



BURSTS  
OF  
SILENCE

SHAYKH FADHLALLA HAERI





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## **Book Description**

These inspired aphorisms are remedies for hearts that seek the truth. They provide keys to the doors of inner knowledge, as well as antidotes to distraction and confusion.

## **About the Author**

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-fulfillment.

He travelled extensively on a spiritual quest which led to his eventual rediscovery of the pure and original Islamic heritage of his birth, and the discovery of the truth that reconciles 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.

A descendant of five generations of well-known and revered spiritual leaders, Shaykh Fadhlalla Haeri has taught students throughout the world for over 30 years.

He is a gifted exponent of how the self relates to the soul, humankind's link with the Divine, and how consciousness can be groomed to reflect our higher nature.

The unifying scope of his perspective emphasizes practical, actionable knowledge that leads to self-transformation, and provides a natural bridge between seemingly different Eastern and Western approaches to spirituality, as well as offering a common ground of higher knowledge for various religions, sects and secular outlooks.

He is a prolific author of more than thirty books relating to the universal principles of Islam, the Qur'an, and its core purpose of enlightenment.

## **Bursts of Silence**

All human beings hope for a better future but this desire becomes a fantasy unless we change the present. The present is the daughter of the past, and the mother of the future.

The real choice we have is between being a dull baggage of past memories or a vibrant package of Life.

Involvement with the world outside is unavoidable. What is avoidable is the emotional entanglement and unproductive stress.

Wage earners are the slaves of our modern culture.

After exhausting desires and ambitions one may reach the shores of sublime submission.

There cannot be any constancy in experience.

The root of discord, agitation and chaos is based on a desire for harmony and order, which has been distorted by fear of not attaining that desire.

We train our children in competition, acquisitiveness and even aggression. Then we expect cooperation, respect and consideration.

You cannot succeed by effort alone – yet you cannot live without effort.

Service, selflessness and charity are the first steps towards the realization that we are all recipients of a much greater and overwhelming mercy and grace from the Sustainer of All.

When we act out of balance and not according to natural laws we experience dis-ease. Only by erasing the 'dis' can we return to the desirable 'ease'. Yet our medical doctors add drugs rather than eliminate the cause – and thus produce new diseases.

To maintain ease we must ward off disease. This will require knowledge of the boundaries, what is forbidden and what is permissible: the *Shari`ah*.

Natural disasters and calamities are brutal adjustments and healing to earthly wounds.

If you don't give up the lower self for the higher, the body or mind will give in.

Organized religion and other forms of cultural, social and national organizations bring about temporary relief and a transient certainty, whereas knowledge of Allah and His decrees give us access to a zone of constant security.

Whilst searching for security and fulfillment we forget the Source of these is Allah, Who can only be realized by devotion, abandonment and surrender unto Him.

The constant desire for stimulation is based on the deep rooted *fitra* for the *nafs* to be illuminated: self-concern and love need to be sublimated to awakening to the free spirit, the *ruh*.

The greater our sensual awareness, the deeper our existential life, and thus the weaker our spiritual state.

What matters most is a happy *deathday* rather than a happy birthday, for we have no choice in the condition of our birthday. A happy death is for those who are prepared for the day when the gate of death opens to the next life.

How absurd is most human endeavor: we come into this life with uncertainty and leave it with uncertainty, yet all the while we slave away for relative certainty and security.

The antidote to aggression, competition and ambition is transformation through submission.

We are constantly looking for ways to pierce the bubble of time and space and get back to the zone of the Constant Garden.

We always seek knowledge of closeness to the Core or Essence of creation, the Origin of peace, light and the infinite. That is why we are repelled by disruption, agitation and discord.

In our life what is truly needed for growth and provision is already given by Allah, the Glorious. But out of fear and anxiety we want to take what is not needed, or that which is not ours.

A mistake is something wrongly taken, mis-taking that which is not for us.

Islam began as alien to the culture of the day and will also return as a stranger to present-day Muslims.

