Timeless Wisdom

Seven Spiritual Laws to Access the Life-Changing Power of the Quran

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Preface

What if you had the ability to access the sublime power of the Quran to enhance the quality of your life?

When you access the transformational power of the Quran you can…

• Permanently eliminate stress from its very source
• Return to your natural state of inner-peace, ease and well being
• Clear your mind from the internal negative self-talk that robs you of happiness
• Enjoy fulfilling, enlightened relationships, that you don’t need to ‘work on’ to maintain
• Free yourself from the fear of failure, success, death and loss.
• Transform the way you perceive time to create an abundance of free time for what matters most to you
• Transcend the biggest problems of your life
• Effortlessly develop rituals of excellence
• Live with a permanent sense of presence
• Have a clear and focused mind
• Wake up with unshakable confidence
• And much, much more…

It doesn’t matter how religious you are, which religion you believe in, or if you even believe in religion at all, for you to experience all of these benefits.

The Quran is the most widely read yet grossly misunderstood book on the planet. Throughout the ages, wise women and men have displayed their willingness to live and, if necessary, die for its message of truth, love, consciousness and peace.

Ever wonder how an ancient text can have such an enormous influence over people? What if you could access the timeless wisdom it offers, which is lost on most of its readers?
Like with every deeply spiritual text, the Quran can be read in a superficial way that brings no meaningful change to the life of the reader. Or, it can be read and understood on a deeply transformational level. The Quran claims itself to be a source of guidance and insight for ‘those who are conscious’.

The aim of this book is to take you on an inner journey to elevate your level of consciousness and spiritual depth. The deeper you are willing to go in understanding the Seven Spiritual Laws, the more the Quran will awaken the greatness within you.
Introduction

“Know yourself, and you will know your Lord.” – Prophet Muhammad

The manuscript you hold in your hands is unlike any personal development or spiritual growth book you’ve ever read. You may be in the personal development, pop-psych or spirituality section of the bookshop right now, surrounded by wisdom people have collected from their lives’ experiences. Or, perhaps you just ordered this book online with a few others offering you the hope of a better life.

Whatever path brought you here, I can assure you, you’re here for a reason much greater than you think, and the treasures that lie ahead may be much more valuable than you imagined.

This book contains Timeless Wisdom – Seven Spiritual Laws to Access the Life-Changing power of the Quran.

These spiritual laws apply to all of humanity, whether they realise it or not. Those who aren’t aware that these laws are acting on them and through them will never deeply understand the Quran, nor will they attain higher levels of consciousness.

It is apparent through their writings that spiritual masters, religious scholars and sages throughout the ages were aware of these laws, although they did not label them as such.

It’s important to understand that these laws are not just ‘good ideas’. They do not tell you how to live your life. They are not ‘rules of thumb’ on how to live a better life.

From the moment you were born, you’ve been subject to a great force of nature that has been codified into these Seven Spiritual Laws. There was never a moment or even a millisecond of your life that any one of these seven laws was not true for you, and for all of humanity.

Understanding the Seven Laws is the essence of self-knowledge. Not the kind that requires you to decide what personality-type
you are and gets you to fill out self-assessment quizzes, but the kind that causes deep and permanent transformation.

By reading this text, you will increase your understanding of the Seven Spiritual Laws, and it will be easier and more enjoyable for you to read the Quran, because each time you engage with it, it will give you insights that enhance the quality of your life.

Before we get to what the Seven Spiritual Laws are, it is essential that we explore...

**The Difference Between A Law & A Belief**

In the world of Personal Development, there are thousands of great ideas: ideas that can make a difference for you. There are a lot of people teaching positive beliefs: beliefs that may improve your life. I love great ideas and I love positive beliefs. You probably do too or you wouldn’t be reading this book.

However, sometimes these ‘great ideas’ and ‘positive beliefs’ are labelled as ‘Laws’. I have come across so many ‘laws’ as I read popular books on psychology and spirituality that the word ‘law’ has lost all real meaning.

To me (and the dictionary), a ‘law’ is not something that seems to be generally true for most people most of the time. That’s a ‘rule of thumb’ at best. For something to be an actual ‘law’ of human experience, it must be absolutely true for all human beings, all of the time, whether or not any individual happens to believe in it.

In that respect, the “Law Of Attraction”, a popular example, is a wonderful idea, but not a law. The idea that like attracts like, so if you use creative positive imagination you will create the results you desire is, unfortunately, not a law. If nine Olympic athletes line up for the 100m sprint, having undergone the same level of mental training and positive thinking, eight of them will not achieve the gold despite conscientiously trying to ‘attract’ it. One counter example is all that is needed to prove that a belief, however powerful and positive, is not an actual law.

I propose to you that each of the ‘Seven Spiritual Laws’ I present in this text are actual laws. They are true for all human beings, all of the time. As such, these laws can be the most valuable guide in your personal development and your journey towards
inner peace and happiness. Even if it’s been so long that you can barely remember the last time you were truly happy, in the next few pages of this small book, you may have a realisation that can cause a deep sense of happiness to return to you, permanently.

You will intuitively know that the insights that follow make common sense and are true for you. But, whether or not you happen to ‘believe’ in these laws doesn’t make any difference. I’ve had students who believed in what I was teaching, but didn’t insightfully understand the laws and so it made no major difference for them. And, I’ve had students who didn’t believe in what I was teaching, until the truth of these Laws hit them like a ton of bricks.

It does not matter if you believe in gravity. Gravity does not need you to believe in it in order to work on you. It doesn’t matter if you believe the sun goes around the Earth. It does not. Even when all of humanity believed it did, it still didn’t.

All the positivity and great ideas in the world are nowhere near as powerful as one simple objective truth about human experience. When you discover an actual, impersonal ‘truth’ about your self, your world changes.

What The Seven Spiritual Laws Will Do For You

The Spiritual Laws I present in this work are already doing a lot for you. They are creating your experience of life, right now as you read this page. Knowing what the Seven Laws are and deepening your understanding of how they work will raise your level of consciousness and give your life more depth and meaning.

I’ve been teaching these laws to thousands of people all over the world for just over a year now, and their lives have changed in unexpectedly brilliant ways. Muslims find that the more deeply they understand these laws, the more insights and personal breakthroughs they have as they read the Quran.

