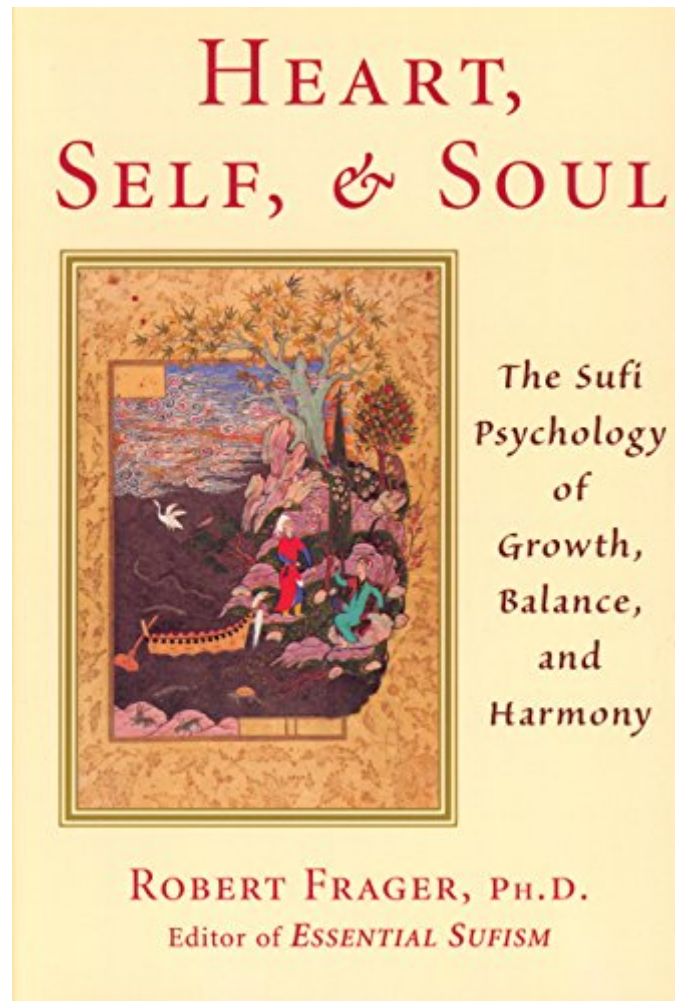


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# Heart, Self, And Soul: The Sufi Psychology Of Growth, Balance, And Harmony



## Synopsis

Heart, Self, and Soul is the first book by a Western psychologist to explore the rich spiritual tradition of Sufism as a path for personal growth. Western psychotherapy aims largely to help us eliminate neurotic traits formed in childhood and adapt to society. In contrast, the Sufi goal is ultimately spiritual: Yes, we need to transform our negativity and be effective in the world; but beyond that, we need to reach a state of harmony with the Divine. Full of stories, poetry, meditations, journaling exercises, and colorful everyday examples, this book will open the heart, nourish the self, and quicken the soul.

## Book Information

File Size: 2546 KB

Print Length: 269 pages

Publisher: Quest Books; 1 edition (September 20, 2013)

Publication Date: September 20, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00SKF0W28

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #878,259 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #130

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Islam > Sufism #269 inÂ Kindle Store

> Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Philosophy #596

inÂ Books > Religion & Spirituality > Islam > Sufism

## Customer Reviews

When one thinks of Sufism in the West, most often it is related to Rumi, or it is a very general apprehension of Sufism in a starkness that fails to convey it's heart and reality. This book is, as of yet still not very well known, but it will soon be very well known- because Robert Frager expounds the teaching, and psychology of Sufism in the most complete manner that has ever been done in the West. He is a scholar, but he is also a Sufi Shaykh, in the lineage al-Jerrahi al-Halveti. Shaykh Frager has had incredible, and powerful teachers in Shaykh Muzafer Ozak, and Shaykh Tosun

Bayrak. This book contains the essence of what Shaykh Frager has been teaching over the years. It is all here, finally put down in book, and is fantastic. The language of the book is intuitive, clear, and precise. It draws one to examine the one's self. The teachings on the nafs and the lower self are very serious and important. This is a path of Love in action. It teaches of the Eye of the Heart, or Intellect of the Heart as the reigning wisdom that subdues all ignorance, and obscuration of being-It shows you how. The spirit of true prayer is also conveyed by this book. It is a rich treasure that once ingested will remain in the soul for the rest of one's life. This book will prove to be very hard to improve on. All praise to Allah!

Sheikh Muzaffer must have been a good Guru for initiating this author into sufism. Dr. Frager's understanding and contribution to sufism is valuable. His writing is easy to understand and practice [though page 173-174 is acceptable for those who are not yet Muslim; Muslim should refer to more valid instruction and guide]. What he shared at times touches my heart. Sufism/tasawwuf, or the spiritual component of Islam is the beautiful aspect of Islam; the right path to God as long as practiced according or within the syariah, the physical component. Dr. Frager, being a clinical psychologist was able to show how sufism could be incorporated into healing. This aspect of healing should be within the capacity of all muslim doctors. This book is suitable for lay person as well as specialist in medical or psychological field. It should be a must for psychiatrists in training, who probably have been exposed only to Freudian or neoFreudian thinking.

I love reading this book and recommended to group studies as well. It is easy to understand and full of short sufi tales. This book describes essence of Islam which revolve around betterment of self, purification and progression of soul. Islam inspire evolution of soul. This path of evolution is called sufism in modern term. Wonderful book for those who are interested in spiritual quest. Exploring connection between spirituality and psychology. It is also a good book for comparative study between western and eastern psychology. Stories of sufis convey deep understanding of Islamic views as well. One can learn a lot through this kind of exploration about ego. Positive and negative effect of ego on our soul. Application of concepts help one progress towards spiritual growth and purification. Help one understand human nature, own self, soul and distinguish between healthy qualities and egoistic destructive qualities hidden in every human being. How we should overcome these negative tendencies hidden in us. First step is recognition of negativity within us through meditation. Second step is Transformation of negative, destructive self thus cultivating positive qualities that leads to evolution of one self.

This book counters the assumption that if God cannot be proven from empirical data, there can be no God. Robert Frager shows that if one follows the thought of Ibn Arabi, one can readily affirm the unity of reality in God, and that the empirical world whole and entire is one with God as a set of manifestations of God. The objects and events of our lived experience and our very selves can be named with the "ninety nine most beautiful names." This turns the rationalism of Western thought on its head centering knowing in the heart not the brain. When knowing is understood as a constant process rather than a set of abstractions called "knowledge", the heart leads reason and uses reason as a support to attention and compassion with the natural world and human community. I am not an Islamic scholar, and the debates among scholars about Ibn Arabi are unknown to me, so I cannot say much about them, but this book has awakened me to the possibility of a world in God, rather than below God. It is moderately challenging to read, but its attempts to connect Ibn Arabi's teachings to the contemporary world are worth the effort.

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