

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

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The Body As An Allegory

Just as our bodies breathe, eat, and grow, so does the soul. In fact, many aspects of the body can be viewed as an allegory for the soul.

Breathing

The most basic thing we do, breathing, is subconscious. It is an automatic process which we take for granted; God designed our bodies to do this, without the least effort on us. According to an article published by *Slate* magazine, most people can hold their breath for 30 seconds before gasping. However the real danger of not breathing is the carbon dioxide build-up, which acidifies your blood.

This got me thinking about the human, which has a breath of God.

[32:9] He shaped him and blew into him from His spirit. And He gave you the hearing, the eyesight, and the brains; rarely are you thankful.

How do we breathe (allegorically) for our souls? If we don't breathe for it, are we introducing dangers to it?

We breathe for our souls by commemorating and remembering GOD. God Almighty says to remember him FREQUENTLY, just as we breathe frequently.

We do it day and night, awake or asleep.

[76:25] And commemorate the name of your Lord day and night. [73:8] You shall commemorate the name of your Lord, to come ever closer and closer to Him.

This tells us that we have to remember GOD as much as we are breathing, if not more! It also tells you how critical it is to do it, otherwise our soul will suffocate from "holding its breath."

God says *[20:102] That is the day when the horn is blown, and we summon the guilty on that day blue.*

This struck me because when you run out of oxygen, you turn blue. So those who fail to heed their Lord inevitably suffocate the real person, thus turning "blue."

The acidity which is introduced by the lack of oxygen is similar to pollution introduced through worshipping Satan. If you do not commemorate God and side with Him, then the Devil is the alternative,

The Devil is the Other Alternative [36:60-3] Did I not covenant with you, O Children of Adam, that you shall not worship the devil? That he is your most ardent enemy? And that you shall worship Me alone? This is the right path. He has misled

multitudes of you. Did you not possess any understanding? This is the Hell that was promised for you.

This makes it more crucial to remember GOD and observe the contact prayer, for the contact prayers not only prevent vice, but they are designed to remember GOD (29:45). We cannot survive by eating but not breathing. Can we even eat if we don't breathe? We would be so concerned, gasping for air, we wouldn't know what we were doing, let alone eating! So how can we observe the contact prayers (eat) without remembering GOD (breathing)?

[87:14-5] Successful indeed is the one who redeems his soul. By remembering the name of his Lord, and observing the contact prayers (Salat).

Eating

We eat for our souls by observing the contact prayers as pointed out by the Messenger, the Quran.

[11:1-2] A.L.R. This is a scripture whose verses have been perfected, then elucidated. It comes from a Most Wise, Most Cognizant. Proclaiming: "You shall not wor-

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ship except GOD. I come to you from Him as a warrior, as well as a bearer of good news.

The Contact Prayers: Gift From God [14:40] "My Lord, make me one who consistently observes the Contact Prayers (Salat), and also my children. Our Lord, please answer my prayers.

We are commanded to say "Bismillah", In the Name of God, before eating. This practice has the same format as the Salat, when we stand before GOD and recite the Fateha, beginning with Bimillah and thus feeding our souls, by God's Grace. This Bimillah, and remembrance of GOD, renders our food nutritious for the soul. If we don't give our bodies the right nutrition, we suffer.

[6:121] Do not eat from that upon which the name of GOD has not been mentioned, for it is an abomination. The devils inspire their allies to argue with you; if you obey them, you will be idol worshippers.

[74:42-3] "What brought you to this retribution?" They will say, "We did not observe the contact prayers (Salat).

Thus, God has designed the human body, out of His Mercy, to be an allegory for what's happening to our souls in the other dimension, and teach us what we never knew. Sadly, only the reverent will take heed.

Pain

A condition called congenital analgesia is where the human body is indifferent or insensitive to pain. When they get injured, they do not feel any pain, so they don't respond. This includes bone fractures, oral cavities, scarring, etc. Since the infections go unnoticed, the person is prone to harmful diseases. I began thinking of congenital analgesia for the soul, and how the majority have it, but they do not perceive.

[2:11-2] When they are told, "Do not commit evil," they say, "But we are right-

eous!" In fact, they are evildoers, but they do not perceive.

[3:117] The example of their accomplishments in this life is like a violent wind that hits the harvest of people who have wronged their souls, and wipes it out. GOD never wronged them; it is they who wronged themselves.

The pain is there but they don't feel it. However, it will show up all at once in the Hereafter.

[3:56] "As for those who disbelieve, I will commit them to painful retribution in this world, and in the Hereafter. They will have no helpers."

The pain of the soul is in the form of unhappiness in this world; however, in the Hereafter it is much more real, and everlasting.

Our Senses and Muscles

A study published in the *Journal of Neuroscience*, explored the phenomenon of cross-modal neuroplasticity. This phenomenon states that *when the brain is deprived of input in one sensory modality, it is capable of reorganizing itself to support and augment other senses.*

In layman's English, if you are born deaf, your other senses are heightened.

Our existence in this world is designed to mute all senses when it comes to GOD and only keep one sense active, the sense of belief. In this world, we are born without physically seeing GOD, without hearing him like Moses did, and without touching GOD, Most Glorified.

