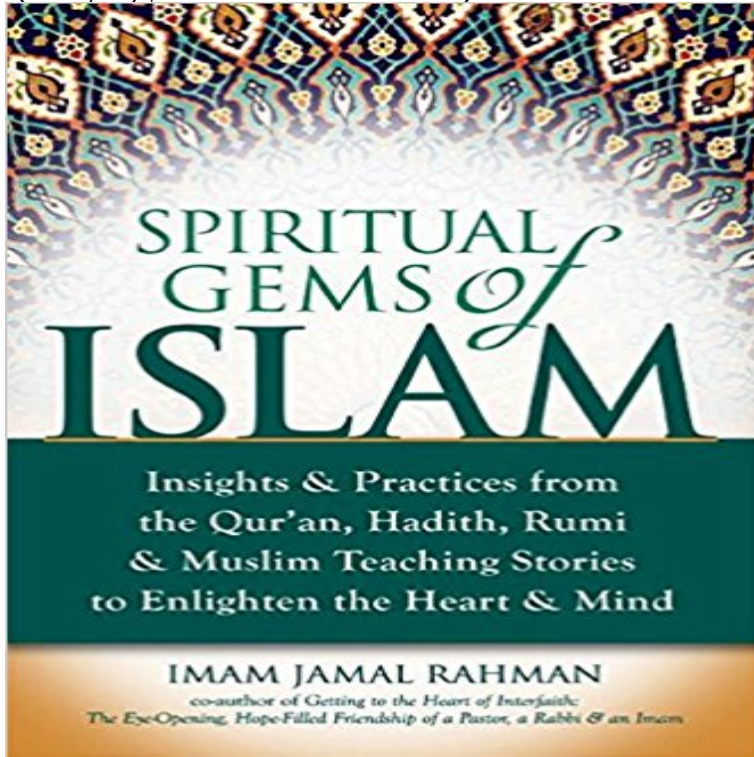


# Spiritual Gems of Islam: Insights & Practices from the Quran, Hadith, Rumi & Muslim Teaching Stories to Enlighten the Heart & Mind (Skylight Illuminations)



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 Quran, 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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