Whether or not you’re a Quran-reader, here are some of the things you can expect to happen as you deepen your understanding of the Seven Spiritual Laws contained in this book…
• You’ll find a deep sense of inner peace and happiness returns to your life, and stays with you permanently. On the odd occasion that it escapes you, it will quickly return.

• You’ll become far more attractive to clients, business partners, friends and lovers. Your positive energy will become contagious and people will love being in your presence.

• Your relationships will become more loving and effortless. I’ve found that as I deepen my awareness of these Laws, the people around me really seem to shape up all of a sudden!

• You can let go of past hurts and traumas (even the really serious ones). This has been almost miraculous in my life and for my clients, and it may even happen for you just by reading this book.

• You will let go of your usual negative emotional reactions - even ones that have become so habitual that you may not be aware of them until they leave. This includes anxiety, stress, anger, and feelings of hurt, sadness and guilt.

• Be in the high-productivity zone a lot more of the time. Being in a state of ‘flow’ at work or being more present with your family are natural side effects of understanding the Seven Laws.

• Quickly let go of limiting beliefs and negative emotions before they slow you down or stop you succeeding (these are the two major causes that block our ability to achieve goals)

• Quickly go from ruminating and stressful negative thinking about projects, to inspired free-flowing action.

• Discover a natural, permanent source of motivation and confidence that doesn’t require you to ‘work on yourself’
• You may find that by the time you’ve finished reading this manuscript, nothing in the outside world has changed, and yet everything looks different to you.

• You will find a deep, authentic spiritual connection with yourself, life and God (whatever name you use for It) that will fill you up with warm and fuzzy feelings of gratitude whenever you want them and often when you don’t expect them.

• You will create your most beautiful, inspired life.

If you’re sceptical at this point, keep reading. I believe you’ll find that although extraordinary, none of these benefits are an exaggeration.

When you look at a caterpillar you can’t see what the butterfly will look like. I don’t know how radically, magically different your life will be when you deepen your understanding of the Seven Spiritual Laws. However, I do know that a deep, profound transformation is only one thought away from you – an insightful realization that I hope you will awaken to as you read these pages.

**Who ‘Timeless Wisdom’ Is For**

Although I come from a spiritual tradition, that has in part informed and deepened my understanding of these Seven Laws, it is important to note that this book does not require faith of any kind to work for you.

How is that possible?

The Dalai Lama once described religion and spirituality like this…

Everyone needs water. Without it, we soon dehydrate and die. We can dip a tea bag in warm water, with tealeaves or a blend of herbs and spices, to turn the water into very tasty tea.
However, not everyone likes the same tastes, so not everyone is going to want to drink the same kind of tea. But every human being needs the water in the tea.

The Seven Spiritual Laws are like water. Regardless of your faith, or your belief system, everyone needs this water. It will rehydrate your soul, and will allow you to ‘re-set’ to your natural state of happiness and peace.

Believers from all faith backgrounds and none, will benefit immensely from understanding the Seven Laws. They have certainly transformed and deepened my understanding of the scriptures I read.

So, what that means for you is…

• If you are a Christian, Muslim or Jew, understanding the Seven Laws will make you a better Christian, Muslim or Jew.

• If you are a Buddhist, Hindu, Taoist or Yogi, understanding the Seven Laws will make you a better Buddhist, Hindu, Taoist or Yogi.

• If you are an atheist or agnostic, understanding the Seven Laws will make you a better atheist or agnostic.

• If you are a Conservative or Liberal, understanding the Seven Laws will make you a better Conservative or Liberal.

These labels may define a part of your belief system, but you are much greater than the sum total of your beliefs about yourself and in the end, your belief system is not my concern. My only concern is the extent to which you understand yourself.

Although the Seven Laws were intuitively understood by some of the greatest and wisest figures throughout history, they have
not yet been codified into one single, simple volume, accessible by all. As such, most people fumble through life with no real criteria upon which to base their most important decisions. They are missing the most powerful criteria that lets them distinguish the “what is” of life from “what isn’t”.

Until realising the truth of these laws, we have no real way of knowing if our thoughts are destructive, ego-based thoughts, or if they come from a deeper level of consciousness, somewhere beyond the ego. The result of an ego-driven human race can be seen every day in the news. The cure lays in the next few pages of this book.

You do not need to change the world for your world to change.

I respect, admire and love you for being on this spiritual journey and being open to the idea that there may just be something incredible waiting for you on one of the following pages - something that will awaken the greatness that has been laying dormant inside of you all along.

**You, The Quran & The Seven Spiritual Laws**

*If you’ve never read the Quran* and choose to never read the Quran, you’ll still benefit immensely from understanding the Seven Spiritual Laws, you’ll just miss out on one of the world’s most beautiful treasures.

That’s okay. There are other treasures you can benefit from. I hear the Bible is awesome. Some of the teachings of the Buddha and Jesus* have changed my life and deepened my understanding of my own tradition. Your path will choose you, as mine chose me. As one spiritual teacher described the different religious teachings: “It’s the same Author - just different target markets.”

*If you’ve already read the Quran* but didn’t feel like you got anything out of it other than abstract ideas about God and the Afterlife, it’s kind of like you were sitting on a treasure chest but never got to open it and look inside. You may want to revisit the Quran after reading this book, when you have a deeper understanding of the Seven Spiritual Laws. It will be a very different experience.
If you’ve read the Quran hundreds of times already, and are totally in love with it, upon understanding the Seven Spiritual Laws, you’ll be able to see the Quran with ‘new eyes’. It’s as though you’ve already seen the treasure, you know it’s there, but perhaps you haven’t quite been able to do anything with it. After all, what’s the point in having the most valuable treasure in the world, if you can’t use it to improve the quality of your life?

Here’s the bottom line…

If your daily experience of life is anything other than permanent peace, there’s something for you to discover in this book. If you haven’t fully awakened to the greatness within you, there’s something for you in the Quran. To access, enjoy and really benefit from the treasure of the Quran, you may need to first understand the Seven Spiritual Laws in this book.

**How To Make The Most Of Timeless Wisdom**

For now, I would strongly encourage you to forget everything you think you know about life, God, spirituality, religion and who you think you are. If your cup is full, it can’t take any more water, or tea, regardless of how tasty it is.

