

The background of the cover is an abstract painting with warm, earthy tones of orange, yellow, and red. There are several circular motifs: a prominent red ring with a yellow center in the upper middle, a solid blue circle to its right, and a yellow ring with a grey center in the lower left. The overall texture is painterly and textured.

Fulfilment Now

Celebrating Life

Extracted from the Teachings of
Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri



Zahra Publications

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The photograph of Shaykh Haeri in the **Author's Biography** chapter was taken by

AbuBakr Karolia

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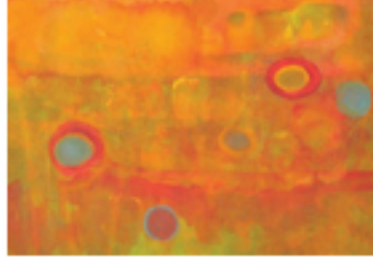
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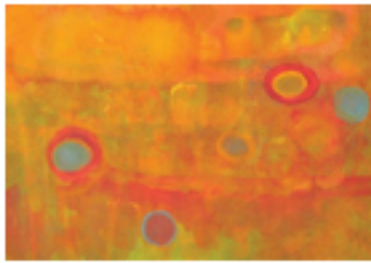
This book arose out of a question posed to Shaykh Fadhlalla Haeri about what it is like to live a fulfilled life. Thanks to Aliya B. Haeri for initiating and seeing the project of this book through to its completion and to Abbas Bilgrami for the invaluable production advice and design. Acknowledgment is also due to three key contributors of time and skills.

Mohamed Bulbulia, Hasnayn Ebrahim and Muna H. Bilgrami.



The Tulip Motif

The tulip motif used throughout this book is from a Turkish Iznik design, and represents perfect, deep love. Originally from the Persian, the word for tulip, *laleh*, possesses orthographic and onomatopoeic similarities to the word *Allah*. As such the tulip symbolizes the object of spiritual meditation, and simultaneously represents humility for when it is in full bloom, it bows its head before the majesty of God. The tulip motif appears in this book as a recurring symbol of meditation and fulfilment of perfect love through humbling oneself in the presence of God.

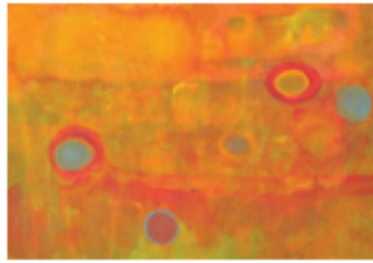


Cover Painting

The painting used as the cover artwork for *Fulfilment Now* is by Shaykh Fadhlalla Haeri. He was inspired to produce this stunning oil colour as part of a series that he drew in a span of three weeks.

‘Our experience on earth is based on movement and change within space and time. Whatever begins or starts will end. So will all the great planets, stars, and galaxies. As for the meaning and purpose of this life on earth, it is to prepare us for a much higher level of consciousness, not conditioned as we are within our embodiment on earth.’

Shaykh Fadhlalla Haeri



Introduction

Fulfilment is the act or process of achievement of something desired, promised, or predicted.

You are alive now. The past may have left some traces. As for the future, it holds hope and uncertainties. What is sure is now, the instant. The flickering, moving sense of time which has emerged from the Unseen, leads to the future, and leaves a trace in the past. It has emerged from timelessness and eternal truth.

The human soul is our link to eternal life and leads us to a natural drive to rising consciousness due to the agency of intelligence. We desire contentment, ease, and effortless flow along the path of our destiny. Any living entity emerges from the source of life to experience all possible variations and then subsides back to life's source itself.

Intelligent living creatures seek goodness and fulfilment in the present moment, as well as hope for the future to also provide that joyful presence. We seek and aspire to what is constant and eternal and that is the nature of the divine spirit within the heart, ever perfect, timeless, and eternal.

