or discoveries by the man but the results of the latent movement do not occur to the conscious though they are more important and more significant in their nature. Here this secret demands profound deliberation that the whole universe is full of manifestations resulting from the latent movement. Now these manifestations are not the eventual product of the man's unconscious alone. The latent inner of man could not manage to remain in continuous contact with far off and remote corners of the cosmos. Man's own characteristics are responsible for this weakness. Why has he incarcerated his thinking in dust? This thing is beyond the comprehension of man's conscious. Any creature that is handicapped because of the ties of time and space cannot meet the requirements of the thinking operative on cosmic level, therefore, to fill in the cosmic gaps angels and jinni were created. In fact the human thinking alone was not able to produce all those manifestations that were necessary for the completion of the universe.

Cosmos is the name of spatio-temporal distances formed by the varying intermingled waves of the ego. Time and space, in fact, are two different forms of this variation. The result of intermingling of waves and the basis of all the manifestations is 'dukhan' about which our knowledge is in its infancy. Here 'Dukhan' is not to be taken as smoke. Smoke is visible whereas dukan' is invisible smoke. Man is the product of positive 'dukhan' and jinni are that of the negative 'dukhan'. Whereas the angel is produced from the essence of both of these. These three ingredients are the foundations of the visible and invisible realms of the cosmos that would remain devoid of any undulation without them resulting in non-existence of our conscious and unconscious away from life. A queer relationship exists between these three species. One of the states of the positive 'dukhan is the sweetness circulating in large quantity in the human blood. The negative state of 'dukhan' is known as salinity. Large quantity of salt is found in jinni. Angels are the compounded form of both of these two states. If the positive state is decreased in man and the negative state of 'dukhan' i.e. salt is increased then the abilities of jinni are aroused in man and he starts behaving like jinni. If the positive state of 'dukhan' i.e. sugar is increased and the negative state of 'dukhan' i.e. salt is reduced in jinni then gravity will be produced in it resulting the production of weight in them and their physical embodiment. This law is equally valid for angels too. If the positive and negative both surges above the appointed level, then because of the positive 'dukhan' it can produce the human qualities and because of the negative 'dukhan' the qualities of the jinni are produced in angels.

Similarly if the positive and negative states of 'dukhan' are decreased in man from the fixed level, he would start behaving like an angel. Method is quite Simple and easy. By reducing the routine intakes of salt and sugar one can be emancipated temporarily from spatio-temporal restriction like angels. And, by reducing the quantity of sugar only the spatio-temporal restrictions can be avoided like jinni. But for acting upon any of such methods guidance of a spiritual person is extremely necessary."

The founder of the Qalander Conscious and the grand son of Hazrat Tajuddin Baba Nagpuri, Qalander Baba Auliya has stated an event of the regardful ness of a lion and has given its scientific explanation thereof. He states, Once, grand father, Tajuddin climbed a hill in the jungle of Waki Sharif (India) with a few others. When someone hinted about the presence of lions in the jungle, he smilingly said that he who fears the lion may go back while he himself intends to rest there for a while and most probably the lion would come but don't bother and let him stay. Few of us hid ourselves in the nearby trees and bushes and most left the scene for their good. It was the summer season, cool breeze and the shade of the foliage were intoxicating ly tranquil, grand father chose to lie down on the thick grass and closed his eyes.

It wasn't long before that the fright of the jungle grew intense and sense of some-thing-will-happen captured my mind. I was waiting intently. This waiting wasn't for any Sadhr, Yogi, and Saint or for any human being, but it was for a beast, who, at least in my mind, was moving step by step. I was looking towards grand father, and then, a huge lion appeared which was climbing up the slope of the hill, very slowly, very respectfully. It was advancing towards grand father, with eyes half closed, in short, when it reached grand father it licked the feet of grand father who in the mean time was sound asleep. The beast closed his eyes in ecstasy and placed his head on the ground almost touching the feet of grand father, who was still sleeping unaware of the presence of the beast. Lion, after gathering his courage, started licking the feet of grand father. This woke up gnmd father, he patted the beast on the head and said "You came, I am pleased to see you healthy, well, and now go! "The lion wagged its tail in gratefulness and took its leave.

I thought over this incident again and again, nobody had ever witnessed !!,e lion coming to grand father before. Therefore, we have to admit that the lion and grand father, both were mentally acquainted with each other. There is only way for this acquaintance; the waves of Ego (the thought waves) which interacted between grand father and the lion, were the source of their acquaintance and meeting. This is how intuition takes place in the percipients and cognizers but this incident is evident that in animals too, intuition takes place. In this regard, man and other creatures are equally alike.

This law should be remembered with great consideration that most of the thoughts coming to our mind are not related to our affairs. They belong to the nearby and far away creatures which exist somewhere in the universe. The concepts belonging to those creatures come to us through waves and when we try to establish a link between these thoughts with our life, we simply fail. Few things are worth considering regarding the waves of Ego. According to the scientists light is the only thing that has the maximum velocity but it is not that swift and nimble that it could eliminate the distances of Time and Space. But the Waves of the Ego (Thoughts) are present everywhere in the Boundlessness simultaneously gripping the distances of Time and Space in their clutches. In other words, Time and Space distances do not exist for these waves, the distance which the light waves have to cover up, existence of that distance is not even acknowledged by these waves.

Human beings are conversant with the act of articulation from the very beginning. In talking, the sound waves with predetermined meanings convey the informations to the listeners. This method is a duplication of that communication style which takes place between the waves of Ego. It is a common observation that a dumb person conveys everything with a slight movement of his lips and those who are versed with lip reading understand every thing which he desires to convey. This too, is a replica of the same methods. Animals convey their feelings to their fellows without producing any sound. In this case, too, the waves of Ego are operative. Trees also converse and communicate with one another regardless of distance existing between them. This conversation not only takes place amongst the nearby trees, but the trees at far off distances also take part in it. The same law is valid for the minerals as well. Stones, pebbles and the dust particles also negotiate with one another exactly in the same style.

Many events of prophets and people with spiritual powers are evident that only one and the same Unconscious is actively functioning in the whole universe. Every wave of the Seen and the Unseen understands the meanings of the other thought, even if they are located at the opposite poles of the universe. Understanding the significance and meaningfulness of the Seen and the Unseen is the life essence of the universe. We, with a considered contemplation about this life essence, which is our own life essence as well, can explore the conditions and situations of other planets besides that of our own planet. We can discover the thoughts of men and animals, can acquaint ourselves with activities of angels and jinni, and know the internal stimuli of plants and minerals. Continuous concentration transmutes the mind into Cosmic Unconscious and the artificial self adopted shell of our personality is emancipated from the clutches of Ego and begins to observe and understand anything required and preserves it in the conscious.

A green and tender branch of a tree tends to bend easily. We can make use of its elasticity whereas attempt to bend a dry hard wood seldom yield any results; However, it is an advantageous flow of the nature and according to the law of Allah.

"Those who strive for Allah, verily Allah open His ways to them." Taking advantage of this law you can also learn telepathy after starting the suggested exercises.

# INCIDENTS AND EXPERIENCES OF 2ND LESSON

Mohammad Jehangir from D.I. Khan reports:

20th NOV:

During the second exercise I felt as if the rays of light are emitting from my eyes. Circles of light kept on emerging and vanishing before my eyes. Then a vast expanse all pervaded with light appeared before me. I could feel my eye balls become static and transfixed during the exercise.

21st NOV:

There was a thick concentration of the waves of light. When I looked intently I could see dimensions in these waves. During the exercise my mind suffered a shock and the intensity of light increased. I felt as if too much light has filled my mind.

23rd NOV:

Today I saw myself flying in the air. During the flight I saw my mind filled with lights and there is an eye on my forehead which is also made of light. After the Exercise when I cover myself with the blanket a flash of light illuminated the blanket as if somebody has switched on a tube light."

Khalid Pervaiz from Quetta, Baluchistan writes:

"After the breathing exercise I started Muraqabah. The idea of falling rain of light was conceived clearly. Rain or ugni (noor) was there and I was sitting in it. The ramran reminded me of the brightness of milk falling every where.

"In the morning after breathing exercise when I attempted to do the Muraqabah this imagination was once again established and I felt the falling rain of light upon me though the other ideas and thoughts also kept on coming to my mind"

"Whenever I try to imagine the rain of light I see it clearly wherever the rain drops of bright light fall on my body that place turns so transparent that my whole body starts appearing as if made of lights."

Mohammad Farooq Mustafa from Bahawalpur reports:

9th to 12th JAN;

Cloudy mist was hanging over my mind. I could not do any thinking. I felt as if I have an empty mind.

12th JAN:

Today during the exercise the whole atmosphere appeared to be drenched in torrential rain of light. The rain was falling on me too, sometimes it was light and sometimes it was heavy but the surrounding was under the showers of incessant rain. It seemed as if I am soaked and the hair has become wet with this incessant rain of light."



Mohammad Shariq from D.I. Khan Reports;

3rd FEB:

I had the vision of rain of light with open eyes but sleep overtook and drowsiness fell upon me. After a short while I had a shock and I was wide awake I saw that my room was filled with various lights.

5th FEB:

I saw in Muraqabah that a huge rose descended from the sky in the light full water of the rain. One side of the rose opened like a door and a sage like person with a halo around him along with his companions appeared there, the door like opening closed. That sage along with his companions started walking on that water of light and stopped at a spot. A big dark globe descended there. He blew on that globe after reciting something and the globe become radiant and a variety of scenes started appearing on that globe. That sage and his fellows sat in a circle around that globe. A voice called, "Your world has sunk in the quagmire of sins up to its neck and therefore it has fallen victim to uneasiness, If you will worship sincerely and stand together unitedly then no power on earth can defeat you".

After that the globe went dark, the sage lifted it and threw it towards the sky. There it vanished behind the clouds. Two women emerged from the flower and stood on both sides of the door and opened the door respectfully, when the sage reached it. After that they all entered and the door closed. The flower floated on the surface of the water then took off towards the sky. Once again I was there with the rain of light falling on me.

6th FEB.-

"When I sat down for my exercise I noticed that despite the darkness in the room I can see everything very clearly. I saw the sky in blue and a blue cloud came over head. The cloud thinned at one place and from there light started showering on me in the form of rain drops then it took the shape of rain in torrents."

# Rain of Noor

Rubina Shahid Karachi;

7th JAN:

"As soon as I tried to imagine the rain of light. I saw my head dividing into two parts and the rain pouring into my head. The lights were overflowing from my head. The Light (noor) was flashing like a bulb."

16th JAN:

During the exercise I saw that few old men are sitting in a large mosque. They are reciting the holy verses. They invited me too, to recite. I joined them I inquired "Why it is recited?" "For your success;" they replied.

8th to 20th FEB:

"I tried to imagine the rain of light with open eyes. Succeeded to some extent. Sometimes a bright flash of light would appear before my eyes and sometimes the imagination of rain of light would overpower me. Yesterday, i.e. 20th Feb, "I observed the pleasant effect of rain upon the whole surroundings.

Munira Fatima from Lahore writes:

6th JULY:

"I had the imagination of rain of light very easily but as soon as the sensation of rain drops falling on my face was felt I went to sleep. I experienced it many times that whenever I feel the falling of rain drops on my face I go to sleep.

12th JULY:

"I see a peculiar light which illuminates the whole house. When I try to imagine the rain of light within two seconds I feel myself drenched. A slight shivering runs through my body. No matter how warm the room is I start feeling cold which is very enjoyable. I feel like staying in this rain of mercy. Some times when the drops of this rain fall on my face or my body a flash of light appears before my eyes."