As I mentioned earlier, the Seven Spiritual Laws are not ‘rules on how to live’. They are the foundational principles that explain how life works, and how you create your experience of life. As you will soon discover, a powerful transformation will occur in your life, but only when you see the truth of these laws for yourself.

Knowing intellectually that these laws are true is very different to insightfully seeing how, in certain areas of your life up until now, you’ve been operating as though these laws are not true. When you see the gap between your reality and actual reality, a major internal shift occurs.

I can virtually guarantee you’ll have ‘ah-ha’ moments and insightful breakthroughs as you read this book. That’s what happens every time you have an insight about the nature of reality and your psyche.
You'll soon have a criterion upon which you can look at whatever is going on in your life, and see your thoughts and feelings in the light of objective truth. In my experience, this is the fastest way to see when you're being “crazy” (and we all are sometimes!) versus when you're just doubting yourself for no reason.

This book is not a personal development manual, although it will likely improve your life more than any “how to” book. To make the most of this experience, I strongly encourage you to not take any notes. Do not try to ‘remember’ anything you read. There will not be any exercises. You won’t even need to underline any sentences (although you may feel inspired to ‘Tweet’ your favourite quotes!).

What awaits you is Timeless Wisdom that will likely trigger an effortless transformation within you. On the other side of this book is “You 2.0 – The Happy, Enlightened Version”. The worst-case scenario is that you learn the Seven Laws, even memorise them, but don’t see their implications in your life. This book, like most spiritual texts, is not designed to teach you new information. It’s purpose is to quiet and clear your mind so you awaken.

To get the most out of this book, I encourage you to read it like nothing else in the world matters, or even exists. Kick back, relax, and enjoy this book as you would a favourite movie or piece of uplifting classical music.

So go ahead, grab yourself a cup of your favourite tea or coffee and get comfy. (As a respectable Muslim I couldn’t possibly recommend a glass of wine as you do this… and as a conscientious human being I really don’t recommend any black poisonous liquid acid - even if it claims to be of the ‘diet’ variety. The aim here is to ‘elevate your consciousness’, after all!).

When you’re comfortable, let’s begin with…
Chapter 1:
The Law of Effortless Transformation

“You Are Always Living in the Feeling of Your Thought in the Moment”
In this chapter, you’ll discover...

1.1 The Law of Effortless Transformation
1.2 The Grand Illusion
1.3 The Goal Delusion
1.4 The Illusion of Three Models
1.5 The Reality: You Only Ever Have One Problem

1.1 The Law of Effortless Transformation

“God will not change the state of a people, until they change within themselves.”—Quran

The Law of Effortless Transformation is the first and by far the most important of the Seven Spiritual Laws. Without understanding this law, the others remain as little more than ‘nice ideas’. Without this law, the other laws lose their transformational power.

The Law of Effortless Transformation is a gateway into a new world. Understanding it is the only thing standing between you and your most wonderful, inspired life. The deeper you reflect on it, the more your life will change. Hidden within it is the very essence of the spirituality pointed to by every religious tradition. Most importantly, this law holds the key that will free you from all kinds of limiting beliefs and negative self-talk.

The best part is, it can be summarised in one simple sentence.
The first law states…

“Feelings come from thinking in the moment, and nowhere else, ever.”

Any thought based on the illusion that your circumstances have the power to cause your feelings is “ego-thought”. In reality, nothing other than your thought has the power to cause your feelings.

There is an enormous power within you that separates your circumstances from your feelings. That power is called ‘Thought’. When you believe the illusion that your circumstances cause your feelings, you use your power of thought against yourself.

Sometimes the ‘thought’ that causes your feelings in any given moment is ‘unconscious’. In other words, you can’t consciously put your finger on what it is that’s causing you to feel upset, for example. That doesn’t mean that the feeling is coming from outside of you. It just means there is an unconscious thought causing the feeling.

The great majority of our thought is unconscious. Our conscious thought is like the tip of an iceberg. About 95% of the iceberg is floating beneath the surface.

If your first thought as you read this is, “Ah ha! So, how do we get rid of that unconscious thought so we can get rid of the unwanted feeling it’s causing?!”…

…Then you remind me of Sir Isaac Newton.

It’s like you’re Sir Isaac Newton, sitting in a park and an apple has just fallen on your head. If your first reaction was “Ah ha! So how do we use “The Law of Gravity” to get rid of that sore feeling on my head?!”, then I might be tempted to suggest that you’re missing the point.

Thoughts and feelings come and go like the wind. The First Spiritual Law is here to stay. It is true for all people, all of the time. You have never experienced a feeling that wasn’t caused by a thought. Neither has anyone else.
Rather than trying to figure out how to ‘let go’ of your unwanted thoughts, and ‘overcome’ your feelings, I recommend you first focus on understanding the nature of thought itself and its connection to feelings.

**The Day I Realised I Had It All Backwards**

I used to understand on some level that my thinking had something to do with my feelings. So, when I first heard a complete stranger explain this law to me I thought, “Oh, yeah, well I know that.” Looking back I can imagine him smiling as I said that. It’s the classic arrogant response of someone who’s about to undergo a transformation that will lead to life-long humility.

I had just explained over the phone to some random guy (who I later hired to coach me), that I had been through a really tough break up about 9 months earlier and I didn’t really know how to handle it. She was my first love, I missed her, I was depressed, I was lonely, I was horny, I felt great freedom and yet I felt too guilty to handle the attention I was getting from other girls.

The gentleman who I would soon hire to coach me listened deeply, with total presence. I hadn’t opened up about this stuff to anyone the way I laid it all out in that one conversation. I can now see how that conversation changed my life, permanently.

He asked, “You know your feelings of loneliness, horniness, and guilt aren’t coming from the divorce – they’re coming from your thinking, right…?” To which I replied, ignorantly, “Oh, yeah, well I know that.”

His next statement changed my world.

He went on, “No, no, no… It’s not that some of your feelings come in part from your thinking. I mean a hundred per cent of everything you’re feeling right now, a hundred per cent of that loneliness, sadness, horniness, freedom, guilt… All of it is coming from your thought. Literally zero per cent of it is coming from your old relationship or the break-up. None of your feeling is coming from that.”

