

Dear audience, respectable elders, brothers, and daughters – may God keep you all happy.

Peace be upon you all.

May God grant you peace, and may you attain all those blessings of life that God has created for our lives on earth.

Briefly speaking, the story of creation begins when God wanted to be recognised. He wanted to be seen and cognised through His attributes so that people would believe in Him as the One and Only Lord of the worlds. All praises are for God, who is Compassionate and Merciful and is the Provider of all things necessary for life.

The Jinn were the first to be created on the earth. But when they violated God's laws and disobeyed Him, they were no longer allowed to rule the earth and God created Adam (PBUH). The description of God and His knowledge is unlimited.

In all divine books; such as the Torah, the Gospel, the Psalms, and the Quran, it is stated that God is a being such that if all the seas of the worlds were turned to ink and all the trees of all worlds were turned to pens, if God's attributes and description were to be written down, the seas and trees would finish but the words of God would never exhaust.

When the Jinn caused trouble on earth, God made Adam (PBUH) his vicegerent and deputy, and it was said that there was no doubt or illusion in this. Adam (PBUH) was created, and God put life inside of him. God transferred knowledge from Himself into the soul of Adam (PBUH). Once Adam (PBUH) learnt this knowledge, God appointed him as His deputy and bestowed him with all the knowledge from the universe. This is mentioned in much detail in the final Divine Book, the Holy Quran.

After this transfer of status and knowledge, when God presented Adam (PBUH) before the other creations, the angels said that he would cause bloodshed and trouble. God asked Adam (PBUH) to present the knowledge that he had been taught. The angels responded by saying that they only knew that which God had taught them, and hence, Adam (PBUH) attained the status of deputy.

Reproduction began with Adam and Eve (PBUT), continuing to multiply through male and female pairs, growing and growing until the whole world came into existence.

Now if we contemplate on this, it can be said that God created humans, then introduced Himself and bestowed upon them the knowledge of His attributes. After this the generations expanded. To understand this, we could say that we are all the children of Adam and Eve (PBUT). The details of this exist in the heavenly books including the Quran. This means that you and I, and everyone here in this hall today, whether children, elders, or youngsters – you are all the children of Adam and Eve (PBUT). They are our mother and father, our grandfather and grandmother, our forefathers, and as a species we are all the children of Adam and Eve (PBUT). We are all brothers and sisters: relatives. As these families grew, the whole earth became inhabited. God taught all knowledge to our father, Adam (PBUH). “I have taught Adam the knowledge of all my attributes.” And then when We asked the angels if they knew this knowledge, they replied, “We only know that what you have taught us.”

So, my brothers, my friends, my elders, my grandparents, with regards to our relations, it should be firmly in our minds that the head of our species are Adam and Eve (PBUT). Through the knowledge that God bestowed upon Adam (PBUH), such as closeness, wealth, the gift of sleep, and the ability to become grandparents, we are all related as brothers and sisters, and our forefathers – the eldest in our species – are Adam and Eve (PBUT).

In places where there was extreme heat, people became dark skinned. In places where it was colder and snowing, people had white and red skin. Differences in skin colour are only due to different weather conditions in different geographical locations. So even now, a person living in London is my brother, uncle, youngster or elder.

Now according to the census, we are all the children of Adam and Eve (PBUH). They are our father, mother, grandfather, etc. On the family tree, the branches and identities all lead to Adam and Eve (PBUT). They are our maternal grandparents as well as our paternal grandparents and when we focus on this, which I highly recommend you do, what is the base of our species?

The only answer to this question is that our oldest grandfather is Adam (PBUH) and our oldest grandmother is Eve (PBUH).

Dear friends, contemplate upon this; if a father can have ten children, he can also have one million children. So, whether we are black, white, or red, we are all related as brothers and sisters, and with this relation, our forefathers are Adam and Eve (PBUT).

To keep this relationship established and to continue the system of life, people planted seeds in the earth, which led to the formation of different trees and species, and for its continuance, God created hot and cold temperatures and all the necessities needed for survival – these were all given in heaven.

Adam and Eve (PBUT) lived in paradise, where God told them that everything was for them, the springs, the streams of honey, the ice, and cold water, etc. God said He had created it all for them, but there was one condition and that was to stay away from one particular tree. They were told that if they went near it, they would disconnect from reality and fall victim to illusion. This would cause doubt to establish itself in their minds and the faith that God had blessed them with would be shattered. It is necessary that whosoever lives in paradise must obey God.

You are all the children of Adam and Eve (PBUT) so you should understand this. What led to this point was the special feature of the tree, which meant that it continually changed colours. In one moment, it was red, and before one could even finish describing the red, it would turn to blue. Before even seeing the blue, it would turn to green. God created this tree with a special feature of changing colours. When the colour changed, Adam (PBUH) said, “This is blue.” But then it turned white, so he said, “This is white.” Then it turned to pink, so he said, “It’s not white, it’s pink.” There was so much colour changing that as a result, doubt entered his mind. It was black, then it was red, then it was green, and then it was black again, etc. These colours are all different and this weakened the pattern of faith and certainty within his mind.

Sometimes it was red, sometimes it was black.

You can experience this for yourself if you use seven bulbs of different colours and ask people what the different colours are. Switch on the red bulb and before they can answer, change it to blue. They will say that it’s not red, but blue, and before they have fully registered the blue, change it to green. From this, can you see what has become of the faith that God had illuminated inside of Adam (PBUH)? Has it remained firm, or has it changed?

