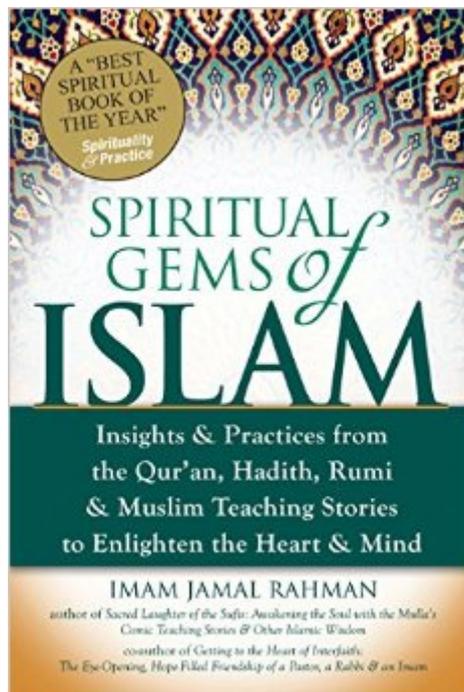


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# Spiritual Gems Of Islam: Insights & Practices From The Qur'an, Hadith, Rumi & Muslim Teaching Stories To Enlighten The Heart & Mind (Skylight Illuminations)



## Synopsis

Refine your heart and mind with the wisdom of Islamic spirituality. "To live a meaningful life is one that brings us joy, contentment and fulfillment. We have to do the inner spiritual work of becoming a more complete human being." — from the Introduction

Over the centuries, Islamic sages have gleaned timeless spiritual insights and practices from sacred texts, meditation and knowledge of the heart — gems that have been passed down from generation to generation. This book invites you — no matter what your practice may be — to access the treasure chest of Islamic spirituality, particularly Sufism, and use its wealth to strengthen your own journey. The riches include guidance drawn from the Qur'an, sayings of the Prophet Muhammad and Sufi poets such as the thirteenth-century Rumi on cultivating awareness, intentionality and compassion for self and others. This book also features entertaining wisdom teaching stories, especially those of Mulla Nasruddin, Islam's great comic foil, to expand the mind and heart. It breaks down barriers to accessing this ancient tradition for modern seekers by dispelling myths about the Muslim faith concerning gender bias, inclusivity and appreciation for diversity. Regardless of where you are on your spiritual journey, you will find these gems worthy additions to your own treasure chest within.

## Book Information

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## Customer Reviews

I am a muslim (moslem) and I have been seeking spiritual knowledge that can answer my questions with objective answers. I read Sufism, Hinduism (among others; Bhagavad Gita and Upanishads), and Buddhism. I read science books - Physics, Cosmology, and many sources of knowledge. All

are good and open my eyes and my heart to the existence of divine beings. Us, as human are divine being. All of nature are divine. I came to this conclusion and yet still amazed and awed by this special book. This book makes me cry and smile. I exhale the warmth of love from the divine inside me, and inhale the limitless love from the same divine in every corner of the world. Because we are One with God. The wisdom that shines the world with divine light. Imam Jamal Rahman teaches us how to identify and locate our negative ego and how to embrace it with love. Teaches us sincerity, humility and truthfulness. I recommend this book to all people. Not just Muslim, but to all who are seeking enlightenment and want to embark into spiritual journey.

Jamal's latest book is filled with deep insights and practical spirituality. It includes a wonderful array of Rumi poetry, Mullah stories, and personal stories from the author's life, all of which illuminate the deeply universal message from the Qur'an and the life of Prophet Muhammad. My favorite metaphor applies to the book itself: "The Qur'an is like a shy bride. If you want to get to know her, approach her through her friends." Jamal is definitely an intimate friend of the Qur'an, and when he introduces you to her in this book, you will behold her in all her exquisite beauty. But the Qur'an is not treated as simply a holy book, or a collection of teachings. It is presented as a way of life, a path of inquiry and understanding which leads us deep into our own heart, and into the hearts of our fellow beings. This book is perhaps best studied in a loving community of seekers after truth, so its treasures may be unveiled slowly and carefully. It is a book not simply to be read, but to be savored and practiced.

This book offers sage insights and spiritual practices from Islamic spirituality for use in everyday life. These can be used by a person of any faith or by someone who espouses no religion. The ultimate accomplishment of this book is that it has the potential to help any seeker who reads it to become a more expansive and compassionate human being and enable that person to be of true service to others. The eight headings in the book present guidance on ways to approach a Holy Book, transform the ego, to purify and open the heart, cultivate compassion and awareness, engage in social activism and prepare ourselves for our journey beyond this realm. With skill and elegance, the author weaves into the prose, Rumi quotes, sacred verses, teaching stories, and personal vignettes, all of which resonate beautifully. The exercises at the end of each chapter are illuminating. I highly recommend this book to all spiritual seekers from any tradition.

A wonderful, insightful book. A must read if you are trying to get to the heart of the spirituality in

Islam. The author writes poetically about the beautiful parts of the Quran, and Rumi's teachings and it is hard to put down. Definitely recommending this to all of my friends. If you don't know much about Islam, then it is definitely a must. Thank you so much for making this available online !

After borrowing this book from my local library over and over again for almost 2 years now, I realized it was time to purchase it, and let others enjoy the library copy. Imam Jamal Rahman takes us on an exploratory journey through the essence of Islam, which is filled with wisdom, love and a deep sense of belonging. The book is so beautifully written, with constant reminders of how the stories and teachings of the Qur'an, Sufism and other stories might translate into our own modern lives. "Even if the religious judge advises you about worldly affairs, first consult with your heart" - Hadith! I would recommend this book to anyone on a spiritual quest of (self) discovery, regardless of what your spiritual belief system might be.

Although I've been reading Rumi poems and Nasruddin stories for 40 years, I become aware of how sparse my knowledge was. Even better, I repeatedly had the joy of sweet discovery. For example: "In Turkey, there is a tomb of the famous Mulla [Nasruddin, of the famous stories]. In the front is a secure iron door with chains and padlocks, but no walls surround the door. Yet, what made this book even more of a treasure are the author's own stories and experiences from his life as a Sufi Muslim and his personal interfaith journey. For example, he tells of listening, as a youth, to many conversations between his father, a Bangladeshi ambassador, and a Thai ambassador: "One of my father's best friends was Mr. Sunthorn, a Thai diplomat who was often posted to the same countries as my father. Our families spent many hours together and enjoyed learning about the similarities and differences between our religions" Islam and Buddhism. These discussions were often graced by Buddhist and Muslim teachers, so the level of exchange was quite scholarly and creditable. It became astonishingly clear that the Buddhist concept of Nirvana is akin to the monotheistic understanding of Godhead. Nirvana is described as unborn, eternal, uncompounded, unmitigated, and filled with abiding joy." Or this recounting: "As a child I loved to recite from the Qur'an because I was told that God hides in its verses so that, as you recite them, God can kiss your lips. Just small wave from the ocean of gems that awaits you, dear reader!

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