My mind went completely quiet; I felt a shudder through my entire body. It was a warm comfortable shudder that came with a
kind of deep knowing that nothing would be the same again. In that moment, I had a realisation that came from deep within. It was as though all of my limiting beliefs and ‘issues’ disappeared in about 4 seconds. The experience was nothing short of spiritual. It was a feeling I would come to enjoy many times again, albeit much more subtly. The floodgates were now open.

This is the most important thing to understand about the Seven Spiritual Laws: they are all common sense. Intellectually, they won’t do all that much for you. And yet, when you see the multitude of brilliant ways in which you’re living your life as though these laws aren’t true, everything changes.

Since understanding the Seven Spiritual Laws, I’ve personally had breakthrough after breakthrough. More importantly, so have all my Quran Coaching clients.

Are you ready for a similar experience?

If so, it’s time I share a secret with you. A secret that the vast majority of humanity are unaware of and that all the ‘spiritual masters’ throughout history have been trying to tell us about.

It’s called…

1.2 The Grand Illusion

“The present world is only an illusory pleasure: you are sure to be tested…”
-- Quran (3: 185-186)

Here’s the bad news: there is an illusion that has been tricking most of humanity since its dawn. It is the cause of all the major problems in your life. It has been addressed by every religion and spiritual tradition and yet most adherents of those traditions are still blinded by it.
Until you free yourself from the “Grand Illusion”, you will never insightfully understand the Quran, experience higher levels of consciousness, or find lasting happiness in life.

Everyone in the world is searching for true, lasting happiness in life and we tend to do the best we can to try and attain it in whatever way makes sense to us. That’s why, when people come to me for Quran Coaching I always start by asking them the same question. I ask them…

“What do you really want and what’s your biggest problem? What do you pray for, for yourself? What do you wish the Quran, or the Infinite Intelligence behind the Quran, would kindly make happen in your life?”

After a giving me a perplexed look, they eventually start opening up and as I dig deeper, they say things like…

- I want to find a partner. I feel lonely because I’m single and I’ll be happy when I finally get married.
- My biggest problem is I’m so angry and upset with my partner. Maybe I will be happier if I just get divorced.
- I feel bad because I don’t pray and read the Quran regularly. If I prayed five times a day, and memorized the Quran, then I’d be really happy and peaceful – I’d be a good Muslim.
- I’m nervous about the competition. If I win it, I’ll be really happy and successful.
- I’m stressed out about the deadline. I can’t wait until it’s over – I’ll be so relieved!
- I’m financially insecure. If I had more high-paying clients, then I’d be more financially secure.
- I wish I could charge higher fees – then if people paid them, I’d have more money and I’d feel confident in my services and myself.
• If I had six pack abs, then I’d feel really sexy and confident, and I’d easily attract a partner.

• I hate my job! I need to find work I love and that pays well – then I will be excited to start work each day.

These are the kinds of typical problems we tend to search, wish and pray for a solution to. Unfortunately, the solution we’re praying for probably won’t actually give us what we truly want. That’s because…

**These Problems are Just Symptoms of “The Grand Illusion”**

Clouded by the ‘Grand Illusion’, you can follow the advice of all the personal development experts, religious scholars, psychology professionals, personal coaches and spiritual gurus and you will still continue to struggle with your goal and suffer the consequences of your problem. Why?

Because most of these so-called ‘experts’ are trapped in the same ‘Grand Illusion’ that is stopping all of us from having the happiness and peace we’ve been searching for all our lives.

Because the experts are also trapped in the illusion, they’ve developed all kinds of tricks, methods and schools of thought to try and help us. Their methods and techniques sometimes even become world famous. After all, personal development is a multi-billion dollar industry because everyone in the world is searching for the happiness and success that they hope these teachers and methods can give them.

The problem is almost all of those techniques, methods and ‘how-to’ self-help books reinforce the illusion that causes all of the problems in our lives.

In other words, your real problem is not that…
• You haven’t found the right personal development ‘technique’.
• You haven’t been doing enough NLP or Hypnosis mind-tricks.
• You haven’t been meditating, journaling, or visualizing enough.
• You haven’t been working out consistently enough.
• You’ve been procrastination or ‘putting things off’.
• You’re lazy.
• Your family or your parents didn’t raise you right.
• Your income or level of education.
• “That’s just the way life is” and it’s definitely not that...
• You’re not working long enough or hard enough.

In fact, it doesn’t matter how much you ‘get done’, or how hard you work ‘on yourself’. If you don’t see through the “Grand Illusion”, your problems will get worse over time, and you’ll get more tired and drained, spinning your wheels trying to fix them and fix ‘yourself’.

But, when you do finally free yourself from the “Grand Illusion”… you’ll stop sabotaging yourself, you’ll achieve more than you ever dreamed possible, and you’ll get to enjoy your life to the fullest.

Curious, yet? Okay, enough suspense.

**What is the “Grand Illusion”?**

The “Grand Illusion” is the false idea that your feelings come from your circumstances, actions & achievements.

And everyone is blinded by it.

That’s why, if you’re like most people, and if you’re anything like me, you’ve been trying to change your circumstances to change the way you feel.
For example you’ve been trying to...

- Feel like you’re ‘good enough’ through personal achievements
- Feel better by ‘fixing’ your mind set and improving yourself
- Feel loved by finding a partner or ‘working on’ your relationship and your current partner
- Feel relaxed, productive and ‘in the zone’ by trying to keep up with your to-do list.

And so, you’ve fallen into the trap of working harder, doing more, beating yourself up for not doing enough, and then you still don’t feel fulfilled so you keep repeating the whole pattern over and over again.

The problem is, it doesn’t work that way.

If external actions & achievements made you feel better or solved your insecure thoughts & feelings, there wouldn’t be any...

- Stressed out millionaires. But there are.
- Couples who feel unloved. But there are.
- Suicidal celebrities. But there are.
- Depressed Olympic gold winners. But there are.
- And the list goes on...

Now, you might be wondering… hold on a minute, if this ‘Grand Illusion’ is the cause of all of life’s problems, how come nobody’s told me about it until now? How come it’s not in the Quran or other scriptures?

Well, it is. This ‘illusion’ you’re trapped is referred to by every religion and spiritual tradition in the world. In the Quran it is called the ‘dunya’, or the ‘life of this material world’. In Buddhism, Hinduism & Sikhism, it’s referred to as ‘maya’ and attachment to it is the cause of all suffering. In the West it’s called materialism.
All I wish to add to the conversation is this one simple distinction, that happens to be a complete game-changer:

*The moment you become ‘attached’ to the material world is the moment you believe that it can cause your feelings.*

The difference between being *attached* to your wealth, family and achievements and just *happily enjoying* them, comes down to where you believe your feelings of love, peace, security and happiness come from.