This book views "a fulfilled life" as a life where our being emerges from higher, or supreme, consciousness. The calibration between our conditioned consciousness and higher consciousness reduces suffering. A fulfilled life means we realise that this life is a transitory, temporary stage between the finite known and the infinite unknown, or between the self and the soul. The way to true fulfilment is through self-realisation and ultimately being at one with eternal Oneness.

Chapter One

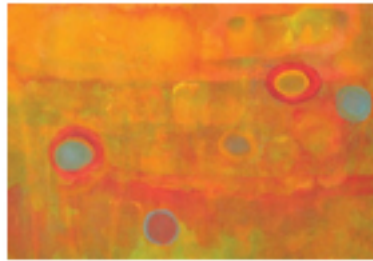


Origins



**What is the
Origin of the
Universe?**

How did it begin?



Origin of the Universe

Questions about the beginnings and the endings of the universe, or universes; our individual beginnings and potential demise; our role in the cosmos and the resultant meaning and purpose of life with all its challenges and joys – these questions are frequently asked by people of intellect.

As far as we can ascertain, the origin of our universe – and the many which may exist parallel to it – lies in a single, infinitely dense point which began expanding 14 billion years ago and has continued to do so up to the present moment. A few thousand years ago, reflective thinkers and prophets provided the idea that there is one Supreme God that encompasses all that is known and unknown and that this creation occurred as a mysterious event due to God's will.

Some three and a half billion years ago, emergent from God's 'mind', or Supreme Consciousness, was a consciousness of a major attribute, one we describe as 'eternal-living', which sparked the advent of life. With it came the memory and recognition of Life itself and it was primarily focused on preservation. As it occurred, this spark caused life to become obsessed with Life and with it the requirement for it to connect with physical universality. It had to be the semipermeable membrane: give and take. It was not fixed and insulated for it had to connect with the 'outside'. As time went by, this led to the evolution of consciousness towards awareness of consciousness. This inevitability was due to the recognition of its source and the reality that all there is, is the light of God.

A few hundred thousand years ago consciousness of consciousness took root, as captured in the story of Adam. Revealed knowledge depicts Adam as the shadow or steward of God on earth because of his capacity for higher consciousness. This is reflected in our lives today: our consciousness and the understanding of the ant preserving its life and the wasp defending itself. This is a celebration of life: the sting of the wasp is its defence *and* the preservation of life. The obsession with Life is the most potent natural drive towards the source of life which is eternal and boundless.

How did it all begin?

An untold number of different lights, beams, flavours, colours, stages and states of intensity all emerged from, and will return to, its Origin, Supreme Consciousness. This all occurred in no time. In our present context we would say this occurred over a few billion years; yet, it all emerged from non-time! We must then question what difference does it make whether it was sixteen billion or five billion, or no time at all?

What can be said is that it all emerged from One cosmic source in a fraction of a second. The billions of stars and galaxies and all that we observe around us in the sky emerged from the unknown and is expanding, due to so-called 'dark' or hidden energy.

Matter emerged from cosmic energy and began to coalesce into the elements and physical entities with which we are familiar. Primordial reality contained everything within it but not in a discernible way that would fit into descriptions like solid or liquid, hot or cold. It is from this unseen reality that what is visible emerged. From the absolute potential of everything, or nonexistence, every imaginable manifestation has emerged.

Two Zones of Consciousness

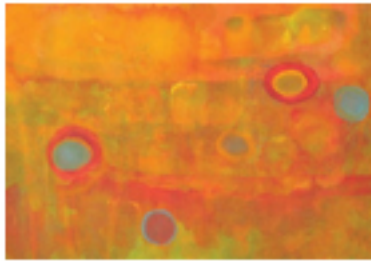
There are two zones of consciousness. One is discernible, leaving traces on the mind and memory, open to interpretation and discussion. This zone of consciousness, which we call conditioned consciousness, can be changed and corroborated. We can say: 'Yes, we know this event happened, and we saw this stone falling.' This is the world of physical, chemical, visible realities in which we can all share. It is a temporary reality and it has definable qualities.