Contemplate everything in the world. On one hand you call something good, but you also call it bad. You say it is beautiful but also say it is ugly. You praise it but also criticise it. This is all a play of illusions in this world, which is the same as the forbidden tree. The tree had 60-70 different colours which were continuously changing – would your mind remain certain about any single

colour? Each colour is different and has its own characteristics and so makes a distinctive impression on the mind.

You can experiment by continuously looking at the colour red. Your mind will become numb, and you will move away from that location. If you kept somebody in a red room for a few days, then it is likely that the person may develop a mental disorder.

So, when this doubt was formed, Adam (PBUH) was not able to describe any of the colours. They were just colours. He said, "This is red." Then he said, "This is blue, no, no, it's not blue, it's green. No, it's not green..." In this circumstance, has the faith which is within your mind become illuminated or will it be taken over by doubt and suspicions.

Being a spiritual person, it is my faith that when there is a continuous change of many colours, we are not able to describe any single colour. We can say that the colours are changing, but we cannot specify any colour. As I have heard from my elders, due to the disobedience in paradise, we were expelled from there and sent into the world as a punishment.

Now, if you focus on anything in the world, without blinking and moving your eyeballs, within 5 minutes you will observe many different colours and images in your mind. You must try this. You will not be able to say that you are looking at a spot, or a white spot – a change has happened.

Secondly, put a white object on a table with a tiny round spot on it and look at it, however the condition is that you must not blink, and your eyeballs must not move – this will not work if you blink. If you do not blink, then that spot which you've made, whether white or black or blue, will change colours so many times that you will not be able to count. This is the first lesson of spirituality. When you put a tiny round spot of a shiny colour on the white object and sit at 3 to 4 feet away, keep your eyes fixed on that coloured spot without blinking for 5 minutes. Then take a piece of paper and write everything down that is changing in front of your eyes. You might see a tree, or an animal, or the sky and stars. Try this – it is a spiritual exercise.

So, Adam (PBUH) approached the colourful tree that continuously changed colours in paradise – which God called the forbidden tree –, and when he approached the tree and saw the changing colours, there were some cracks in his faith. "This is red. No, this is blue."

My dear friends, brothers, and sisters of all faiths, when something is ever-changing, can we say with affirmation what colour it actually is?

You must try this exercise. Whatever small object you have placed to focus on will become a large screen. You must remember all that you see and note it down. What is the first colour you see? Write down how many different colours you see; be it 60, 50 or even 10. If you do not blink and your eyeballs do not move, the colour will remain. As soon as they move, all the colours will disappear, why? Why do they disappear? When you keep practising this exercise, the object you have made colourful will disappear – this is the first lesson of spirituality.

You are all people of God. You are all children of Adam and Eve (PBUT). We need to try to keep to a single colour without blinking, which is possible.

We are all the children of Adam and Eve (PBUT). Can I not say that all of you present here today are all my brothers and sisters with relation to Adam (PBUH)? Can I not say that all the ladies present here are my sisters? I do not think that anyone will be able to deny this. When we see more than one thing, we see different images and colours, and when your eyeballs and pupils move, it will all disappear.

You must all try this yourself. You are all the children of Adam (PBUH). If someone moves to a hot country, they will become dark skinned and if they move to a temperate climate, there will be some white people and some brown people. What are these changes in skin colour?

My friends, my brothers, elders, grandparents, and uncles, we are all brothers and sisters to one another. You cannot say that one is the child of Eve (PBUH) and the other is not. We are all one, all the children of one father Adam (PBUH) and one mother Eve (PBUH). Millions of inhabitants of the world have come and gone. No one can deny that the first mother was Eve (PBUH), and the first father was Adam (PBUH). Can you say that a person of a different faith has come from a different father or a different species? No. We are all the children of one mother and one father.

There are differences in features, such as our nose, eyes, and ears. For example, if we say Chinese people have different noses, these differences can be linked to the climate and the distance between the land and the sun in different locations. But a nose is still a nose, and eyes are eyes – it makes no

difference if they are a bit bigger or a bit smaller. A smaller eye sees just the same as a larger eye.

May God keep you all happy, and the lesson I have given you, please do try it yourself. Try for 5 minutes to keep your eyes still and focused without blinking. Your experiences after this will be unlimited.

Note down your observations and try to do this daily for 21-40 days. You can email me your observations or send it to your local Meditation Centre.

I am a spiritual person and I have been taught this knowledge by my mentor, my teacher. By the Grace of God, I will try to solve this riddle for you on how we can see with both open and closed eyes. We sleep, we dream, we eat and drink, we fight, and we marry. What is all of this? What is it when we sleep, and we can see our physical body 2 metres away. Its eyes are closed and there is a veil over its pupils – in a dream, we are not in our conscious senses. We are doing all those activities that we do whilst awake. For example, there are dreams that occur that make it obligatory for us to bathe when we awaken. If we have a dream where an insect has bitten us, do we not scream and wake up, even though we have not been bitten in reality?

May God keep you all happy, may there be peace upon you all. Please convey my greetings to all my family there. Please pray for me, because there is only One Deity who can answer your prayer, Whatever name you may call him by: Allah, God, Bhagwan, etc. He is the One and Only. A million people can pray and can say whatever they like to say. They can make their requests which are accepted. May God keep you all happy. May there be peace upon all the elders. I put my hands together to humbly request that you pray for me. Please pray for God to make it easy for me on my mission and so that whatever knowledge my mentor and teacher has taught me, I am able to pass it on to as many people as possible.

Amen.