SOULWORK

It's The Work That We DO!

A Brief Introduction to the Mechanics of Spiritual Healing

By Ali Ansari - (C) 2004

Including

Surrender – The Proven Way to Success

Why Free Counseling Works

The Importance of Self-Realization

About Counseling

About the Course

PLEASE VISIT MY WEBSITE

SurrenderWorks!

HOME OF THE TEN-WEEK SELF-REALIZATION COURSE

TABLE OF CONTENTS

About SoulWork! 3
How Healing Works 3
Why SoulWork? 4
What is SoulWork? 5
Is it a New Idea? 5
What are the Origins of SoulWork? 5
References in History and Literature. 5
How Will SoulWork Help me? 5
Ali's Three Rules of Healing 7
Surrender - The Proven Way to Success 8
Surrender is a Practice 9
Talking About Surrender - "God Talks" 10
Talking About Surrender - A Taste of Heaven 10
Surrender - The Resolution of all Difficulties 11
Why Free Counseling Works 11
Why I am Willing and Happy to do this. 11
The Importance of Self-Realization 14
Conveying the Reality 16
About Counseling 20
Counseling is the preparatory work for Self-Realization 20
On "Getting It" - A New Reality 20
Understanding the Learning Process 21
Identification, Contemplation, Comprehension 22
About The Course 23
How to Strengthen Your Mind, Increase Your Intelligence, Earn A Good Livelihood, and Help Others to Do the Same. 23

About SoulWork!

How Healing Works

Natural and Spiritual Force combine to bring about healing. This is because God has written for Himself that His Mercy shall outstrip His wrath. Personal beliefs about life and responsibilities get in the way. Surrender causes relaxation resulting in the dominance of the Natural and Spiritual Healing Force. Resistances to Surrender, caused by personal beliefs around responsibility, get in the way. If the resistances are greater than or given preference over the Surrender, Personal force is used to overcome causing stress to the system, and will eventually be overcome through wearing down the system, and disease results eventually. If, however, the Surrender is allowed full access to the body, healing, happiness and prosperity will result. There are several specific techniques designed to facilitate this allowing which will be gone into in later works.

A genuine Spiritual Healer facilitates Surrender. Surrender results in joy, happiness and prosperity. Teaching Surrender manifestly facilitates relaxation and release of anxieties. It is done through a twofold process. Part of it is teaching about God and the attributes of Mercy, Forgiveness and Benevolence, and part of it is teaching about the self, showing the way to love, forgive and accept the resistances so that the messages of self-love and self-preservation that they carry will be heard, allowing them to leave the body peacefully, mission accomplished.

This second half of the process is called facing your fears and is the subject of every mystical mythical journey in the ancient Greek theater and literature. In particular the path taught by Empedocles, the teacher of all the patrons of western civilization[1].

---

[1] Please read "Reality" by Peter Kingsley. An Amazing treatise on the True Origins of Greek Philosophy.

When the heart is free, the Soul speaks. The only thing keeping the heart and soul in bondage is fear. Knowledge of God sets the heart and soul free. This is why the greatest healers are the ones with the most knowledge of and direct realization of God.

"Knowing the Self is Knowing God."

Why SoulWork?

Freed Souls can see clearly the problems of the hearts and the way through them. They can hear the voice or the call or the music of the soul of their friend, student or client, and see its hand in every event in their lives. They can reflect that voice, call or music back in such a way that the friend, student or client can understand.

The understanding or hearing of this voice is often impeded by the fears and resistances of the friend or client. That is why she cannot do this work alone. These fears appear in the form of gargoyles, overwhelmingly powerful, to protect the heart from any intruder, even and most especially the self, who is willingly and almost hypnotically under their influence and in support of them. But the freed soul is aware of their true nature and purpose, and can help the student to face and pacify them allowing entrance to the heart wherein communication with the Soul of truth is possible. Such was the Mystical Journey of Empedocles.

With continued faith and trust, the freed and confident self will turn over the control and guidance of the body to the soul, allowing her to follow confidently the guidance that she knows is true and received directly from the power of the infinite Creator, whose benevolence and mercy forgives all past and leads one to the gardens of paradise, wherein they shall abide forever, for that indeed was our innate reality all along.

What is SoulWork?