"For the whole week my body seemed to be in fever but when checked with thermometer it was found normal."

# Candle and Lamp

Tabassum Hussain from Karachi writes:

29th OCT:

"In Muraqabah I imagined the rain of light for sometime but then the body jerked. It appeared as if it is a bright day and the day light is pervading all around."

30th OCT:

I witnessed a bright ring of light. Then it appeared as if different veils are lifting before my eyes one after the other. Various scenes started appearing in that bright ring. After the exercise when I lay down in my room I felt that the sky is clouded with dark blue clouds and white clouds are mixing with them. Bright white rays of light are emerging from these clouds which faded into golden. Next day when I was in New Karachi before Sunset at twilight I saw the very same scene in the sky the sun was covered with dark clouds and the clouds had lining of golden colour because of the sun rays.

4th NOV:

I saw a tomb with a white dome, beam of light falling on it like a stream. A glimpse of Holy Kaaba was also sighted. Then I saw a lamp is brightly lit at a distance. This scene slowly came nearer and so I saw it was a burning candle. A building appeared before my vision and then a tower was sighted. Few people were also there. One of them extended his staff with the intention to give it to me. I hesitated but then took it reluctantly.

5th NOV:

"During the breathing exercise I observed a belt just like rain-bow. Then belts of various colors like red, yellow and bluish came before my vision. I felt as if a stream of light is about to come before my eyes.

6th NOV:

During the exercise my body suffered many jerks and saw such bright light as if it was the day time.

In that light I saw a few old men sitting in a line. Then I found myself in an enchanting garden. The garden was full of lush green shrubs and fruit trees. Somebody uprooted a plant of jasmine and gave it to me to smell it. It had a strong fragrance with wonderful effect. The heaviness that I was feeling a few moments ago vanished all of a sudden and I grew calm and tranquil.

12th NOV:

After the exercise when I lay down my body movements ceased. Next moment I found myself in space. Colors and lights were showering there and I was under that shower. I could feel the impact of that falling rain of lights and color on my body. I looked beneath and saw the rain is taking the form of a stream. Wind started blowing and I heard the sound of ringing bells. Which appeared to be very melodious.

A network of light waves appeared before my closed eyes. A big box was witnessed which had

a window like opening. The door of that window kept on opening and closing. At each opening the scene would change. One of the scenes was that of a pond in which a fish was jumping on the floor. It occurred to me that because of less water in the pond the fish dives and strikes against the floor of the pool. The walls of the pool were decorated with flowery designs.

15th NOV:

In a bright ring there appeared the Holy Kaaba. People were standing around it and rain of light was showering on them.

Mohammad Sardar Tabani from Shakherpura writes:

I witnessed in Muraqabah that I am drenched in rain. Then these rain drops turned into hail stones and started falling like white pearls. When these pearls hit against my body I felt they do not have any material body rather they were made of lights but I did feel their touch. I noticed another difference too. When the water drops fall on the body the coolness is felt but these drops caused pleasant sensation of ecstasy.

## **Broom and a Lean Person**

Mohammad Masroor of Baghbanpura, Lahore writes:

29th APRIL:

The vision of rain stayed for five seconds. It was milky in colour. My mind kept on trying to see it in the form of lights.

Today against my routine after awakening I again went to sleep and dreamt that there is a black and lean person sweeping in my room. I felt angry that how he could dare to enter my room and in rage I left the room. Then for confirmation I again came to my room and saw him putting laces in my shoes. I told him that he was putting the wrong laces in the shoes but he ignored me and continued with what he was doing.

30th MAY:

Gradually the blue clouds covered the sky. Today my head and arms grew so cold as if they were put in ice.

Munir Ahmad of Latifabad Hyderabad writes that he had been doing the exercise of rain of lights since 16<sup>th</sup> July, Nothing special happened during first two days. But on 18th July he had a severe headache which persisted even during the exercise of 19th July. "Since you had already warned me therefore I did not pay much heed to it. On 20th July after the exercise when I went to bed I felt as if I have become two and I saw there is another Munir lying beside me."

# CLASSIFICATION OF KNOWLEDGE

Jan Mohammad from Karachi writes:

I would like to have the answers to a few questions of mine, in the light of the Holy Quran. I understand that answers to these questions will throw light on those aspects of spiritualism which had remained unexplored and people having similar questions will also benefit from your reply.

If we could relay our thoughts and can receive the thoughts of others, as it is claimed in telepathy, then why is it not used in investigations of crimes and detection of criminals to catch the culprits by reading their minds?

Second question is that if by performing Muraqabah when the inner sight could be activated then why can't we find that why and when the pyramids of Egypt were constructed and how were such heavy stones carried there for their building?

**Answer:** Before we dwell on the answer to this question, it would be more appropriate to see how many types of knowledge is available for study. If all the arts and sciences taught and studied in the world are examined we can classify them into three main categories.

Physical sciences; Psychological sciences, and Para-psychological sciences.

All the deeds and action that are performed and studied in a limited sphere and are related with matter and the material world only are classified as physical sciences, or to say, all the sciences that remain confirmed in the material shell and focused only for matter and the material world are the physical sciences.

Psychology is that knowledge which is operative at the sub-level or the background of the physical phenomena. This knowledge is composed of the study of thoughts, imaginations, concepts and sentiments. When the thoughts keep on transferring smoothly to the sphere of physical realm, man remains a symbol of healthy thoughts and if some obstruction or breakage takes place in the flow of this chain of thoughts one becomes a psychological patient and the physical realm encircles the thoughts of such person.

Para-psychology is the name of that basis of the knowledge which could very rightly be called the actual source of information. Technically it is that agency which is operative in background of the unconscious.

Now, this could be said that the whole body of the man's knowledge is composed of three circles; conscious, unconscious and the ultra-unconscious. When we happen to come in contact with any phenomenal existence we have to cross these three circles, that is, first of all we receive information about something then imagination constructs its features and then that thing is finally displayed before our eyes as a manifested item. To explain this thing we can say that when we ponder about various manifestations of the cosmos we conclude that the information or the thought is the common factor in every existent. For instance, every man, animal, plant and inanimate thing considers water as water and treats it as water. No one takes it for anything else. Similarly the fire is fire for every creature and just as man tries

to avoid the burning from fire every other creature like goat, birds, beasts and insects also try to avoid the fire alike. If one likes the sweet things the other may not be in agreement with him and might be in favor of salty things but both will be calling the salt as salt and sugar as sugar, No one will mistake the salt for sugar.

Now this also is a fact that on the one hand man has semblance of thoughts and imaginations and on the other he has the divine right of ascribing meanings of his choice to the thoughts perceived. This right of ascribing meaning to the perceived thoughts is that action which either renders someone liable of reward or punishment. Action of fire, for instance, is to bum. When it is used for the welfare of people; in cooking food etc. it is considered as a virtuous act. And, if this fire is used for some destructive purpose; for putting the houses of the people on fire then it is an evil and punishable act.

According to the spiritualist, transference of thoughts amongst creatures is the life. We recognize and acknowledge the existence of the other creatures only because the thoughts associated with other persons are transferring to us. If the thoughts of Tom are not displayed on the screen of Dick's mind, Dick will never be able to identify and recognize Tom. Similarly, if the waves active in a tree and responsible for the existence of the tree do not transfer to man, man cannot recognize the tree nor can he acknowledge existence of the tree.

Recognition or acknowledgement of one's existence by the other is based upon the act of seeing. Seeing and understanding is also of two types. One is direct and the other is indirect. Indirect seeing is that when we appoint two being; the object and the subject, the observer and the observed. When a man is looking at a goat he understands that he is seeing the goat. This seeing is indirect seeing. The other type of seeing is that the goat is looking at us and we are observing the sight of goat. Or to say, the waves responsible for the existence or the goat's life are reflected upon the screen of our mind in the form of an information. Mind transfers these waves into certain features and when these features are perceived by the conscious we start seeing the goat. We do not see the goat but in fact we see the picture of the goat formed on the screen of our own mind by the waves transferred there from the goat. Now this is the direct seeing.

According to the spiritual sciences only direct seeing is real and indirect seeing is fiction. This statement of Allah in the Holy Quran demands ponderous contemplation where Allah is telling the Holy Prophet (Peace Be Upon Him) "And you are seeing them looking at you but they are not seeing anything." Contemplation on this holy verse reveals that Allah is telling that though the people are looking towards the Holy Prophet (PBUH) but they cannot see the Divine and holy waves functional in the august person of the Holy Prophet (PBUH). Therefore their seeing is altogether refuted by Allah. Their ignorance about the divine waves of the Holy Prophet (PBUH) amounts to not seeing anything. Or in Other words Allah is telling us that indirect seeing is not commendable and, therefore, we should strive to learn seeing directly.

In telepathy, too, it is desired that one should strive and struggle to acquaint himself with the method of direct seeing. When one learns to see directly, that is, he starts seeing the things on the screen of his mind, he starts seeing the things which are not even present before his eyes because after learning to transfer the waves into features one can perceive the waves of anything which he desires so. This is the basic principle of all the divine and metaphysical sciences that the waves which are responsible for production of thoughts should be conceived.

It is the secret, and a very strange one indeed that all the individuals of the universe have a hidden affinity and relationship with one another because of their thoughts and informations contained therein. But ascribing meanings to the informations and thoughts perceived is different for every one. Lion and goat both feel the hunger but for one it means eating the meat and for other it means to eat the grass.

Hypnotism and telepathy appear to be two different sciences but the basic principle of both is the same i.e. the control over the thoughts. This control over the thought is the science which enables us to transmit and receive the thoughts.

Now coming back to the question asked, that why telepathy is not used in detecting and investigating the crimes. In reply it is stated that those who are expert in telepathy basically they have a liberal mind and they are not interested in catching thieves or spies and to act police. They think that they are not supposed to interfere in the work of others. They are only interested in minding their own business.

This fact is also experienced by those who happened to see a spiritualist that whatever was there in their minus was hinted directly or indirectly by that spiritual person.

Why and when were the pyramids built with three million cut stones of seventy tones each, installed at a height of 30 to 40 feet from the ground level. The minimum distance between the two pyramids is 15 miles and the maximum is 500 miles. It clearly means that the stones used in the construction of these pyramids were brought at least from a distance of 500 miles.

Dear brother, for the one who is versed with Muraqabah, it is not at all difficult to find out about such things but they have much higher and more sublime secrets to explore and they always remain busy in discovering the secrets and each discovery which they make forces them to advance further and further.

A sage named Rampa was versed with the transference of thought. When he was asked by the archaeologists, he revealed that people of twenty thousand years ago were more advanced than the scientists of this age. They had succeeded in inventing such inventions through which the effect of the gravitational pull on a stone could be abolished making the stones of 50-100 tones as light as a pillow of feathers. Similarly, according to Mr. Edgar Casey; a man from the world of science, these stones were installed after making, them float in the air.

All that is stated by these scholars regarding the pyramids is in strict accordance with the laws of transference of waves which we are studying as telepathy.

# MENTAL TURMOIL

Shah Waliullah the great scholar and spiritualist of his age, whose hands were incapacitated by breaking the bones of his hands by the order of the then ruler to punish him instead of rewarding him for his meritorious translation of the Quran, has stated that over this material body of flesh and bones there exists another body composed of light waves. He has denominated this body of light which is enveloping the physical body as 'nasma' (aura).

He has elaborately reasoned with substantiations that the real man is not this psychical body but the aura. The physical body of man is controlled by the aura. All the ailments, diseases, anxieties and disorders taking place in the psychical body of man initially take place in the aura. Diseases or anxieties are merely expressed by the physical body, that is, the physical body is a screen on which the film of the aura is being displayed. When the film is clear and free of distortions the picture displayed on the screen is also clear and sharp. In other words, if the aura is purged and cured the body automatically becomes healthy.

