

# **Shades of Reality**

**Short Stories by  
Shaykh Fadhlalla Haeri**



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# BOOK DESCRIPTION

In these stories I would like to show the many different ways that people strive towards a better life that is more secure and enjoyable. Sometimes our lives may be in a downward spiral and it might feel as if everything is disintegrating on a path of entropy. Our journey on earth is a short period of being exposed to interaction with the outer world, a period of awareness and self-reflection, which often follows a path that touches both hope and despair. I hope these snippets of life will enable the reader to rise in awareness to the inner spirit, which is eternal and divine.

Human consciousness is a special entity that interacts with whatever it focuses on, like the flame of a fire, unlike a passing wind that simply changes outer situations. Some of these stories show the effect of consciousness on an event. It is here that the narrator of the story participates in its content.

# ABOUT THE AUTHOR

Shaykh Fadhlalla Haeri is a spiritual philosopher and writer whose role as a teacher grew naturally out of his quest for self-fulfilment. Since childhood, he has been attracted to scientific investigation and intellectual pursuits. He was born in Karbala, Iraq, and is a descendant of several generations of well-known and revered spiritual leaders.

After a stint in industry and consulting, he transitioned to teaching, writing and meditation.

His awareness of global realpolitik compelled him to seek a truth that would reconcile the past with the present, the East and West. His discovery affirms that the One Cosmic Reality is the source behind all known and unknown states.

Shaykh Haeri's unifying perspective places emphasis on practical, actionable knowledge of self-transformation. It serves as a natural bridge between different approaches to spirituality, offering a common ground of higher knowledge for various religions, sects and secular outlooks.

His main work has been to make traditional *Islamic* teachings more comprehensible and widely available to the modern seeker through courses and publications. Currently, Shaykh Fadhlalla Haeri lectures and writes books and commentaries on the Holy Qur'an and related subjects, with a particular emphasis on ethics, self-development and gnosis.

Drawing upon a lifetime of contemplation, research, and insights, Shaykh Fadhlalla Haeri offers teachings on what it means to live in the light of the Absolute in a relative world. He maintains that spiritual awakening is potentially available to all.

# INTRODUCTION

Human life is a complex puzzle. Two living cells unite and grow into billions of cells and produce a unique being. Everyone is different, but also similar in seeking contentment, happiness, ease, security, and hope for a better future. However, we experience suffering, regret and a whole range of negative emotions. Thus, we hope that tomorrow will be better. More importantly, we hope that our experience after death will be more enjoyable and blissful than earthly life.

It is obvious to an intelligent thinker that we live in a zone of consciousness that is hazy at best. You think something is certain, but the next moment it may be less certain. In fact, everything regarding our senses or understanding is imprecise. Time, for example, is experienced as emerging from stillness and timelessness. Time and space delineate human consciousness on earth, which is conditioned by genetic, historical, environmental, cultural and parental influences.

Even though everything is changeable at any moment, we yearn for constancy, certainty and security. Death is the gateway to another state of consciousness without human interference. Until then, we live in the zone of conditioned consciousness where time and space limit us. While we are here, we can figure out the puzzle of time and its emergence from an energy source that is often referred to as God or the Divine – which is timeless and eternal.

Consciousness and intelligence have been rising since the beginning of creation and will eventually return to the original Source where the limits of space and time don't exist. For now, we are restricted within space and time and all of our problems come from this confined state. Souls, however, are not subject to this state of limitations. It is on a short earthly journey before it returns to its immaculate state when we die, when the veil of the body and emotions is finally lifted. In the meantime, we will only catch glimpses or flashes of the true eternal Reality.

In these stories I would like to show the many different ways that people strive towards a better life that is more secure and enjoyable. Sometimes our lives may be in a downward spiral and it might feel as if everything is disintegrating on a path of entropy. Our journey on earth is a short period of being exposed to interaction with the outer world, a period of awareness and self-reflection, which often follows a path that touches both hope and despair. I hope these snippets of life will enable the reader to rise in awareness to the inner spirit, which is eternal and divine.



# 1. To Take or Not to Take

High up in the Himalayas, where it snows most of the year, there was a village where people lived a simple and harmonious life. Colourful Buddhist prayer flags were fluttering everywhere.