SoulWork is the work that we do. It is a genuine communication - not from the dead, but from the living. Souls Emerge. Even though they're born into life with the capacity for full awareness, what I call the "Shock" of birth is enough to knock them completely unconscious. So it takes them a long time to unbury themselves, as it were, from the under the mountain of Karma acquired and passed on to them by their parents' situation. But they're still there and much like bashful or frightened children, can be "discovered" through the clues that they leave, and played with gently until they begin to realize that it might be safe now to come out. SoulWork has also been referred to as "Spiritual Midwifery", coaching the emerging souls much the same as a midwife waits for and assists an emerging child.

Is it a New Idea?

It's as old as time. It is probably the most ancient understanding. It is the source and the quest of the spiritual alchemists. It is the red sulfur, the Midas touch, the Holy Grail, the crystal ball, the source, the force, and the central power of our lives.

What are the Origins of SoulWork?

It's just reaching maturity in the western culture, having been forgotten, and thrown out by many of its rightful owners.

References in History and Literature

How will SoulWork help me?

Success is all about our definition of it. The common working model is that prosperity brings success. So of course with that ideology, we focus on prosperity, as is taught in all the "Prosperity Consciousness" courses, and for the most part lose sight of the goal of success and what does it mean. Getting caught up in the quest for prosperity

always leads to the question, "how much is enough?" It's an endless cycle and eventually becomes the very trap we sought to get out of. But the spiritually aware know that it is the other way around, success brings prosperity. So what is this Success of which we speak? As I said before, it's all in your definition of it and it is the best exercise I know to be in continuous quest for the answer to that question, "what does success mean to me?" NO, "what does prosperity mean to me?" If this Success is more valuable to you than prosperity, then you will have an imminently valuable (and marketable, should you care to get into the healing profession) tool for guidance and decision making for the rest of your life.

"Success" is defined in the spiritual and healing circles as "Eureka! I've found it!" meaning the true self, which has always been the source of your life, intuition, hunches and even illnesses and accidents. The true self is as desperately seeking you as you are trying to run from, or to, it. And it is, in the end, inescapable, for it is your inevitable destiny.

It is that part of you over which you have absolutely no control. It is that part of you that forces you to surrender and therewith to the recognition that you have absolutely no control.

Those who know <u>know</u> that it is to be surrendered to with love and yearning rather than run from with fear and disgust. It is our confusion around our true selves that keeps us confused and running.

Ali's Three Rules of Healing

Success (in Knowing the Self and God) is always the Goal -
It is the Second Compelling word, "Falah" in the Islamic Call to Prayer.

First Rule -
A Solid and Confirmed Inner Connection
is the Key to Every Success!

Second Rule -
Surrender Works!
Surrender Leads to Success, Success Leads to Prosperity.
(It's Not the other way around)

Third Rule -
If I Stay Focused, You'll Get It!
(For more on this one read "Conveying the Reality")

So Praises Be to God for the Gift of Surrender,
and Sufficient it is as a Gift." (Qur`an)

Surrender - The Proven Way to Success

As obvious as the fact may seem that Surrender works and may in the end be the only thing that ultimately works depending upon your goals, there is a noticeable absence of both the reality and the teaching of this all-valuable and essential practice in almost all lines of work and courses of education, the emphasis for success being largely on material goals using concentration, focus, force and other means of determination. Yet even the attainment of these goals is temporary and dependent upon life span, personal energy and dedication, and once attained, the goal then becomes maintenance, and freedom from the fear of loss. All these energies are spent for what, why and how? And could there not be a better way?

I would like to re-introduce the ancient principle of true self-realization as the true goal of our success orientation and the means of our guaranteed future prosperity. We've heard it before, but for many reasons not investigated it. But now's the time, is it not?

Since I'm a student practitioner of this topic for quite some time and aiming, as we all are, at mastery of it both as a subject and as a reality, I feel that nothing but good can come from my efforts to re-introduce it as form of panacea for all ills, which I thoroughly believe it to be, and which it also purports itself to be.

For it does speak for itself. Even the slightest practice of it or recognition of it in our life or daily lives will convince one of that.

