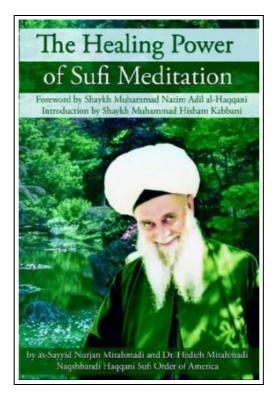
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Islamic Supreme Council of America, United States, 2005. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. For those who have reached a level of understanding of the illusory nature of the world around us and seek to discern the reality that lies behind it, Sufi meditation - muraqabah - is the doorwaye through which we can pass from this realm of delusion into the realm of realities. Through meditation the seeker has a means to return to his or her perfected original self. Muraqabah is the fastest and most direct method for advancing in spiritual degrees. It is in fact a migration from one s self to God. Through meditation higher states of consciousness are attained, and the connection to the seeker s true inner self is established, built-up and maintained, providing the practictioner with a lifeline to the Divine Presence. This book presents the spiritual background behind the practice of meditation, then takes the reader step-by-step, through the basics of spiritual connection based on the ancient teachings of the Naqshbandi Sufi masters of Central Asia.



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