

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

Submitters Perspective

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The A-B-C's of Meditation

Don't be fooled by the title. This is not a "how-to" on meditation. I don't know about breathing techniques, and "mantras," and things like that. I just know that the Quran tells us to meditate:

Is it not better to be one of those who meditate in the night, prostrating and staying up, being aware of the Hereafter, and seeking the mercy of their Lord? Say, "Are those who know equal to those who do not know?" Only those who possess intelligence will take heed. [39:9]

The meditation at night is more effective, and more righteous. [73:6]

And I know that I personally have problems concentrating. In talking with others, I find I'm not alone in this. Well, I devised my own system to help me. My meditation may only last a couple of minutes, but when I use my A-B-Cs, I find that I'm better able to concentrate for those few minutes. So I'm just sharing my personal system—for you to use, modify or simply ignore!

I like to concentrate on the names/traits of God, or sometimes I count

my blessings. To focus my mind, I use the alphabet. This helps keep my mind from wandering. Usually I start with A, but since I tend to fall asleep sometime around M, I will sometimes start in the middle or end of the alphabet, just so I can give all the letters a chance!

Traits of God: A="God is the Almighty," B="God is Bounteous," C="God is Compassionate," D=Designer, E=Eternal.... And I just keep going through the alphabet, until I finish or fall asleep. But if I fall asleep, I fall asleep thinking about God, and that's always a good thing.

My blessings: A=Air we breathe, B=the Birds that sing, C=my Car, D=my wonderful Dogs.... Again, right through the alphabet, concentrating my thoughts on all the wonderful blessings God has bestowed on me.

Now, of course, you run into some problems with certain letters. I don't know of a Q trait of God, and certainly no X or Z. So I either get very creative (God is eXtremely kind or God has all Qualities), or I just skip over those tough letters. The point is

simply to provide a focal point for my mind to help keep me on track.

Sometimes, just for variety, I'll use 1-2-3 instead. I count ten things that I'm thankful for. This is especially wonderful when I'm traveling—I like to think of the blessings God gave me that day. So I will count off, actually count them on my fingers to keep me focused, the ten best things that happened that day: a beautiful sunset, hiking a difficult trail, the RV starting every time and taking me where I wanted to go, seeing a deer or a bear or a hawk. And after each thing that I mention, I always try to say, "Thank You, God." It reminds me that nothing happens except in accordance with God's will. And it keeps me appreciative of the Source of all my happiness.

If you count God's blessings, you cannot possibly encompass them... [16:18]

We have endowed Luqmaan with wisdom: "You shall be appreciative of God." Whoever is appreciative is appreciative for his own good. As for those who turn unappreciative, God is in no need, Praiseworthy.[31:12]

(Continued on page 2)

(Continued from page 1)

It's a fun and simple system that I have found very helpful. It may not work for you, but you might think of other ways that would work. The important thing is to help focus our minds so that we can think about God more often. Meditation is a trait of the believers, and it's something that can earn us extra credit with God. And don't we all need as much extra credit as we can get?!

They are the repenters, the worshipers, the praisers, the meditators, the bowing and prostrating, the advocates of righteousness and forbidders of evil, and the keepers of God's laws. Give good news to such believers. [9:112]

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

During the night, you shall meditate for extra credit, that your Lord may raise you to an honorable rank. [17:79]

Lydia

Comments From a Canadian Submitter Family

Peace,

I have been on a search for the truth for quite some time now. I have already dedicated my life to the one true God and was trying to sift through all the false doctrines. I was raised a Christian but as I got older I started to realize that we were not following any teaching that I could locate, other than the doctrines and by-laws of our church. I separated myself from the church and for a long time was lost.

I recently starting researching facts about religions and trying to uncover the true word of God that wasn't changed and altered by many different alterations. I felt moved when I started to look up Islam and thought to myself: I have found it.

I admit I became disheartened when I found the mixed teachings of the Hadith [sayings attributed to Prophet Muhammad]. I didn't quite understand them or their purpose within the Islamic religion, but everywhere I turned they seemed to be quite important to those who followed.

I do believe that the Quran is the word of God but was so perplexed by the traditions and rituals being performed according to the teachings in the Hadiths. I decided to research the Hadiths and what they were and why they were so important. I came to find out that maybe they shouldn't be that important: as in how we worship or submit.

I am so thankful I found your website. I know the Creator guided me here to see the truth. Thank you for clearing up all these confusing barriers that have been placed in our way. Peace to you all.

Brother Michael

Greetings,

I've have just learned of Islam less than a month ago. I had been one of Jehovah's Witnesses for 13 years...because Allah has blessed us with Christians who do not worship idols or believe in the trinity....and know that the God of Abraham has many names...though One God.....they call him Jehovah in English.