[2:3] who believe in the unseen, observe the Contact Prayers (Salat)...

[7:143] When Moses came at our appointed time, and his Lord spoke with him, he said, "My Lord, let me look and see You." He said, "You cannot see Me. Look at that mountain; if it stays in its place, then you can see Me." Then, his Lord manifested Himself to the mountain, and this caused it to crumble...

We rely completely on our sense of belief, faith as they call it. It's belief in GOD

without physically seeing, touching, or hearing Him that we rely on. This places the entire load of navigating our existence on belief alone.

If belief was a muscle, it would get one heck of a work out, and this world would be its gym. It is an efficient set-up for the soul to develop in the shortest amount of time. This is the easiest path, praise God.

[87:8] We will direct you to the easiest path.

[10:9] As for those who believe and lead a righteous life, their Lord guides them, by virtue of their belief. Rivers will flow beneath them in the gardens of bliss.

[2:4] And they believe in what was revealed to you...

[42:51] No human being can communicate with GOD except through inspiration, or from behind a barrier, or by sending a messenger through whom He reveals what He wills. He is the Most High, Most Wise.

May God keep us eating from His good provisions, commemorating Him frequently, and observing Him continuously, God willing.

Abeer

Reference

"Neural reorganization following sensory loss," *Nature Reviews Neuroscience*, 2010.

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[69:24] Eat and drink happily in return for your works in days past.

[6:137] Thus were the idol worshippers duped by their idols, to the extent of killing their own children. In fact, their idols inflict great pain upon them, and confuse their religion for them. Had GOD willed, they would not have done it. You shall disregard them and their fabrications.

[16:78] GOD brought you out of your mothers' bellies knowing nothing, and He gave you the hearing, the eyesight, and the brains, that you may be appreciative.

Meditation: and the science behind it

[25:64] In the privacy of the night, they meditate on their Lord, and fall prostrate.

First, it would help to understand what is meant by meditation. The dictionary describes meditation as the act of thinking deeply about something. While the practice can take on many forms, the one technique that seems most beneficial, and also most traditional, is focused attention. Modern gurus promote meditation as the clearing of the mind and ridding it of thought, in order to create a state of tranquility. While this method helps to realize a state of peace and contentment for the period of meditation, it does not alter the circumstance in any way once the meditation is over. Thus, offering a temporary or false sense of peace.

There are many scientific studies to prove that the traditional method of 'focused meditation' is more effective and promotes overall health of the body and mind. Brown and Ryan in the *Journal of Personality and Social Psychology* demonstrate how focused meditation fosters attentional and emotional self-regulation, and behavioral flexibility, together promoting well-being. There is also evidence to prove that focused meditation improves the psychological and physiological well-being.

While it is good enough for Submitters to meditate on God because He tells us to do so, appreciating the scientific benefits serves to strengthen our faith and reassure the heart of God's system and infinite knowledge.

[50:40] During the night you shall meditate on His name, and after prostrating. It is noteworthy to understand 'Meditation' from a Quranic point of view and why God exhorts us to meditate on His name and be aware of Him. Being aware of God includes being aware of His qualities by focusing on them and appreciating them.

In fact, Sara Lazar, Ph.D., an instruc-

tor in psychiatry at Harvard Medical School, conducted research to find out which parts of the brain became active when a person practices meditation. She discovered some amazing results: The brain regions associated with attention, sensory awareness and emotional processing, i.e. the cortex, were thicker in meditators. Also, meditators' brains grew thicker in direct correlation with how much they meditated. The findings suggest that meditation can change the brain's structure; perhaps because certain areas of the brain are more frequently used in the process of meditation, and therefore grow. Consequently, regular meditation practice is highly effective in improving people's working memory, i.e. the short-term memory system that we tap into for managing information, controlling emotions, problem solving, and complex thoughts.

In an endeavor to practice meditation I started to remember God as much as possible through the day. I started by focusing during Salat, by making a conscious effort to be aware of the words of the Salat. I realized that focusing on God during Salat made me more active and alert, much after Salat was completed. In fact it made me calmer and relaxed and this in turn helped me through the day. I was much more at peace with myself and those around me.

Like all disciplines, meditation too requires practice, for Submitters God makes it easy by making it a commandment. We know that God does not make us do anything that is counterproductive and this has been proven time and time again; be it the physical benefits of fasting / Salat, or the economic benefits of Zakat. While it may not always be clear on the face of it, and may come to us in the form of religious duties, a detailed study of the Quran will show how the commandments are all linked to a healthy society – healthy physically and spiritually.

Reference

The benefits of being present, *Journal of Personality and Social Psychology*, 2003.

DO NOT WAVER

[3:8] "Our Lord, let not our hearts waver, now that You have guided us. Shower us with Your mercy; You are the Grantor.

