



# SOUND WAVES

Shaykh Fadhlalla Haeri



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## **Book Description**

Sound and the faculty of hearing is probably the most critical of human links to the web of life. It is through the messages carried in sound waves that we can respond to the world around us and connect to higher consciousness.

“Sound Waves” is a collection of Shaykh Fadhlalla Haeri’s aphorisms and maxims that help us to reflect and discover the intricate connection between self and soul.

## **About the Author**

Acknowledged as a master of self-knowledge and a spiritual philosopher, Shaykh Fadhlalla Haeri's role as a teacher grew naturally out of his own quest for self-fulfillment.

He travelled extensively on a spiritual quest which led to his eventual rediscovery of the pure and original Islamic heritage of his birth, and the discovery of the truth that reconciles the past with the present, the East with the West, the worldly with the spiritual – a link between the ancient wisdom teachings and our present time.

A descendant of five generations of well-known and revered spiritual leaders, Shaykh Fadhlalla Haeri has taught students throughout the world for over 30 years.

He is a gifted exponent of how the self relates to the soul, humankind's link with the Divine, and how consciousness can be groomed to reflect our higher nature.

The unifying scope of his perspective emphasizes practical, actionable knowledge that leads to self-transformation, and provides a natural bridge between seemingly different Eastern and Western approaches to spirituality, as well as offering a common ground of higher knowledge for various religions, sects and secular outlooks.

He is a prolific author of more than thirty books relating to the universal principles of Islam, the Qur'an, and its core purpose of enlightenment.

## **Introduction**

Our senses connect us to the web of life and thus enable us to respond and interact with the world around us. Sound and hearing is perhaps the most critical of human links. Through sound we are alerted to danger as well as serenaded with beautiful songs. It is language and intelligence that distinguishes us from other primates. It is also through a message that we are informed as well as transformed. Biologically we are most evolved and spiritually we are evolving rapidly through awakening to higher consciousness to the soul within our heart.

“Sound Waves” is a collection of proverbs and maxims which may help to energize and open up some of our subtler mental channels that connect our head with our heart, inner with outer senses.

The human quest for happiness can be attained through self reflection and discovery of the intricate connection between self and soul. Wisdom and enlightenment occur when the reason and intellect become the doors to listening to the sound waves of the heart and its perfect insights.

## **CHAPTER 1: Tapestry of Life**

Existence and creation follows patterns that bring about universal interconnectedness and wholeness. The human being is a microcosm that has the potential to realize the amazing truth of one essence that energizes countless ‘otherness.’

*Tapestry of Life*

1. Matter and energy are the substances from which all creation is composed and identifiable within the nest of space and time.

\*\*\*

2. The diversity of our world can be understood by reference to the universal unity from which it emanates and returns.

\*\*\*

3. Love is the energy-field that connects and unifies the universe. It is the Power of the One Reality that interlinks all other temporary realities.

\*\*\*

4. Chaos is the dark side of order whose rationale and reason is not obvious.

\*\*\*

5. The universe follows its perfect pattern and natural order – even chaos has its own peculiar order.

\*\*\*

6. Consciousness is an invisible light-force which enables creation to differentiate between diverse entities and realities in our world.