I found out about Islam at Username: JesusIsAProphet on You Tube...

Anyway, as soon as I started reading the Quran I knew that it was God's Word....the Only True God, of Abraham!

However, while both myself and my son quickly recognized the Quran was the Truth from Allah...we also quickly recognized that the Muslims were not following it. This was after just a few visits to the Masjid.

I will attach emails written today that will explain clearly how I am in agreement with you. How can it be that they memorize the entire Quran but don't get the sense of it?

Please write back.

Becky [Michael's mother]

[Quran 62:5] The example of those who were given the Torah, then failed to uphold it, is like the donkey carrying great works of literature. Miserable indeed is the example of people who rejected God's revelations. God does not guide the wicked people.

Comments From Another Submitter

Salamu alaykum,

I cannot tell you how happy I am that I found this website. Thank God for it. I was raised a Christian and I accepted Islam when I was 19 years old. I began studying Islam after I began feeling confused about the labyrinths of Christianity. I did not believe God would make things so difficult for people to understand. After about a year of reading every book I could find on Islam, I knew this was the truth. I became engrossed with all aspects of it.

I started learning Arabic and memorizing the Quran, traveled to Islamic countries, and met Muslims. I soon realized though that my Islam was not the same as theirs it seemed. I had learned to rely completely on the Quran and it seemed the majority of the people I met did not. They relied more on hadiths and it seemed I heard more praising of Prophet Muhammad (pbuh) than of Allah. This really discouraged me because I witnessed people doing and saying things that are not required. Doesn't God say not to do something that he hasn't requested of us?

I saw "Muslims" doing all kinds of things in the name of "something someone's neighbor, that was close to the Prophet, heard his best friend say he said". You see how confusing and unreliable that is. How ridiculous it is that the majority of "Muslims" rely on and pick and choose what they will follow from these statements.

I didn't understand why Prophet Muhammad (pbuh) seemed to be idolized. Didn't he say himself he was only a man? The idolization of Jesus Christ (pbuh) was what led me from Christianity. I started to just feel lost again. I thought perhaps I had missed something while studying Islam and maybe my perception of it had been all wrong because I hadn't met anyone with the same opinion as me.

Then, alhumdulliah [thank God], I found this website, and felt an instantly renewed spiritually. I know now that I have it right and just because the majority of people seem not too does not make me wrong. Thank you. Thank you. Thank you. May God bless you in your work.

Rebekah

Self-Knowledge and Spiritual Yearning

Book Review

The dictionary definition of person is “an individual and a human.” Few people would disagree with this definition. The definition also includes the “body of a human being or a person’s bodily appearance.” One of the obvious means of recognizing someone is to look at the person or a photograph of the person, to look for the outer features that distinguish a person from others. This is one fundamental reason for physical distinctiveness.

O people, we created you from the same male and female, and rendered you distinct peoples and tribes, that you may recognize one another. The best among you in the sight of GOD is the most righteous. GOD is Omniscient, Cognizant. (49:13)

Let Me deal with one I created as an individual. (74:11)

Personality is defined as: “the quality or state of being a person or human being, the characteristics that distinguish an individual, nation, or group; the totality of an individual’s behavioral and emotional characteristics, and a person of importance, prominence, renown, and notoriety.” Even companies and corporations are designated as “individuals” with rights and duties under western law. Self is defined as the “the entire person of an individual, an individual’s typical and temporary character and behavior, and elements that constitute the individuality and identity of a person.

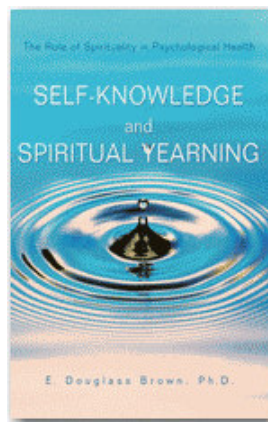
In the definitions of person, personality, and self, mention is made of a person’s physical body and appearance, individuality and distinctiveness, behavioral and emotional characteristics, and identity. But one critical element is notably absent. A keen observer notes that soul or spiritual identity is not

mentioned. A person’s spiritual nature and characteristics are treated as acquired “add-ons” and not integral to what it means to be human. Many people believe that spirituality is simply taught, a mere cultural “add-on,” and not essential for mental health. This distorted vision of what it means to be a person may be convenient for some, but it is counter to the truth and very toxic. There is more to being human than physical, psychological, and behavioral features. God blew His Spirit into each one of us, into each human being. We were placed in this world and given our last chance to worship God alone.