If you believe these core feelings come from your wealth or your family, you are attached to them. If you believe these core feelings come from within you, you can enjoy and love them, but you’re not attached to them.

**How Do You Free Yourself From the Grand Illusion?**

Fortunately, it’s easier than you think.

The understanding I’m sharing with you in this book automatically frees you from the Grand Illusion, so all you really need to do is stay in this conversation until the very end. Read all the way through this book.

At this point, the only way I know for sure you can stay trapped in the Grand Illusion is to stop reading here. Let me have the honour of being your “Quran Coach”, at least for the next couple of hours.

Look at it this way: You’re Neo. I’m Morpheus. Take the red pill. I’ll show you how deep the rabbit hole goes, and your life will never be the same again.

Now, if you’re ready, let’s explore the most apparent aspect of the Grand Illusion that keeps most people trapped in it for most of their lives…
1.3 Discover the Purpose of Your Life

“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.”

-- Carl Jung

In our achievement-oriented society, people have been so busy chasing goals and looking for productivity hacks that they have set up their entire lives based on a delusion. Before we get into exactly what the Goal Delusion is, I have a question for you.

What’s the purpose of your life?

I don’t mean this in a big ‘grandiose’ way. I mean it in a simple, “what’s driving you to do what you do?” way. Why are you trying to achieve your goals? What problematic circumstances are you trying to avoid right now?

Understanding what’s *really* driving your behaviour is essential to understanding yourself and the Law of Effortless Transformation.

If you’ve already read loads of books on personal development, you may already have an idea about the ‘beliefs’, ‘values’ and ‘rules’ that are driving your behaviour, but even still, I’d encourage you to take a quiet moment to follow me on this.

I’m going to ask you a couple of easy questions, and I want you to speak your answer out loud (or if you’re a reserved Brit like me, at least out loud in your mind!).

“What is one goal you’d like to achieve over the next few weeks or months?”
It could be anything. Here are a few common examples of goals a lot of people have.

Maybe you’d like to…

• Complete a work project or meet an office deadline
• Lose weight, stick to a diet, regularly attend a gym or just get back in shape
• Find someone who’s really worthwhile that could become your spouse one day, or…
• Improve your relationship and make it extraordinary: more loving, fun and effortless; more like it was when you started together
• Leave your relationship and start fresh with someone new
• Finally find work that you love – no more showing up to waste 40 hours a week on something that’s meaningless to you
• Turn your child’s behaviour around or help them do better in school
• Grow your business, get more clients, and make more sales and income

Do you have a clear goal in your mind?

Great – next question…

“If you had that in just the way you’d like to have it, what would that do for you?”
This is where it gets really interesting. Pay attention to your honest answer to this question. If you actually achieved that goal once and for all, what would it do for you? How would it change your life? What would be the best part about it?

You can understand your whole model of the world when you answer this question sincerely.

Before I walk you through an example from my life, let me re-assure you. All of the goals above are absolutely achievable. You’re more likely to achieve them more easily when you understand the Seven Laws, because you won’t be wrestling with yourself each step of the way.

But there’s something far more important than all those goals, which you’re on the precipice of discovering. This is not a goal-setting workbook, but I can guarantee what lies ahead will do far more for you than any goal-setting exercise ever could.

So, go ahead. Answer honestly. Why do you really want your goals? What will achieving them do for you? How will it feel when you finally have what you want?

Let me walk you through an example from my own life.

In 2007 I was a student at the School of Oriental and African Studies at the University of London. And I had a very clear goal, which unsurprisingly had little to do with my studies. I wanted to run the London Marathon… which was 9 weeks away!

I read an article in Men’s Health magazine and despite all doubts and fears I decided…

“Just do it!”

It was a very busy year for me. Classes started at 9 am every day and I had a part-time job in a call centre every evening so I typically got home at 10 or 11pm.

Nonetheless, I was determined to make it happen, so I woke up at 5:30am everyday, and got myself outside before my brain
could argue with me. By 6am I was in the shower, feeling like a champion, with plenty of time to pray and eat breakfast before starting the daily grind. Weekends were reserved for longer 1-3 hour runs.

In all the busy-ness of my life, I rarely stopped to ask the question ‘why?’ I remember talking with my personal coach at the time. The conversation went something like this…

**The Marathon Coach**

**Coach:** “Why are you running the marathon?”

**Me:** “I’m running the London marathon because I don’t want to be lazy. I have a limiting belief that I’m lazy, and I want to know that it’s not true.”

**Coach:** “When you’ve achieved the goal, and you know for sure you aren’t lazy, what will that do for you?”

**Me:** “Well, that would be awesome, then I could ignore my dad when he calls me lazy, and I would feel powerful.”

**Coach:** “What else would it do for you?”

**Me:** “If I wasn’t lazy, then I could really focus in my studies and get a first in my degree and get all my assignments done before the deadlines.”

**Coach:** And what would that do for you?

**Me:** “Then I’d get a 1st!! I’d be accomplished and successful. I’d be proud of myself. My parents wouldn’t be able to have a go at me.”
Coach: “And if you were accomplished, successful, proud of yourself and if your parents couldn’t have a go at you and were even proud of your achievements, what would that do for you?”

Me: “Then I would be so happy, full of joy and feel loved.”

With the coach, we used all of those ‘values’ and ‘feelings’ as motivation to get the marathon and my assignments done. But there was something I was too superficial to see back then…

The real driving force for me to achieve the goals was to feel happy, full of joy, powerful, proud of myself and loved.

But, as the First Spiritual Law states… “Feelings come from thinking in the moment and nowhere else, ever.” Those feelings cannot be attained by any external action, no matter how ‘noble’ or ‘good’ the action is.

Underneath all of your goals is a feeling you’re chasing. The internal logic of your ego has set you up to jump through all kinds of hoops in the outside world so that you can experience a feeling on the inside.

That is the Goal Delusion: to believe that achievements or goals will give you the feelings you want. To believe that “I’ll be happy when I achieve my goal”; or “I’m not happy because I don’t have my goal yet”; or “If I had my goal, then I’d be really happy”.

