

بسم الله الرحمن الرحيم

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Ingrid Mattson
President
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Dear Dr. Mattson,

Thanks to your efforts for making this years meeting a success.

In the session “Defeating Depression” you pointed out that
“Muslims are Angry”

It is a statement that in a way sums up our problems locally and internationally today.

We love our religion, we are proud of it, we defend it but we are Angry.

We are angry because we are conflicted.

One reason for that anger and conflicted state may be our inability to adequately explain to ourselves what we believe in and hold sacred.

Our attempts at explaining something we have not fully grasped has to be frustrating and will make us angry.

The tendency then is to berate the critic and turn against him/her.

Anger robs us of the sense of joy in our relationships and takes away the grace and the spirit of forgiveness that is the essence of our interactions.

A person clear in his mind and confident does not need to get angry when challenged but actually welcomes it, as an opportunity to talk about his Creator.

To be mindful of Him is supreme (foremost). (Quran XXIX : 25) i.e.

“Be mindful of Truth, Justice and Rights” every step of the way.

و لذكر الله اكبر

Unless I missed it, during the meetings, there were no sessions to help the attendees learn how to know their Maker.

This may be because it is taken for granted that every Muslim knows his Maker and there is no need for discussion.

Actually this is and should be the central issue. To know and express clearly what we do know and as clearly admit what we do not.

We may fall short in our explanations but not to address it will not help clarify our thinking and resolve our anger and frustrations.

Quran has made it easy for all people to rid themselves of this conflicted state and know clearly who Allah, The Almighty God, The Creator, our Supreme Lord is.

قل ادعوا الله او ادعوا الرحمن ايا ما تدعوا فله الاسماء الحسنی

“Invoke Allah or Invoke Ar-Rahman, by whichever name you Invoke Him, To Him belongs all the blessed names and His are the perfect attributes ” (XVII: 110)

The ninety nine names of Almighty God are a guide for us out of this confusion.

The Truth (Al- Haqq) is the Name of Almighty God.

Repeatedly it is said that He is The Truth.

(Quran; XX: 114, XXII: 6, 62, XXIII: 116, XXIV: 25).

Quran states:

ان الله هو الحق المبين. (النور)

Indeed Allah He is The Evident Truth. (An-Noor: 25)

فتعالى الله ملك الحق. (طه - مومنون)

The Exalted Allah He is The King, He is The Truth. (TaHa, Mominoon XXII: 116)

فذلكم الله ربكم الحق

This is Allah your Lord, The Truth. (X: 32)

Three times it is repeated:

هو الذى ارسل رسوله بالهدا ودين الحق ليظهر هو على دين كله.
(التوبة، الفتح، الصف)

He it is that has sent His Messenger with Guidance and the Religion of Truth to prevail upon religion altogether.

(Sura At-Tauba IX: 33, Al-Fath XLVIII: 28, As-Saf LXI: 9)

Quran also states “Indeed my Lord is on the Straight Path.” (XI: 56)

In every Salaat we ask repeatedly for The Straight Path, to be with Him.

How could there be God’s religion without Truth being its essence?

In Arabic, Haqq means Truth, Justice, Rights, Reality, Clarity, Transparency etc.

Adherence to Haqq has to be the theme of our life for success in every Endeavour.

We are created by The Truth. The Truth has no Images, no sons and no associates.

All Images sketched or carved is not God and most importantly what we imagine is not God!

What we imagine to be God is only what our mind has created.

Muslims pray with their eyes open.

To accept Truth we must reject these false “images” created by ourselves or others.

Thus the idea is first, to clean up the mess.

لا اله الا الله

There is no god but God Almighty.

That is why La ilaha illa Allah is so important.

Truth is the Unifying and Guiding Force for all us human beings.

We will finally have to accept Truth as the ultimate guide.

Sooner or later it will come to pass. (CX)

اذا جاء نصر الله و الفتح....

Only through Truth it is possible to communicate with people of other Faiths.

The Quran (XXXIII: 70) tells us to be direct, to the point, explicit, precise, and transparent i.e. say the truth the best possible way.

Also: (XVI: 125)

ادع الى سبيل ربك بالحكمة والموعظة الحسنة وجادلهم بالتى هى احسن.

Invite to the Way of your Lord with Wisdom and Handsome Exhortation and argue with them in a way most Esteemed.

This has been the Message “Say O’ people of the book do not exceed in your religion in Truth and do not follow the whims of the people who went astray and mislead many and deviated from the best path” (V:77)

With Truth we get to understand and practice:

بسم الله الرحمن الرحيم

“In the Name of Almighty God The most Merciful Giver and The most Merciful Forgiver”
Giving and Forgiving with Mercy cannot be accomplished while harboring anger.

When challenged to bring proof of God; a Muslim quotes The Quran: (XLII: 11)

ليس كمثلہ شى

There is nothing Like Him.

Any attempt to prove Him, in a material sense, goes counter to this statement.

The question “who created God” comes up only when people think of God as a thing.

Another source of frustration and anger is our desire to fit every one into a single mold.

That is neither possible nor good.

God is One and so is everything He has created. (XXXI: 28)

Every man is unique.

There are no two men the same, nor two trees, nor two apples, not even two guns manufactured by the same machine are the same.

Every atom is unique if we get to see it in its finest detail.

As far as Miracles (Signs) are concerned, throughout The Holy Quran it is made clear that this creation from an atom to the galaxies are a miracle and makes us aware of the atom's fraction. (II: 164, XLV: 3, 4, 5, 13., XCIX : 7, 8.) It is so much easier to talk about this reality instead of engaging in complex issues.

Hypocrisy, a factor recognized early by Hazrat Omar, may not make us immediately angry but certainly gnaws at the well being of our spiritual foundation. We talk a certain way among ourselves and another way when in the company of people of other faiths.

The purpose of Islam is not to eliminate or dominate people but to make life and after life better for everyone by removing confusion and blindness. (XVII: 72)

ومن كان فى هذه اعمى فهو فى الآخرة اعمى واضل سبيلا

Whoever is blind here shall be blind in the hereafter. (XXI: 107)

وما ارسلناك الا رحمة للعالمين

We have sent you not but as a Blessing to the worlds.

It is incumbent upon us to inculcate kindness in ourselves based on Truth to overcome anger.

The behavior of the unscrupulous rich and powerful we may not be able to change but we can make ourselves better and less angry.

To the theme of this year's convention one would have liked to propose an amendment:

Life, Liberty and the Pursuit of Happiness **but not at the expense of others.**

Sincerely,

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