



# 'Be a realist, control desires'

MAULANA WAHIDUDDIN KHAN answers seekers' questions on desire, success and rational thought

**Why are the young more attracted to glamour than pursuit of knowledge and wisdom?**

*Zakwan Nadvi, Delhi*

■ Youth is full of aspirations. One needs to learn the art of controlling one's desires. Most young people follow their whims and fancies, often with undesirable results. They hanker after things which they think are important in life, but they are mistaken in their belief. Glamour doesn't last long, but the knowledge they acquire will stand them in good stead all through life.

**As human beings, we exploit each other. How can we overcome this tendency?**

*Fatima Sarah, Bangalore*

■ Exploitation is misuse of freedom and freedom is an integral part of life. Freedom cannot be abolished. Try to save yourself from exploitation. Accept that this is part of life and it cannot be wished away. Exploitation has a positive angle, too. It leads to competition and competition leads to challenges. And challenges lead to human progress.

**What is the right way to utilise money?**

*Harun Sheikh, Mumbai*

■ Spend a part of your money for your material needs and spend the rest for spiritual uplift. Use it for acquiring



knowledge. Money is a great asset. It is not meant just for fulfilling desires; Put it to better use. Spend it for a higher cause. Manage your desires and then you will find you have enough money to achieve higher goals.

**What is meant by rational thought?**

*Sajid Anwar, Roorkee*

■ Rational thinking means reason-based thinking. It is the kind of thinking that is based on proven facts. It is based on sound reason. We tend to let our heart rule our thinking and this

can cloud our judgement. We need to control our emotions and understand the realities of life objectively; only then will we be able to develop rational thinking.

**What can be a spiritual response to the present economic crisis?**

*Khawaja Kaleemuddin, Pennsylvania*

■ Adopt contentment. If you cannot increase national growth, decrease your needs; otherwise it will lead to problems. Tackling national issues is not just the task of the administration, it is every citizen's duty. We should develop the spirit of looking on it as our duty and do it with willingness.

**We thought civilisation will bring us happiness. But that hasn't happened. Why?**

*Iqbal Umri, Tamil Nadu*

■ Happiness is a state of mind; it is not the result of material growth. People have wrongly associated it with progress; the aim of civilisation was not happiness. It was to give us some more amenities. Change your mind and you will be able to change your life for the better.

**Why is it that such few people are sincere today?**

*Fayyaz Umri, Karnataka*

■ That is because people are not ready to pay the price for sincerity. The price for sincerity is saving oneself from unnecessary distractions. Sincerity is the result of a developed mind. Save yourself from avoidable distractions and you will be able to develop sincerity.

**What is the difference between the spirit and the form of a ritual? Are both necessary?**

*Abdul Basit, Doha*

■ Rituals are the external part and spirit is the inner content. Spirit is the essence and rituals are just the form. Spirit is primary; rituals are secondary. Form with spirit is good; form devoid of spirit has no value. People generally tend to take things at face value. It is this habit that develops form-based thinking that gradually overlooks the spirit.

**We have our limitations as human beings but our desires are unlimited, aren't they?**

*Sailesh Malhotra, Singapore*

■ Well, we do have enormous desires and these can be fulfilled only in the hereafter. We wrongly try to fulfil all these desires in the present world which was not created for this purpose. We have to be realists; we have to control our desires. And make ourselves worthy of a good life in the hereafter. Trying to fulfil all our desires in this limited world leads to frustration.

**How do some people turn out to**

**be super achievers? Is their accomplishment due to merit or are other factors involved?**

*Aysha Zakwan, Delhi*

■ Super achievers become what they are by making the best use of resources available to them. They put to good use the natural talent God has gifted them with. Those who are unable to do this fail to achieve success. Some acknowledge this fact while others just keep complaining about lack of opportunities.

**Tell me, how may I find God?**

*Stuti Malhotra, New Delhi*

■ If it were possible to discover Creation, then it is possible to discover the Creator as well. This is possible only through contemplation. French philosopher, Rene Descartes said, "I think, therefore I exist." Following this dictum you can say, "I exist, therefore God also exists."

**Let's say I have discovered Truth. Does that mean I will no longer experience frustration?**

*Navdeep Kapur, Gurgaon*

■ A person who has discovered the truth cannot remain in frustration. If he is living in frustration, it means that he has not discovered the truth. Truth and conviction are inseparable. Like light cannot be separated from the sun. When the sun rises, darkness vanishes. When one discovers the truth, frustration disappears. ■

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