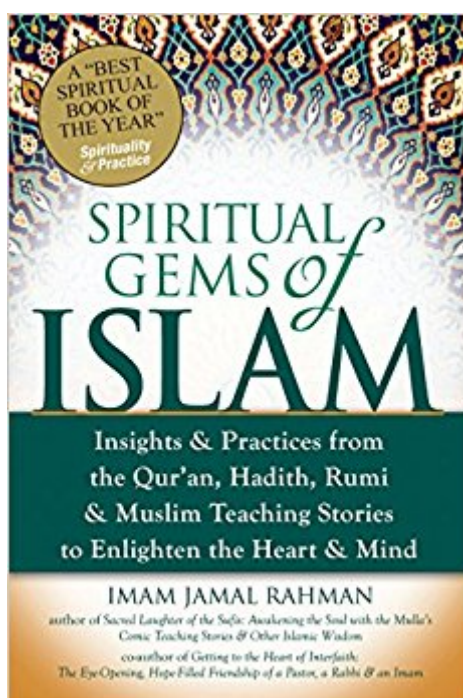


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# Spiritual Gems Of Islam: Insights & Practices From The Qur'an, Hadith, Rumi & Muslim Teaching Stories To Enlighten The Heart & Mind



## 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. These 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.

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## Customer Reviews

"Beautiful, helpful and timely. All those interested in the spiritual life, God, interfaith dialogue, peace and our shared human journey through life will find this to be a treasure trove of wisdom and spiritual insight." Rev. John Dear, author, Transfiguration: A Meditation on

Transforming Ourselves and Our World"Whether you have read these classic Islamic teachings before or they are new to you, you will find wisdom, deepen your compassion and enrich your spiritual life."~ Amir Hussain, editor, Journal of the American Academy of Religion~ "Invokes the power of the Qur'an to open the doors of the heart and invite us into a direct encounter with the source of Mercy and Compassion~. As a lifelong seeker of the world's wisdom in every tradition, this is the book I have been waiting for."~ Mirabai Starr, author, God of Love: A Guide to the Heart of Judaism, Christianity & Islam~ "A gem all its own~ a wonderful guidebook to spiritual living~. Allows the Qur'an to speak beyond the boundaries of Islam."~ Rami Shapiro, author, The Sacred Art of Lovingkindness: Preparing to Practice~ "Beautiful~ reaches deep into the heart and soul, reminding us of our divine nature. Allow its deep Qur'anic wisdom to guide you on your journey Home."~ Llewellyn Vaughan-Lee, PhD, Sufi teacher; author, Prayer of the Heart in Christian and Sufi Mysticism~ "A modern-day jewel of some of the richest offerings of Islam~. Goes to the very depth of the rich oceans of Islamic spirituality to bring us pearls of wisdom and beauty."~ Omid Safi, professor of Islamic studies, University of North Carolina at Chapel Hill; author, Memories of Muhammad

Refine your heart and mind with the wisdom of Islamic spirituality "To live a meaningful life 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.

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.

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, can because I was told that God hides in its verses so that, as you recite them, God can kiss your lips. A just small wave from the ocean of gems that awaits you, dear reader!

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.

This book contains wonderful spiritual insights from the Sufi tradition, with reflection and practice sections, that are basic spiritual gold for people of all traditions. The author focuses on Islam, however the Sufi tradition takes the aspects that are perennial to all spirituality and presents them for a modern western reader of any spiritual orientation. Highly Recommended!

A powerful gem of wisdom that beautifully and lovingly expresses and shows one (regardless of their choice of spiritual path/practice) through poems, stories, and internal reflections how to open his/her heart, find themselves, and draw closer to the Creator. It truly displays not only the beauty, but also the genuine intent of Islam and Sufism with open arms, no dogma, and no ambiguity whatsoever. If people only took to time to study and step outside of their box of preconditioned thinking, the world could truly be a more peaceful and loving place.

Just hands down one of the best books I have ever read on Islam! If you are a Muslim or not you will enjoy this! This is a great book to give to a non-muslim friend too because it does not put down any

other belief in sharing the beauty of Islam which I love! Not to mention it has incredible teaching stories, rumi poetry, and incredible content! This Author is incredible!

I can only say that he gives a lot of true gems in this book. May ALLAH bless him for the inspirational tips he gives on how to cope, how to learn, how to grow, and how to be joyful in faith. ALLAH is superb and this book helps you understand just how beautiful ALLAH is. Al hamdu lillah, al hamdu lillah, al hamdu lillah. I can't say it enough!

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