The local rulers used to send emissaries to different parts of the land to find acknowledged teachers and then invited them to their village. Every few decades they had a new teacher who would revive the old traditions, thus avoiding the pitfall of a ceremonial ritualistic way of life.

A time came when they heard that an old Buddhist master had arrived in the area and was staying at a nearby village on the bank of the river. The villagers were eager to learn more about his meditative practices so a few representatives were sent to invite the great teacher to visit their village.

After spending a week with the people, the Master asked the villagers to select a dozen men and women with whom he would spend some time to teach them everything he knew, after which they should teach others.

He taught them that human life is based on two zones of consciousness and awareness. One is practical and causal, based on opposites: good and bad, beginnings and ends, birth and death. This zone is given to us so that we can transact with other people and life around us. The other is not bound by time and space and that is where our eternal soul resides. To experience this higher consciousness, we need to transcend all dualities by love, affection and silence until a wave of grace blows us into the perfect light of eternal Reality.

We are part of nature and need to respect the natural flow. All the millions of creatures and plants have to stay in equilibrium. Respect for all life is paramount, from the smallest ant to the gigantic blue whale.

After a few months the Master announced that it was time to test and apply everything that they had learnt. He asked them to prepare for a journey on horseback, taking as little food or belongings as possible. They would be sustained by Mother Nature.

It was a particularly hot summer; therefore, they chose to travel by night. During the day they meditated, foraged for food to share and filled up their water sacks. On the second night they crossed a valley next to a river. They noticed sparks flying from the hooves of the horses. Some of them stopped, dismounted and collected some of the pebbles. The Master saw this and said, "Whoever picks up these pebbles will regret it tomorrow morning, and those who don't, will regret it too."

Just before sunrise they decided to rest and the pebble collectors were astonished to find that they had in their possession valuable semi-precious stones. They immediately regretted not picking up more. Those who did not pick up any pebbles regretted it all the more.

The Master gathered them round and told them, "This is how life is. When you acquire or control an aspect of it, physical, emotional or mental, you feel good, as if you have accomplished something. But soon regret sets in and you realize your new attachment was a mistake. You think you have made a mistake. For the new car you need insurance, for the big house you need staff to help maintain it, and as for the partner, as you get to know each other, you doubt whether this was the best match for you. Last night you have moved across the valley of life. If you take from it, you regret it; if you don't take from it, you also regret it.

"But this is what life is. You can't escape it; you have to accept it. You have to give and you have to take, or not give and not take. To cope with life, you have to follow the middle path between the extremes of self-denial and self-indulgence, always aware that there is no reliable and constant self. It is a mere shadow of the ever-living soul. You are just a miraculous

combination of chemical elements that make up your physical body. We are between physics and metaphysics, heavenly and earthly, this life and the hereafter. Our challenge is to be on earth while at the same time recalibrating with higher consciousness.

“In life you cannot choose if you want to be involved in giving and taking; occasionally you give, occasionally you take. As you grow in knowledge about the divine nature of life, you will recognise your past illusions of independence. While you go about your earthly life you must also be at one with the inner divine presence.”

## 2. East West Ashram

Andrew was in his third year at the East West Ashram on the outskirts of Bombay, where he had taken the oath of celibacy. After his acrimonious divorce in London, he had lost all interest in his career as a stockbroker. His wife took over the house, the dog and the holiday villa in the south of France. She had even accused him of trying to kill her in a dramatic skiing accident. After a few months of taking ineffective psychiatric medication, he ended up at the sprawling ashram.

*Destiny is often a great mystery and no one can be certain of its outcome.*

As a child, Andrew believed that he could talk to animals and even fly with birds. In his childhood he had been influenced by various ideas of the paranormal and supernatural. He liked to read about the saints of Christian mysticism and Saint Francis of Assisi had been his favourite. Before he left Britain, he attended several meditation courses and even imagined himself levitating and being able to do distance viewing.

Initially his main interest at the ashram was to find out what the Brahmins and Yogis were aiming to achieve. He was pleasantly surprised to find that Hindu meditation and chanting was very helpful in his practice of transcendence.