The apparent certainty of the religious-minded person blocks the energy and thrust for search and enlightenment. The sincere seeker who starts with doubt and uncertainty is more likely to discover the Truth, whereas the 'cozy' believer will protect himself within the dogma of dead concepts and superstitions.

We need to exercise reason and intellect in order to realize the limitation and ultimate futility of human reasoning and rational thought.

Before calling upon the heart, the head has to be used.

We pursue our ambitions and projects in the hope of happiness and fulfillment. We forget Allah's purpose – to live His Will, not ours.



## **eBooks By Zahra Publications**

### ***General eBooks on Islam***

#### **Living Islam – East and West**

*Shaykh Fadhlalla Haeri*

Ageless and universal wisdom set against the backdrop of a changing world: application of this knowledge to one's own life is most appropriate.

#### **The Elements of Islam**

*Shaykh Fadhlalla Haeri*

An introduction to Islam through an overview of the universality and light of the prophetic message.

### ***The Qur'an & Its Teachings***

#### **Beams of Illumination from the Divine Revelations**

*Shaykh Fadhlalla Haeri*

A collection of teachings and talks with the objective of exploring deeper meanings of Qur'anic Revelations.

#### **Commentary on Chapters One and Two of the Holy Qur'an**

*Shaykh Fadhlalla Haeri*

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

#### **Commentary on Four Selected Chapters of the Qur'an**

*Shaykh Fadhlalla Haeri*

The Shaykh uncovers inner meanings, roots and subtleties of the Qur'anic Arabic terminology.

#### **Journey of the Universe as Expounded in the Qur'an**

*Shaykh Fadhlalla Haeri*

The Qur'an traces the journey of all creation, seeing the physical, biological and geological voyage of life as paralleled by the inner spiritual evolution of woman/man.

#### **The Essential Message of the Qur'an**

*Shaykh Fadhlalla Haeri*

Teachings from the Qur'an such as purpose of creation, Attributes of the Creator, nature of human beings, decrees governing the laws of the universe, life and death.

### **The Family of `Imran**

*Shaykh Fadhlalla Haeri*

This book is a commentary on the third chapter of the Qur'an, the family of `Imran which includes the story of Mary, mother of `Isa (Jesus).

### **The Heart of Qur'an**

*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.

### **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 of 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.

## ***Sufism & Islamic Psychology and Philosophy***

### **Beginning's End**

*Shaykh Fadhlalla Haeri*

This is a contemporary outlook on Sufi sciences of self knowledge, exposing the challenge of our modern lifestyle that is out of balance.

### **Cosmology of the Self**

*Shaykh Fadhlalla Haeri*

Islamic teachings of *Tawheed* (Unity) with insights into the human self: understanding the inner landscape is essential foundation for progress on the path of knowledge.

**Decree and Destiny (Original and a Revised Version)**

*Shaykh Fadhlalla Haeri*

A lucid exposition of the extensive body of Islamic thought on the issue of free will and determinism.

**Happiness in Life and After Death – An Islamic Sufi View**

*Shaykh Fadhlalla Haeri*

This book offers revelations and spiritual teachings that map a basic path towards wholesome living without forgetting death: cultivating a constant awareness of one's dual nature.

**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 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 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 life honorable and fearless, 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.

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

*Shaykh Fadhlalla Haeri*

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 Shadili 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*

Here is 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 (Translated By Shaykh Fadhlalla Haeri)*

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 Pilgrimage of Islam**

*Shaykh Fadhlalla Haeri*

This is a specialized book on spiritual journeying, offering the sincere seeker keys to inner transformation.

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

*Compiled By: Shaykh Fadhlalla Haeri*

*Translated By: Asadullah ad-Dhaakir Yate*

A selection of this great man's sayings gathered together from authentic and reliable sources. They have been carefully translated into modern English.

### **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 & 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**

*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.

### **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.

## ***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.

### **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.

### **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*

A collection of extracted spiritual nourishment from Shaykh Abd al-Qadir al-Jilani's existing works.

## ***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.