

The
SPIRITUAL PRACTICES
of
RUMI



Radical Techniques
for Beholding the Divine

WILL JOHNSON

The Spiritual Practices Of Rumi Radical Techniques For Beholding The Divine

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The Spiritual Practices Of Rumi Radical Techniques For Beholding The Divine:

The Spiritual Practices of Rumi Will Johnson, 2007-08-13 The secret Rumi found in beholding the Divine in his sacred relationship with Shams i Tabriz Shows how in 1244 Sufi poet and mystic Jalaluddin Rumi was first brought to a state of ecstatic union with the cosmos and all its creatures Reveals the radical spiritual practice Rumi formulated in his private retreat with the mendicant seeker Shams i Tabriz Uses the poetry and prose of Rumi to explain how to come face to face with the Divine One of the most extraordinary events in the history of Sufism occurred in 1244 when the Sufi poet and mystic Jalaluddin Rumi met a wandering seeker named Shams i Tabriz Upon meeting the two men immediately went into private retreat together emerging ninety days later in a transformed condition In *The Spiritual Practices of Rumi* Will Johnson reveals the radical spiritual practice that transpired between Rumi and Shams To put it simply they sat and gazed into each other's eyes Because the eyes are portals to the soul their sustained gazing formed the basis of a devotional practice that opened the doors to a profoundly ecstatic state of divine union Johnson draws on the poetry and prose of Rumi to unfold his story He also explains how one may embark on the practice of intentional gazing to experience the state of ecstatic divine union shared by Rumi and Shams so many centuries ago

Spiritual Practices of Rumi Will Johnson, 2007 *Rumi's Four Essential Practices* Will Johnson, 2010-01-19 Poems and commentary that open the door for a new generation to experience the ecstatic and embodied spiritual truths contained in Rumi's poetry Reveals how the four practices of eating lightly breathing deeply moving freely and gazing intently can invoke the divinity within us all Explains how these practices dissolve the self's need for identity so that we may experience a state of transcendent ecstasy and union with the divine Takes Rumi's path to finding God from theoretical to embodied practices The great thirteenth century Sufi mystic and poet Jalaluddin Rumi began his life as an orthodox Islamic believer but felt that to fully experience complete union with the divine he must abandon institutionalized religion and its prescribed forms of worship Surrendering his will to his overriding urge for a much more immediate intuitive and compelling union with the divine he found that by manipulating certain behavioral aspects of his physiology eating lightly breathing deeply moving freely and gazing raptly he was capable of loosening the rigid confines of the self thereby overriding its limitations and achieving a transcendent merging with his own divinity His message is simple if you wish to affect the spirit you must first make changes in the way your body responds to the world Through clearly written commentary interspersed with Rumi's beautiful poems this book details these four practices in a very precise way As such it is a sweet and open invitation to follow the examples set forth in order to embark upon one's own path of inner illumination The freshness of Rumi's poetry dissolves the 700 years that separate his life from our own time making his message as pertinent today as when he walked the streets of Konya Anatolia present day Turkey reciting his inspiring verse This book allows us through Rumi's gentle guidance to touch the face of God that resides deep within us all

Embracing the Divine Feminine , 2014-10-07 More than ancient erotic love poetry this celebration of the human

relationship with Wisdom can be a companion for your own spiritual journey The Song of Songs is the Hebrew Bible's deeply erotic poem of love sexual yearning and consummation Holding it sacred yet troubled by its thinly veiled eroticism Jews and Christians for millennia have read the Song of Songs as an allegory of God's love for Israel the classic Jewish understanding or Jesus's love for his Church the classic Christian understanding This fresh translation restores the Song's eroticism and interprets it as a celebration of the love between the Divine Feminine and the contemporary spiritual seeker Scholar and award winning teacher Rami Shapiro renders this ancient love song as Lady Wisdom offering seekers physical and spiritual intimacy with her so that they might awaken to and participate wisely in the unity of God woman man and nature His intriguing facing page commentary provides historical religious and spiritual insights from Christian and Jewish wisdom traditions as well as clear comparisons to other translations Now you can understand the poetry beauty genius and mystery of the Song of Songs with no previous knowledge of the Hebrew Bible or wisdom literature Compelling in its novelty and accessible in its presentation this version of the Song of Songs will beckon you more deeply into Jewish Christian sacred texts while offering you wisdom teachings and practices rooted in but not limited to religion *The Rubais of Rumi* ,2007-07-17

