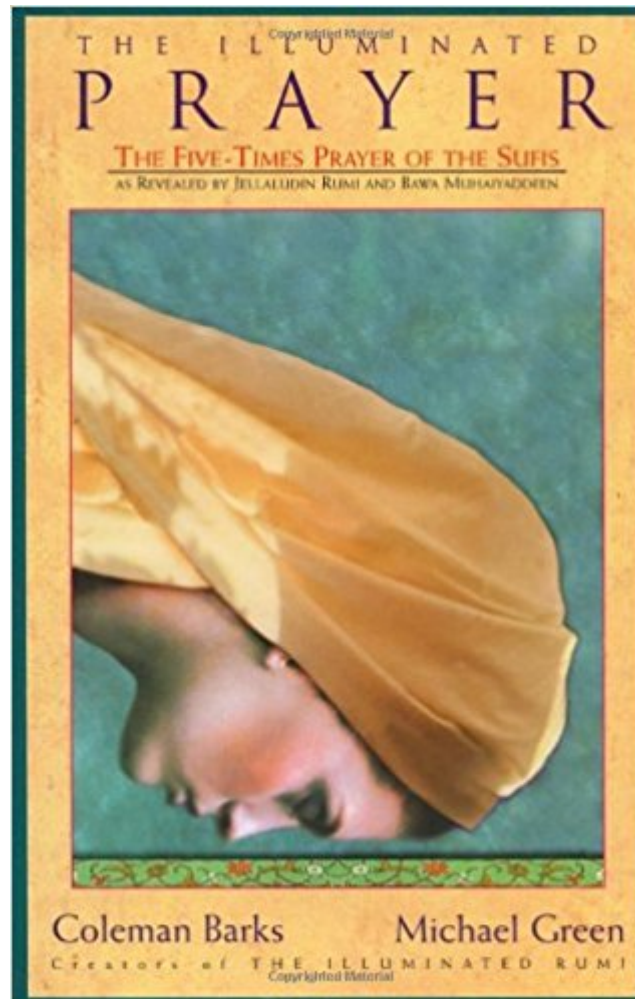


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The Illuminated Prayer: The Five-Times Prayer Of The Sufis



Synopsis

The Prayer is a drawing of the curtain, an invitation to a secret place that is discovered and explored. . . .According to tradition and the testimony of Sufi mystics, The Prayer--or Salat--was first taught by the angels, who themselves practiced it in celestial adoration. The Prayer is God's gift to all humankind, and in this gorgeously illustrated volume, its simple, archetypal practice unfolds like a fragrant, many-petaled flower, joining words and movements into a single luminous event that engages our entire being. These ancient rituals are presented here as a gift for anyone with a heartfelt desire to set aside for a moment the concerns of every day and enter a sacred time and space in which to explore the beckonings of the spirit. The authors take us through the words, movements, and hidden meanings of the Call to Prayer, the Ablutions, The Prayer itself, and the Peaceful Embrace afterwards. Faithful practice lends a sacred rhythm to each day and creates a psychological force that helps us nurture and express a profound inner harmony. This first, marvelously accessible interpretation of The Prayer also offers a compelling introduction to the wisdom and teachings of the beloved contemporary Sufi master Bawa Muhaiyaddeen, who brought new life to this mystical tradition by opening a passage to its deepest, universal realities. It is the loving handiwork of two of Bawa's best-known students, Coleman Barks and Michael Green, who also created *The Illuminated Rumi*. Like a jewel given extra brilliance by its setting, The Prayer is surrounded by the wisdom and understanding of the thirteenth-century Sufi master Rumi, whose generous poetry has become an essential canon for modern-day seekers in the West. The final gift is the Primeval Kalima, the core practice and most profound teaching of the Sufi, the "open secret" that leads to Divine Luminous Wisdom.