So, here is the link to a partial list of my "Be Well in Surrender" Series of topics for lectures, essays, discussions and talks. Please pick the topic that most suits the needs and interests of your group or your personal interest. http://www.surrenderworks.com/clinic/topics.html

I also have several short books and series of essays on my website, including -

* *The Sufi Approach to Islam: Understanding Spiritual Unity and World Peace in these Troubled Times*, which attempts to offer an understanding of Islam from the standpoint of Contemporary Spiritual Psychology and Healing,
* *Esoterics of the Sufi Way: The Sufi Principles of Divine Realization for Healing the Hearts*,
* *The Corporate Spirit: Spiritual Values in American Business,*
* *Elements of Spiritual Healing: Healing the Heart and Soul through Direct Realization*,
* *Journey to the Soul of Truth: Essays on Self Discovery*.

All to be found on my website!

Surrender is a Practice

So what is this Surrender of which I speak? And why is it not so popular, as I would have it be, or as strong in some as it is in others? The answer is - it is a practice! And we must practice it for it is only practice that makes perfect.

We also mentalize it, envisioning it as a means to getting where we think we want to go. But the books and the teachers will all tell you that the realization is never what we think it is. That's why we need a strong and purposeful relationship with a realized teacher. And the only one who can determine if a teacher is right for you is you. They don't always come with pedigrees. In fact, the shortage of pedigrees is resulting in a surging influx of new teachers.

If we only practice it, even just a little bit, alone or in company, it develops, and we develop it. It is a faculty, a talent, a skill, a muscle, if you will. We have it already and it will develop and get stronger with exercise.

It is also not a religion. It is a true and faithful freedom from the need for doctrine or dogma, but not an ignorance of doctrine or dogma. Enlightenment is not a way. We each have our own way. Only a realized teacher can help you to find your way through yourself to yourself. Often you can make it on your own and many do. After all, Divinity is ultimately the only teacher.

It's a practice! We learn it! Even though we know it already! We forget. And forgetfulness causes us difficulties, and difficulties cause us to search for solutions or resolutions, and sooner or later the search causes us to remember, and when we remember we surrender, and the practice begins anew, and such is the cycle of learning.

Talking About Surrender - "God Talks"

Talking about Surrender is talking about the self, and that is a topic everyone likes to hear. It is also talking not just 'about' God, but actually talking 'for' God, since God talks about and teaches Surrender. "God Talks"! Hence the true "Khalifa", or Vicegerent, Re-presentative, Agent, Spokesperson, Co-Creator, Apostle, that we were cut out to be. *Surrender leads to a True and Practical Faith. This "True Faith" is a "Knowing" that only the Soul has. I can't say it any plainer than that.*

Talking About Surrender - A Taste of Heaven

Talking about Surrender just totally sends me into a state of being that can only be compared to and in reality must be, the very taste of heaven that the life in this world is supposed to be. That's why the first sentence in my book, "*The Sufi Approach to Islam*" Says, "This Book will take you straight to Heaven". For it is indeed our natural state. Are not babies born in Heavenly Bliss? Prophets tells us that children are born in a state of Heavenly Surrender and it is their parents who take them out! Do we not feel the state of heaven in ourselves? Especially when we look into the faces of children?

Surrender - The Resolution of all Difficulties

If everyone, the oppressor and the oppressed, could feel what I feel from talking about Surrender, they would become best friends and bosom buddies immediately.

Why Free Counseling Works

I'm happy to talk with you free of charge as much as you like by phone. Time may sometimes be an issue but we can make it work. We can discuss anything you like that you feel will help you to understand the nature of whatever it is about you that interests, perplexes or plagues you.

Common topics of interest to most everyone are:

Success, Prosperity, Poverty, Time, Money, and Increasing Capacity to Earn, God, Religion, Surrender, Spirituality, Paths, Goals, Health, Illness, Disease, Healing, Modalities, Modern Medicine, Education, Work, Learning, Teaching, Career, Job, Goals, Sex, Love, Marriage, Relationship, Parenting, Children, Childhood, Psychology, Death, Suicide, Abuse, Anger, Violence, Issues, And Many More. I'm sure you have your own favorites.

Why I am Willing and Happy to do this.

 # 1. I want to be of assistance to you and do not want to let your sense of poverty or cost get in the way.

 # 2. Poverty and Prosperity will certainly be one of the things we will be talking about since it is probably an issue for you if you are in need of free counseling. Health and Healing results in an increased capacity to earn. The point of desiring to increase your capacity to earn is to be able to afford, in time and money, services such as mine. Since my healing service is part of my livelihood, it serves me well to get you to

the point that you can afford it. And, I'm willing to put in the work to get you there. And, I don't expect it to take a long time. But, whatever it takes, I'll stay with you as long as you stay with me.