It has also been explained by Shah Waliullah that man is a conglomeration of thoughts and information perceived. When healthy thoughts are perceived peace and harmony becomes the eminent characteristics of life. Whereas contrary to this is the situation in which various diseases, anxieties, tensions, mental disorder and depression result because of complexity, confusion and tendency for destructiveness in thoughts. Since the science of exchange of thoughts; the telepathy deals with the knowledge of thoughts and the information perceived therefore any one who is desirous of learning this or any allied science can not only easily protect himself from anxieties and worries but can also be instrumental in serving the fellow beings by assisting them in solving their problems. It has been proved even by the modern sciences that every thing which exists in this cosmos is based upon a very comprehensive system of waves. The variety in magnitudes of waves is responsible for the various creations that we see around us. Specific quantities of the waves at one time form the water and another set of certain quantities of the same waves create solid and concrete thing like iron or steel. Life in its totality

depends upon the network of waves. Every phenomenon of the universe is only a network of waves of various frequencies and wavelengths.

When we happen to see water it is spontaneously understood by us that it is water though it never soaks our body or mind. Similarly when we see a stone we immediately identify it as stone though its weight or hardness is yet to be felt through physical touch. According to the spiritual science, when the waves operative in an object are received in our mind we identify the object because of the waves received and analyzed in our mind. This is the principle which invariably comes under discussion when we talk about any science dealing with mind and thoughts.

In order to benefit from something properly it is necessary that we have the proper cognition of the structural formation and the reality of that particular thing. We have to have the perceptual knowledge of the waves and that should also be in our knowledge that waves are not something static and inert but they are kinetic and remain in perpetual motion. Every movement of the waves is a stimulation for the urges of the life. The urges are the basic



components and ingredients of life. Every wave has a typical force known as frequency and we can make use of that force only when we are familiar with that force. If we are not familiar with a force we cannot tame it. This very cognition and familiarity have been termed wisdom in the Quran. The

Quran says: "And we bestowed wisdom on Luqman so that he should be using it in gratitude to God. And those who make use of the gifted bestowal do so to the profit of their own souls and those who are ungrateful and do not make use of the bestowed wisdom, verily God is free from all wants, worthy of all praises."

The Quran is the source of guidance for the whole mankind. Those who concentrate on the laws of the wisdom; the cognition and familiarity of the created things ultimately the laws of the use of the forces operative behind the phenomena of the universe are revealed upon them. This leads to a chain of ever new inventions like radio, TV, telephone, etc.

It is a proclamation of the Quran "And We sent down iron in which are many benefits for mankind." Here the words sent down are indicative of the fact that God Created the iron. Iron; the most useful metal known to man is used in preparation of steel, implements of war, instruments of peace and hardware of the modern technology. Iron and steel industries have proved to be the foundation of the prosperity and power of the modern manufacturing nations. It is a tragedy of the highest order that we consider the Quran only a sanctified book worthy

of our respect and reverence and do not bother to concentrate on the formulae expounded in the Quran regarding the conquest of the universe. We simply do not try to deliberate on the formulae given in the Quran and then complain that we are left far behind in the race of progress. Those who researched and spent their days and nights in pursuit of their aim of exploring the secrets of the nature they were rewarded, irrespective of their religious association, caste, color or creed, by the Almighty Allah and they succeeded in accomplishing their missions in the last.

For the learning of physical and the metaphysical sciences one thing is common: the ability to concentrate. If one cannot concentrate on any one point he cannot reach the depths of the point. So coming back to our discussion about the waves we cannot understand the use of the force of the waves unless we have not concentrated on this point. It can be experienced that when we happen to see a flower from a distance, the impact of the beauty, fragrance, and the pleasantness associated with the flower is felt spontaneously though we have not smelled or touched the flower. Similarly when we come across a person who is having a destructive nature or has some animosity towards us we immediately feel the reaction and when we see a person who has friendly sentiments for us we feel the friendliness towards him though he may not have talked to us.

All these examples clearly indicate that certain waves travel towards our mind and cast their effects. Our mind after analyzing these waves, ascribes meanings to them and we act according to the ascribed meanings of the information.

When we start developing comprehension and understanding of the fact that every thing is based upon the wave which cannot be denominated other than the word light we start developing cognition of the structural formation of the things existing in the universe. This cognition leads us towards the learning of the control of the waves operative in the things; material and incorporeal. This control finally enable us to induce changes of our desire and choice in our environs.

# THIRD LESSON OF TELEPATHY

It has been made very clear for the readers that for learning the metaphysical sciences it is of utmost importance that one should liberate oneself from dispersed and scattered thoughts. When the thoughts are concentratively focused on one single point the concentrative abilities of mind are developed. Those who have not completed the first lesson are advised to switch on to second lesson only when they have completed the first lesson.

Like wise, please do not start this third exercise if the second lesson is not completed. One more thing is also required to be understood very clearly. Like the fingers of the human hand, no two men could be equal in terms of their abilities to learn and achieve. Some are more capable than others. Those who are not ordained with more abilities should not feel inferior to others or discouraged, rather they should rejoice at the success of people with more abilities.

Having an inferiority complex amounts to rusting ones' abilities. Those who have not succeeded fully should be striving more enthusiastically instead of losing heart. Success is bound to be yours.

The third lesson for mental concentration is as follows:

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture. Inhale through your left nostril for seven seconds.

Hold your breath for 15 seconds after closing left nostril with the small finger of the right hand. After 15 seconds remove thumb from the right nostril and exhale through it for seven seconds. Now inhale through the same nostril for 7 second and hold your breath for 15 seconds by closing it with the thumb. Exhale through left nostril for 7 seconds after removing the small finger. This makes it one cycle. Complete 15 such cycles. This exercise is also done once in the morning and once in the evening before going to bed. This exercise would yield the best results if it is done on an empty stomach in an open and airy place.

All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise i.e. the exercise should be done three hours after taking the meal.

After this exercise of breathing either sit with legs crossed or in any other comfortable posture which suits you the best. Let the muscles of your body relax. There must not be any tension in any part of your body. Now close your eyes and imagine that there is a pool of mercury and you are submerged in that pool of mercury. Depth of this imagination is indicated with a tactual feeling of mercury. When this imagination further deepens the mind starts feeling the weight of mercury. Silvery scintillations of waves start taking place in the mind.

After succeeding in having this imagination with closed eyes. Start attempting to have it with

open eyes. Finally when you manage to observe that the whole world besides you is submerging in the pool of mercury, your 3rd exercise is completed.

Note;

Muraqbah is not to be performed when you are lying or reclining against some support because it would cause you to sleep and the state which is required to be experienced in wakefulness slips into sleep. It creates this problem that mind starts dreaming instead of observing

in wakefulness and it becomes difficult to relate the things witnessed in dream with one another.

# BELIEF OF SCIENCE

Rizwan

**Question:** According to you a telepathist can read the thoughts Of Others and can understand any language of the world. How is it possible? Because it is our common observation that when we are thinking, we } think in our own mother tongue. Or to say the language of one's thinking is always one's own mother tongue. For instance; if we want to write an essay in English and our mother tongue is Urdu. Now the ideas to be stated in that article the out lines and the sketch of the article " would come to our mind in Urdu. Only then is k translated into English.

**Answer:** Science believes that everything worthy of its existence on this planet earth is based upon waves of light When every thing is conglomeration of waves or rays then how do we identify water as water, and a stone as stone, a tree as tree without seeing or comprehending waves or rays.

It can be experienced that when one sees a flower from a distance the impact of the beauty, fragrance and the pleasantness associated with the flower is felt spontaneously though we have not touched or smelt the flower.

Similarly when we happen to come across a person having a destructive nature or some animosity-towards us we immediately feel a reaction within OUR selves. And when we see a person who has friendly sentiments for us we also experience the feeling of friendliness towards him, though both have not talked or dealt with us.

Thousand of languages are spoken in me world but water is considered to be water by everyone no matter which language he speaks. Irrespective of the words ascribed to water-water remains water. It does not make any difference whether it is called Ma, Jail, Aab, Pani OF water the thing remains the same. The same is true for every thing like tree or fire. In a nut shell a thing is known by its characteristics, formation, properties and actions. What its name is does not matter much. In fact everything is based upon waves and this fact is the basis of telepathy just as the water is a collection of waves and rays the thoughts also flow in the form of waves. When we are attentive towards something the waves operative in our thoughts are transferred in that thing. This also happens that when we are thirsty and we want to tell someone to give us water. The other person understands it before we could have said that we are thirsty or give us water.

## **Trees also Converse**

For understanding and comprehension of thoughts, the thoughts are expressed through words with predetermined meanings. If we could study the cosmic unconscious it would be resolved that for conveying thoughts, support of words is not necessary. The life of plants, quadrupeds, beasts, birds and insects is evident of this fact They all converse they all exchange thoughts mutually without any obligation of words and phrases of speech and narration.

It has been duly established in the modern era of progress and advancement that trees and plants also negotiate and converse with one another. The influence of music upon plants 'has also been proved experimentally. Plants express their delight when a good natured person approaches them and feel unhappy in the company of a person having complicated thoughts and destructive approach. I am writing this in the light of my own observations. I have witnessed such houses whose inhabitants had backward and perverted minds. The leaves and branches of the trees of those houses also reflected the same backwardness and perversion. Sight of those trees caused disgust.

The purpose of relating all this is, that language is an instrument to express thoughts and the thoughts keep on interchanging in their true senses and meanings between every individual of mankind and all other species. Relying upon words in fact is indicative of weakness of the conscious. Conscious cannot understand a thing without the support of words and when someone acquaints himself with the science of transference of thoughts according to the laws and principles of telepathy then both these things become equipollent for him that whether the thoughts are conveyed through words and phrases or relayed through waves.

There is such an in built computer in everyone which sorts our thoughts after ascribing meanings and sense to the thoughts perceived and after cognizing their sense and meaning either rejects or accepts those thoughts.

# INCIDENTS AND EXPERIENCES OF 3RD LESSON

Iftikhar Najmi from Shadhra reports

## 18th OCT:

When I tried to imagine the pool of mercury the vision of rain of light kept on emerging on the screen of my mind because I had grown so used to it.

After a while I saw that rain falling in the pool of mercury. Then the rain stopped and there I was left with the pool. I felt that due to concentratively looking at the mercury of the pool I am myself transforming into

Mercury”.

## 19th OCT:

"During the exercise I saw a whole lot of pools of mercury and I was flying over them. I selected one of them and started concentrating on it."

## 20th OCT:

"A big wave of mercury appeared on the earth and spread over the whole earth. When the wave passed small pits filled with mercury were left behind on the surface of the earth. I felt as if I am drowning in mercury."

## 21st OCT:

I saw myself submerged in a pool of mercury and the depth of the pool is not coming to an end. I started flying in the depths of that pool of mercury. The *mausoleum of the Holy Prophet (PUBH)* came before me. I saw it filled with lights (Noor) Light was radiating from its walls. My eyes filled with tears at this sight. On emerging from this state I actually found tears in my eyes. I again started with my *Muraqabah* and saw a big palace in the depths of pool of mercury, Bright light was radiating from every nook and corner of that palace so

much so that the people sitting in that palace were also emanating light. Rays of light were radiating from their forehead, beard and other parts of the body. My eyes dazzled because of that much light. And my exercise came to an end."

## 23rd OCT:

"When I tried to envision a pool of mercury an ocean of mercury appeared before my eyes. The reflection was brilliant The reflecting rays were also of mercury color. Some one knocked at the door which made me call off my exercise."