The problem is, as the First Spiritual Law states, it doesn’t work that way.

If your only motivation to achieve a goal is so you can have a feeling (and for most people, it is), your ego-based thought will run circles around you and won’t even realise it. You’ll spend your life struggling to do things that you falsely believe will keep the bad feelings away, and give you the happy feelings. It doesn’t work that way.

The only source of feelings is thought. Everything else is an illusion.
Reading those words or even memorising them won’t get you there. In fact there is nowhere to get to. You need to quiet your mind, right now, and realise this for yourself. Look at your goals. Look at the reasons you stated for why you want your goals. What feelings are you chasing? Love? Happiness? Exhilaration? Bliss? Accomplishment? No goal will give you any of that. Not even your goal.

In the end, I did run the London Marathon in 5 and a half hours, with only 9 weeks of training. I did feel proud of myself for a little while too, because I gave myself permission to have thoughts that bring the feelings of accomplishment. Those feelings however, went away as soon as I had another disempowering thought.

Ultimately, running the marathon didn’t give me the power, freedom, love and joy I was searching for. No external achievement can make you feel anything. That’s not where feelings come from. The only source of your feelings is your thinking in the moment. As soon as you wake up to this reality, you have a spiritual awakening.

But right now you might be having a thought that’s blocking that awakening. A thought that is something along the lines of…

“Dude, Where’s My Motivation?”

When I first started to ‘get’ the First Spiritual Law, I had a mental block. It was like an objection that I knew didn’t make sense but I couldn’t yet see why it didn’t make sense. It went something like this:

“If I’m just chasing goals because I want feelings, and if you’re saying that achieving goals doesn’t cause feelings… what will happen to my motivation? Wouldn’t I just stop doing things altogether?”

I can see now how crazy that thought is. It’s kind of like the story my coach once told me…
The Coach And The Dog

Imagine you and I are hired to coach a dog. This dog has a serious issue. It’s running around in circles trying to catch its own tail. It stops for a moment to talk to us for the coaching session.

Coach: So, what do you need?

Dog: Well, I have this goal: I’m chasing this thing, and it’s really fast. So I guess the first thing I need is more speed, so I can catch it. If I was about 20% faster, I would definitely catch it.

Coach: Okay… what else do you think you need?

Dog: I need more agility. It doesn’t matter how suddenly I pounce at it, this thing I’m chasing always manages to be one step ahead of me. So if I could just be more agile, maybe I could pounce into the right position to catch it.

Coach: Anything else…?

Dog: Yes, I need more stamina. I can literally chase this damn thing for hours and hours every day and it never runs out of energy! I think if I had maybe double the stamina, then I could definitely give it a run for its money.

You and I both know that the only thing the dog actually needs is to realise that it’s been chasing its own tail. The dog probably thinks that catching the tail would give it something that the tail simply can’t give it (maybe the dog thinks it will be food, perhaps?)

Now, after we explain that to the dog, it might react in a couple of ways. The dog might say “Ohhhh, it’s just my tail. Phew! That takes a lot off my mind! I have so much free time now to go and do something more fun, like chewing that bone.”

The other thing the dog might say is “Ohhhh, it’s my tail. Okay. So, now that I ‘know’ it’s my tail, how do I catch it? Could you
teach me a tail-catching strategy? I think I saw something on the internet about tails, maybe I’ll go and research it. I don’t know this is all just so overwhelming…” If that was the reaction, we would know the dog just doesn’t get it yet.

You are chasing goals that, noble as they may be, can’t give you what you’re hoping they will. They can’t make you feel happy, peaceful or loved. Ironically, achieving your goals won’t even make you feel accomplished. Overcoming the challenges along the way to achieving them won’t give you strength. Nothing outside of you can give you what’s already inside of you. Not even achieving the Olympic gold will make you feel ‘good enough’.

Realising this truth does not make you un-motivated. It makes you unstoppable. The only thing that has ever slowed you down has been the added imaginary pressure that your feelings and your identity are somehow riding on your success or failure. That’s not true and believing otherwise can cause you to ‘psych’ yourself out.

If kidding yourself into believing in the Illusion (that an achievement can cause a feeling) motivates you to take action, then go ahead, pretend the illusion is true if you still can. But if you want to free yourself from the Goal Delusion, once and for all, you might appreciate this…

It’s something I posted on Facebook recently that sums up “The Goal Delusion” quite nicely. Feel free to share it with your friends:

We’re hilarious…

We make up our goals. We make up the belief that we need to achieve our goals to feel a certain way. We make up the timeframe the goal must be achieved in.

We make up the tasks we think need to be done to achieve the made-up goals on the made-up timeframe. We make up the belief that other people are going to ‘depend’ on us achieving the goal.

We may even make up the belief that we are better than those un-developed people who drift
through life without any goals.

THEN, when it doesn’t work our way, we freak out that we’re not good enough, because we’re not achieving the goal on the timeframe we set & we’re going to let everyone down.

In other words, we freak out because...

We forget that we just made it all up.

Life’s a game. Have fun playing! #TimelessWisdom

1.4 The Illusion of Three Models

“You Are Always Living In The Feeling Of Thought In The Moment”
- - Dr. Keith Blevens

There are essentially three ways your inner-world of thoughts and feelings and the outer-world of material things, achievements, accomplishments, situations, failures and circumstances might be inter-connected. There are only three models that explain how life might work and ultimately what causes feeling.

Let me preface this by saying that you’re always feeling something. Even right now as you read this. Put your attention inwards and you might notice that some sensation is coming to you from your body. It may be a really easy, relaxed feeling. Or perhaps you just noticed that you were sitting in an uncomfortable position and now you’ve changed it. Keep looking within, and notice what it ‘feels like’ to be alive.

You are always feeling something and that feeling determines the quality of your life in any given moment. You are always ‘living in a feeling’, even if most of the time you’re unaware of it.
So, let’s explore the three possible models of where the feeling that you live in comes from, so you can create a more comfortable ‘inner home’.