Of course I expect you to pay me something as soon as you are able, and I'm sure you will want to. It's only the natural act of gratitude, the need for which will also come up, I'm sure. That's why I'm willing to take the bet on you, or on anyone. We generally get what we expect, and I expect that my service will be so helpful, and pay off so well, that you will quickly discover the means and the desire to pay me for it. And if not, then I haven't served you very well, which might happen, and you obviously owe me nothing for nothing.

 # 3. My first sessions are always free, and you will be offered the opportunity to pay my current rates or any feasible portion thereof. So it's not like I'm Insisting on working for free, just telling you that I'm totally willing if that's what it takes. I will, however, not charge until you are convinced that my service is worth paying for.

 # 4. I cannot bring you to your true Satisfaction with life, until you can bring yourself there. So I have been blessed to offer a 10 week Self Realization Course for which I do charge per hour and a half session, weekly, to help you Discover, Establish, Strengthen and Confirm Your Own Source of True Satisfaction, as I have discovered mine. This Blessing is Totally Transferable, should you care to use it in your business. This is your own wellspring of health and happiness, your own answer to all the questions, and how to help other find theirs.

 # 5. This course of true-self discovery requires a certain dedication of time, work and money, and you may need some time to get to the point of taking it. I really want you to have this and I know of no other means to provide it for you except through offering you this course. So I'm willing to offer you all the support and counseling you need, as long as you realize (and assist me) that my goal is to get you to the point that you can afford and want to take this course. I am so grateful that the vast majority of the world's population is happily not

in need of this service, and I am equally certain that there is no one who would not benefit from it. But there is still, unfortunately, a substantial portion of people in need of help and counseling. This course will not only help the individual taking it, but empower that individual with a proper understanding and means to help others, offering the potential of snowballing into infinity.

I simply know of no other way, and believe me, I've looked. I have many friends who can scarcely afford it, and who feel themselves hard pressed for the time and dedication to be able to take the course. But after enough sitting with me and receiving my free and sometimes paid counseling, they came to the point where they realized that it was feasible after all, and took the course. They never looked back and will all tell you personally that it was worth every penny and ounce of effort, and more. They are happy with it and it serves them on a daily basis in their lives.

The difference between ordinary session healing and the Self Realization Course is like the difference between hiring a fisherman and learning how to fish. As the Sufis say: between learning and learning how to learn. So, with that in mind, you can see how my "free" counseling is pointed to our mutual benefit, and will surely come back to me in some form or another, and that's why I'm confident in offering it. So give me a call. 503-493-0448.

w/love
Ali
9-20-04

The Importance of Self-Realization

Surrender is the only means to Self-Realization. Self-Realization is a Functional Awareness of Soul, i.e. Soul-Recognition. Soul-recognition is the source of health and healing.

Soul is each individual's manifest portion of unlimited divine love. It is maintained by the constant, unfathomable, unending outpouring of divine love that maintains creation and everything in it in perfect, beautiful, seamless harmony.

Self, the physical body, is the means by which we perceive Soul, and thereby receive Divine Love, hence the importance of cleaning it and keeping it pure, for God alone.

This purification implies the investigation and removal of the inner causes to not receive Divine Love that have been planted there by environmental inheritance.

Surrender means letting go of the fight, laying down the weapons of war, allowing God's will to unfold as it may, and relinquishment of preference or attachment to outcome. It is most often done upon discovery of a teacher or a path.

Enough Surrender and your True Self will finally emerge. Your true self, or soul, is the means by which your body receives its love and proper upbringing. Your false self (ego) is the means by which it receives the punishment that it is due in your mind.

If you use your body for the accomplishment of artificial goals for the sake of artificial responsibilities, then in effect you are saying that is what this body is for, it is not worth anything else, and that's certainly a form of self-punishment.

People will lay their bodies on the line for their ideals, no matter how perverse those ideals may be. The last thing on their minds is the concept of laying down the struggle. They call it "giving up" and will "never" do it. But inner peace is a requisite for real health. A peaceful heart is the absolute requisite for a peaceful body. Without peace there can be no perception of love. And it is the perception of love that heals the body, heart and mind.

And where does this love come from? What is the means by which we can attain to it and perceive it and receive it? It is not outside of us, so we have to stop looking. It's only when we stop seeking that we can feel.