"When I again started the exercise. The pool of mercury came before me quite easily. I saw a stream of mercury falling in that pool. I started flying over that stream towards the north. On following the stream I reached an ocean of mercury. The color of the rays of the ocean was brighter than those of the pool."

## 5th NOV:

"During the exercise I found myself submerged in a boundless ocean of mercury. My mind grew very light and I saw myself flying over the ground. Beneath me were fields in which

people were working. During my flight I came across a stream of mercury from which rays of mercury light were discharging."

9th NOV:

"I found myself visiting various places. Beautiful scenes of nature, busy towns, and wonderful places of worship, brooks, streams and multistoried buildings kept on appearing on the screen of my mind. These things kept on transferring to my mind automatically. Today I came to know what peace of mind is."

## **Door Opens**

Syed Asghar Ali from Glasgow reports:

6th NOV:

"During my exercise of telepathy in Muraqbah I found myself in a desert. Two pretty ladies clad in white dresses were sighted. They were busy in doing something. When I approached them they glanced towards me and didn't bother much." "I noticed they were gathering pearls from the ground. I asked them what made them look at me. They replied that they were expecting their mate. They had hardly finished what they were saying when their mate reached there and they all started flying towards the sky. I too started flying behind them. We reached an enchanting door. The ladies knocked at the door which was opened by two guards who let the ladies enter but stopped me. The ladies told the guards to let me enter."

"On entering the door I found a passage having plants and fountains on both sides. The water of the fountains was falling on that passage. We all kept on advancing but the water did not soak us."

# The Last Pool

Anwar Awan from Rawalpindi reports:

3rd MAY:

"I was not succeeding in having the required imagination. If it came at all it would soon break. So I thought of seeking help from Huzoor Qalander Baba Auliya with this thought I saw Qalander Baba was there. He slapped me as he came to me I fell down in a pool of mercury and thus the imagination was there."

6th MAY-

"When I started the exercise of Muraqabah, I saw Qalander Baba coming smilingly. There was a pool. He told me to jump into "that pool. I jumped into the pool, a crocodile appeared. I came out. He smilingly took me to another pool. Where golden fish were swimming I also started swimming. Today I saw mercury everywhere. In me ocean of mercury, fish, turtles and crocodiles were sighted.

2nd JUNE:

"To my hard luck today I started the exercise on the roof. After hardly ten minutes the wind started blowing and I came down. I again attempted but could not have the concentration as before. But still managed to envision a pool of mercury. So I called off **ratlicr dishcardedly.**"

**5th JUNE;**

"Even during the breathing exercise thoughts about pool of mercury kept on coining to my mind. When I started the Muraqabah. I saw about seven pools of mercury in place of one. The last one, ' was the smallest of all and first one was (the largest I dived in that anil settled there."

6th JUNE:

"When I imagined the pool, the word Allah was sighted. There was about 100 pools of mercury in it. This word Allah transformed into the word, "Muhammad'. Then this too transfigured into letter alif. I came out after merging in this letter and saw it extending up to the horizon. Then mercury started coming out from it like lava. Which engulfed even the trees."



# The Tomb of Data Gunj Bukhsh

A Student.....(name withheld on request).

"When I attempted to imagine the pool of mercury, my head grew heavy and dull. Images of the pool of mercury kept on distorting after having some shape. Sometimes they were very clear and at times it seemed difficult to identify it as my required imagination. Some times the mercury pool looks so good that I want to remain drowned in it. The weight of mercury seems to be crushing and I felt like going to sleep."

"During the Muraqabah I found myself beside the tomb of Data Gunj Bukhsh. The lattices of the tomb appeared to be filled with light. The walls were very beautiful and were inscribed with some Quranic verses. I tried to read and understand but I was so overwhelmed with emotions that I started crying."

30th APRIL:

"It seemed during the exercise, that my neck would not be able to hold the weight of my head. But somehow I continued with my exercise and finally succeeded in having the imagination .of mercury pool. I saw that I was falling at the feet of Holy Prophet (PBUH) and crying. And he (PBUH) was stroking my head affectionately and said, "God shall grant you success."

## Flame of Fire

Imran Kaleem

"When I started Muraqabah in the night the resistance of the conscious was so great that my head seemed to become a heavy stone. When it cleared I saw a tidal wave of mercury rising and swallowing the whole world. When it passed away I saw many pools of mercury. Then again I witnessed a big wave with light (noor) on its upper sides and mercury at the lower. This wave spread over the whole world and circled around it many times."

10th JAN:

"When I started Muraqabah today I saw the earth is floating in the pool of mercury beside it. Then the whole world was found to be submerged in the mercury. I felt as if my bed is drifting here and there on the surface of mercury and the waves of mercury are hitting against me."

19th FEB:

"I could see my heart with open eyes. When I looked into it, the whole world is submerging in the mercury pool. A storm of mercury was raging everywhere in the world. The whole world is flooded with mercury. Gradually this imagination grew deeper and deeper and I felt as if a heavy weight is placed on my temples causing uneasiness which finally subsided and I went to sleep."

20th FEB:

Before performing Muraqabah when I started the breathing exercise I felt heat with every exhaling and when I exhaled the last breath of my exercise it seems as if a name is coming out from my nostril, also felt something moving in my back bone. When I started with Muraqabah as usual I had the imagination quite easily and I grew calm.

## Advise

Before taking up your exercise have one glass of water with a spoonful of honey in it. Sip this water slowly don't drink it in one go. Reduce the salt content in your diet.

## The Inner eye

Raja Mohammad Najmi, Lahore:

**Question:** All those books that I have studied on the subject of telepathy instruct us to practice the exercises of telepathy facing the northward direction. All those exercises that you have suggested for the learners of telepathy are silent about any particular direction. The question is that if it is necessary to do the exercises facing North then why have you not recommended it?

**Answer:** One of the most marvelous creations of nature is the human brain. Human brain, the fascinating computer having more than two billion components, is responsible for the production of two types of senses. One, the senses required for comprehension of the physical realm. And the other type of senses, opposite in their characteristics to the first one, are responsible for the perception of the stimulations of that agency which is operative in the background of the phenomenal realm.

The senses through which the things are perceived under the influence of the gravitation are collectively known as the conscious mind; and the senses in which we are liberated from the influence of the gravitation are known as the unconscious mind. Both the conscious and the unconscious mind are based on a comprehensive network of waves. The waves operative in the conscious senses are triangular and the waves working in the unconscious senses are circular in their formation.

The movement of the earth too is of two types. One is the linear motion and the other is the rotational one. In its linear motion the earth moves along its orbit obliquely on a linear path and in its rotational movement it revolves on its axis like a top. The linear movement, according to the spiritual sciences, is triangular and the rotational movement is circular in its nature. This planet earth is the abode of the human beings, Jinni and the Angels of the lower echelons.

In the creation of man the triangle is predominating over the circle. In jinni the circle is overpowering the triangle and in angels, the domination of the circle is more than the jinni even. The man, in his creation, is composed of both the triangle and the circle. The dominating side of man is the triangle and the suppressed side is the circle. When the influence of the triangle is reduced in man and the circle becomes predominating, man starts witnessing the unseen realm and the creatures belonging to that realm; the jinni and angels, could be easily approached. As the familiarity with these creatures develops man becomes able to converse with these creatures.

The flow of the linear movement is in the direction of the east to west and the rotational or the circulatory movement flows from north to south. In the various exercises of metaphysical sciences like telepathy the learners are instructed to face northwards so that

the flow of the circulatory movement could coincide with the flow of their brain waves and should not cause any pressure upon the person taking such exercise. When for instance, one jumps in the river willingly he manages to keep his wits but if some one is pushed into the river he is prone to lose his senses. One can face any difficulty if he is mentally prepared to face it, whereas a sudden situation can easily upset anyone causing considerable damage.

We did not mention any particular direction because the lesson of telepathy have not been presented directly so far. All the exercise suggested so far have the only motive of producing the concentrative ability to focus one's mind and for that suggestion to face a particular direction is not considered essential.

# TRUE DEFINITION OF IMAGINATION

Jansher and Mohammad Sardar from Rawalpindi ask:

Imagination in the exercises suggested by you bear a significant importance. What is actually meant by imagination? Do we have to suggest ourselves that we are beholding an ocean of light and the whole world is submerged in it, as is done in autosuggestion or something else is meant by it.

**Answer:** It is one of our routines that we go to the market or the office. When we reach there if somebody asks us: "What did you see on your way?" Well very naturally we will be telling him we didn't notice much. This tells us that if we are not fully attentive to our surroundings we remain ignorant as to what, how and when something occurred. This example clarifies that if we are attentive to something it has some value otherwise it has no importance at all. We can only perceive something when we are attentive to that thing. On our way to office we see so many things but since we seldom pay attention to them we hardly allow them to leave lasting impression on our memory. So, it is the law that when we pay attention to anything the meanings of that thing appear on the screen of our mind otherwise it remains beyond our comprehension.

When we study something which is interesting, because of our interest in that we lose track of time and many hours pass by. When we notice that we had been studying this book for the last two or three hours we find it difficult to believe but since the Watch is telling us so we are constrained to believe. Contrary to this when we study a book whose contents do not match with our interest we feel bored and even the study of ten minutes appear to be lasting for hours. This starts causing dullness and finally the book is abandoned unread.

Another law that can be deduced from this example is that if besides concentration our interest is also there then the task becomes easy.

As far as the interest is concerned if we try to understand it, it would be better to determine its limits. Interest, like every other thing of the cosmos also has two aspects. Taste for something and fondness or the predilection. This is to say on one hand curiosity to know or the quest to find the meaningfulness and on the other predilection to acquire something resulting from that quest and curiosity. When someone adopts a path with predilection and tastefulness the yielding results are always positive.

The purpose of imagination in the exercises of telepathy is that one should have ability to focus one's mind concentratively with predilection and tastefulness which would eventually result in acquiring the innate knowledge. Since this knowledge is not found in books therefore for learning this knowledge such methods are essential which are superior to those in practice. Soul, in fact, is the light and the spiritual sciences are also light. The knowledge of a very subtle light and waves can be transferred through light and waves only. When we attempt to imagine the light the waves of light, or to say, the lights of spiritual science start transferring to our mind according to our taste and fondness.

To have the best results and for taking full advantage of these exercises of imagining light, it is necessary that one should be so absorbed in imagining that he should be forgetful about

his surroundings. His lostfulness must be so complete that the ties of spatio-temporal restrictions should start cracking. That is, one's engrossment should be such that the feeling of passage of time does not bother any longer. Just as one loses track of time when an interesting book is read.

It is of vital importance to understand regarding the imagination that if you are exercising to imagine me light then do not try to see or visualize any particular type of light. Just try to think about light. Whatever the actual form of the light is it will come before you automatically. The basic purpose is to have concentration by focusing your attention in a particular direction on any one point and to get rid of scattered thoughts after that the innate knowledge of the soul starts transpiring on the mind step by step. Generally that state which is called absent; mindedness is achieved which is very close to that which is intended to be explained.

In a bid to imagine something when we try to visualize it after having Its Imaginative picture in our mind this process does not come within the purview of mental concentration. By concentratively focusing means that one must become oblivious of seeing or hearing anything consciously.

It is the law of nature that man cannot be detached from his senses nor can he transcend from his sense even for a fraction or a moment when the conscious senses are not prevalent upon us, the unconscious senses take over after becoming activated. And having acquaintance with the unconscious senses is the cognition and gnosis of meta-physical sciences.

