

# Balance Part I

by Shaykh Taner Ansari and Shaykha Muzeyyen Ansari

*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 blessing be on Prophet Muhammad and his family and on all the other prophets and their families.

Hazrat Abdul Qadir Geylani wants me to talk to you about balance. People always ask, "What do you want me to do? What am I going to do? What shall I do? What is the correct course?" The answer is within yourself. If you look at your body when you are born, normally you have balance until you inherit this *nafs*/ego gradually, and then siding with *nafs* imbalances it.

You have a skeleton to keep the flesh up. You have flesh and muscles to form a shape for your body in relation to the skeleton. You have a cover/skin and then you have five senses placed just right. Even if you were an artist drawing pictures, you will see that everything is proportionate. You have this nervous system that gives the brain information about whatever is happening in the body. You have a life support system— breathing, eating and sheltering, etc. The summary of what you are going to do is already in your body. Your brain wants to learn and later on it realizes that whatever it is learning is Allah. Your heart wants to choose Allah and His rights and wrongs (some call it conscience). Your *nafs* wants to do the opposite of it, with no rules or regulations— "There is only one rule – it is my rule." Your lungs breathe in and out doing *zikr* and your voicebox, in co-operation with your breathing, does the vibration of what we call *zikr*.

What is our duty? Our duty is to keep this machine working as planned and balanced in our lives. First, we have to come to the decision that we must acknowledge the Creator, and then know what He wants from us and intend to do it. What He says are right and wrong is what we call legal knowledge, which is *sharia*. *Sharia* is not only Islamic terminology. It is also Christian and Jewish. It is all knowledge of what to do for Allah. *Sharia* is like the backbone of our skeleton — you cannot go anywhere or any level without your skeleton. You have to know what it is and intend to do or not to do as Allah wants to keep the balance.

We need to keep on learning and increase our knowledge, but more importantly, increase our understanding about Allah, His Reality and His Nature. We have to observe and see how Allah lives, then admire and fall in love. This is what we need to do. In doing this, to be able to do a good job of understanding and learning Allah, there are certain procedures, exercises, visualizations and a betterment of action and reaction.

Why did Allah create more people than ourselves?

- To give us a stage where we can exercise our learning.
- To learn to make a better relationship and communication.
- To see Allah's and *nafs*' presence in the others and see the same thing in us.

To learn, you need a teacher. Who is the teacher? Allah is The Teacher. Who is the student? You are the student. Allah is This Energy that doesn't have any body or shape. Where is His *Zat*/ Person? He creates angels, prophets and masters to teach through them. He uses their person for you to be able to see and talk and have a divine relationship, and you have to intend to establish or choose from among the established relationship systems as it suits you, and start a relationship with Allah as your teacher, and then you be the student. He teaches you and you learn.

But I want to make sure you understand what learning is. Learning is not listening. Learning is not memorizing certain knowledge into your brain. In education, learning is acting with the

knowledge that you just learned, then you are really learning. That is why the real learning of Allah or anything, happens in you. That is why you should keep the balance. You should do whatever it takes to keep

1. Your body healthy and balanced
2. Your spiritual body balanced

You cannot just focus on spirituality and not on the material. *Zahir* and *batin*, outer and inner have to go together. No one-winged bird. So, my dear students, Allah wants this learning take place in the chemistry of love. It is tough to fight against your *nafs*. It is tough for everyone, not only for you.

—**Shaykh Taner Ansari**  
June 4, 2016

## Balance

I am still working on “How do you keep balance?” “How do you do everything with balance?” “How do we live a balanced life?” It is easy to lose balance in any relationship — parents, work, etc. What helps me most is connection to Allah. For me staying in balance is keeping my connection to Allah. We get the messages very clearly, but we do not really want to hear them. If you clear the garbage out of the way, you can strengthen your connection. Keep the connection so that we can be in the moment. I find it hard to be in the moment, as many of us do. Some of us like to live in the past or the future and then we lose our ‘nows’ and it becomes a past and a regret. A regret is a bitter pill at the end of your life. My hope for you is that you do not have big regrets in your life. Inshallah, we will all do the right thing at the right time.

At the end of the day, we judge ourselves. It is Allah’s job to judge us and judge the people around us. The healing formula (intention, connection, direction, timing and dosage/amount) works. First we make our intention, and then connect to our hearts and to Allah. How much? Just the right amount! We live and learn.

—**Shaykha Muzeyyen Ansari**  
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### Call of the Divine

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