He loved his master, Guruji, unconditionally and trusted him completely. Guruji had spent more than twenty years high up in the Himalayas, almost naked. He almost never ate and his body had changed dramatically; most notably he had lost all the hair on his head and body. People from medical schools had studied him and even performed minor experiments. One such experiment involved piercing his muscles with needles. They were astounded to find that he didn't react to the pain at all. Incredibly, no blood appeared from these wounds.

One day there was an incident that made Andrew question his trust in the Guru. A poor, old peasant from Bihar arrived at the ashram with the hope to understand what happens after death before he died himself. He had spoken to a few swamis and gurus about it, but their answers had not satisfied him. Apparently, the old man had sold most of his belongings before he made his way to the ashram in Bombay.

When he first arrived, he was allowed to stay one week as a guest, but he had to leave immediately after that. He attended daily discourses stretching from dawn to midday with a breakfast in between. Andrew wrote about these discourses in his journal. He considered it the most profound teaching he had received in his life, especially learning about the dual nature of humanity. If you want to know the truth of who you are, you must leave all illusion and anything that had happened to you. Through silence and meditation, you may catch a glimpse of higher consciousness, pure and divine.

A few days later during the dawn discourse, Andrew found the old man prostrated before the Guru, asking in a humble whisper if he could stay longer. However, the gentle and compassionate Swami was unwavering and insisted that the peasant leave that day as had been agreed. This lack of kindness by his "perfect" Guru puzzled Andrew. He asked himself, where is the justice, where is the unconditional generosity? The poor man had reached a point in his life where he had forsaken everything, except the desire to know, to be sure about the state after death and now he had to leave without a clear answer.

After breakfast, he saw the peasant with his stick and bundle of belongings, walking the mile long stretch towards the gate. He had been curious to know if the man was content to leave, so he caught up with him and started talking to him about his visit. Andrew asked him directly if he was happy with his stay and if he had received what he came for. The old man answered with a cheerful face, "Yes, I am very happy, I got it all!"

At first Andrew was perplexed by the man's response, but a few days later he understood that his Guru had acted from a position of higher intelligence, where he knew that if you give people more time and more opportunity, the issue of doubt and procrastination can stretch itself out endlessly. The Guru knew that if he didn't put an end to the man's quest for answers, he would remain in constant doubt.

***Truth is ever-present in the moment.***

### 3. Lost and Found

The warm rays of the morning sun brought Nico back to life. He was lying on the sand, and with the tide coming in again, small waves were washing over him with the eternal rhythm of the ocean.

For three days he had been adrift in the sea between the islands of Mallorca and Minorca. His small inflatable dingy must have had a slow puncture and sank an hour or so after he left early in the morning. The few hours of solitude on the water he had planned turned into a whole day drifting aimlessly at sea. He was sure he would be rescued before dusk, but as the sun set, he knew he would probably have to spend the night at sea. That first night he did not lose hope. He was grateful for the warm weather and floating on his back he marveled at the wide expanse of stars. But when a second day passed with no rescue fear and hopelessness crept in. By the third night he was so weak, confused, and close to hallucinating, that he just gave up and waited for death to free him from his misery.

He lifted his head from the sand and saw a few kids splashing about on the beach in the distance. He lost consciousness again for a while and woke up hearing a woman's voice asking if he was okay. The glare of the sun was excruciating, and he thought he might be hallucinating. "My name is Maria," the voice came again. "Do you need help?" In a hoarse voice Nico managed to reply, "Water, please. Water."

A while later, safely on Maria's family boat, he told her the saga of his last three days and nights, how he constantly drifted in and out of consciousness. Strangely, he was tremendously grateful for having experienced life and death so frequently. He let out a sigh and said that it felt as if a veil was lifted, as if he was now able to see the beauty and perfection in every situation. He felt as if he was now living beyond the norms of everyday life. Maria sat next to him, hanging onto every word, surprised and thrilled to hear his touching story.

Nico sat back, closed his eyes and a big smile appeared on his cracked and sunburnt face. He could hear the children's laughter above the sound of the sea, the waters that almost killed him, but had also saved him in a way that he could never have dreamt of. "This is the most perfect day," he said, "and I am the most joyful man alive. Sitting here, I realize that all my life's fears, concerns, hopes and desires are to no avail. And I owe all of this to being completely lost at sea, simply drifting from one moment to another with no idea about past or future. Life's pure raw power is always there, but we restrict it because of our limited consciousness. Why? Why do we do that? Just to preserve and prolong our biological life! I am going to break loose from that cocoon of constant care about survival."