The first English translation of the rubais of Rumi Presents 233 of the most evocative of Rumi's 1 700 rubais Shows that the mystical embrace is the way to directly experience the Divine Rumi is well known for the over 44 000 verses that appear in a 23 volume collection called the Divan i Kebir Yet Rumi also composed 1 700 rubais short aphorisms and observations whose depth and message belie their brevity The form of rubais first became well known through the 11th century collection The Rubaiyat of Omar Khayyam But unlike Khayyam who like most poets would sit and carefully craft each word Rumi would compose and speak his poems through the spontaneous language of poetry that poured from his lips as he traveled the streets of Konya Anatolia present day Turkey Very few of Rumi's rubais have been translated into any of the languages of the contemporary Western world Now Nevit O Ergin the translator of the complete Divan i Kebir and Will Johnson present here 233 of the most evocative of Rumi's 1 700 rubais Rumi's poetry expresses profound and complex truths in beautiful yet simple language He reveals that by going deep into the interior of our heart and soul we can arrive at a place in which we once again merge and connect with the divine This mystical quest Rumi contends is the birthright of us all Anything less than a complete dissolving into the world of divine union will not provide the satisfaction and peace that we all seek The simple yet profound spiritual truths and visions contained in The Rubais of Rumi lead the way to the path of reconnection to the direct energies of God **The Sufi Path of Annihilation** Nevit O. Ergin,2014-04-04 An exploration of the profound Sufi practice of Itlak Yolu Examines the three main facets of this practice zikr or breathing exercises fasting and mental suffering Shares new Sufi parables the sayings of Sufi master Hasan Lutfi Shushud and Rumi's philosophy on annihilation of the Self Reveals how once the Self is annihilated higher levels of perception are reached In this exploration of the profound spiritual practice of Itlak Yolu the Sufi path of annihilation Nevit Ergin examines the three main facets of this path zikr or breathing

exercises fasting and mental suffering Sharing experiences and discussions with Hasan Lutfi Shushud renowned Sufi saint and final guide of Gurdjieff's disciple J G Bennett the author illustrates how suffering the searing fire of contrition is the most effective instrument of spiritual progress for it is suffering that burns the Self He explains how faithful practice of zikr and fasting will bring on this kind of suffering when the student is ready and will make the suffering tolerable He shows how once the Self is annihilated higher levels of perception take hold and one finds oneself on the path to sainthood and immortality Interwoven throughout with sayings by Shushud Sufi parables and poems by Rumi Ergin shares the unique Itlak perspective on the major questions of every seeker the true nature of love and religion life and death and other major spiritual questions The book also includes an essay on annihilation and absence in Rumi's philosophy and biographical portraits of Hasan Lutfi Shushud by other aspirants who met with him Luminous Life Jacob Israel Liberman, 2018-01-22 Let Light Guide Your Life The most important things in life are our health and happiness Yet most of us are neither healthy nor happy We have been led to believe that if we think ahead and make the right choices we can manifest our dreams Yet despite our best efforts we still have more disease and discontent than ever before Is it possible that our essential ideas about life are flawed We are all aware of the impact of sunlight on a plant's growth and development But few of us realize that a plant actually sees where light is emanating from and positions itself to be in optimal alignment with it This phenomenon however is not just occurring in the plant kingdom humans are also fundamentally directed by light In Luminous Life Dr Jacob Israel Liberman integrates scientific research clinical practice and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health contentment and a life filled with purpose Breathing through the Whole Body Will Johnson, 2012-01-25 Explores the Buddha's own words on breathing meditation for healing wholeness and a deeper understanding of his teachings Explains the complete series of steps in the Buddha's Satipatthana Sutta for refining awareness of the breath from posture and center of gravity to extending breath awareness beyond the nostrils lungs and abdomen to the entire body Shows that stillness in meditation refers only to the mind not to the body Reveals breath to be a direct agent of healing for chronic tensions and an agitated mind Explaining how stillness in meditation refers not to a rigid and frozen body but to a quality of mind Will Johnson examines the Buddha's own words at the core of the Satipatthana Sutta As you breathe in breathe in through the whole body as you breathe out breathe out through the whole body an instruction often overlooked in the majority of Buddhist schools Exploring the Buddha's complete series of steps for deepening awareness of the breath he shows how to invite natural responsive movement back into the posture of meditation by extending breath awareness beyond the nostrils lungs and abdomen to the entire body a practice that unifies the breath body and mind into a single shared phenomenon Showing how the flow of breath is directly affected by chronic tensions in the body and in the mind Johnson explains that when breath starts flowing through more and more of the body it becomes a direct agent of healing massaging and melting any areas of tension it touches and moves through whether physical or

emotional By breathing through the whole body in accordance with the Buddha's instructions on breath the body becomes much more comfortable the mind starts resolving its addiction to thinking and meditative practice deepens much more rapidly allowing the teachings of the Buddha to be directly glimpsed and revealed