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Customer Reviews

This is definitely one of the best books on Salat that I have ever seen. I read it cover to cover without setting it down. Barks and Green have put together some of the most beautiful images with some of the most beautiful words and come through keeping all the sacredness of the prayers. They cover all the essentials of the Muslim prayers, explaining in very accessible terms the hows of what to do. But more than that, they also make the prayer palpable to even those that may never have done it. By combining art and the poetry of Mevlana Jelaluddin Rumi they create the atmosphere of the connection with God that one feels during the deepest salat. I think that almost anyone, after reading this book will at least want to try out salat for a few days. Maybe even make a strong comitment to doing it for a long time. But even if not, after reading this book, more people will understand the heart of Islam, the prayer we repeat at least 5 times every day and what really is going on inside, what depth of feeling is during this prayer. Recomendend without reservation to anyone.

This slender book contains profound insights into the nature and essence of prayer. Based largely on the teachings of Shaikh Bawa Muhaiyaddeen (? -1986), a Sufi Shaikh from Sri Lanka who lived and taught from Philadelphia for the last 15 years of his life....[my original text removed by apparently because they judged it a promotion of the Shaikh. It was a link to his website and not intended as a promotion.]While written in the context of Muslim prayers, it's relevant to prayer in all religions. It is also an excellent guide to salat - ritual prayer in Islam. The book explains in detail (with pictures) the various steps in salat. But more than that it relates the times of prayer and steps within prayer to spiritual development and awareness. And it is here that the real value of the book comes forth. Using this as a base, the authors then describe a meditative prayer exercise - similar to Vedic "follow the breath" meditations. In short this is not an academic description of prayer or theory but an invitation to readers to embark on the path. The only negative - and this is a very very minor quibble - is with some of the transliterations of Arabic and grammatical comments.

I was deeply impressed by the depth and poignant nature of this ecumenical work. This wonderful book embraces, lovingly, the essential truths of prayer and meditation found within all religions and also outside of religious traditions. I was especially moved by the powerful quotes from Sufi Sage

Bawa Muhaiyaddeen, a towering giant among Masters of Wisdom. Both Green and Barks are to be congratulated for their uncompromising clarity and depth. Whether you believe in a particular religious path, God, Allah, Buddha, Jesus, Krishna, the Tao is not at issue here. The core of the material presented concerns the everlasting benefits of prayer regardless of one's religious leanings. Prayer ultimately guides one to that 'open space' where all religions, all truths merge into One. I cannot say enough about the exalted content of this gem!

This is an incredible witness and gift...inviting me through movement, word, sight, and heart to the Creative One. Open to the Beauty, Peace, and Light reflected within its pages....!The movements and words of the Prayer are lovingly outlined, explained and shown in a manner accessible to seekers. Heart wisdom of the ages is evident within the choices of poetry and teachings of such servants as Mevlana and Bawa. Additionally, the contemporary artistic expression and design further intimates the timelessness of a prayerful response to the Divine Mystery. This selection offers a worthy remembrance and gift to others taking their next steps along a spiritual path, be it shahada, bayat, or re-affirmation. It points to one's direct experience of the Divine.

This is a beautiful book, beautifully illustrated and written. Each time I pick it up it is a feast for the mind and spirit. It is all encompassing and will appeal to people from any background.

I have read quite a number of books on Sufism. This is the best and most beautiful introduction among all. It covers both Islam and its innermost meaning, the Sufi way: its mystic nondual devotional realization. It deserves 10 stars. Is not only introductory and easy to read, but also deeply profound and universal. It really goes beyond any kind of narrowness that it's so easy to associate with Islam or with any religious establishment in general. La illaha il Allahu. There's only God. And this book is a wonderful portal to that truth.

I love this book. I found it in a book store and decided to buy it on to get a cheaper price. It is a beautiful, simple and extremely enjoyable guide to prayer. It has thoughtful and touching images on every single page, and guides you through the steps of prayer in the Muslim or Sufi way. I feel this prayer practice is appropriate for all faiths, however. Performing this prayer, in the right way, meaning with the intention to reach God, leads to stable calm and sustainable peace throughout your day. The practice is not too strenuous, though it does require effort and mindfulness, which makes it worth all the more. Highly recommended!

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