Maria looked to the horizon and swallowed the lump in her throat. She thought about her own life and her daily meditations, which she was convinced had enlightened her little by little over the years. But she realized that only on a few occasions had she ever touched upon such a state of simple being-ness that Nico was describing.

As Nico was preparing to leave, a series of expressions of gratitude volleyed between the two of them.

"Thank you so much for saving me from the tide today."

"I should be thanking you for coming into my life today. Your story has awakened a fresh curiosity in me."

"No, really, I owe my life to you. I would have been drawn right back into the sea if it wasn't for you."

“Well, it seems like you are not the only one who was lost, and I had to rescue you so that you could save me. Thank you, Nico, for sharing the newfound peace in your heart.”

Nico left the boat feeling light and free from fears or the desire for freedom, much more eager to face any aspect of the distractions and the distortions of everyday life.

Waving goodbye, Maria shed a few tears. She hoped that perhaps one day she would get ‘there’ too, to a place within herself where time and space ceased to exist. Where she could lose herself and just feel the connection with the source of life. Nico’s parting words still rang in her ears. “Everyone is so entangled with their own illusions and so they can never reach a desirable conclusion.”

***Once the soul is ready to give up its illusion of  
separateness, then we realize that there is only  
immortality.***

## 26. Meshti

‘Selfless devotion’ – the two words that best describe Meshti, my adoring first nanny. She started taking care of me when I was only three months old, and her love for me was an immeasurable obsession. I was the centre of her universe. When I left for Europe at the age of sixteen to go and study there, she too departed. But I did not know it at the time.

She originally came from the Mazandaran province in Iran. Her village lay on the shores of the Caspian Sea at the border of Iran with Russia, an area famous for its caviar and walnuts. Her husband owned orchards, rice fields and a couple of fishing boats. It was a pleasant life lived in an earthly garden. Her son, Reza, was born after some years of marriage, completing her happiness. But within a short time Meshti’s perfect world totally collapsed. Her husband was crushed between two boats during a storm and shortly afterwards she lost her baby to cot death. Within a month Meshti fell from paradise into hell. She suffered from paralysing depression. Her mother, Fatima, feared for her daughter’s sanity and prayed for a solution to the crisis.

Fatima also hoped that perhaps my family would help Meshti. It was arranged that a relative would escort Meshti to Karbala and take her to the house of Shaykh Ahmed, my father. It would have taken about a week to travel from the lush fields and forests of Mazandaran to the desert oasis of Karbala, a town which lived to commemorate the martyrdom of Imam Hussein and has one of the most visited shrines in the Islamic world.

A confused and grief stricken Meshti arrived at our house and my father gave permission for her to stay with the ladies in his extended family. As she entered the ladies’ quarters, Meshti heard a baby crying. She rushed to the crib, picked up the baby and cradled him in her arms. That baby, was of course, me. Her empty life had suddenly found a purpose again and for the next sixteen years until I left Iraq that purpose was me. I was the same age as little Reza and all the love she had lavished on him was now mine.

Lovely Meshti, with her soft blue eyes and fair skin, translucent like opaque porcelain, became my obsessed nanny.

I took her love for granted. She was there at my beck and call, catering to my every whim. My earliest memories are of titbits that she sneaked out of the kitchen for me. Oh, the trouble she used to get into with the other ladies in the household with those disappearing fried onions and chicken livers! I became adept at communicating with her by telepathy and remember one day sending her a message to bring my favourite soap to the bathroom. She came with the wrong type of soap and, of course, I sent her back for the right one, the green olive variety from Damascus.

In our large household Meshti had to live with various other ladies, like Nana Sakina, who was jealous of her and made her life difficult. Umm Hussein was easier to deal with, as was Umm Rahim, who was a bonesetter. There were many visitors and a lot of kitchen work. When she wasn’t looking after me, poor Meshti had to work over open fires and kerosene stoves. She had been used to a more genteel way of life in a moderate climate and so her sensitive skin broke out with eczema. She considered all of these sacrifices worth it to be at my side. Karbala became her home and she never returned to Iran.