Re-discovering Age(ing) Núria Casado-Gual, Emma Domínguez Rué, Maricel Oró-Piqueras, 2019-06-13 Since Mentor Telemachus advisor in Homer's Odyssey gave name to the figure of the wise teacher fictional representations of mentoring have permeated classic and contemporary cultural texts of different literary genres such as fiction poetry and life writing The contributions of this volume explore wisdom in old age through a series of narratives of mentorship which either from a critical or a personal perspective undermine ageist views of later life

Eyes Wide Open Will Johnson, 2016-04-11 Meditation practices to awaken the body and create a mind like a mirror to literally see things as they are Draws on the story of the monk Shenxiu to create a meditation practice for profound relaxation inclusion and connection to the world around us and realization of our essential nature Explains how our attitudes beliefs and bodily tensions distort our perceptions and lead to our sense of separation from the world outside our bodies Details techniques of vision such as sky gazing eye gazing and mirror gazing that lead to an ecstatic mindfulness Right behind your eyes you are there You can feel yourself there looking So intimate is your connection with your looking that when you say I'm looking you're implying that how you look and what you see are a direct reflection of who you are in this moment Your attitudes and beliefs reflect what you see and the way you live in your body can color your perceptions as well This splitting in two of experience an inside the body world and an outside the body world creates in many of us a sense of isolation and loneliness a feeling of disconnection from the larger world at which we look But the visual field is equally capable of reflecting a sense of connection and inclusion an invitation to merge with the larger universe rather than confirming how irrevocably separated we are Drawing on the story of the seventh century Chinese monk Shenxiu Will Johnson offers meditation exercises to create a mind like a mirror cleansing it of obscuring layers of worry and emotion to literally see things as they are not just how we perceive them to be He explains how to awaken your body to the sensations we learn to ignore when we lose ourselves in thought and tense ourselves in ways that stifle the body's vibrancy He offers meditative techniques to silence the projections of the mind and enter into a condition of ecstatic mindfulness He details gazing practices such as sky gazing eye gazing and mirror gazing to cleanse our vision and remove whatever is distorting our perceptions Through this new kind of seeing divisions between your inner and outer world start to drop away You begin to experience an intimate connectivity to the world you look out onto By cleansing the mirror of the mind we can come out of the dreams of who we think we are and awaken into our true essential nature

Posthuman Spiritualities in Contemporary Performance Silvia Battista, 2018-06-19 This book provides an interpretative analysis of the notion of spirituality through the lens of contemporary performance and posthuman theories The book examines five performance artworks The Artist is Present 2010 by Marina Abramovi The Deer Shelter Skyscape 2007 by James Turrell CAT 1998 by

Ansuman Biswas Journey to the Lower World by Marcus Coates 2004 and the work with pollen by Wolfgang Laib Through the analysis of these works the notion of spirituality is grounded in materiality and embodiment allowing the conceptual juxtaposition of spirit and matter to introduce the paradoxical as the guiding thread of the narrative of the book Here the human is interrogated and negotiated with within a plurality of other living organisms intangible existences and micro and macrocosmic ecologies Silence meditation shamanic journeys reciprocal gazing restraint and contemplation are analyzed as technologies used to manipulate perception and adventure into the multilayered condition of matter Tales of a Modern Sufi Nevit O. Ergin, 2009-02-12 A collection of modern Sufi tales by renowned Rumi translator and Sufi initiate Nevit Ergin Contains 24 deceptively simple stories that invoke questioning and awareness By the renowned English translator of Rumi's complete Divan i Kebir Sufi stories have traditionally been a means of opening a portal that allows us to advance from our basic perceptions into states of extraordinary awareness This collection of deceptively simple stories by renowned Rumi translator and Sufi Nevit Ergin has the ability to remove readers' complacent sense of self and identity and to expand their ordinary awareness of reality from every possible direction In his stories the primrose path we travel suddenly turns into a trickster's hall of mirrors where we learn that we are not children of Adam and Eve so much as children of our perceptions The protagonists and antagonists of these stories are constantly morphing and exchanging places They exist in a world where individuals are stalked by a cricket that is an invisible monster with the face of a demon confront the ambiguous burden of ridding oneself of one's own corpse and discover the invisible fence of reality existing in the layers of a discarded piece of art The symbols in these stories are booby traps designed to release the mind from the sense of its own importance and awaken the realization that if you refuse to be born you cannot die Blind faith the author says has proved itself incapable of producing wisdom tolerance or world peace This is because the answers to humanity's problems lie beyond our ordinary perception and require love and ecstasy to be made visible Our thirst for wisdom and understanding must go to the fountain of universal truth These stories provide water from that fountain **Living on the Other Side** Lisa M. Hess, 2025-05-15 Living on the Other Side recounts and aims to redress the unspoken largely unconscious abandonment of the Feminine in ecclesial and academic settings through an economic trinity of voices a feminist with a forgiveness problem a conscious feminine theologian serving in academic and ecclesial environments unconsciously hostile to the Feminine and a preacher's wife coming to voice about the realities of congregational Christianity held redemptively in covenantal love Fruit of decades in theological education these pages demonstrate the necessity of sacred bewilderment for deepening spiritual maturity the purposes of rage becoming holy when able to acknowledge its limitation and an unexpected freedom that arises when forgiveness finds us in faith renewed in the Body of Humanity Current and prospective students in theology and religion seasoned pastors and willing congregations will find a compelling narrative and theological sense making of one woman's life in the Spirit disrupted so to become regrounded in a renewed and renewing trinitarianism arising out of historic Christian

