

Letter from Mohammed

My name is Mohammed and I am Mahin's husband. It is now more than five months that I have been doing meditating dance with soothing music, as I learned from Adnan's teachings. Fifteen years ago, I was diagnosed with arthritis and a slipped disc in my back. I was in pain constantly and I lived in hell. The last four years, it was getting worse and required an operation. On Christmas Day, 2000, I was paralyzed on the floor. The operation was scheduled for a few weeks later.

Today, I do not have any pain and my illnesses have disappeared.

How did all that happen?

After listening to Adnan's tapes, I first changed my eating habits. I cut off meat completely, for instance. I could not live without meat before. I realized that my body is a treasure and no technology could ever replace its parts. One week after Adnan's workshop, I stopped taking the 8 to 10 tablets daily of very strong pain killers and drugs I was on, such as opium. I used to believe that I enjoyed smoking opium. Now I realize that I used only for my pain. I have not felt like smoking it in the last five months, since Adnan's workshop. And I don't need to have the very risky operation that was planned for me and that meant a fifty percent risk of paralysis. Now my body is getting used to the movements that I do daily with the music that Adnan gave me. I hear that music and it sings freedom in my ears.

I met Adnan in London, in March 2001, in his workshop. At that time, I was very ill and in constant pain. I only joined his workshop twice on the insistence of my wife, Mahin. I did not understand the class very well then. But the healing music and the tone of Adnan's voice affected me very much. A few days later, as I was relaxing on the sofa at home, I felt like listening to one of his tapes. I repeated that tape for hours that day. That was the start of my successful practices ever since.

Today, I realize the difference between a wide awake mind and a dead one through my movements. Now I believe that we are born to recognize our pure souls. They can really open doors of happiness for us. We can then learn about many secrets of our lives. In my experience, our soul needs food as well as our body. A perfectly healthy nourishment for the mind and the soul is the music and dancing to go with it. Beautiful sounds of birds, rain fall, the sea waves are all natural and completely free for us to use. We can learn from nature, charity, needlessness, giving and forgiving.

At this point in my life, I have finally recognized what I always wanted to do. Writing. I used to write for theater. I would like to write much more about Sufism in the future. Sufism teaches us how to use our talents in the way of humanity, when mind is awakened. Now I feel that there is no need for me to be worried about anything. When I do the right things, the universe takes care of the rest of the matters naturally.

A big worry of mine has always been the word "death". My thoughts are clear now that I stopped taking the drugs. I have learned that my every night sleep is a kind of death, followed by a new life the next day. Then as a rule, my final sleep will follow my ever lasting life for sure. I learned from one of Adnan's talks on the tape that fright is the result of certain thoughts affecting certain cells in our body. Therefore, it is necessary to keep a healthy thinking to avoid unnecessary frights.

Many things have changed in my life since my soul has been awakened through starting the Sufi practices. Now I can see what I always had in my soul. Now the Spring

seems much more colorful, and now I can imagine walking on the waters or the peaks of mountains at the same time!

I feel so happy now. I would like to run in the streets and alleys and share my experience with the world. They might think that I am crazy! How I wish I could do that.

I always believed in prayer. I pray for Adnan's health and well-being and am thankful for his part in this nice experience of mine. God bless you all.