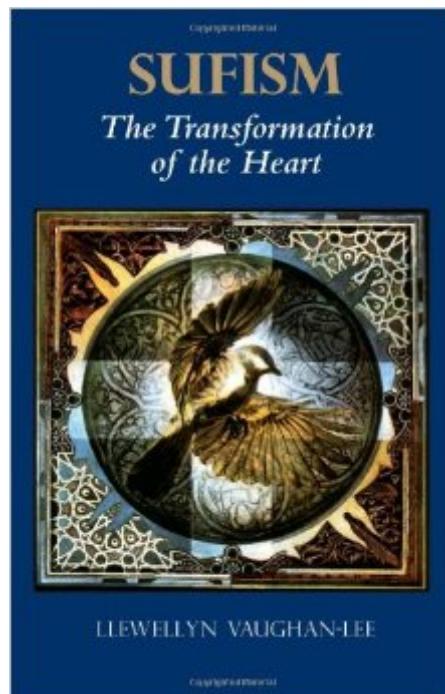


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# Sufism: The Transformation Of The Heart



## Synopsis

Sufism, the Transformation of the Heart gives a clear and accessible outline of Sufism: its basic principles, historical background, and recent development in the West. While exploring the spiritual and psychological processes of transformation, this book offers practical guidelines to help the seeker. Sufism, the Transformation of the Heart is a valuable introduction to a dynamic spiritual path that is attracting growing interest in the West.

## Book Information

Paperback: 224 pages

Publisher: The Golden Sufi Center; second printing 1997 edition (June 1, 1995)

Language: English

ISBN-10: 0963457446

ISBN-13: 978-0963457448

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ (42 customer reviews)

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## Customer Reviews

I bought this book after watching an interview of the author on Oprah since I had wanted to learn more about Sufism and Rumi for a long time. Although during the interview Llewellyn was very impressive, this book is not. I was reluctant to write an unfavorable review, so I went ahead and read the book the second time, did a lot of research on the internet and watched Llewellyn's almost an hour long video called "We Are All One: Full Interview with Llewellyn Vaugh-Lee" and his interview with Oprah on the internet before writing the review. According to the book's definition, "Sufi is a name given to a band of mystics who are lovers of God". The goal in Sufism or a Sufi is to become one with God by mediating and chanting (dhikr). Some of the concepts are similar to other spiritual teachings such as "Divinity of humans" (Holy Spirit or God living in every human like Unity teachings), "The real reason of unhappiness or feelings of unfulfillment is the result of separation from God" ("A Course in Miracles"), "Living in the world but not of it" (Bible) and "Living in the presence of God every moment" (Marianne Williamson's writings). After finishing it, I was terribly disappointed by the book which is terribly dry, abstract and repetitious. ("The mind and the ego can

never grasp an experience of total unity in which there is no distinction between observer and observed, but the heart's experience of His unity is reflected into our ordinary consciousness." )I learned more about Sufism from a three minute video of Jonathan Brown from Georgetown University, a video clip of a documentary about Sufism by PBS on the internet and Rumi's official website maintained by his descendants(Mevlana Rumi), than reading this book.

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