\*\*\*

7. Whatever is visible on earth is a sample of what is unseen in the heavens.

\*\*\*



8. Every created entity relates to, reflects and depends upon the rest of creation.

\*\*\*

9. Every human effort or desire is an attempt to liberate ourselves from earthly limitations.

\*\*\*

10. Cause and effect are inseparable in their inception.

\*\*\*

11. Death is the mirror image of birth. It leads involuntarily to higher consciousness.

\*\*\*

12. Power and size do not always correspond. The tiny virus kills the bull.

\*\*\*

13. Outer comfort lies in the familiarity of the customary. New experiences imply leaving familiarity.

\*\*\*

14. Whatever we experience in the world is relative in relation to the singular source from which it emerged.

\*\*\*

15. Whatever knowledge we attain in this world is only a limited aspect of knowledge beyond worldly pluralities.

\*\*\*

16. Peace, joy or harmony is like beautiful snapshots captured in the stream of life's constant flow.

\*\*\*

17. When head and heart are united in a person, the resulting peace and equilibrium will also generate harmony on earth.

\*\*\*

18. The ever-changing uncertainty in the outer world drives us towards our discovery of inner security and ease.

\*\*\*

19. Everything in creation has a complimentary opposite, such as good/bad, hard/soft, birth/death and so on.

\*\*\*

20. Good and bad share the same root but appear separately in human consciousness.

\*\*\*

21. All existential realities with definable identities originate from unity and the Real.

\*\*\*

22. Ugliness may hide beauty and beauty may hide ugliness. It is all a matter of perspective and changing viewpoints.

\*\*\*

23. Success is only meaningful due to the possibility of failure.

\*\*\*

24. What gives pleasure can also cause misery.

\*\*\*

25. The subtle and unseen world can only be traced or imagined through the visible and discernable world.

\*\*\*

26. That which is near to you in form may be far from you in meaning and what is considered far may be closer than closeness itself.

\*\*\*

27. All earthly limitations and uncertainties are a strong drive towards seeking the boundless and the secure.

\*\*\*

28. In total stillness lies the secret of ultimate speed – faster than light.

\*\*\*

29. We love what is old as well as what is new. The human soul is older than time whilst the self experiences every moment as new.

\*\*\*

30. Within each difficult situation lies the door to relief and ease – and vice versa.

\*\*\*

31. Problems and their solutions are two sides of the same coin.

\*\*\*

32. Head and heart or self and soul unison is the natural way to reconcile life's contradictions and paradoxes.

\*\*\*

33. In a weak society a vice today can be considered a virtue tomorrow.

\*\*\*

34. We love exploring the new, the strange and the unusual, yet at the same time we relate to and take comfort from the familiar and the usual.

\*\*\*

35. Outer success comes from unity between expectations and outcomes. Inner success is the unity of self and soul.

\*\*\*

36. Good and bad are temporary labels given to experiences according to the extent of our knowledge or ignorance.

\*\*\*

37. When space was conceived, time became the midwife of infinite varieties of arrivals and departures within the limiting web of space-time.

\*\*\*

38. All otherness will vanish in the effulgent light of Oneness.

\*\*\*

39. Supreme Reality is the source that brings about the cycles of infinite varieties of realities.

\*\*\*

40. Anything perceptible, definable and describable is relative and is sustained only within space and time.

\*\*\*

41. The original absolute Oneness is the same now as it has always been: eternally Singular, Pure and Constant.

\*\*\*

42. What we perceive as solid matter contains vast atomic space.

\*\*\*

43. Life is played out on a stage defined by space and time and where all actors appear and disappear.

\*\*\*

44. Nothing is ever as we think it is. The world is only stable as perceived by our senses for the sake of survival and ongoingness.

\*\*\*

45. Higher consciousness is like a skylight in the human cave so that one transcends the limitations of the lower self to find its true origin.

\*\*\*

46. Conditioned and personal consciousness produces the illusion of independent self or ego which is an aspect of higher consciousness.

\*\*\*

47. Consciousness is the companion of light, which brings about sentiency, animation and discrimination.

\*\*\*

48. Once you realize that the whole universe is held by Truth, then all knowledges, causalities and discernment lose their significance.

\*\*\*

49. Human anxiety, fear and unhappiness will vanish for a while with the experience of the perfect moment which transcends all dualities.

\*\*\*

50. The outer world reflects one's inner state. 'Out there' is judged and described by what is 'in here'.

\*\*\*

51. Ultimate contentment prevails when you realize that the Real is ever present.

\*\*\*

52. To know your soul you first need to recognize the lower self and its shadowy mischief and then transcend it to the light that causes it.

\*\*\*

53. Healing occurs due to the alchemy of oneness. Sickness is disintegration and wellness is unity and integration.

\*\*\*

54. Self-knowledge and soul awareness is the door to inner joy and contentment.

\*\*\*

55. The human tendency to believe in the supernatural betrays our desire to connect our humanity with sacred Divinity.

\*\*\*

56. Freedom from ignorance comes through rational knowledge. Freedom from limited knowledge comes through insight and intuition.

\*\*\*

57. A just struggle and sacrifice carries its outer reward with it, irrespective of the ultimate outcome.

\*\*\*

58. The truth is nearer to you than you think and further than you can imagine, for it is not subject to mind, distance or time.

\*\*\*

59. Illusions are helpful in protecting the evolving self from the blazing light of Truth.

\*\*\*

60. Suffering from outer uncertainty drives you towards reaching the light of inner certainty.

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