During the exercises of meditation or muraqbah we are required to ponder over something so engrossedly that we become oblivious of our surroundings. This would enable us to be free from the spatio-temporal restrictions. When we are busy in contemplation and the realization of time is not there we start our journey into the unseen realm. In the exercises of Meditation we are usually told that we have to imagine something. When we imagine we are required to imagine so absorbedly that we should lose our contact with the phenomenal realm around us. If the absorption is not there the exercise of imagining anything would remain incomplete. Initially, the exercises of Meditation are done with closed eyes but in later stages one become such an expert in imagining any particular thing that it could be done even with open eyes.

This is the stage which is known as the activation of the third eye. This third eye is the inner eye and has nothing to do with the physical eyes. This is the same eye which is also known as the spiritual eye.

# THE FOURTH LESSON OF TELEPATHY

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture. Inhale through your left nostril for ten seconds. Hold your breath for 20 seconds after closing left nostril with the small finger of the right hand,

After 20 seconds remove the thumb from the right nostril and exhale through it for 10 seconds. Now inhale through the same nostril for 10 seconds and hold your breath for 20 seconds by closing it with the thumb. Exhale through left nostril for 10 seconds after removing the small finger. This makes it one cycle. Complete 10 such cycles. This exercise is also done once in the morning and once in the evening before going to bed. This exercise would yield the best results if it is done on an empty stomach in an open and airy place.

All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise i.e. the exercise should be done three hours after taking the meal.

After this breathing exercise, sit in such a posture when the muscles are relaxed. Imagine with closed eyes that there is a ball which is filled with lights of blue color and these lights are falling on you from that ball. These lights after absorbing in your brain and circulating through your whole body are being earthed through your feet. Absorption in this exercise and depth in imagination will give you a sense of lightness, so much so that the action of gravitational pull will appear to come to an end. After having perfection in this imagination this exercise is required to be done with open eyes. You are required to witness that you and this world of yours is encased in a ball which is filled with blue lights, on completion of this exercise one starts feeling so light that when he walks he feels as if he is walking in the air.

During the course of this exercise this caution is also to be exercised that when you are walking on the roadside please do not attempt to practice it. Because the sense of liberation from gravity could result in losing contact with the ground. If this state ever overpowers you automatically, when you are walking on the road, get aside and walk on footpaths only by keeping your feet firmly on the ground so that you may not be bumping into someone. This practice however, can be done at home. There is no harm in doing it within the four walls of the house.

# 156 ELEMENTS

**Question:** It has been stated by you that all the lessons given so far, aim at development of concentrative abilities and purging of thoughts. Could you not have curtailed the time period by suggesting the direct exercises for telepathy? The exercises of telepathy would have automatically induced concentration then, are you not prolonging it without any apparent reason?

**Answer;** Man has been ordained with an [insatiable quest for exploring facts and realities. He longs to resolve the mysteries of nature to have a developed understanding of the same. His determination has eventually resulted in his progress in the material sciences but still there are facts which despite their existence remain beyond the limited conscious cognition of man. These are the facts which cannot be cognized with the help of ordinary physical senses. If one is desirous of discovering the ultimate realities existing behind the supernatural phenomena one is required to exercise that consciousness which is paranormal, or to say, which can be acquired through the extra-refined senses of the unconscious. And this would only be possible when one could rise above the physical senses and the material organs. Our intellect finds it difficult to resolve the queer and enigmatic conundrums of nature because secrets of the unseen realms are related with the unconscious and not with the conscious mind. Intellect depends upon the pragmatic experiences of the physical and material senses. But for proper cognition of the ultimate realities we have to seek the help of that agency which is operative at the ultra conscious level.

Man, according to modern science, is physically composed of some 126 elements, and for his locomotion he makes use of every type of energy; the heat energy, the light energy, electrical energy, mechanical energy. All those elements which are required for the creation of the material tilings are all found in one place; in man's physical composition. Man is at par with animals, birds and insects if he is not aware of the use of the powers granted to him by Nature. The only quality which enables him to be the cardinal member of Nature is the Will-Power in him. The only distinction which helps him to rise above the animal level is this Will-Power. If one enjoys his divine faculty he is superior to other creatures. It is man's will-power which enables him to harness the forces of nature and to equip himself with the crown of viceregency of Allah, the most Exalted, after having the proper cognition of the laws of nature and then finally that of the ultimate realities behind the phenomena of nature.

For this very reason of purging the minds of the students of telepathy instead of starting with the direct lessons of telepathy we considered it more befitting to suggest the exercises to develop the concentrative abilities.

Besides purging of mind, understanding of the computer of the soul, the mind, is also mandatory. It is quite obvious that unless we are not ready to explore the mind, after rising above the present material systems, we will not be able to discover the hitherto unexplored hidden potentialities and the working style of mind. For acquainting ourselves with these hidden and unlimited abilities of our mind it is essential to have this knowledge as to how we can liberate ourselves from the clutches of the hypothetical senses.

As far as long waiting is concerned, When the creative formulae of the cosmos are considered with deliberate contemplation it becomes crystal clear that every passing

movement causes us to wait for the coming moments. Waiting in itself is lire. The period from infancy to childhood, from childhood to youthfulness and from youthfulness to old age, the whole life passes in waiting, if the old age of coming sixty years are not hidden and infused in a baby bom today he will never be able to come out of his cradle. His growth will not only be stopped but will not take place at all. The kinetic system of the universe will come to a halt. The sun and the moon will lose their light.

When a seed is sown in the earth it, in fact, is a beginning of a waiting, till it blooms into a flower.



# INCIDENTS AND EXPERIENCES RESULTING FROM 4TH LESSON

Syed Asghar All Zarar reports:

24th NOV:

Today I started with the 4th lesson of telepathy. By the grace of Almighty I soon succeeded in having the required imagination. Saw a light fall upon me and these lights after absorbing in my head are earthling through my feet. When these lights enter in my head their color is blue but when these are earthed they become colorless, as if the color of these lights is absorbed and retained by my body. Then I witnessed myself as a globe filled with blue color. Suddenly a huge dome of green color appeared before me."

"During the morning exercise I saw my head opening and two embodied layers of light entering there. These two layers after cleansing the inner recesses of myself and dissolving into me light make their exit through my feet. After this spiritual or physical purging blue rays started entering me more rapidly."

25th NOV:

"During the exercise I happened to think about a dome. I witnessed that the lights coming down are of white color but as soon as they pass through the dome they turn blue. This was also observed that there are concentric rings of various colors on the ceiling of the dome. These rings are studded with precious stones and pearls. Then I saw that the color of falling lights is changing in intervals and my body is attracting them like a magnet and is absorbing them."

27th NOV:

"I saw during the exercise that something came and sat on the top of the dome and began to shake it. With the shaking the falling lights were intensified. I was feeling this rain of lights on my body. At times I shivered. It occurred to me that from where are these lights coming, I noticed that a towering antenna was installed on top of the dome which is spreading these lights through the rings and pearls after absorbing them from the atmosphere."

2nd DEC:

"I saw various beautiful scenes of grand buildings, gardens and orchards, plants and flowers, fountains and pools. All these were transparent and lights were permeating everywhere."

# **Riddance of Inferiority Complex**

Mohammad Saleem Qureshi, Lahore writes:

"For the last few weeks I have been observing beautiful bright light of blue color during day time. It happens quite frequently that whatever I have in mind it occurs as I had thought of it. I have particularly noticed that first I could not dare to talk to anyone looking straight into his eyes but now I can talk more confidently."

8th Feb:

"Initially the flashes of white light kept on taking place then the waves of yellow light were sighted. Then I saw the Holy Kaaba and people are circumambulating it. This scene was sighted from an altitude. I saw other things as well but couldn't remember them. Once it was felt that something was going down adheringly from the lower portion of my back."

15th FEB:

"In the beginning of the Muraqabah I saw the yellow waves coming towards my nose. Then I saw many people offering prayer in a row. All of a sudden somebody threw something on the ground. It splashed all around and I tried to save myself from it. After that small sized white lustrous waves passed close to my nose. It appeared as if a lot of time had elapsed. Today slight headache was also felt."

16th FEB:

"Today the yellow waves appeared to be static. Then I saw there were planks of white color having something inscribed in black on them."

Malik Haq Nawax, reports:

20th FEB:

"After the exercise when I lay down to sleep a current from my heart spread in my body and my body started convulsing under (lie effect of its intensity. After that I saw the darkness in front of me vanish."

Mohammad Toufeeq from Karachi reports:

29th APRIL:

"When I started Muraqabah, black rings appeared before my vision but soon a bright ball was sighted over my left eye. Then suddenly I saw light all around myself. Then the flashes of light kept on taking place before my vision."

4th MAY-

"Darkness was there before my eyes. A shadow of something was seen moving. Then white waves appeared before me. Then light was sighted before my left eye. After a while there was light before my right eye as well and for a moment I sank in that white light."

M.A. Rawalpindi reports:

10th MAY:

"I saw a dome made of glass. Light falling on my head from it. I felt as if somebody had stirred it. A huge wave after entering into my head went into the earth through my feet. This state prevailed for about 80 seconds."

16th MAY:

"I saw a white dome which was changing its colors. At times it is green and then it turns blue.

## **Golden Palaces.**

M. Jahangir Tabassum reports:

6th JAN;

"I had the required vision with great difficulty the imagination of experiences of 3rd lesson were hindering. I noticed that when the light enters my head my head grows heavy. After that I found myself flying in a cubical thing. During the Muraqabah I saw an old man sometimes he transforms himself into my shape and sometimes I take his shape. When I was saying my morning prayer, I felt as if I was saying it in space."

7th JUNE:

"I here appeared a golden palace like building in my vision. I saw Hazrat Ayesha standing in that palace with her back towards me."

11th JAN:

"Just as I started Muraqabah drowsiness prevailed upon me. In that state I found myself in a cave. Something like electric current kept on circulating in my body. I felt something creeping in the right side of my head and at the same time some cold thing was felt crawling in my mind, then I saw an enchanting garden with golden and silvery walls with lush green floor. Then

I saw myself standing on a dome. A group of people descended from the sky and came towards me. They said, "we have come to take you along." The elder one of them pulled me beside him and accommodated me beside himself on his throne. The throne started flying towards the sky. I saw many wonderful things. There were many people and everyone was saying something or the other. One of them was eating bread. He gave me a piece from his bread. Then he took me to a bright white room and said that, that room was for me. The walls of the room were almost transparent like glass. I entered the room. I was about to proceed towards the other room when I slipped. But I managed to open it. There too were blue lights. I opened my eyes but they did not open instantaneously rather they opened slowly. When I tried to walk I felt as if I was walking in the air. My right foot was in a state of numbness."

# DOMAIN OF THOUGHTS

Shahcen from Kohat writes:

**Question:** The experiences of students of telepathy are sufficient to prove and consolidate the

Relation of this knowledge with reality but when the ratio of success is taken into consideration it creates suspicion that this is only an artifice of imaginations of the students, that is, when one autosuggests concentratively that this is to be sighted and felt then the same is envisioned would you like to tell us something in this regard?

**Answer:** As far as the imaginative power is concerned no one can deny this fact that the whole life is a convoluted network of thoughts. His divine Grace Qalander Baba Auliya in his remarkable book "Loh-o-Qalam" has termed the creation made from this network as Aura (Nasma) and has said that jinni are created from simple Aura and man and the world of man is the resulting outcome of compounded Aura. This thing has been defined by him by drawing a sketch in that book.

The waves that give us life are responsible for the production of all demands of life. When the inbuilt antenna of our brain receives these waves they are displayed in shape of thoughts and emotions. Transmission of thoughts is the life. Considering the thoughts and imaginative power as something ineffective and useless is nothing but ignorance of the highest order.