**Model 1: Circumstances Cause Feelings.**

The first model is that we are the objects of circumstances. That is to say, the circumstances we live in determine our experience of life and ultimately how we end up feeling. Those ‘circumstances’ could range between anything including, but not limited to…

- **Relationships:** What’s happening with your friends, family, kids & relationships.
- **Work:** Your current work, education, job, or career situation.
- **Environment:** The home, car, and physical environment you live in.
- **Free Time:** Your holidays, vacation, and free time – how much, how often & where you spend them.
- **Finances:** How much you earn, how much you’ve saved and how your investments are doing.
- **Health:** Your diet, exercise, blood pressure, current blood-sugar level and how healthy you are.
- **Love:** Perhaps you’re in love, heart-broken, searching for your soul mate or are totally fed up of the idea of having a partner.
- **Spirituality:** Your daily spiritual practice; how often you pray, meditate, fast, or go on retreats for your mind & soul.
If we operate as though our circumstances cause our feelings, we might say things like…

“I’m angry because of what he said.”
“I feel secure because this job gives me a monthly paycheque.”
“I’m so happy I finally have a spacious house and a cool car.”
“I’m so excited about my upcoming holiday to Thailand.”
“I feel loved because he calls me every day.”
“I’m upset because she dumped me.”
“I feel great because I worked out this morning.”
“I’m in the zone because I meditated today”

Each of these phrases assumes that feeling angry, secure, upset, happy, excited and loved all come from certain circumstances. If we have the circumstances we want, we feel good and if we don’t, we feel bad. Life is a game of trying to create the circumstances that make us happy and trying to avoid the circumstances that make us unhappy.

It could be expressed diagrammatically like this…
If the circumstance happens to be a ‘positive’ one, we’ll feel good about it. If it happens to be a ‘negative’ one, we’ll feel bad about it. And, of course, how we feel ends up being a balance of all of the various circumstances that are playing out in our lives right now.

Model 2: A Mixture of Circumstances And Thought Cause Feelings

Thanks to the field of psychology, personal development and coaching, most people aren’t convinced that circumstances are the only factor that determines our quality of life and how we feel.

Most people nowadays are ‘with it’ enough to realise that thinking has some role to play in this equation.

After all, even if you have wonderful circumstances, you can be unhappy: there are many examples of totally stressed out millionaires who have all of the external circumstances of success. There are also millions of examples of people who get by on the bare minimum, just barely scratching the global poverty line, who are genuinely happy.

That’s something that some of the richest and poorest people in the world have in common: they are both more likely to be aware of the fact that the circumstance of money and their bank balance alone does not cause happiness or unhappiness.

So there must be another factor in the equation. Yes, of course, positive thinking! Attitude. Mind-set. We need to work on our ‘inner-game’. We need to develop a positive mental visualisation of what we want. We need ‘affirmations’ to keep ourselves positive. Let’s see if the Law of Attraction can help…

As people dive further and further down this rabbit hole, they may start doing things to keep a healthy, positive mind-set while simultaneously working to create the circumstances they want. This seems like a balanced approach. It may involve things like…

• Attending personal development events and courses
• Affirmations

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• Visualisations
• NLP & hypnosis
• Working ‘on themselves’
• Meditation techniques
• Walk of gratitude every morning
• Exercise to try and feel good and positive
• Breathing techniques
• Energy techniques
• Yoga, Tai Chi & Qi Gong
• Praying for better circumstances
• Trying to use the Law of Attraction to improve circumstances
• And much, much more…

This ‘mixture’ model may be diagrammatically explained in a couple of different ways, depending on the perspective we take.

Diagram 1.2 is probably one of the most widely accepted models as to how human experience works. If we have really bad circumstances, then we’ll have negative thoughts, and that will make us feel bad. In this model we are essentially saying that there is a cause-effect relationship between circumstances and thoughts and feelings.

In other words, this model says that circumstances cause thoughts, which cause feelings. This is almost exactly the same as
saying that circumstances cause feelings. In other words, you may as well cross out the word ‘thought’ from Diagram 1.2, which effectively makes it exactly the same as diagram 1.1:

![Diagram 1.1, simplified.](image)

Another, more popular way of explaining the ‘mixture’ paradigm is to say that our thoughts create our circumstances, which then cause our feelings.

This is a very popular idea. It is the rationale behind many positive visualisations, the ‘Law of Attraction’ and a lot of other personal development material. Most people would love it to be true. If our thoughts create our circumstances, then we can visualise, meditate, pray and dream our way to the lives we really want.

Diagrammatically, this version of Model 2 could be shown like this…

![Diagram 1.3](image)
The idea that thoughts create circumstances is wonderful, and there is certainly some truth to it. But, that’s not the point. The point here is that Diagram 1.3 leaves us with the same dynamic as Diagram 1.1 - that ultimately circumstances cause feelings.

Now, the only problem with Model 1 (that circumstances cause feelings) and Model 2 (that a mixture of circumstances and thoughts cause feelings), is that they are both absolutely wrong.

And thank God for that! If Models 1 and 2 were correct, life would be infinitely harder than it is in reality: you would be stressed out about your life’s circumstances, constantly trying to control things and people and there would never be an ‘end’ to your personal development.

You would be working ‘on yourself’ constantly, no matter how long and hard you’ve been doing it, and when things don’t go your way, you’ll wonder why you didn’t ‘attract’ what you want. Fortunately, Models 1 & 2 are false.

**Model 3: Only Thoughts Cause Feelings**

The third possible model for how life works, is that you are living in the feeling of your own thought in any given moment. In other words, the only source of your feelings is thought. Since feelings determine the quality of your life, if this model is true, it would likely be the most important discovery of your life so far. Diagrammatically, it could be shown like this:

![Diagram 1.4](image)

The shocking thing about this model is that it completely dismisses the circumstances of your life and makes them absolutely
irrelevant to the way that you feel in any given moment. That is to say, whether you just won the lottery or lost a loved one has no impact whatsoever over the way that you feel.

Sound crazy?

If so, you’re still trapped in the Grand Illusion, that I promised you’ll see through by the time you’re done with this book. At that point, most of your life’s biggest problems will have disappeared too.

Being attached to this material world of circumstances is the biggest mistake a person can make, because despite appearances, it ultimately cannot give you what you truly want. No circumstance in the world can give you the feelings you want, and changing the world (as well as being a tall order), won’t get rid of the feelings you don’t want.