As long as we are seeking we're still in our minds and projecting a time or a place when or where we will discover something. But that "something" is not "located" in any place or time. It is not "out there" somewhere to be "found".

"The goal is not found by seeking, but only the seekers find it".

Soul does not need healing. That would be like saying God needs healing. God does not need healing. God is the healer. It is from God that the energy of love, support and maintenance of the soul comes. So the Soul, created in God's image, and supported completely in its capacity as the highest and most perfect manifestation of God's Self-Recognition, Love and Perfection, does not need healing. It has and is everything we need.

But the self needs to discover the soul completely in order to rise to its fullest potential. And it does this by means of dissolving itself in the remembrance of God.

w/love
Ali

Conveying the Reality

(For Teachers)
Explaining Ali's Third Rule of Healing
"If I Stay Focused, You'll Get It!"

"Conveying the Reality" is simply my discipline of staying focused. But focused on what? That's what we will establish during the course.

Put into words, "Conveying the Reality" is simply my discipline of staying focused upon "the Truth in Which we Abide", which focus thereby giving you the chance to see it also.

As this Truth begins to dawn, your natural "resistances", which are nothing more than previously thought useful (or not) self-definitions, will of course re-attempt to assert themselves. They are testing you to see how willing you are to stay focused in the Reality and let them go - i.e. if you need them any more. If you "pass the test" they will disappear and be gone. They are not to be fought or argued with, simply allowed to dissolve in the love and compassion that you show them, which they will and want to do.

If you do not pass the test, don't beat up on yourself. Simply recognize that God Knows Best, and that their usefulness has not yet run its course as you had hoped. It's OK. They've served you well before and accepting them in a new light is a big step toward getting to where you can let them go. *Yes, we will learn to be grateful for our hardships, for with love and gratitude we will learn the secret of their healing.*

This is why sitting still in focus (on the Truth of the Reality in Which we Abide) is the right practice, and why it's SoulWork, the "Work That We Do!" *Because, in reality, that's all that our Souls, like God, do.* Even though their fate may hang in the balance, they remain still, watching, and compassionate. By sitting still in focus, we are "One-ing" with our Souls, and doing good, no harm. That's why healing yourself is healing the world.

And it's not always clear. That's why we practice. So "Just Do It!" No Reactions, Just Stillness.

Conveying the Reality is the very beautiful practice of me staying in My Healing Reality aiding you to discover, stay in and benefit from yours. We do it together, that's what makes it work. And that's what I call focus.

Now, you might ask, "How do I stay in my own reality and what do I focus on?" And Again I say, that's what you will learn in the course.

And it's not just because I want you to take the course. I do, but for reasons other than you might think. The course will put you in touch with the reality in a way that no words can. And the reflection will insist on your seeing that which you do not want (have rejected) in a way that you cannot because you do not want to. But it is a loving reality, and a genuine love brings true understanding, and true understanding brings a genuine love and appreciation. And that which you do not want to see becomes visible in a loving, easy way, and is allowed to pass with love and genuine appreciation, not forced out of hatred and self-loathing.

All the masters have said that there are no words to describe the reality. That it is too close and words take you far away. But that it can, nevertheless, be perceived, with the right training and focus, and is, in all cases, inescapable.

And also, there is the little problem of ego. No matter how many words I use to describe the reality to you, because it is what ego has been trained to avoid and has still much hidden vested interest in avoiding, you simply will not go there, on your own, without help. That's why I'm so adamant about enticing you to take this course with me. Number one, because I love the work. Number two, because if I do not, you may never discover this, and it's truly wonderful! It is the

Source of Joy and Happiness! It's got to be, and I believe it is, what you are deeply looking for.

But, if you are staunchly in your ego, the more clearly I point out to you what the reality is, no, the more clearly you understand what the reality is, the more cleverly and obstinately you will devise the means to avoid it. That's the hidden hypocrisy of the heart that causes us to get sick. That's why we go to healers – to spot and remove it. And that's also why we prefer doctors who will prescribe medicines and who have neither the time, interest or skill to ask us about our "other" problems that might be holding us back from a perfect healing.

That's why the science of Sufism, (Arabic: Tasawwuf or self purification) much like the science of psychotherapy, is a specialized and not commonly accepted science. Specifically because people don't want it - even though they are acting on it's principles in every moment of their lives.

So we get sick. And we use that as an excuse to take a rest, maybe seek some knowledge, and possibly get well.