Let us perform an experiment. Lie down on your bed comfortably and let your body relax. Now concentratively focus your attention on this thought that your feet are getting warm. Then let this imagination occur to you that waves are falling continuously on your head and are discharging through your feet after leaving their warmth behind to warm your feet. The moment your attention will be focused undistractedly on this thought you will be surprised to note that your feet actually start getting warm and persistence of this thought would take you to that point where you will be feeling that the heat is becoming unbearable for the soles of your feet.

The same experiment can be done by imagining cold wave. The concentration of thoughts would make your feet so cold that it would be felt as if your feet have been chilled with ice.

The act of overlooking or dismissing the idea of acknowledging the metaphysical sciences by saying that these are all the resulting product of imaginations and the imaginative power, in fact, amounts to an escape from reality. And this is the approach of those who do not possess the initiatives and driving force to work.

What are our emotions, feelings, sensations and urges of life like certitude, sacrifice, hatred, grudge, hunger, and thirst after all?

These are all changing forms of thoughts initially perceived in the form of an imagination. If we are not informed by our mind about appetite as a thought of eating something we shall never be able to pay attention to food.

This whole universe is a concordant and harmonious film of thoughts and imaginations.

# LAW OF NATURE

**Question:** Can the abilities and faculties mentioned in telepathy and other metaphysical sciences be acquired by any one who is desirous of equipping oneself with these faculties or this knowledge is particular for only those who enjoy some special capabilities and extraordinary power of mind?

**Answer:** When we happen to hear about a person who can converse telepathically with people residing at far-off distances, can hypnotize somehow, can cure a sick person merely by the touch of his hand, can walk through solid brick walls or can read the mind, it spontaneously comes to our mind that some supernatural abilities have been endowed to that person. Similar is the case with those enigmatic and perplexing phenomena for which the human Intellect cannot find any befitting solution. For instance, the demonstration of healing powers through praying for someone or foretelling the future by interpretation of dreams.

Countless laws of nature are operative in this universe of ours. Only a few of them are known to us so far and many of them are still mysteries to us, because of our improper approach towards them. Any phenomenon which is based on laws about which our knowledge is imperfect is readily pronounced as supernatural only because of our ignorance about the laws operative behind such phenomenon.

Psychologically and physiologically man is the most complex and intricate of all the creatures of the universe. Sometimes the activities demonstrated by him appear to be so strange and mysterious that they could very easily be termed as supernatural activities. This invites our considered deliberation as to what these supernatural abilities are and how we can put them to our use after harnessing them according to our will and wish. Contemplation in this regard leads us to conclude that nothing can be above and beyond the range of the laws of nature therefore, for those who manage to have the cognition of the laws of nature the word supernatural is merely an indication of the level of our comprehension of nature and the understanding of its laws. Every phenomenon of nature whether it is on the ordinary level or at the preternatural level is the manifestation of one or the other law of nature. Nothing could rise above the laws of nature.

After settling on this point that nothing is preternatural in this universe and every thing is manifested according to certain laws we have to consider how we can have a developed cognition of these laws and how the abilities like foreseeing, foretelling, clairvoyance, reading of minds, etc. could be put to use. It would be interesting to note that every one of us is

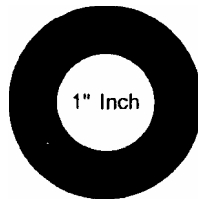
endowed with these qualities and we can learn the use of latent abilities of mind and soul through certain exercises. Practice can enable us to activate the latent potentialities and we can learn to cure and heal the sick by transferring our healthy thoughts to them. If we are desirous of learning the use of any of those faculties which are ordinarily called the supernatural, we are only required to seek the guidance of teachers versed with the science of these potentialities. Teachers of these sciences tell us that all these abilities, in fact, belong to the Soul and not to the physical mind or the body of man. Therefore, they teach us that how can we have access to the undiscovered potentialities of Ae soul. But before prescribing any exercise they prefer to edify the moral character and the mental capabilities of the one who wants to learn the use of these abilities.

It is to be remembered that the character of a person plays a key role in one's advancement in any field. If one has a strong moral character oAe's success can be easily guaranteed. Before taking any decision about learning any of these sciences, one ought to check whether he is steadfast enough to withstand the difficulties and that how does he intend to use the sought abilities, i.e. he wants to use them for constructive and positive purposes or not. Nature bestows extraordinary powers and abilities only upon those who know their proper use. If one does not possess a strong moral character, he can very easily indulge in misuse of such powers. Any one who acquires ability of an extraordinary nature and does not use it for the benefit of mankind, he is prone to start abusing it in a manner which is against humanity. Therefore, it must be kept in mind that whosoever intends to follow the metaphysical sciences should endure and have the determination to improve his personal well-being and to help others by using the abilities bestowed upon him.

# FIFTH LESSON OF TELEFPATHY

Take an 18" X 18" piece of shining white rexine leather and fix it on a hard board of wood, ply or thick card of same sue with the help of small nails in such a manner that no wrinkle should be left there on the rexine. Exactly in the center of this fixed-on-board rexine draw two concentric circles. One with a radius of one inch and the other with a radius of six inches. Now paint the area between the lines of these two circles with shining dark black color. (It would be better if enamelpuint of black color could be u^cd), This would give you a black circle of five inches thickness leaving a small circle of one inch radius in the center.

6" Inch



This board is to be placed at a distance of four feet at such an adequate height where the white circle becomes parallel to your sight when you are sitting in front of it, the board is to be erected vertically and there must not be any slant in it.

After preparing this arrangement, before starting with the exercise of circle-gazing do the breathing exercise as follows.

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture. Inhale through your left nostril for 10 seconds. Hold your breath for 5 seconds after closing left nostril with the small finger of the right hand.

After 5 seconds remove the thumb from the right nostril and exhale through it for 10 seconds. Now inhale through the same nostril for 10 seconds and hold your breath for 5 seconds by closing it with the thumb. Exhale through left nostril for 10 seconds after removing the small finger. This makes it one cycle. Complete 10 such cycles. This exercise is also to be done once in the morning and once in the evening before going to bed. This exercise would yield the best results if it is done on an empty stomach in an open and airy

place.

All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise i.e. the exercise should be done three hours after you have taken the meal.

After this breathing exercise Practice for 10 to 15 minutes the exercise of gazing at the prepared circle.

Initially you may have a sensation of irritation in your eyes and they may water blurring your vision but you are not to blink your eyes when you are doing this exercise. You have to keep your neck aligned with your back bone which is also to be kept straight. Till acquiring perfection and proficiency in this exercise if your eyes are blinked don't bother much and continue with your exercise. Don't force yourself too much in controlling the blinking of eyes. You shall steadily acquire an unblinking-gaze with the passage of time.

After this exercise you have to perform the following:

Muraqbah.

In this Muraqbah you have to imagine with closed eyes that there is a Jar of glass. The things existing on the earth are depicted and designed on the inner surface of the jar in the form of impressions.

**Note!** The exercise or circle-gazing is to be done only once in twenty four hours at night. The Muraqbah of Jar is to be done twice. Once early in the morning before sunrise and once late in the night before going to bed.

Care should be exercised that circle gazing is to be done in enough light and the light should be falling directly on the board from behind you. It should never be done that the light is thrown on the board by means of a table lamp specially arranged for this purpose.

The Muraqbah is anyhow to be performed in darkness as usual.



# SIXTH LESSON OF TELEPATHY

It has been made elaborately clear in the previous chapters and lessons that man, in fact, is light. This light or the current has been named as wave by the scientists. According to them all the sentiments, emotions and the urges responsible for maintenance of life are, in fact, compounded combinations of waves.

The spiritual scientists have divided these waves into two groups. Simple waves and compound waves. The compound wave is responsible for maintaining the material body. This wave creates elements generally known as Fire, Water, Earth and Air. This wave confines man in time and space. In this state everything becomes a veil for him so much so that even a thin paper can hinder his vision like a drawn veil on his eyes. It is the nature of this wave that it observes everything on a screen.

## **Example:**

Man constructs house for his safety. He himself erects walls and installs door in these walls. He considers himself safe when the doors are closed. If closely observed and noticed we would conclude that this action in itself is a state of incarceration and confinement. That is, man has declared a confined life as safe. He has incarcerated himself in his own invented and devised things. The urges of comfort and luxury are also indicative of confined abilities.

Whereas contrary to this the simple wave likes the life liberated from confined senses. The very first movement of this wave releases us from the clutches of spatio-temporal restrictions. No veil or screen can hinder this wave. It is fully aware of the supreme heights of heaven and the derogatory position of the earth. This wave not only enjoys the knowledge of the Signs of Allah, the most Exalted, spread on earth but has the honor of meeting the angels and conversing with them.

We remain alive between these two waves, two lights or two circles. Whichever circle or wave becomes predominating we experience the states corresponding to it.

These two circles are, in fact, two generators having countless wires through which the current is supplied to our whole nervous systems continuously.

The First generator is situated at our navel point. This is actually a sort of sub-station having its feeding from the second generator i.e. the simple waves.

Just as for learning counting we have to acquaint ourselves with number one. Similarly for learning the knowledge of transference of thoughts we have to have knowledge about the compound wave i.e. the first generator.

For knowing how the first generator works, the following exercise is suggested.

## **Breathing Exercise**

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture.

Inhale through your left nostril for 5 seconds. Hold your breath for 15 seconds after closing left nostril with the small finger of the right hand.

After 15 seconds remove the thumb from the right nostril and exhale through it for 5 seconds. Now inhale through the same nostril for 5 seconds and hold your breath for 15 seconds closing it with the thumb. Exhale through left nostril for 5 seconds after removing the small finger. This makes it one cycle. Complete 15 cycles.

Timings: This exercise is also done once in the morning and once in the evening before going to bed. This exercise would yield the best results if it is done on an empty stomach in an open and airy place.

**Note:** All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise, i.e. the exercise should be done three hours after taking the meal.

After the breathing exercise perform the following Muraqbah, You have to imagine in this Muraqbah that there is a bright radiating point at your navel point. Rays are emitting from it and arc absorbing in the surrounding. Beasts and birds, men and animals, east and west, north and south, earth and sky, everything existing in our surroundings is absorbing the rays emitted from this bright point. This Muraqbah is to be done for fifteen minutes at the least.

### **Special Instructions**

Aspiring students of telepathy are once again cautioned that no one should start these exercises from the middle- It is essential to take up the first exercise first. It is also necessary that these exercises should be practiced under the supervision and guidance of an expert spiritualist and master of occult sciences. And his instructions should be followed to the letter.

# EXPERIENCES DURING THE COURSE OF 6TH LESSON

K.N. Karachi:

I started performing Muraqabah as usual. I successfully envisioned that there is a bright point shining like a star at my navel. Suddenly this point moved and started rotating anti-clockwise. It could be exemplified with a burning incandescent stick rotated by children. The only difference was that from the burning incandescent stick sparks fall whereas from this point rays were emitting and these scattering rays were encircling the world. Then it transpired that every creature existing on earth has similar bright point and the rays of one point are inter-changing with the similar points of every other creature, with further absorption in Muraqabah my mind was able to see that rays from the bright points of other creatures are absorbing into the point of my navel."

"Then this bright point started growing bigger and bigger finally it converted into a T.V. like screen. The reflection of the existents started appearing on it. Initially it was very dim but gradually it became so clear that I saw all the scenes of nature just as if I was watching a movie film."