By the time I was a teenager I remember her saying often that if I ever left Karbala to continue my studies she would die from grief. When the time came for me to leave for England on a government scholarship, Meshti was desolate. We had already left for Baghdad, from where I would take the flight to London and she was so desolate that she decided she had to say

goodbye one last time, so she ordered a taxi to take her to the airport. That was the first and the last time she ever took a taxi.

Instead of driving her to Baghdad the driver took her to some small village about three hours away and left her there, where she was exposed to the fierce sun for hours. She only managed to find her way back to Karbala the next day. By that time, she had a high fever and probably suffered from sunstroke. She died before I even reached London.

But nobody told me the sad news. In fact, I was delighted to have found new medication for her eczema in London. I did not have much money as a student, but I would buy this ointment and send tubes of it home every two months, until my brother wrote to me and said that Meshti no longer needed it. I found this odd, but it was not until nearly a year later that I was told about her departure. I was preparing for my first trip back to Iraq and my family knew they could no longer hide the news from me.

The loss was immense. She was the first important person in my life to have died and no matter how many times we hear that death is just the next phase of life, at the time it was devastating to know I would never see her beloved face again. On the mantelpiece the half a dozen tubes of eczema cream that I had bought for her was a constant reminder of her departure.

The blow was softened somehow by the numerous encounters I had with her in lucid dreams. In these dreams she was in a wonderful state and always expressed gratitude for the way her earthly life had turned out. She could lose her ego-self because she had devoted her life to other human travellers. Her pride and joy was that I had been the last altar of devotion for her.

I will never forget dear Meshti. Her memory is proof of how our earthly experience and our souls relate to timelessness. The Truth is ever alive.



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***Shaykh Fadhlalla Haeri***

“All quests and teachings lead to the realization that the soul, or essence of life, is eternal and that the moment radiates from timelessness. We are obsessed with that which is eternal and ever-present. In my lifelong search to uncover and share the dazzling lights of Truth, I have been propelled to make more accessible translations of specific seminal texts from the Sufi tradition available, as I have done with *‘The Secret Garden’*. This book, *‘Pathways to the Garden’* is presented as an update to key questions for today's time.”

Shaykh Fadhlalla Haeri

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***Muneera Haeri***

In this book, Muneera Haeri recounts the lives of six early Sufis of the Chishti order. She writes for readers who are interested in Sufism, leading them to the heart of the matter via a picturesque route which traverses a landscape of ardor and devotion studded with historical facts and folk lore. This book can prove to be a feast for the trusting reader who is not blocked by cynicism in his quest for spirituality.

**The Elements of Sufism**

***Shaykh Fadhlalla Haeri***

Sufism is the heart of Islam. This introduction describes its origins, practices, historical background and its spread throughout the world.

**The Garden of Meaning**

***Shaykh Fadhlalla Haeri***

This book is about two gardens, one visible and fragrant, the other less visible but eternal. The beauty and harmony of both gardens are explicated in this magisterial volume, linking outer to inner, physics to metaphysics, self to cosmos.

**The Journey of the Self**

***Shaykh Fadhlalla Haeri***

After introducing the basic model of the self, there follows a simple yet complete outline of the self's emergence, development, sustenance, and growth toward its highest potential.

**The Sufi Way to Self-Unfoldment**

***Shaykh Fadhlalla Haeri***

Unfolding inner meanings of the Islamic ritual practices towards the intended ultimate purpose to live a fearless and honourable life, with no darkness, ignorance or abuse.

**Witnessing Perfection**

***Shaykh Fadhlalla Haeri***

Delves into the universal question of Deity and the purpose of life. Durable contentment is a result of 'perfected vision'.

## **Practices & Teachings of Islam**

**Calling Allah by His Most Beautiful Names**

***Shaykh Fadhlalla Haeri***

Attributes or Qualities resonate from their Majestic and Beautiful Higher Realm into the heart of the active seeker, and through it back into the world.

**Fasting in Islam**

***Shaykh Fadhlalla Haeri***

This is a comprehensive guide to fasting in all its aspects, with a description of fasting in different faith traditions, its spiritual benefits, rules and regulations.

