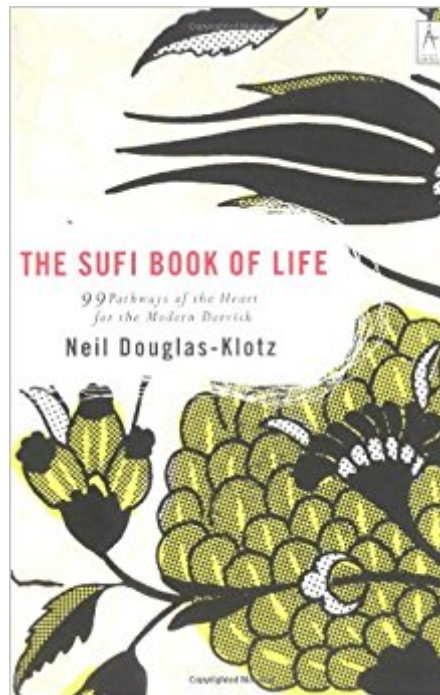


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# The Sufi Book Of Life: 99 Pathways Of The Heart For The Modern Dervish



## Synopsis

Part meditation book, part oracle, and part collection of Sufi lore, poetry, and stories, *The Sufi Book of Life* offers a fresh interpretation of the fundamental spiritual practice found in all ancient and modern Sufi schoolsâthe meditations on the 99 Qualities of Unity. Unlike most books on Sufism, which are primarily collections of translated Sufi texts, this accessible guide is a handbook that explains how to apply Sufi principles to modern life. With inspirational commentary that connects each quality with contemporary concerns such as love, work, and success, as well as timeless wisdom from Sufi masters, both ancient and modern, such as Rumi, Hafiz, Shabistari, Rabia, Inayat Khan, Indries Shah, Irina Tweedie, Bawa Muhaiyadden, and more, *The Sufi Book of Life* is a dervish guide to life and love for the twenty-first century. On the web: <http://sufibookoflife.com>

## Book Information

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## Customer Reviews

Douglas-Klotz, scholar and Sufi leader, uses his considerable Semitic language skills to explore the 99 pathways to God, each representing a quality of the One. Douglas-Klotz uses the root and pattern system of Arabic vowels to liberally interpret these qualities as inseparable from many other traditions, notably the Aramaic tradition of Jesus. Additionally, his exegeses draw from the tradition of diversity, inclusion and heterodoxy that has anchored Sufism since the time of Rumi. Although Douglas-Klotz states that his exegeses are meant to be deliberately multivalent and somewhat enigmatic, they may prove opaque for many readers, especially those expecting an accessible how-to handbook for the "modern dervish." Despite Douglas-Klotz's early admonishment "Don't worry about getting the point," a high level of linguistic technicality is typical of at least half the

pathways, and readers will have to take him at his word when he draws complex connections. Nonetheless, his intriguing insights, meditation tips and, above all, his inclusive spirit should trump technical details to appeal to readers within many religious traditions. Appendixes offer short biographies of Sufi men and women throughout history; contact information for Sufi organizations, orders and centers; and formal transliterations of the 99 pathways. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Neil Douglas-Klotz, Ph.D., is a world-renowned scholar in religious studies, spirituality, and psychology, a leader in the International Association of Sufism, and the cofounder of the worldwide network of the Dances of Universal Peace. He is director of the Edinburgh Institute for Advanced Learning and cochair of the Mysticism Group of the American Academy of Religion.

You have to really be "into" Sufism to understand this; someone interested in Christian mysticism or even interspiritual mysticism might not appreciate the concept of divine names as being very important. Still, I did gain a lot of insight into mysticism as practiced by the ancients; I find it helps me clear out all the "baggage" that comes with current culture. I'm always amazed at how many Sufi writings ignore the Prophet just as in Christianity some of us are tending to downplay "Christ as Man" in favor of "Christ as God". Mystics seem to know the harm our human manifestations of God are causing us.

This is perhaps one of my favorite books by Neil Douglas-Klotz. The gives a series of meditations on each of the 99 names of Allah. It is one of the better books out there on the subject, but not quite the best. I would recommend Physicians of the Heart. It has much more detailed information; and more in depth usage. I find that "The Sufi Book of Life" is more of a supplement for the other book as far as how I use it. The meditations are fairly simple in this volume in that he does not teach how to pair various names together. For example, Al-Rahman and Al-Rahim are often used together. Likewise, Al-Ghaffar and Al-Ghafur are also used together. This book does not present that info. Instead he gives a brief commentary on each name and a brief suggestion for its practice. If anyone is familiar with the "body prayers" that he teaches in his other books/CDs, then this will be right up your alley.

Was recently teaching some yoga teacher training workshops in West Africa and knew that we would have Sufi Muslim students interested in mantra meditation practice. Meditation mantras in the

Sufi tradition come principally from this text. I had left my paper copy at home and was delighted to find a Kindle edition that I was able to download in about one minute! Douglas-Klotz is a wonderful interpreter of the text traditions of Aramaic, the linguistic precursor of both Arabic and Hebrew. As a result, his commentary of the 99 names is able to show the common spiritual roots of both Judeo-Christian and Islamic tradition so that their deep connections are clear, however muddy and troubled their modern relationships may be. He has in many other books done serious Christians a great service in helping them to understand Jesus as a first century person of Aramaic culture (Prayers of the Cosmos, Blessings of the Cosmos, The Hidden Gospel) and by introducing them to the importance of Jesus in Muslim tradition and particularly in the Sufi path. This book goes into the linguistic roots of names more than other translations I have seen of the text and so makes it more accessible to readers who come to the text from outside Islam. I fell in love with Sufi path of pure Divine love which has very little of the technical focus that is so common in yoga practice. A fantastic read whether or not you are a Sufi and a wonderful peek into the devotional world of Islam.

If one wishes for an all inclusive, expansive and heart centered spirituality beyond dogma and religiosity, highly recommend this book. Tremendous depth presented in accessible simplicity. A living breathing sort of etymology that's rich in meaning, soul nurturing and deeply moving. . .

A beautiful book. I have one for myself and have given a copy to friends. I suppose one could read it from cover to cover, but mainly, I use it as an oracle. When I'm thinking deeply about a matter, or looking for guidance or confirmation, I open it to a random page and it never fails to provide useful insight that will reverberate throughout my day, through my thoughts until I open the book again in a new circumstance. The readings are short and accompanied by very brief anecdotes that illustrate the object of the passage, making them easy to remember. Each reading has a suggested meditation but even without these, each passage has something gentle and lovely to offer.

Working with the "holy names", this book helps us understand ourselves, God , and the world through the QUALITIES THESE names represent. The book suggests body practices (walking, moving, in groups or alone) that can help us get both INTO and BEYOND our limited selves. These names are portals to God, The Beloved. Brilliant, inspiring work, wonderful to take on a retreat or to a desert island!

This is a gem... The Sufi Book of Life opens the heart of the Divine and takes us in to be washed,

heald, purified and transformed. Use it as an oracle or as a counselor, use it as a guidance in your own spiritual unfoldment. From duality to oneness, this is the path.

This book shouldn't have a price, because it's priceless. Just kidding. I was changed, so much so, and so deeply moved and helped in so many ways that I bought six copies and gave them to my friends for Christmas.

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