It is so uncool and irresponsible to be sick, yet all of us are. And at the same time as we are desperately doing everything in our power to cover it over, make it "invisible", make it "go away", it just won't. And then we believe deeply that throwing more money at it is the answer, which puts more stress on us to earn more money, which becomes increasingly less possible because time is running out and we're becoming weaker faster than we can earn the money to buy the medicines to make us strong again.

Sound Familiar?

Yet I guarantee - That if you will take the ten-week self realization course with me, you will see as clearly through this problem, both in yourself and in others, as I do.

And this is not an individual discovery. This is the same problem and the same solution that has been talked about throughout history in every genuine spiritual teaching that has reached us throughout the ages. This is just my personal discovery of it for what it is, and my offering of it as a means of continued practice and a livelihood for those who are prepared to take it.

And yes, you can find it in many other places. And yes, there are some truly great teachers "out there". But it's still you, and wherever you find yourself, there you are. And I'm sure that you will find no faster or more cost effective method offering the depth of certainty and clarity that I offer anywhere else. And if you do, I urge you to go there and take it. I continue to love and benefit from sitting with teachers who are more or even less experienced in this art than I am, and I do it at every affordable opportunity.

About Counseling

"The difference between ordinary session healing and the Self Realization Course is like the difference between hiring a fisherman and learning how to fish."

Counseling is the preparatory work for Self-Realization

It often takes a long time for the client to realize that self realization is both the goal and means of healing. Many of us grew up in a problem or issue oriented, fix-it type of medical healing background in which the idea of a goal or panacea, if you will, never occurs. So Issue oriented healing, rather than goal oriented healing, is the norm and seems to be the right way to go. So be it. But, there comes a time when the healer and the client will want to give it up or give it a rest, and then dawns the idea of self-realization.

But the Self Realized will tell you to a person that that is what and all you really need. Because God is, in reality, all you really need, but how can we know that and not be keeping company with those who know that. And by "those who know that" I mean those who are in the state of "Practicing Surrender at all Times", not just the knowing of the words and the 'goal', but the practice of the reality. The Sufis say of all three stages of learning, "Who tastes, Knows."

So if you "know" that this is true, and want, once and for all, genuine confirmation in the practice and the reality, which will not only benefit you but which you can then easily convey to your students and clients, simply take this course from me, and you will "know" with a knowing that will never leave you, and your healing practice will become a whole lot easier. This is counseling.

On "Getting It" - A New Reality

My philosophy is this - if you're not getting it ("the Message") then it's possible there is static (issues) in your communication system (body).

If you would like the static cleared you must (with clear purpose) call on someone with a clear system to help you locate (identify) the source(s) of your static. The Message is the "Reality" (of Surrender), The Physical Benefit, the 'healing', which, in order to realize, requires some preliminaries.

Now the reason that it is more difficult to actually realize than to simply understand is this - that there are three stages of learning and the ego loves the first stage and takes it hopefully to be the be-all and end-all of learning. So in order to aid you in grasping the Reality of this concept (which is the point of healing), it is helpful to understand the mechanics of learning.

Understanding the Learning Process

There are three phases to the entire learning process, and this is taught, if sought, in most of the world philosophies. In Sanskrit the word comprising the understanding of this process of comprehension is Samyama, or the power of all(-inclusiveness)[2].

Understand that comprehension by definition implies all-including, as in nothing left out, and is therefore not complete until opposites (all oppositions) are included, otherwise it is partial comprehension, or partiality.

Pure comprehension, or the completion of the learning process, is called Samadhi (bliss(ful)/satisfaction). It is the root of happiness and healthy living, and is our innate state, without confusion. In Arabic this is expressed as "Islam ad-dinul fitrah", or, "Surrender is the Way of Nature". This comprehension is attained as the final (third) stage of a learning process, however long or short that may be. This finality, or total comprehension, is referred to in Sufi terminology as "haqqul yaqin", the completion of the process of comprehension[3].

---

[2] The principles of 'grasping' what could otherwise remain concepts.

[3] Certainty – Certain Comprehension

Identification, Contemplation, Comprehension

The first stage of the process of learning/comprehension is to identify that which you wish to comprehend. It might be compared in Arabic to "`Ilmul Yaqin"[4], or hearing about a knowledge of which you wish to learn more. This stage of identification is known in Sanskrit as Dharana and is achieved by asking the right questions.

