

## BALANCE Part II

by Es-Seyyid Es-Shaykh Taner Ansari January 23, 2016 *Sohbet*

*Bismillah Al Rahman Al Rahim* [In the name of Allah, The One Who Acts with Mercy, The Source of Mercy]. All praise belongs to Allah. Allah owns everything. All power belongs to Allah and not to us. May Allah's peace and blessings be on Prophet Muhammad and his family and on all the other prophets and their families.

When Allah the Most High created the universe, He gave the universe a course—parts that bring this universe together. When Allah said, “Look into space and contemplate His creations,” there is so much to observe and so much to learn. There are at least 150 billion galaxies and the smallest galaxy has 100 billion stars. Everything is working according to a plan and nothing is escaping Allah's power. Everything is under His power.

So who are we? How can we even be thinking that we are outside of Allah's power? Let me speak about microcosm and when it comes to you, then you can study the universe without the Hubble telescope by just studying yourself. What you see in yourself is what is in the universe. Actually there is more in you than in there. Allah asks the stars and earth if they will come to Allah willingly or unwillingly, and they say that they come to Allah willingly.

In the Qur'an (Surah Fussilat 41:11) Allah says:

*Then He directed Himself to the heaven while it was smoke and said to it and to the earth, “Come, willingly or unwillingly.” They said, “We have come willingly.”*

Allah gave us will power. We have the choice of choosing our *nafs* and saying that it is god because we keep obeying it. When the *nafs* dominates us, it becomes our god. Or we can give up the *nafs* and join the Power that runs everything and surrender to Allah. If you choose this, which you should, then you have to make this choice again and again, because your *nafs* is constantly attacking your brain and saying, “Give me what I want.” Each time we have to choose Allah consistently and with insistence. In the beginning we probably do this with objections and resentment. But as you cleanse your *nafs* more and as you get to know Allah more, you will do this willingly and lovingly.

There is a balance in nature. Allah created us upon a balance. Allah created us upon *Rahman* and *Rahim*—balance. From this *Rahman* and *Rahim* come other things, like love (*wadud*), humility (*latif*), softness (*halim*). All this in the same group of energy.

What destroys our balance? When kids are born and they are kids, they are in accord with Allah and with the energy. They are in sync with the whole creation. They are on the same wavelength; they immediately connect to them. So what happens in the meantime that we lose our balance? Allah made this purposefully so that you have a choice to consciously and willingly prefer Allah's vibration. Allah is going to classify you according to your sincerity, because degrees of closeness to Allah are indefinite. So determining who is going to be where in relation to Allah's *Zat* (Essence) depends on how sincere you are and what are you willing to do for Allah. But there is a shorter way. This is what Sufism is all about.

What is the shortest distance between you and Allah? It is love. Love is a different chemistry. You have to prepare your body for love and you have to redesign yourself within the habitat of love. All the prophets are examples to us for living in the habitat of love. Look at your mother—that is the habitat for love. You have to grow in humility; you have to get rid of arrogance, vengeance, jealousy and domination. You have to have a kind and merciful attitude. Then Allah will look at you and say, “I like this habitat.” When Allah likes this habitat, then He will send this love to you. The important thing is to maintain the habitat of love. You cannot go back to

where you were before. You cannot go back to your old habits. You have to make a change in your life. This is called progress. This change has to be in accord with the goodwill of the Creator of all of this.

What destroys your balance? Your *nafs* does, if you keep listening to your *nafs*. Your balance is being *Rahman* and *Rahim*, preserver of mercy and acting with mercy. This is what your body is made of. When you get angry, what happens? Goodbye to balance. When you get jealous, goodbye to balance. The biggest evil of all of our time is greed. Greed. I want more, not enough, more.

If you run after the desires of your *nafs*, they will never make you happy. *Qana'at* is to be happy (content) with yourself. You need to be full of contentment. You need to balance your life, so that you will be happy. When time comes to make a decision, you have to weigh carefully. Don't become a slave. You have to learn how to live within your means. Always remember to be happy because this world is temporary. Our main priority is to learn Allah; that is why we are here on earth. You learn how Allah is balanced. Allah has *Qahhar*; Allah has *Jabbar*. Allah has all these forces, but in the middle of His names there are *Hakam* (Justice) and *Haqq* (Truth). He does all these things with justice. So is Allah happy? Allah is happy because Allah is balanced. If you want to be happy, you have to have balance, inner and outer. They have to go together. You cannot feed just your material body; you also need to feed your spiritual body. The spiritual body's nourishment is mentioning Allah, living with Allah, doing *zikr* of Allah, helping others for Allah and always for Allah. You have to be balanced as you live with Allah and learn Allah.

### Call of the Divine

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