### **Inner Secrets of The Path**

***Sayyid Haydar Amuli***

In this book, Seyyid Haydar Amuli – an ibn `Arabi scholar and Gnostic from the 14th century – discusses the nature of unity, justice and prophecy as outlined by the Prophet Muhammad (peace be upon him), and how spiritual travelers should walk on the path taking to their Lord using Shari`ah. It deals specifically with the roots and branches of Islam.

### **Pilgrimage in Islam**

***Shaykh Fadhlalla Haeri***

This is a specialized book on spiritual journeying, offering the sincere seeker keys to inner transformation. **Note:** It was formerly titled, *The Pilgrimage of Islam*.

### **Prophetic Traditions in Islam: On the Authority of the Family of the Prophet**

***Compiled By: Shaykh Fadhlalla Haeri***

***Translated By: Asadullah adh-Dhaakir Yate***

***Foreword By: Seyyed Hossein Nasr***

Offers a comprehensive selection of Islamic teachings arranged according to topics dealing with belief and worship, moral, social and spiritual values.

### **The Wisdom (Hikam) of Ibn `Ata`allah: Translation and Commentary**

***Translation & Commentary by Shaykh Fadhlalla Haeri***

These aphorisms of Ibn `Ata`Allah, a Shadhili Shaykh, reveal the breadth and depth of an enlightened being who reflects divine unity and inner transformation through worship.

### **The Inner Meanings of Worship in Islam: A Personal Selection of Guidance for the Wayfarer**

***Shaykh Fadhlalla Haeri***

Guidance for those who journey along this path, from the Qur`an, the Prophet`s traditions, narrations from the *Ahl al-Bayt*, and seminal works from among the *Ahl al-Tasawwuf* of all schools of thought.

### **The Lantern of The Path**

***Imam Ja`far Al-Sadiq***

Each one of the ninety-nine chapter of this book is a threshold to the next, guiding the reader through the broad spectrum of ageless wisdom, like a lantern along the path of reality.

### **The Sayings and Wisdom of Imam `Ali**

***Compiled By: Shaykh Fadhlalla Haeri***

***Translated By: Asadullah ad-Dhaakir Yate***

Carefully translated into modern English, a selection of this great man`s sayings gathered together from authentic and reliable sources.

### **Transformative Worship in Islam: Experiencing Perfection**

***Shaykh Fadhlalla Haeri with Muna H. Bilgrami***

This book uniquely bridges the traditional practices and beliefs, culture and language of Islam with the transformative spiritual states described by the Sufis and Gnostics.

## **Talks, Interviews & Courses**

**Ask Course ONE: The Sufi Map of the Self**

***Shaykh Fadhlalla Haeri***

This workbook explores the entire cosmology of the self through time, and maps the evolution of the self from before birth through life, death and beyond.

**Ask Course TWO: The Prophetic Way of Life**

***Shaykh Fadhlalla Haeri***

This workbook explores how the code of ethics that govern religious practice and the Prophetic ways are in fact transformational tools to enlightened awakening.

**Friday Discourses: Volume 1: Jum`ah Talks at the Rasooli Centre**

***Shaykh Fadhlalla Haeri***

The Shaykh addresses many topics that influence Muslims at the core of what it means to be a Muslim in today's global village.

**Refinement of Character: Friday Discourses**

***Shaykh Fadhlalla Haeri***

These discourses, offered by Shaykh Fadhlalla Haeri in South Africa, present a comprehensive and complete package of essentials regarding the self and its emergence, of the interplay between the ego and the soul (behaviour and personality dynamics).

**Seasons of Wisdom**

***Shaykh Fadhlalla Haeri***

*Seasons of Wisdom* is mostly collated from the closing unscripted talks given by Shaykh Fadhlalla Haeri at annual conferences held in South Africa.

**Songs of Iman on the Roads of Pakistan**

***Shaykh Fadhlalla Haeri***

A series of talks given on the divergence between 'faith' and 'unbelief' during a tour of the country in 1982 which becomes a reflection of the condition occurring in the rest of the world today.

**Seasons of Wisdom**

***Shaykh Fadhlalla Haeri***

Seasons of Wisdom is mostly collated from the closing unscripted talks given by Shaykh Fadhlalla Haeri at annual conferences held in South Africa.

