

POSITIVITY AND FEAR

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I remember fondly my visits to Qadir Nagar during the summers of the 1980's. Being with Dada Jan and learning from him, his words, his actions, even by just sitting with him, you could absorb something for yourself. I would look forward to the mehfiles we would have just before Maghrib time, when Dada Jan would sit on his reclining gray chair outside in front of his bedroom. Sometimes the topics would get heavy; sometimes he preferred to keep them light. We would talk of philosophy, of Islam, of metaphysics, sometimes of politics, of women's rights, and child rearing. Sometimes the subjects were as simple as jokes, recipes, and music.

One summer when my family was still in Saudi Arabia and I was with Dada Jan in Qadir Nagar, a great plague was sweeping Mecca and Medina soon after Hajj season. Already, a friend of ours, Dr. Tasneem Shah, had caught meningitis during the plague and passed away. News of her death greatly worried me, and I knew that Ammi, Abu, Ali and Ayesha were going to visit Mecca and Medina before they left Saudi Arabia too. Knowing that disease and plagues do not discriminate between people, and choose to victimize whomever they please, I was naturally scared for my family's health. I had not told Dada Jan of my worries, not wishing to bother him with every small detail of my life. In the meantime, I went to Peshawar for a visit, and stayed there for a few weeks, but was still consumed with worry.

A few days after reaching Peshawar, one of my cousins arrived, just back from a short visit of Qadir Nagar. He said Dada Jan had sent me a letter, and gave me the envelope. I was surprised. I gently opened the envelope, and found a piece of paper inside which had only two lines of ink on it, in Dada Jan's handwriting. Although I do not

remember now the exact words, I do remember the message...“If you fear illness, it will come to you.”

As usual, Dada Jan knew what I was feeling. I put the letter down and knew that I should stop feeling scared, for if I did, indeed misfortune would arise. In my heart I thanked Dada Jan for his words.

All throughout America, there is an alternative healing philosophy actually being recognized more and more by the medical industry...it's emerging in books, on TV, on videos...its called Energy Healing. Basically, it's the same principle that Dada Jan taught...your own emotions and your own fears, your own negativity and your own weaknesses...they are your magnets for attracting bad circumstances. The negative energy in your body, mind and soul all unite to attract the worst of things, including illness, misfortune and calamity. If we replace that negative energy with positive energy with Love and Service to others this will cut not only the negative energy, but will also produce positive outcomes in your life. You will then attract good circumstances, by thinking positively.

Islam tells us simply that if we help others, Allah will help us. It is the same thing Baba Jan practiced, and the same thing that Energy Healing teaches. If we think good and positive thoughts and perform helpful and good actions, Fortune will come to us. If we fear the worst, we will have the worst things happen to us. And I learned all about it from two lines in a letter from Baba Jan.

