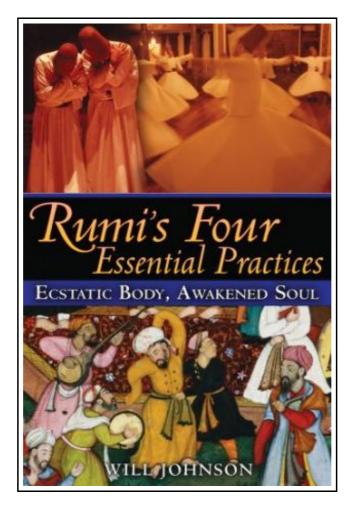
Rumi's Four Essential Practices: Ecstatic Body, Awakened Soul



Filesize: 9.59 MB

Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book. (Llewellyn Terry)

RUMI'S FOUR ESSENTIAL PRACTICES: ECSTATIC BODY, AWAKENED SOUL



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Rumi's Four Essential Practices: Ecstatic Body, Awakened Soul, Will Johnson, The great thirteenth-century Sufi mystic and poet Jalaluddin Rumi began his life as an orthodox Islamic believer but felt that to fully experience complete union with the divine he must abandon institutionalised religion and its prescribed forms of worship. Surrendering his will to his overriding urge for a much more immediate, intuitive and compelling union with the divine, he found that by manipulating certain behavioural aspects of his physiology - eating lightly, breathing deeply, moving freely and gazing raptly - he was capable of loosening the rigid confines of the self, thereby overriding its limitations and achieving a transcendent merging with his own divinity. His message is simple: if you wish to affect the spirit, you must first make changes in the way your body responds to the world. Through clearly written commentary interspersed with Rumi's beautiful poems, this book details these four practices in a very precise way. As such, it is a sweet and open invitation to follow the examples set forth in order to embark upon one's own path of inner illumination. The freshness of Rumi's poetry dissolves the 700 years that separate his life from our own time, making his message as pertinent today as when he walked the streets of Konya, Anatolia (present-day Turkey), reciting his inspiring verse. This book allows us, through Rumi's gentle guidance, to touch the face of God that resides deep within us all.



Read Rumi's Four Essential Practices: Ecstatic Body, Awakened Soul Online Download PDF Rumi's Four Essential Practices: Ecstatic Body, Awakened Soul

Relevant PDFs



Boost Your Child's Creativity: Teach Yourself 2010 (Paperback)

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s...

Download Book »



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the...

Download Book »



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Download Book »



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Download Book »



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

Download Book »



Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2, Peppa Pig and her family are enjoying a nature walk when they get lost.

Read eBook »



Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2, Jean Adamson, This is an enhanced read-along audio ebook from Ladybird. An

Read eBook »



A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download

Read eBook »



Sleeping Beauty - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Sleeping Beauty - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, Sleeping Beauty pricks her finger on a spinning wheel and falls

Read eBook »



Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2, Peppa Pig is having fun with her friends at Sports Day, but she is

Read eBook »