"I was so lost in this delightful observation that I became oblivious of my own existence. I found the bright point of a tree is inviting my attention and then that tree started talking to me. It told me about its genus and ancestors who had grown billions of years ago. Then the sparkling point of a mountain began to converse with me, It informed me that it was also born and grew like other creatures. The only difference is that for them time and space do not have the same values as these have for other creatures. Their growth rate is very slow. If a tree matures in five years for them maturity comes in thousands of years, when I inquired about the reason. It stated that their breathing rate is different. Their one breath takes fifteen minutes and for this reason their growth takes so long."

Name withheld on request, Lahore:

Practiced the exercise of sixth lesson after mid-night. I witnessed that I am an encasing shell made of glass. In this encasing six bright bulbs are fixed. One of the bulbs which was the most bright is fixed at my navel. It had countless thin wires each one tied with one creature of the universe. It seemed that this bulb was the hand of the puppeteer. When these strings move, various creatures appear before our eyes. I felt frightened to see an animal resembling a mongoose. This was so huge that it appeared to be a mountain at first sight. There were many large elephants wandering on earth. This frightening animal swallowed one elephant before my eyes just as a fish is caught and swallowed by crocodile, It was such an awesome scene that I couldn't continue with my Muraqabah."

N. Akhtar from Sargodha writes:

"I have been doing the exercise of sixth lesson for the last forty days. During first ten days

nothing could be sighted. I felt my head very heavy. Pressure was on the left side of the head. With splitting headache. When the pain grew intolerable I according to your instructions started taking fruit juice after sweetening them with sugar three times a day."

"One day in that painful condition I unintentionally went to a park where I sat near a pool and was staring into space when a light flashed in my mind. It was so bright that my eyes were dazzled and I saw with open eyes that a whole beam of light rays, like those of sunrays, is flowing from my navel point. It created quite a scene for me when I directed fishes of the pond with this intention that all the fish should appear on the surface of the pond. The fish did accordingly and came to the surface. Then I desired that half of them should remain on the surface and half should go down. This was also obeyed and acted upon by the fish. Then I directed those rays towards a rose flower wishing it to turn white. The petals of the flower did grow white. But to my grief the flower wilted and withered away."

**Warning:** All the students of metaphysical sciences should refrain from doing anything destructive. Directing the fishes to come on the surface and changing the color of rose are indicative of destructiveness.

The metaphysical sciences are taught so that one could serve mankind and the creatures of Allah after equipping oneself with the latent potentialities of his inner self.

We have faith and believe that Allah, the Almighty has created everything in a constructive way. And to form the same pattern of constructive thinking approach we have suggested these lessons which are in strict concordance with the spirituality testified by the Book of Allah and by so many messengers of God.

Nobody having a destructive mind is allowed to make use of this book because the destructive deeds would be harmful for him only.

# SEVENTH LESSON

## Breathing Exercise

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture.

Inhale through your left nostril for 10 seconds. Hold your breath for 30 seconds after closing left nostril with small finger of the right hand.

After 30 seconds remove the thumb from the right nostril and exhale through it for 10 seconds. Now inhale through the same nostril for 10 seconds and hold your breath for 30 seconds by closing it with the thumb. Exhale through left nostril for 10 seconds after removing the small finger. This makes it one cycle. This exercise is to be done 5 cycles early in the morning and 10 cycles in the evening before going to bed. This exercise would yield the best results if it is done on empty stomach in an open airy place.

All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise i.e. the exercises should be done three hours after taking the meal.

After this exercise of breathing sit in a relaxing posture for Muraqabah. Blind-fold your eyes with black downy cloth in such a manner that eyeballs should remain under a constant but mild pressure. The cloth is not to ^ hurting the eyes. Just a slight pressure barring the movement of the eyeballs is required, Now imagine that the brain of left hand side is rotating anti-clock-wise.

During this exercise it usually happens that one starts moving his body along. See to it that head should not be moving during this exercise. This exercise is to be practiced once in the morning after breathing exercise in the morning and once at night each time for at least fifteen minutes.

Besides doing this exercise select a person with a purged mind having close intimacy with you. Get fifty cubes of soft wood like that of dices prepared. After painting these cubes with blue color get Nos.1 to 50 written on the sides of these cubes. Each dice is to bear only one digit on all six sides, i.e. one dices is to have digit 1 on all its six sides and the other is to have digit 2 and so on the fiftieth dice is to have 50 written on all its sides.

Divide these dices amongst yourself i.e. each one is to have 25 dices each.

Sit across a table with a partition of hardboard or wood between you so that you should not be seen by the other partner. Both to have a note-book and pen each at hand.

Now one of you is to think about a number in his mind and to suggest it mentally to the other to throw dice bearing the same. The number thought is to be noted in the note-book. The other partner would attempt to perceive the suggested number and would throw the dice bearing the number perceived and would note this number in his note-book. Now the other partner would suggest a number telepathically and the other would attempt to perceive the suggestion and throw the dice of the perceived number.

Thus turn by turn both would throw the 25 dices each and then they would compare the notes to ascertain that how much they were guided by their minds, i.e. how many dices were thrown according to the suggestions given and perceived.

This exercise is to be done two times in 24 hours for duration of fifteen minutes. And it is to be continued till the rate of accuracy in throwing the suggested dices reaches 75% i.e. 19 dices out of 25 are thrown according to the telepathically suggested numbers.

# METHOD OF INFLUENCING TELEPATHICALLY

According to the saying of Allah every creation is dihedral and bifolded. One side remains manifested and dominating and the other remains hidden and suppressed.

## **Example:**

Man Is compounded with dihedrals. Male and female, man and woman, father and mother.

Man (Male), according to the law of Croauons, is also dihedral and the woman (female), too, is dihedral. There is a man hidden in every woman and a woman is hiding in every man.

Had Eve not been present in Adam, her birth could not have possibly taken place. Second example is the birth of Christ from Mary. Thus every individual is two folded duplex. One fold is manifested and predominant and the other remains hidden and suppressed. Man or woman both are dihedrals in this respects each with one side manifested and the other immanent one. The manifested side of a woman is exhibited before us in the form of a woman but her inner side remains invisible. Similarly the man's manifested side remains hidden. It is therefore manifested side of the man which appears as a man and the woman appearing as woman is the manifested side of the woman. The opposite inner feminine side is enfolded in the manifested side of the man and the opposite inner masculine side of a woman is enwrapped in her manifested feminine side. The law of the Sex Appeal and reproduction is based upon these very two sides. Since the inner man of the woman is dominated therefore he longs to adopt the predominant side of a man before him and wishes desperately to absorb in it for completion and perfection of his self. Similarly the hidden woman in a man is incomplete and dominated therefore 'she' also longs to embrace the manifested woman for her completion. This means that the sex appeal is not present in the man or woman before us but exists because of the longing for completion of the hidden woman or man in them.

This is what generally is called sex Appeal. Cases of change in sex are commonly observed by us. This happens because the stimulus of the immanent side becomes so intense and predominant that the stimuli of the manifested side became paralyzed and suspended. It happens when the inner manifested masculine side and the manifested side of the man becomes dominated and suppressed and consequently the man is transformed into a woman. And when, the stimuli of the manifested side of the woman are over powered by the inner man of hers, she changes into a man.

This formula of creation is equally valid in other fields of life. For instance let us study two men. One of them is sick and the other is healthy. It means sickness is dominating in the sick person and the healthy side remains suppressed. Similarly in healthy person the health is predominating and the sickness is lying hidden and suppressed. And whenever the sick side of a man overpowers the healthy side man falls ill or when the healthy side over-powers the manifested sick side of the person he becomes healthy.

There is a person who is happy and prosperous opposite to him the other person is in distress and worried. According to the laws of creation the circumstances are also of two types, or to say bifolded. One fold is termed as peace and calmness the other is called worry and distress. If that side of circumstances known as distress over-powers the

peaceful side of the circumstances the circumstances turns to be miserable but if a man through his right approach of thinking and spiritual power could dominate and over power the bad circumstances then peace and tranquility starts prevailing in one's life.

**FORMULA:** All that is existing in the universe is either confined in circle or triangle. There does not exist any tiling, in this planet earth or the sky, which could be declared an exception to this law. For some creatures the triangle is dominant and for some, the circle. This world of ours, in sufistic terms known as the phenomenal Realm, is dominated by triangle.

It has been made very clear in the previous chapters that every thing existing on earth is kinetic, moving, breathing and alive. This is altogether a different thing whether we consider it alive or not, for instance, the mountains and hills.

According to the laws of nature and creative formulae the mountains are also a creation with conscious. They too breath, are bom and grow. But because of the formula of the creation and growth of mountains appear to be static; Man's breathing rate is 18-20 breaths per minute, Whereas one breath of a mountain takes a duration of fifteen minutes. The breathing rate of every species is differently fixed.

The other important and noteworthy law is that everything worthy of its existence has a definite form and shape. Man sometimes experiences happiness and some times sadness. At times he is sick and at times he is healthy. When we observe these two status through our innate eye we find both of them having special features and distinctive forms. Similar is the case of disease. Each disease has its specific form and shape. Typhoid had its own peculiar features. Chicken-pox has its own shape and even cancer has its own certain specific features. The law relating to that has been elaborately explained in the book "Light and color therapy" Just as one man can communicate with another person after having telepathic contact with him, similarly the diseases can also to contacted telepathically and can be requested to release the patient. All the diseases respond positively and the patients are cured. For instance, if someone has a headache. You concentratively focus your attention on headache. One of the two things will possibly happen either the shape of headache or its silhouette will appear before your vision. If now you will suggest to it to disappear. It will disappear after accepting your suggestion. In this way you can treat any disease and cure the patients provided the disease is not one of the authoritative diseases.

Yes, diseases are also authoritative, and one of such is cancer.

## **Curing Cancer Telepathically**

Cancer damages the blood stream; the mechanism of its action is that the electric current starts flowing in such a manner that the affected part does not remain its passage any longer. This renders it lifeless. This situation becomes responsible for production of very thin round worms in that part of the body which is affected by cancer. This worm in fact, is a hole which consume the electric current. The electric current responsible for the life of the organs is consumed by these tiny holes depriving the organ from the life stream flowing in the body as electric current.

Cancer, as stated above, is one of the authoritative diseases. It has senses. It hears. If it is contacted telepathically and is imploringly suggested, when the patient is sleeping and you are alone, that you are very kind, this patient is in great distress, please forgive him etc. Then taking the friendly sentiments of yours into consideration it would leave the patient.

# EIGHTH LESSON

## **Breathing Exercise**

Close your right nostril with the thumb of your right hand after sitting in a relaxed posture.

Inhale through your left nostril for 10 seconds. Hold your breath for 45 seconds after closing left nostril with the small finger of the right hand.

After 45 seconds remove the thumb from the right nostril and exhale through it for 10 seconds. Now inhale through the same nostril for 10 seconds and hold your breath for 45 seconds, closing it with the thumb. Exhale through left nostril for 10 seconds after removing the small finger. This makes it one cycle. Complete 20 such cycles. This exercise is also to be done once in the morning and once in the evening before going to bed. This exercise would yield the best results if it is done on an empty stomach in an open and airy place.

All those students who are practicing these exercises are advised to have their dinner early in the evening. There must be a gap of at least three hours between the dinner and the exercise i.e. the exercise should be done three hours after taking the meal.

After blind-folding your eyes sit in a relaxing posture as you were doing previously and imagine that there is a bright point where your heart is. When your mind is focused on this point start moving this point anti-clock-wise as it was done with your brain in the previous exercise. This Muraqbah is to be practiced for 20 minutes once in the morning and once in the night.

