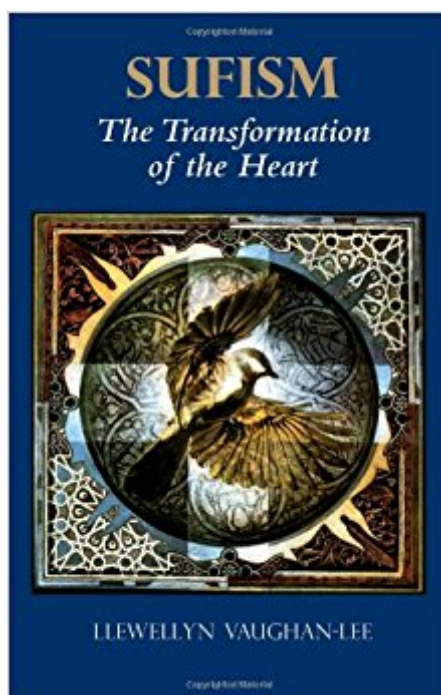


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Sufism: The Transformation Of The Heart



Synopsis

Sufism, the Transformation of the Heart gives a clear and accessible outline of Sufism: its basic principles, historical background, and recent development in the West. While exploring the spiritual and psychological processes of transformation, this book offers practical guidelines to help the seeker. Sufism, the Transformation of the Heart is a valuable introduction to a dynamic spiritual path that is attracting growing interest in the West.

Book Information

Paperback: 224 pages

Publisher: The Golden Sufi Center; second printing 1997 edition (June 1, 1995)

Language: English

ISBN-10: 0963457446

ISBN-13: 978-0963457448

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 43 customer reviews

Best Sellers Rank: #183,548 in Books (See Top 100 in Books) #44 in [Books > Religion & Spirituality > Islam > Sufism](#) #114 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#) #511 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#)

Customer Reviews

Vaughan-Lee's book is a contribution to the expanding (and already extensive) body of works synthesizing Sufism with Jungian psychology. It has the virtue of a straightforward and accessible introduction to Sufism as a practice of Islam. Its syncretic approach is consistent with Sufi and Jungian traditions and will no doubt prove appealing to a large audience of eclectic seekers after spiritual fulfillment. The tone is more devotional than didactic, but that, too, is consistent with Sufism, which has most often directed its appeal to the heart more than to the head. Steve Schroeder

Llewellyn Vaughan-Lee is a Sufi teacher specializing in the area of dreamwork.

I am a reader, it has always been a hobby for me and I love the feel of a book in my hand and owning a copy of the book. I read to know that I am not alone and this was one book that taught me a whole lot...We are more alike than different. The book gives a history of the Islam belief and the Muslim true culture. It also tells us that we are looking for the same thing...Love...Love for God, Love

for others, and Love for self. Reading this book gave me hope for my belief...We Are One...One In God.

I bought this book after watching an interview of the author on Oprah since I had wanted to learn more about Sufism and Rumi for a long time. Although during the interview Llewellyn was very impressive, this book is not. I was reluctant to write an unfavorable review, so I went ahead and read the book the second time, did a lot of research on the internet and watched Llewellyn's almost an hour long video called "We Are All One: Full Interview with Llewellyn Vaugh-Lee" and his interview with Oprah on the internet before writing the review. According to the book's definition, "Sufi is a name given to a band of mystics who are lovers of God". The goal in Sufism or a Sufi is to become one with God by mediating and chanting (dhikr). Some of the concepts are similar to other spiritual teachings such as "Divinity of humans" (Holy Spirit or God living in every human like Unity teachings), "The real reason of unhappiness or feelings of unfulfillment is the result of separation from God" ("A Course in Miracles"), "Living in the world but not of it" (Bible) and "Living in the presence of God every moment" (Marianne Williamson's writings). After finishing it, I was terribly disappointed by the book which is terribly dry, abstract and repetitious. ("The mind and the ego can never grasp an experience of total unity in which there is no distinction between observer and observed, but the heart's experience of His unity is reflected into our ordinary consciousness.") I learned more about Sufism from a three minute video of Jonathan Brown from Georgetown University, a video clip of a documentary about Sufism by PBS on the internet and Rumi's official website maintained by his descendants (Mevlana Rumi), than reading this book. (Mevlana Rumi's website also has a list of recommended books in English. If you click on each book's web link, it takes to .com, where you can buy the books.) However, my major disappointment about this book was the dedication of one third of the book, fifty pages, to Carl Jung and his dream work while briefly mentioning Rumi, two pages, the first person comes to mind in many circles talking about Sufism. (Since I did a lot of reading about Jung years ago, I did not buy this book to learn about Jung but Sufism) Not to mention, there was no coverage of Omar Khayyam or Al-Ghazali "whose influences extended beyond Muslim lands and Western philosophers and theologians" according to my internet research. In this age of separation, alienation and strife, we need more enlightened spiritual teachers like Llewellyn and his message of universal love and unity. ("God is all there is, everything is God's expression of Himself and God is love."/ "Whatsoever you turn, there is the face of God") One can't help but admire his command of the English language when he talks, brilliance, level of spiritual enlightenment, and dedication of spreading the message of universal love (Sufism)

to masses. I wish he would write the way he talks because if readers, who don't know much about the subject matter unlike him, don't understand the book, the message is not going to reach the target audience. (I highly recommend watching his an hour long video called "We Are All One" on the internet to really appreciate him.)

For years I had no true understanding of the term "heart" other than in the context of a blood pump and/or some elusive indescribable motion. Between "Sufism: The Transformation of the Heart" and "The Knowing Heart: A Sufi Path of Transformation" by Kabir Helminski, I now have a much more meaningful understanding of this profound word, "heart". I could not find such work within the framework of Christianity, but these two books have satisfied my quest.

I saw this author on Oprah's Super Soul Sunday about a month ago. When Llewellyn Vaughn-Lee shared that there are at least 99 words for God, but the Sufi's say "Beloved," my heart opened and I felt transformed. All the other words for God did not resonate with me...too remote or not meaningful, just words. "Beloved" was the key for me, I felt it in my heart and tears sprung to my eyes. The gentleness in this man made me want more. I immediately downloaded Sufism: The Transformation of the Heart on my Kindle. At the same time I ordered the paperback from as well. The book is well written, gentle in nature, and on my bedside table. I whole heartedly recommend it.

Little hard to understand. Should have started with earlier edition.

I got goose bumps repeatedly while reading this book. Love just pours from this book as you read it. You smile because you feel so good absorbing the words. I bought this book because I wanted to know more about Sufism. I'm so glad I did. This book stays on my night stand so I can refer to for inspiration on a regular basis. Thank you Llewellyn Vaughan-Lee for sharing such beautiful writing with all of us!

I couldn't help but have my heart wide open and full of love and appreciation as I read this book. I loved it. If you haven't explored the path of the heart through Sufism, you have missed a beautiful path to your spirit.

Nice book! I had to ignore the proper names (there are so many) and just focus on the great beliefs and values in this book. I did send it to a friend because I like it so much.

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