



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

By Imam Jamal Rahman

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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.

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Editorial Review

Review

"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*

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?**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*

From the Inside Flap

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About the Author

Imam Jamal Rahman is a beloved teacher and retreat leader whose passion for helping people deepen their spiritual lives and cultivate interfaith understanding has inspired audiences throughout the world. He has been featured in the *New York Times*, on *CBS News*, the BBC and many NPR programs. He is cofounder and Muslim Sufi minister at Interfaith Community Sanctuary, adjunct faculty at Seattle University and a former host of Interfaith Talk Radio. He is author of *Sacred Laughter of the Sufis: Awakening the Soul with the Mulla's Comic Teaching Stories & Other Islamic Wisdom* and *Spiritual Gems of Islam: Insights & Practices from the Qur'an, Hadith, Rumi & Muslim Teaching Stories to Enlighten the Heart & Mind* (both SkyLight Paths) and *The Fragrance of Faith: The Enlightened Heart of Islam*; and coauthor of *Getting to the Heart of Interfaith: The Eye-Opening, Hope-Filled Friendship of a Pastor, a Rabbi & an Imam* and *Religion Gone Astray: What We Found at the Heart of Interfaith* (both SkyLight Paths), among other books.

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