When this exercise is perfected. Select one of those friends of yours who is keen to learn telepathy and has also completed the exercises of telepathy. The distance between you does not matter. He could be in any part of the world.

At a mutually agreed and appointed time you both try to contact each other telepathically and give messages to each other. The messages given to each other are to be noted down date wise to be compared later on at your convenience. After achieving 50% success rate of accuracy in delivering and receiving messages you can start practicing with common people in ordinary circumstances. For instance, you can suggest, of course, telepathically, to an ailing person that he is getting well and is healthy etcetera.



# MIND..... A TREE

**Question:** Is it true that most of the students of metaphysical and occult sciences are those who are young and haven't attained maturity. Where as the grown up mature people, scholars and intellectuals and those who have a rational approach, are extremists cannot learn these sciences'?

**Answer:** Human mind, one of the most perfect creations of Allah, The most Exalted, is such a fertile land In which trees or various types and genus grow. Trees that grow on the soil of the mind are denominated as different sciences and these are in such a great numbers that their counting is almost impossible. In these sciences the metaphysical and occult sciences have their own position. The metaphysical sciences are also known as spiritual sciences or spiritualism.

A green branch of a tree can be used for beneficial aims and objectives whereas a dry and worm eaten wood can't be used as fuel.

Young lads and ladies are like green branches of trees whereas the old and seasoned people are like dry hard wood as far as learning of any science is concerned.

Psychologists and the masters of metaphysical sciences, in the light of their observations and experiences, declaring the basic reason for this, say that for learning spiritual science a soft nature, tender heart and an unencumbered mind are basic requirements. With growth or age alter confining in the shell of his own specific ideologies one grows to be narrow-minded and harsh hearted and declares nig Self Conceived ideologies as life. Where as spiritualism does not acknowledge this type of approach altogether.

It is a straight forward fact that no one can learn from one's teacher unless one is not ready to accept what one's teacher tells, as last and final verdict. If a Child is not ready to accept 'a' as 'a' he will never be able to learn the alphabet.

Young students and innocent ladies succeed soon in learning these sciences because they do not have its and buts nor do they adhere to any rigid ideas. They simply accept what they are told to accept and old people despite submitting themselves to a spiritual teacher in the light of their particular ideologies and firm thinking approach try to adjudge the instructions of the teacher and try to analyze a knowledge whose a b c is not known to them in the light of logic and philosophy.

This approach spoils their efforts and they cannot advance. This fact remains hidden from them that where the limit of logic and philosophy ends the limits of spiritual and metaphysical sciences begins.

This thing should be kept in mind by all those who are desirous of learning metaphysical sciences that limiting ideologies, extremist approach and considering oneself master of a field with an inflated sense of their abilities are only indicative of their faulty approach which can only hinder in having an undistracted and free mind. When some one is deprived from the blessing of having a liberal and unbiased approach, doubts and whims swallow up

the natural abilities bestowed upon them after gripping the mind in their clutches.

This is the same sad situation about which Allah the most exalted has declared in the Holy Quran.

"Allah has put seals on their hearts and ears and there is veil on their eyes and verily there is severe retribution for them." (Surah 2 Verse 7)".

# SPIRITUAL PERSON

Svetlana Tadorovich:

**Question:** The theory expounded by you about telepathy suggests that you wish to reserve this knowledge for Muslims only. Do you want to give this impression to the aspiring fans of metaphysical sciences that the metaphysical sciences are the heritage of Muslims and only they could master perfection in these sciences?

**Answer:** Any one who really enjoys distinction to any extent in spiritual sciences his thinking approach recedes away from materialism accordingly. And he sees every phenomenon of life engulfed in radiating lights.

It becomes his established belief that every ability solely depends upon the soul. He knows and knows it well that the whole of mankind is bestowed with spiritual potentialities and every one can take advantage of latent abilities of his soul.

When one contemplates on the structural formation of the earth, after emerging from the limiting sphere of mankind, it comes to his knowledge that every nook and corner of the earth is filled with lights and luminescences. It also comes to his knowledge that if some terrific accident takes place the waves of that tragedy leave their lasting impressions. On that place where that accident had occurred. The accident is recorded on the surface of the earth just as some important event is recorded in the memory and stays fresh. The memories of the tragic events and incidents are left imprinted on the witnessing walls and other inanimate objects. The awe inspiring waves of the accident remain lingering and the impression of the accident remains there on the scene of the accident long after the accident itself is forgotten.

Sometimes continuous happening of gruesome and tragic events at one place intensifies this situation and that particular place becomes a symbol of horror and start appearing haunted. One feels scared or becomes putrified when such a place is visited by a person who is sensitive or has weak nerves. The Sensation felt because of the influence of the waves emitted by the recorded film of a series of tragic events of the past is declared as the effects felt at a haunted place. The people with extra sensory perception can feel the dread inspiring waves more vividly. Thus the formidable feeling like that of the hauntedness of a particular place is not because of the memory of the people but because of the lingering waves of the preserved impressions of the tragic events.

In mystic terms such formidable feelings are caused because of the lamentations of the place about some awesome and tragic event which happened there. The mournings of inanimate objects appear to be a poetic statement rather than that of an expression of reality. But those who are endowed with a set of specially refined senses and ability to cognize the realities of the unseen realm knows it well that the cosmos is nothing but a fabulous network of the waves. Each and every wave carries a set of certain information. Small part of this information is perceived through the physical organs of the body but the major part of the information requires the extrasensory perception for their proper cognition.

A spiritual associate is that person who after learning the use of extra refined senses witnesses the world in much broader perspective and has informations of much larger vista. No spiritualist confines any part of any knowledge for any particular nation or for that matter for any class of people. Spiritual sciences are the heritage of the whole of mankind.

Every Individual or every nation has a divine right to acquire the divine body oithe knowledge handed down by the prophets. It is particularly sad to note that Muslims have deprived themselves from the valuable treasures of the knowledge explored by their ancestors only because of their non caring attitude towards their hereditary sciences.

Whereas the non-muslim nations remain in quest of exploring the realities of the metaphysical sciences. And they have succeeded to a great extent. One of such examples is that of experiments of Russian scientists through which they established that telepathy; a branch of metaphysical sciences, is a scientific reality. Psychologists and parapsychologists of other nations are worried on their success because they know that if a nation after understanding the working of brain becomes destructive the whole mankind would be forced tor the yolk of her slavery and all the resources of the will be at her disposal.

# SPIRITUALITY AND SORCERY

**Question:** The incidents reported by those who practiced the exercises of telepathy mostly pertaining to meetings with noble spirits and visiting the holy places. Few have also reported about their encounters with extraterrestrial creatures. But no one has reported meetings with Satan or evil spirits. Although these are also the creatures that belong to unseen realm. Kindly explain this for the benefit of the students.

**Answer:** Normally there are two different approaches regarding the learning of any science including telepathy, which is no exception to this. One is termed as divine and other is the evil approach. If the knowledge is learnt with constructive and positive intentions then it becomes a divine power. If the knowledge is acquired with destructive and negative designs then certainly it is evil. Construction and creativity are acts of divinity and the destruction and evilness are the demoniac acts. In fact, there are two types of groups of people. One with a constructive approach and the other with the destructive approach. Thinking approaches of both are different and opposite to each other. The words used to activate these two types of thinking approaches are also different. The occult sciences when they are learnt with destructive intentions and ambitions are called sorcery. The words practiced in their evil arts and witchcraft are like 'Deevah' and 'Kaliwah' These are presenutic words used by the people of the righteous group, up to the times of Noah were equivalent to the word Allah and Illallah. After Noah the words 'Deevah' and 'Kaliwah' were declared as repealed and the words 'MM and 'Tamkhiyah' were introduced. The people of the righteous approaches adopted the change but the people with the destructive approaches refused to acknowledge the change and the repealed words were adopted by the sorcerers. Then many centuries before Abraham the words Allah and Illallah were declared to be the words of the righteous people and the 'Tamkhah' and 'Tamkhiyah' were repealed and since then these are the declared words for the people of right approaches. But the sorcerers and witches adopted these revoked words to practice their evil deeds by activating their destructive thinking.

In the Holy Quran the two different approaches of the knowledge have been defined in the story of Moses. When Moses visited Pharaoh as the messenger of the Divinity. Pharaoh considering the miracles of Moses as acts of magic and sorcery declared him a wizard and invited him to contest against the magicians of the country. The day was set and both the parties were made to face each other. On the one side there were Moses and Aaron and on the other the big magicians of the country. The magicians threw their ropes and sticks which transformed into snakes and dragons. To match their demoniac activities Moses, according to the Elohist inspiration, put his staff on the ground and it took the shape of a dragon and consumed all the magic snakes.

Here the most interesting thing is to note that when the magicians threw their ropes and sticks they were transformed into snakes and when Moses put down his staff that too converted into a dragon. Then what was the difference in the act of Moses and the magicians. The main difference was that the snakes and dragons produced by the magician

were swallowed up by one of M0598i TtW po^r of tfi? Knowledge of Moses had outclassed the Knowledge of the sorcerers and they acknowledged it spontaneously.

The contest, as reported in the holy book between Moses and the sorcerers, is an elaborate explanation of the knowledge of divinity and that of necromancy. The sorcerers were trying to please their god for the material benefits whereas Moses was doing it to please his Lord not for any material gains. The mission of Moses was to please God and to serve mankind. His constructive approach enabled him to overpower the demoniacal knowledge of the sorcerers. His knowledge was a source of cognition of the Lord creator. All the prophetic knowledge is divine and ultimately leads towards the Creator of the worlds.

We are required to seek earnestly the knowledge of the prophets contained in the holy books and should avoid the knowledge based on sorcery and evilness for the simplest of all the reasons that the former is more powerful and more dominating than the others. Any knowledge based on selfishness and motivated for destructive purposes neither benefits the person learning it nor is of any use to his fellow beings. The knowledge based on the teachings of the prophets is the knowledge which not only benefits the learner but is useful in serving the fellow beings. Man who does not indulge in any destructive activities enjoys the divine power and ultimately raises above the level of the animal life to finally cognize the divine and ultimate reality.

All that we have presented in this book is in accordance with the approach and thinking pattern of prophets and their disciple auliyas since before experiencing the reported incidents a constructive pattern had taken its shape in the minds of the students of telepathy therefore all that was observed was according to that pattern. Had this knowledge been acquired with an evil approach it would have become sorcery instead of spirituality. From Abraham to Moses and from Christ to Muhammad (PBUH), it had been the teachings of all the prophets that man should be saved from evil forces and should cognize himself after acquainting himself with the divine forces, because the Divine force and right thinking approach is construction whereas the evil powers and sorcery is another name for destruction, brutality, cruelty and inflicting miseries on mankind.

\*\*\*\*\*

**A Book authored  
by the Proclaimed of Reality His Divine Grace,**

**Qalander Baba Auliya**

**at the Divine command of the Holy Prophet  
(Peace be upon him)**

# **LOH-O-QALAM**

**This is the first book  
of Spiritual Science, the legacy of prophetic knowledge,  
the heritage of mankind and  
the detailed account of Cosmic programme, creative formulae,  
hitherto unexplored dimensions of micro and macro cosmos, all in  
a most eloquent and simple worded narration.**

Publishers: AI-KITAB PUBLICATIONS, 1-K-5 NAZIMABAD, KARACHI.

# CREDITS

Author:  
Khwaja shamsuddin Azeemi

Translated by:  
Maqsood-ul-Hassan

Publisher:  
AL-KITAB PUBLICATIONS  
1-K-5. Nazimabad, Karachi.

Designed & Composed by:  
Iqbal Hassan Azeemi.

First Edition:  
June, 1993