This is not just the model that I propose that you should believe in. This is the model that I propose is absolutely true, whether you happen to believe in it or not. And the sooner you see the truth of it, the sooner you’ll be free from an illusion that has caused every problem you’ve ever faced in your life.

This section of the book is called The ‘Illusion’ of Three Models. That’s because in reality there is only one model that is actually true. Model 3 is how it works in real life. Models 1 & 2 are illusions - fantasies that we made up and now believe in. They are the simple misunderstanding that every religion and spiritual tradition has been trying to warn us about.
1.5 The Reality: You Only Have One Problem

It may look as though your life is full of ‘problems’ that you need to figure out in order for you to be happy. This is not true. There is only one problem and the solution is so self-evident that you don’t really even need to ‘figure it out’.

My Life’s Biggest Problems

Before I realised that only thought causes feeling, my life was full of problems. Here’s a quick sampling of all the problems I had back then…

• **Relationship Problems:** I was very unhappy in a relationship with a wonderful woman, but we constantly argued with each other and internally I was plagued with the question: “Should I stay, or should I go?” When I eventually decided to go, I had more problems (besides being totally depressed and guilty). Problems like: “How will I ever find a partner?” and “Will I meet a girl who understands me and loves me despite all my ever-increasing ‘baggage’?”

• **Money & Work Problems:** I didn’t have enough. I had to depend on my ex-wife and parents more than I would have liked, and I felt ashamed that I wasn’t bringing in money from my coaching business. Eventually, when I turned a corner and generated 20 clients in the space of a month, I had even more problems: “What if my clients leave?”, “I know I should be charging more but I don’t have the confidence”. And, because I was charging so little, even though I was working very hard, I still didn’t have enough to pay off my basic business expenses. I was still broke.

• **Health Problems:** I wasn’t sick but I certainly wasn’t in the kind of shape I imagined I should be. No matter how hard I tried, I couldn’t consistently get myself to the martial arts gym and my diet
was a disaster. I felt like a failure for not being able to achieve a goal I’d had since I was young.

• **Time Problems:** I didn’t have any free time. With 20 clients spread out throughout the week and the constant search for new clients and ways to generate more money online, I couldn’t catch a break. I would often look online for ‘productivity hacks’ to get more done in less time. This did not help.

• **Environment Problem:** Even though I was in the beautiful city of Barcelona, I didn’t get out much. I was living in my ex’s apartment, working from a desk in the living room. The idea of working from home is great. But in reality, it can be very lonely and insulated. During a whole year in Spain I learned virtually no Spanish, as I spent most of my time at home working over the phone with clients in England & the USA.

• **Spiritual Problems:** I struggled to keep up with daily prayers; I struggled to wake up early like I wanted; I struggled to read the Quran consistently. But, no matter how much I did or how hard I tried, it was never enough. Above all, there was a sense of not being good enough and every now and then beating myself up inside my mind because of it.

It seemed like the Quran should be able to help me with the problems of my life but no matter how hard I tried to understand it, I could never see the solutions to any of the ‘real-life’ problems described above.

None of my problems may sound like ‘big’ problems to you, and looking back they do seem somewhat trivial. However, these circumstances seemed to form my reality. As the circumstances of my life weren’t the way I hoped they would be and because I had big dreams and wanted more from life, I eventually decided to make some drastic changes.

I got divorced, moved out, got a new apartment, started offering my services as a business coach, created a totally new network of friends in Spain & the USA and changed just about each of the individual circumstances that seemed to be causing my life’s biggest problems. Of course, even though I preferred the new circumstances, I still wasn’t free from ‘problems’.
Instead, I now had new, improved problems like: feeling guilty over the break-up; feeling stressed financially because I now had bigger expenses; feeling cramped in my new apartment; the shame of having to explain to everyone that I was divorced… And the list goes on.

It always seems like life is full of problems. Until you realise that every single one of them is a symptom of one problem, with a blindingly obvious solution.

**The Only Real Problem**

A ‘problem’ is simply a situation that you feel bad about. The challenge with this is that there’s no such thing as a situation that makes you feel bad.

The only **real** problem I ever had was not seeing that none of those circumstances ever had the power to make me feel bad.

In other words, when my life was full of problems, I didn’t realise that:

- My relationship didn’t make me unhappy – my thought did.
- My secluded work environment didn’t make me lonely – my thought did.
- My time commitments didn’t make me stressed – my thought did.
- My inconsistency at the gym didn’t make me feel bad – my thought did.
- My lack of money and high-paying clients didn’t make me insecure – my thought did.

The only problem I ever had was not realising that the only source of all the unhappiness in my life was thought itself. I always knew thought played a role (I was a firm believer in Model 2). I just didn’t realise that the role thought played was “The Only Cause Of Feelings.”

The circumstances of life may get better or worse, but your feelings are always independent of them. You are always living in the feeling of your thought in the moment.
What if you had the ability to access the sublime power of the Quran to enhance the quality of your life?

When you access the transformational power of the Quran you can…

- Permanently eliminate stress from its very source
- Return to your natural state of inner-peace, ease and well being
- Clear your mind from the internal negative self-talk that robs you of happiness
- Enjoy fulfilling, enlightened relationships, that you don’t need to ‘work on’ to maintain
- Free yourself from the fear of failure, success, death and loss.
- Enjoy an abundance of free time
- Feel great about the way you look
- Instantly resolve the biggest problems in your life.
- Develop rituals of excellence
- Live with a permanent sense of presence
- Have a clear and focused mind
- Wake up with unshakable confidence
- And much, much more…

It doesn’t matter how religious you are, which religion you believe in, or if you even believe in religion at all, for you to experience all of these benefits. The Quran is the most widely read yet grossly misunderstood book on the planet. Throughout the ages, wise women and men have displayed their willingness to live and, if necessary, die for its message of truth, love, consciousness and peace.

Ever wonder how an ancient text can have such an enormous influence over people? What if you could access the timeless wisdom it offers, which is lost on most of its readers? Like with every deeply spiritual text, the Quran can be read in a superficial way that brings no meaningful change to the life of the reader. Or, it can be read and understood on a deeply transformational level. The Quran claims itself to be a source of guidance and insight for ‘those who are conscious’.

The aim of this book is to take you on an inner journey to elevate your level of consciousness and spiritual depth. The deeper you are willing to go in understanding the Seven Spiritual Laws, the more the Quran will awaken the greatness within you.