



Good To Stay Positive



SATSANG

MAULANA WAHIDUDDIN KHAN answers seekers' questions on how to find God and be grateful to Him

How should we thank God?

Rajat Saxena, Delhi

■ We should thank God by acknowledging the bounties He has bestowed on us. This acknowledgement is called *shukr* or gratefulness. God is the giver and we are the takers. It is the taker's duty to acknowledge the giver. Acknowledgment is the only thing that is expected of you for all that God has given. One who fails to do this small act of thanksgiving has no right to enjoy the divine blessing.

Is it possible to find God?

Stuti Malhotra, Mumbai

■ God is our Creator and all the things we enjoy in this world are His Creation. You cannot see God, but you can see His Creation. God manifests himself through his Creation. It's simple: when Creation exists, the Creator also exists. And who can be the Creator of this marvellous world, but God.

How can one avoid a negative response and stay in a positive frame of mind?

Navdeep Kapoor, Delhi

■ The main reason for negativity is our complex. People suffer from all kinds of complexes, such as prejudice and envy. Free yourself of these feelings and you will be able to come up with a positive response in all kinds of situations. A negative reaction is an emotional reaction, while a positive response is a rational response. A negative response pulls

you down, while a positive response produces healthy results.

It is difficult for us to understand God fully. Because of this, sceptics argue that since there is no certainty about the existence of God, why should one believe in him. Please comment.

Naghma Siddiqui, Chennai

■ It's not just about God, man cannot have complete knowledge of anything. All kinds of human knowledge

admission of their mistake before another person; they are not ready to do that. But it's not just a question of admitting your mistake; it is also a question of accepting the reality. Accepting reality leads to intellectual growth; it raises your intellectual level. When you say, 'I was wrong,' you are helping your own intellectual progress.

I agree that it is almost impossible to achieve an ideal; but if we do not aspire to an ideal, where will righteous motivation come from?

Maria Khan, Delhi

■ Try to achieve the ideal but, at the same time, be prepared to accept the practical. The ideal should be your goal. But one has to deal with all sorts of people and keep social realities in mind. Non-acceptance of it is bound to lead to disaster.

It is our belief that God is self-existent. But can this belief be explained in logical terms?

Shama Bijli, Hyderabad

■ If you don't accept the belief that God is self-existent, then you have to believe that the universe is a self-existent phenomenon. Since we cannot take the universe to be self-existent, we have no other alternative but to



Distraction prevents concentration. So the formula is: Engage in contemplation; save yourself from intellectual derailment, and you will be able to attain the spiritual height you are looking for.

How can a ruffled ego be pacified?

Mohan Menon, Delhi

■ You can pacify it by exercising patience. Patience is not a passive attitude. Patience is another name for controlled behaviour. You have to control your feelings rather than be controlled by them. This is an elevated intellectual exercise. Do not succumb to your emotions and you will be able to manage the situation quite easily.

Is it important to thank someone verbally for a favour or is a silent acknowledgment of gratitude enough?

Athar Siddiqui, Delhi

■ Silent acknowledgement has no meaning. If you receive a favour from someone, you need to acknowledge it verbally. If you don't do that you will be seen as lacking in noble sentiments. Acknowledgement is not just a matter of the heart, it must be communicated verbally. ■

accept God as a self-existent being.

How can we unravel the spiritual and intellectual capacity of our mind?

Jyoti Prakash, Bangalore

■ We can do so through contemplation. But contemplation by itself is not enough. You have also to distance yourself from all kinds of distractions.

ALL KINDS OF HUMAN KNOWLEDGE ARE BASED ON THE PROBABILITY THEORY; IF WE ACCEPT THIS CRITERION FOR OTHER THINGS, WHY CAN'T WE DO THE SAME FOR THE EXISTENCE OF GOD?

are based on the probability theory; if we accept this criterion for other things, why can't we do the same for the existence of God?

Admitting one's mistakes takes courage. How does one go about acquiring this courage?

Parveen Khambata, Mumbai

■ People are hesitant to say, 'I was wrong', because they believe it's an

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