**The Connection Between the Absolute and the Relative**

***Shaykh Fadhlalla Haeri***

This is a 1990 conversation with Shaykh Fadhlalla Haeri, in which he talks about wide-ranging topics on Islam and presents it as the archetypal, universal, Adamic path that began when humanity rose in consciousness to recognize duality and began its journey from the relative back to Absolute Unity.

**The Spiritual Path: A Conversation with Shaykh Fadhlalla Haeri On His Life, Thought and Work**

***Professor Ali A. Allawi***

In this wide-ranging conversation with Professor Ali Allawi, Shaykh Fadhlalla Haeri talks about his life story and the spiritual journey that he embarked on and the path he has been on ever since.

## Poetry, Aphorisms & Inspirational

### **101 Helpful Illusions**

*Shaykh Fadhlalla Haeri*

Everything in creation has a purpose relevant to ultimate spiritual Truth. This book highlights natural veils to be transcended by disciplined courage, wisdom and insight.

### **Beyond Windows**

*Shaykh Fadhlalla Haeri*

Offering moving and profound insights of compassion and spirituality through these anthologies of connections between slave self and Eternal Lord.

### **Bursts of Silence**

*Shaykh Fadhlalla Haeri*

Inspired aphorisms provide keys to doors of inner knowledge, as well as antidotes to distraction and confusion.

### **Differentiated Sameness: A Collection of Sufi Poems**

*Shaykh Fadhlalla Haeri*

These poems are like brush strokes indicating transitions between the boundless and the limited, within and beyond time and space, like flags on a temple reminding us of our transitory earthly journey and how magnificent it is if we are aware of its timeless grace.

### **Fulfilment Now**

*Shaykh Fadhlalla Haeri*

A modern-day sage's indispensable insights into how to access true fulfilment.

### **Hikari: Lights and Shadows**

*Shaykh Fadhlalla Haeri*

This booklet contains short bursts of insights presented as steps towards being at one with the light within the heart.

### **Look Again**

*Shaykh Fadhlalla Haeri*

Look Again invites us to cast our sight beyond things as they appear to be – Insight

### **Pointers to Presence**

*Shaykh Fadhlalla Haeri*

A collection of aphorisms providing insights into consciousness and are pointers to spiritual awakening.

### **Ripples of Light**

*Shaykh Fadhlalla Haeri*

Inspired aphorisms which become remedies for hearts that seek the truth.

### **Shades of Reality: Short Stories by Shaykh Fadhlalla Haeri**

*Shaykh Fadhlalla Haeri*

Each of the stories in this collection contains an aspect that touched the Author's heart and invites the reader to reflect on the teachings they reveal.

### **Sound Waves**

*Shaykh Fadhlalla Haeri*

A collection of aphorisms that help us reflect and discover the intricate connection between self and soul.

**Sublime Gems: Selected Teachings of Shaykh Abd al-Qadir al-Jilani**

*Shaykh Abd al-Qadir al-Jilani*

Spiritual nourishment extracted from Shaykh Abd al-Qadir al-Jilani's existing works.

**The Four Journeys**

*Shaykh Fadhlalla Haeri*

A Collection of Poetry from the works of Shaykh Fadhlalla Haeri along the Four Journeys of Mulla Sadra.

**The Wisdom of Ramana Maharshi: A Modern Sufi Rendition**

*Shaykh Fadhlalla Haeri*

Forty Verses on Reality by Sri Ramana Maharshi is a pithy and aphoristic short sacred work. This little book is full of the most profound revelations of Self-Knowledge. An essential text for all interested in Nonduality and the Maharshi's teachings.

## **Autobiography**

**Son of Karbala**

*Shaykh Fadhlalla Haeri*

The atmosphere of an Iraq in transition is brought to life and used as a backdrop for the Shaykh's own personal quest for self-discovery and spiritual truth.

## **Health Sciences and Islamic History**

**Health Sciences in Early Islam – Volumes 1 & 2**

*Collected Papers By: Sami K. Hamarneh*

*Edited By: Munawar A. Anees*

*Foreword By: Shaykh Fadhlalla Haeri*

*Health Sciences in Early Islam* is a pioneering study of Islamic medicine that opens up new chapters of knowledge in the history of the healing sciences. This two-volume work covers the development of Islamic medicine between the 6th and 12th centuries A.D.