We submitters have been given a powerful message from the Most Gracious, which is to worship Him alone, no partners. I feel we must keep our eyes on the prize and not waver. The prize is Paradise and to be very close to God Almighty. If we are to be victorious, we must do what is asked of us by the Almighty. That is: 1) worship God Alone; 2) believe in the Hereafter, the Day of Judgment; 3) lead a righteous life. To lead a righteous life we do many things including: believe in the angels who pray for us believers, help and support us, and carry out all of God's commands; repent, reform, and uphold the Quran, the whole Quran and nothing but the Quran; obey the messenger (the Quran is now the messenger); do our daily Contact Prayers; fast during Ramadan; give Zakat and make Hajj if we can afford it.

All of these things will get us into the kingdom of God. But we must not waver. We must keep our eyes on the prize. Brothers and sisters, remain steadfast and reverence God Alone.

[3:139] You shall not waver, nor shall you grieve, for you are the ultimate victors, if you are believers.

[3:146] Many a prophet had godly people fight along with him, without ever wavering under pressure in the cause of GOD, nor did they hesitate or become discouraged. GOD loves the steadfast.

[4:104] Do not waver in pursuing the enemy. If you suffer, they also suffer. However, you expect from GOD what they never expect. GOD is Omniscient, Most Wise.

[21:19] To Him belongs everyone in the heavens and the earth, and those at Him are never too arrogant to worship Him, nor do they ever waver.

[47:35] Therefore, you shall not waver and surrender in pursuit of peace, for you are guaranteed victory, and GOD is with you. He will never waste your efforts.

Carolyn

MASJID TUCSON United Submitters International

PO Box 43476 Tucson AZ 85733-3476 USA

Tel: (520) 323 7636

internet web site www.masjiduntucson.org

e-mail: info@masjiduntucson.org masjiduntucson@gmail.com

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April Fools

April Fool's Day is well known in much of the world—the US and Canada, Europe, Australia and parts of South America. Its origins are unknown, but it's been around since the 1500's, becoming quite popular since the 19th century. I think it's interesting that we enjoy and celebrate a day dedicated to deceiving one another, when every day is April Fool's Day according to Satan. His job is to mislead and confuse the human population, and he's very good at his job. So I guess you could say that the very first "April Fool's" joke was played on Adam and Eve. [7:20] *The devil whispered to them, in order to reveal their bodies, which were invisible to them. He said, "Your Lord did not forbid you from this tree, except to prevent you from becoming angels, and from attaining eternal existence."* [7:21] *He swore to them, "I am giving you good advice."* [7:22] *He thus duped them with lies. As soon as they tasted the tree, their bodies became visible to them, and they tried to cover themselves with the leaves of Paradise. Their Lord called upon them: "Did I not enjoin you from that tree, and warn you that the devil is your most ardent enemy?"*

Humans are easily fooled. We're indecisive, skeptical of the truth, and ready to follow falsehood and deception. [22:3-4] *Among the people, there are those who argue about GOD without knowledge, and follow every rebellious devil. It is decreed that anyone who al-*

lies himself with him, he will mislead him and guide him to the agony of Hell.

So it's really no wonder that a day is set aside for us to make fools of one another. Some pranks have made national news. The BBC reported in 1980 that the famous Big Ben clock in London would be converted to digital, and people were outraged. In 1962, Sweden's only TV channel announced that viewers could make it color TV by cutting up their stockings and taping them over their television set, and thousands tried it. In 1976 BBC radio announced that earth's gravity would decrease at 9:47am and everyone should jump in the air at that time and experience weightlessness, and many said they felt a floating sensation. How about growing your own spaghetti? A report on the spaghetti harvest in Switzerland caused many people to inquire about how they could grow spaghetti at home. They were told to stick a "sprig" of spaghetti in tomato sauce.

These are laughable, yet in each case hundreds, perhaps thousands, of people were taken in. How many millions are duped by Satan every day into committing idol worship, killing their children, oppressing women, and straying from God's path. [4:119] *"I will mislead them, I will entice them, I will command them to (forbid the eating of certain meats by) marking the ears of livestock, and I will command them to distort the creation of GOD."* *Anyone who accepts the devil as a lord,*

instead of GOD, has incurred a profound loss. [4:120] He promises them and entices them; what the devil promises is no more than an illusion.

God warns us that Satan is our most ardent enemy (2:208) and that he will come at us from all directions all the time (7:16-7). It is the devil's wish to lead us far astray (4:60), to instill fear into us (3:175). He makes all kinds of promises but they are all illusions (14:22).

So this April 1st, if you pull a prank on someone, or someone puts one over on you, you can laugh about it, but remember that fooling us is a task taken very seriously by Satan. And being saved from that foolishness is what God is inviting us to.

[7:27] *O children of Adam, do not let the devil dupe you as he did when he caused the eviction of your parents from Paradise, and the removal of their garments to expose their bodies. He and his tribe see you, while you do not see them. We appoint the devils as companions of those who do not believe.*

[2:256] *There shall be no compulsion in religion: the right way is now distinct from the wrong way. Anyone who denounces the devil and believes in GOD has grasped the strongest bond; one that never breaks. GOD is Hearer, Omniscient.*

[35:6] *The devil is your enemy, so treat him as an enemy. He only invites his party to be the dwellers of Hell.*

Lydia