traditions **Sex and the Intelligence of the Heart** Julie McIntyre, 2012-04-26 Explores how Nature underlies sexuality and intimacy Examines how to regain intimacy in our relationships in a way that embraces our hidden wild nature and restores the sacred to our lives Provides sacred sex and intimacy building practices for partners and exercises to reconnect with the intuitive intelligence of the heart remove our emotional armor and cultivate a deeper relationship with the Earth Shows how by healing our relationship with Nature and our sexuality we move toward healing the whole planet Nature is having sex all the time that s one of the reasons we feel so alive when we are immersed in it Sexuality is essential to the sensation of Nature in your own body of connecting to the piece of Earth closest to you your own flesh and bones Many a couple has been overcome by passion while walking in the woods or on the beach many a soul has found solace or epiphany in Nature Living in accordance with Nature depends on you being your true whole self a sexual sensual erotic fully alive human being Exploring the territory of intimacy sacred sex and emotional healing as a journey to wholeness Julie McIntyre examines the sacred relationship between sexuality and the Earth and reveals how to create deep lasting intimacy with your lover by recapturing the wild spontaneous natural sexuality that is your birthright Detailing the process of moving from your head to the secret garden of your heart she provides exercises to heal your psyche of old emotional trauma reconnect with the intuitive intelligence of the heart and cultivate a deeper relationship with the Earth in order to trust yourself and become vulnerable and open with your lover and thus truly intimate She shows how there is a direct relationship between our beliefs and values about sex and intimacy and our beliefs and values about the environment and the Earth She reveals how by healing our separation from Nature and our sexuality we can bring the sacred back into our lives shape our own ecstatic sexual experiences and move toward healing the whole planet **Reality Is All The God There Is** Avatar Adi Da Samraj, 2008-09-02 Contemporary renderings of the dharma of the great sages of Advaita Vedanta and Buddhism from the Realized Spiritual Master Avatar Adi Da Samraj Includes transmissions of wisdom teachings of the great sages Gotama Sakyamuni Nagarjuna Shankara and Ribhu Presents classic texts of spiritual realization from the perspective of a Realized Teacher Provides insight into the ultimate realization possible when dualistic consciousness has been transcended In this book Avatar Adi Da Samraj offers his unique renderings of the dharma of the great sages of Advaita Vedanta and Buddhism including Gotama Sakyamuni Nagarjuna Shankara and Ribhu Rather than simply translate their teachings from available source texts Avatar Adi Da himself a Realized Master speaks them as one who has personally realized their truth revealing that the Buddhist Nirvana and the Advaitic Brahman point to the same transcendental condition Avatar Adi Da s transmissions restore to these texts the profound communication intended by the spiritual masters who created them The ego nurtures the illusion of separation an illusion that cannot be removed by the ego s own efforts It is only the spiritual master who makes possible the realization of egoless consciousness The great sages proclaimed a state of spiritual realization that exceeded both worldly dualism and mystical seeking They had awakened to a reality that spoke of abiding in

a state of consciousness only Avatar Adi Da brings these remarkable declarations back to life and then concludes with his own unique description of a realization that transcends even these extraordinary utterances the realization of Reality As It Is free of all forms of the ego's search