The Absolute zone is a cosmic, boundless, and timeless zone which is permanent, perpetual, and constant. The cosmic source is not confined or conditioned by space or time, and it is where we assume divinity resides. Another way of describing these two zones is as the absolute and the relative zones of consciousness. Anything that appears on earth has both a touch of the infinite as well as characteristics of the finite.



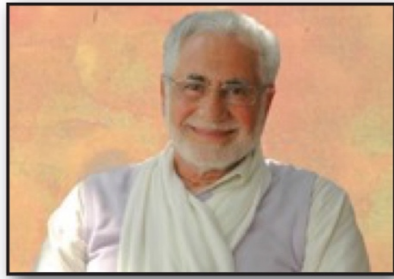
Self-Reflection Questions:

1. How would you maintain being in the absolute zone of consciousness whilst simultaneously engaging in your conditioned life?



Postscript

Fulfilment implies permanent bliss and joyfulness and that can only occur if your consciousness of the Eternal is the basis of your state. This implies the loss of conditioned and lower consciousness. Lose your self and be at one with the soul.



Author's Biography

Sufi, mystic and visionary, Shaykh Fadhlalla Haeri is an enlightened spiritual master. His life and works serve as a reminder that spirituality is a science and an art vitally relevant to our times.

Acknowledged as a master of self-knowledge and a spiritual philosopher, Shaykh Fadhlalla Haeri's role as a teacher grew naturally out of his own quest for self-fulfilment.

His informed awareness of the world around him compelled him to seek a truth that would reconcile the past with the present, the East with the West, the worldly with the spiritual. A link between the ancient wisdom teachings and our present time. He is a descendant of five generations of well-known and revered spiritual leaders, he has taught students throughout the world for over 40 years.

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The first two chapters of the Qur'an give guidance regarding inner and outer struggle. Emphasis is on understanding key Qur'anic terms.

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Shaykh Fadhlalla Haeri

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Keys to the Qur'an: Volume 3: Commentary on Surah Yasin

Shaykh Fadhlalla Haeri

Commentary on chapter *Yasin*. This is traditionally read over the dead person: if we want to know the meaning of life, we have to learn about death.

Keys to the Qur'an: Volume 4: Commentary on Surahs Al-'Ankabut, Al-Rahman, Al-Waqi'ah and Al-Mulk

Shaykh Fadhlalla Haeri

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Keys to the Qur'an: Volume 5: Commentary on Juz' 'Amm

Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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The Qur'an in Islam: Its Impact & Influence on the Life of Muslims

'Allamah Sayyid M. H. Tabataba'i

'Allamah Sayyid M. H. Tabataba'i shows in this gem how the Qur'an contains the fundamental roots of Islam and the proof of prophethood as the Word of God.

The Qur'anic Prescription for Life

Shaykh Fadhlalla Haeri

Understanding the Qur'an is made accessible with easy reference to key issues concerning life and the path of Islam.

The Story of Creation in the Qur'an

Shaykh Fadhlalla Haeri

An exposition of the Qur'anic verses relating to the nature of physical phenomena, including the origins of the universe, the nature of light, matter, space and time, and the evolution of biological and sentient beings.

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Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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Leaves from a Sufi Journal

Shaykh Fadhlalla Haeri

A unique collection of articles presenting an outstanding introduction to the areas of Sufism and original Islamic teachings.

The Chishtis: Sufi Masters of India

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 exposted 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.

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Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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Shaykh Fadhlalla Haeri

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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*.

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Shaykh Fadhlalla Haeri

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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.

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Shaykh Fadhlalla Haeri with Muna H. Bilgrami

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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.

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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.

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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.

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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.

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.

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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.

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Shaykh Fadhlalla Haeri

Truth is eternal and it is not subject to certain people, place, or time. The utterances of Bhagavan Sri Ramana Maharshi carry with them the potency of what is real.

Fulfilment Now

Shaykh Fadhlalla Haeri

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

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.

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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.

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Son of Karbala

Shaykh Fadhlalla Haeri

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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.

For more information on Shaykh Fadhlalla Haeri's books please visit
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