The second stage is contemplation. This is the stage of actually "doing the work" necessary to complete understanding, and is often the most overlooked yet essential practice in "Sufi" studies. It requires purpose, dedication, determination and commitment, often referred to as focus and concentration, and is called in Sanskrit, the language of Yoga, "Dhyana", or Contemplation. It might be likened in Sufi lore, which is full of praise for the power of the practice, to `Ainul Yaqin, visualizing, or visual connection, you "got it in your sights", so to speak. "Not letting go". "Working on it".

And, as I'm sure you are familiar, when one's focus and concentration upon the chosen studies have run their course and all the other requirement have been met, i.e. the work has been done, one is rewarded with the satisfaction of comprehension - the goal, the third and final stage of the process - total absorption, hence Samadhi/bliss. In Healing, this is a totally visceral sensation and the foundation of perfect health. Hence it is referred to as bliss. It is the stage at which one Feels that one has digested the topic completely, no longer feels ignorant of it in any aspect, and feels free and ready to move on to the next challenge. This is the equivalent of Haqq ul Yaqin.

Get it, so far?
Getting a client to the point of understanding the purpose and focus of the Self-Realization Course is what I call Counseling. It may be easy, it may be hard, but it's worth whatever it takes.

---

[4] Certainty of Knowledge – the Science of Certainty

About The Course

FOR PERSONAL AND PROFESSIONAL HEALING -
A TEN-WEEK COURSE IN SELF-REALIZATION

How to Strengthen Your Mind, Increase Your Intelligence, Earn A Good Livelihood, and Help Others to Do the Same.

Self-Realization is the Essence and Goal of Spiritual Healing and the Missing Ingredient for True Success and Physical and Spiritual Health. This Course consists of Ten Weekly Private Sessions of 90 minutes and costs my current rate per session. It is designed to Heal Your Heart by bringing you into a Joyful, Functional Awareness and Recognition of Your Authentic Self, Personal Truth, Soul-Power and Natural Surrender.

This course will be of immediate usefulness to people who wish to Discover, Establish, Strengthen or Confirm their own sense of Truth, Reality, and Inner Connection. Healers and Therapists as well as Professionals in all walks of life will enjoy and benefit from this profound understanding of our Relationship with A Divine and Holy Life.

Self-Realization is the Future of Healing. It has always been the Reality. It is the sense of direction that the leading healers in many if not all schools are discovering.

What Are we going to do when we have reached the end of Healing? What does it really look like? Are we afraid of it and where will we go for our livelihood? Do we WANT people to be ill so that we can make a living? Hell no! We want everyone to be well, and that includes us. A good healer should want to put him or herself out of business, but what then?

This Ten-week Self Realization Course is a perfect medium of exchange and a transferable means of receiving income for a service that is healthy, spiritual, healing, commemorative and re-minding. It

is a healthy, healing and lucrative practice that engenders healthy healing and lucrative practitioners. It is at once a healing and a training, because it becomes both a habit and a practice and a job. It is solution-oriented healing signaling the demise of problem or issue oriented healing. And Issue oriented healing is good for the curious, the learning and the practicing, but solution oriented healing, which also bring the same knowledge but from the perspective of insight rather than curiosity, from knowing (but what do we know? That is the true question) rather than learning, is the method of the true masters.

You only need it once to pass it on. It is a healthy habit and strengthening to the mind, body and heart. It is meditation and more. It engenders compassion without criticism. It engenders love, understanding and true appreciation for the "enemy" within. It is the Source and 7th (Heart) level of Reiki beyond which there is no more. The subtlety of degrees, states and stations vanishes in the subtlety of the truth of Self Realization.

Knowing the Self is knowing God. It is the Self that is the means of knowing God. Without the Self, God Himself would not have the reflection that He created us to be. God did not create to punish. He created to be reflected, to generate his own lovers, to be appreciated for Who He Is. Without the self there is none of that so why wouldn't he grant us eternal life?

So again I say:
This course will be of immediate usefulness to people who wish to Discover, Establish, Strengthen or Confirm their own sense of Truth, Reality, and Inner Connection. Healers and Therapists as well as Professionals in all walks of life will enjoy and benefit from this profound understanding of our Relationship with A Divine and Holy Life. So Give me a call. First Sessions are Always Free.

Realizing the Self IS Praising God. And it brings with it all the Joy and Happiness we require.