



21 January 2023

Greetings to All!

Peace and Blessings from Allah, The Most Gracious and The Most Merciful.

This is Dr. Mohammad Mohsin Ali from New Delhi. I have recently written a book titled " Secret of Heart and Islah-e-Nafs" – with a vision to enoble the inner-self of every individual who seeks it.

You see, we enter the world with a purified heart, soul and mind. But we're also born with complete ignorance on the workings of this world. In its pursuit, while we learn, understand and gather sound knowledge, we also need guidance to purify ourselves and carry on with our worldly responsibilities.

As we progress in all aspects, concomitantly the soul too must progress in its purification before leaving this materialistic world and readying it for our next journey. This aspect is most often left out.

The experience of enlightenment is a life altering one.

One, that I underwent twice in my life in 1985 and 1989. I was physically connected to a light, "tube-light" sort of from the sky for 17 long days. The light followed me everywhere I went, whether I went to the market or my clinic or anywhere else, it stayed with me and one day it disappeared. At the time it was beyond my comprehension what I was enamored with.

Although a practising muslim, I had no prior knowledge of what true spiritual enlightenment meant, and following the incident I made it my life's mission towards its discovery. Finally, in the later years learning on the mysteries and realms of the **Spiritual Heart**, and the importance of its utmost purity.

The *Quran* rightly points out– "Good souls will enjoy in Paradise, and tarnished souls will be brought to Hell-fire". There are only these two destinations upon death, and every religion in some form mentions it.

Swargh and *Naraq*, *Jannah* and *Jahannam*, are all different names for the same destinations. In my experience, Islam has a beautiful way to purify the soul and help it attain Heaven, when that happens.

Unfortunately, for the acts of a handful of ignorant muslims and the media picking on them, terror has gripped the world with "Islamophobia". This greatly has damaged the divine message of Islam. All forms of extremism in any religion serves as a great disservice to it.

However, when there is purification in the same people, saints are born. Then there is love, peace, togetherness, an environment of tolerance within communities that they thrive alongside. I was raised in one such environment in my hometown, Calcutta.

The search for enlightenment and purification is inbuilt into every soul and never ceases to seek it. With ignorance on the subject, sufferings follow in man. These topics I have covered in much detail in my book, both on its attainment and preservation. They truly are delicate subjects.

It is my humble request that you go through this book with an open mind, and try and understand what transformation of the soul truly means, and is.

I look forward to hearing from all of you.

Warm Regards
Thanking you,



Dr. Mohammad Mohsin Ali

Author