"Once I perfect him, and blow into him from My spirit, you shall fall prostrate before him." (15:29)

He is the One who perfected everything He created, and started the creation of the human from clay. Then He continued his reproduction through a certain lowly liquid. [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. (32:7-9)



In his recent 200-page book, **Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health**, Dr. Douglass Brown states:

To deny or discount the Divine origin and purpose of humanity is to write off fundamental psychospiritual characteristics of

the human being. As a consequence of ignoring the characteristics and relegating inquiries about them to philosophers and theologians, contemporary psychology has presented a personality type devoid of a soul, absolved of spiritual faith and ambition, and absent an integrated well-being...[I]n the Quran, no distinction is made between spiritual growth and personality development. (pgs. xii, xiii)

Presenting clarifications from the Quran, Dr. Brown discusses the human being in the Great Chain of Being, the latest scientific proof that God created humans and all life, universal human personality traits, the meaning of submission to God and spiritual yearning, active God consciousness as integral to psychospiritual development and health, the Submitter Personality, the ego, the true meaning of normal and abnormal personality development, the definition of a Theophobic Personality Disorder (a spiritual psychopath), adjustment and mental health, and this life as the last opportunity for each soul (self, personality) to heal and merit return to the presence of God.

The book offers revitalizing prescriptions from the Quran for cultivating a healthy personality and for healing the self that has suffered psychospiritual injury. It is not possible for a person to attain self-knowledge without reaffirming his or her inherent awareness of God, as Lord and Creator.

Do not be like those who forgot GOD, so He made them forget themselves. These are the wicked. (59:19)

Published in June 2007 by iUniverse, Inc., **Self-Knowledge and Spiritual Yearning: The Role of Spirituality in Psychological Health** (ISBN: 9780595880966) is available from Amazon.com, Barnes and Nobles stores, other book retailers, and iUniverse.com. Hardcover copies can be purchased directly online from iUniverse.com.

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Happiness is Submission to God Alone

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Who Is Your God?

Most people are outraged upon hearing this question. "What do you mean, 'Who is your god?' they ask, 'My god is the Creator of the heavens and the earth.'" And most of these people will be shocked to find out that their proclamation that their god is the Creator of the heavens and the earth is no more than lip service, and that they are in fact destined for Hell (12:106).

Your god is whoever or whatever occupies your mind most of the time.

Your god can be your children (7:190), your spouse (9:24), your business (18:35), or your ego (25:43). This is why we note that one of the most important and most repeated commandments in the Quran is:

"O you who believe, you shall remember God frequently; glorify Him day and night." [33:41]

To put this commandment into practice, we must establish certain habits whereby we guarantee that God occupies our minds more than anything else. The Quran helps us establish such soul saving habits:

1. The Contact Prayers (Salat): those who observe the 5 daily prayers

come a long way towards commemorating God a significant proportion of their waking hours. Salat helps us remember God not only during the few minutes of prayer, but also throughout the times of anticipation. At 11:00 AM, one may look at his or her watch to see if the noon prayer is due yet. This act causes one to think about God, and one is credited accordingly (20:14).

2. Commemorate God before eating: Verse 6:121 enjoins us to mention God's name before we eat: "You shall not eat from that upon which God's name has not been mentioned."

3. God Willing (IN SHAA ALLAH): "You shall not say, 'I will do this or that tomorrow,' without saying, 'God willing' (IN SHAA ALLAH). If you forget to do this, then apologize and say, 'May my Lord guide me to do better next time.'" [18:24]. This is a direct commandment that we must carry out, no matter who we are talking with.

4. God's Gift (MAA SHAA ALLAH): To invoke God's protection for our beloved objects—our children, our cars, our homes, etc.—we are enjoined in 18:39 to say "MAA SHAA ALLAH" (This is God's gift).

5. Glorify God day and night: When we eat anything, we shouldn't be like animals; we must reflect on God's creation of the food we are eating - the flavor,

our enjoyment due to the senses God has given us, the perfect packaging of the banana or the orange, the varieties of sea foods created by God, etc. - and glorify Him as we enjoy His provisions. When we see a beautiful flower, or animal, or sunsets, we must glorify God. We must seize every possible opportunity to remember and glorify God, so that God may be our God.

6. First Utterance: Make it a habit to say: "In the name of God, Most Gracious, Most Merciful. There is no other god besides God," the moment you wake up every morning. If you establish this good habit, this is what you will utter when you are resurrected.

(Appendix 27—Quran The Final Testament, by Rashad Khalifa, PhD.)

UK SUBMITTERS CONFERENCE NEWS

Salamun Alaikum,

All thanks to God for blessing us with a good conference on 30-Jun-2007. Thank you for assisting us with advertising the event.

The conference provided an opportunity for the submitters from England, Scotland and France to meet, and be an audience to presentations on 'Truth & Internet', 'Infinity, the Real Truth', 'Women's Rights', 'Motherhood & Parenting', 'Role of Muhammad', 'Embryology in the Quran' etc.

*Peace,
Submitters UK team.*