Peacock Angel Peter Lamborn Wilson, 2022-03-08 Explains how the Yezidis worship Melek Ta'us the Peacock Angel an enigmatic figure often identified as the devil or Satan yet who has been redeemed by God to rule a world of beauty and spiritual realization Examines Yezidi antinomian doctrines of opposition their cosmogony their magical lore and taboos the role of angels ritual and symbology and how the Yezidi faith relates to other occult traditions such as alchemy Presents the first English translation of the poetry of Caliph Yazid ibn Mu'awiya venerated by the Yezidis as Sultan Ezi The Yezidis are an ancient people who live in the mountainous regions on the borders of Turkey Syria Iraq and Iran This secretive culture worships Melek Ta'us the Peacock Angel an enigmatic figure often identified as the devil or Satan hence the sect is known as devil worshippers and has long been persecuted Presenting a study of the interior esoteric dimensions of Yezidism Peter Lamborn Wilson examines the sect's antinomian doctrines of opposition its magical lore and taboos and its relation to other occult traditions such as alchemy He explains how the historical founder of this sect was a Sufi of Umayyad descent Sheik Adi ibn Musafir who settled in this remote region around 1111 AD and found a pre-Islamic sect already settled there Sheik Adi was so influenced by the original sect that he departed from orthodox Islam and by the 15th century the sect was known to worship the Peacock Angel Melek Ta'us with all its Satanic connotations Revealing the spiritual flowering that occurs in an oral culture the author examines Yezidi cosmogony how they are descended from the androgynous Adam before Eve was created as well as the role of angels ritual alchemy symbology and color in Yezidi religion He also presents the first English translation of the poetry of Caliph Yazid ibn Mu'awiya venerated by the Yezidis as Sultan Ezi Showing the Yezidi sect to be a syncretic faith of pre-Islamic Zoroastrian Christian Pagan Sufi and other influences Wilson reveals how these worshippers of the Peacock Angel do indeed worship the Devil but the devil is not evil God has redeemed him and he rules a world of beauty and spiritual realization

The Way of the Lover Ross Heaven, 2007 Drawing on the great love poet Jalaluddin Rumi's writings Sufi teachings and shamanic techniques Ross Heaven presents an utterly unique spiritual guidebook to love and relationships Llewellyn

Rumi, Gazing at the Beloved Will Johnson, 2003 In 1244 the Sufi poet Jallaludin Rumi met a wandering seeker named Shams-i Tabriz Upon meeting the two men immediately went into private retreat together and emerged 90 days later in a transformed condition Rumi's *Gazing at the Beloved* reveals the esoteric practice that Rumi and Shams were engaged in

Vida luminosa Jacob Israel Liberman, p. 1 margin 0 0px 0 0px 0 0px 0 0px font 13 0px Helvetica Jacob Liberman's oftalmologo y científico de la visión A raíz de una corrección espontánea y definitiva de su disfunción ocular se dedicó a investigar este campo llegando a conclusiones sorprendentes como que si bien miramos con los ojos no vemos con ellos La fuente del verdadero ver es la conexión entre La Luz la visión y la conciencia Y a continuación continué preguntándose Quién soy yo quién es el que verdaderamente ve Para Liberman La Luz es más que ondas y

partículas nos provee de conciencia La Luz no solo está ahí fuera y es algo que tenemos que encontrar para poder ver La Luz nos busca y nos guía de la misma manera en que busca y dirige el crecimiento de las plantas hacia ella Hay algo intrínsecamente vivo en ella Y por sorprendente que parezca La Luz no solo entra en nosotros a través de los ojos y la piel también emana de nosotros Dejándonos guiar por La Luz podemos llegar a ese estado elusivo que hemos dado en llamar Presencia Detrás del disfraz de brevedad y simplicidad hay perlas de verdades espirituales destiladas verdades que han de ser atesoradas compartidas y sobretodo vividas Eckhart Tolle autor de El poder del ahora Jacob Liberman es uno de mis profesores favoritos Louise Hay autora de Usted puede sanar su vida Vida Luminosa es una exploración de La Luz y la conciencia y nos ayuda a ver su impacto en todos los aspectos de nuestra humanidad Deepak Chopra autor de Tú eres el universo Radiance Gina Lake, 2012-03-30 It's possible to experience the mysterious truth that everything is an expression of the Divine by paying close attention to the many signs that reveal this great Mystery This free ebook Radiance points out these clues so that you can more easily recognize yourself as the Divine that which is creating and has created this you that you think you are and all that this you is experiencing Radiance shows you how to experience the Divine in the world in simple ways by being very present It was given to Gina Lake by her inner teacher

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The Spiritual Practices Of Rumi Radical Techniques For Beholding The Divine Introduction

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