



## The One-Minute Sufi

By Azim Jamal

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. We have all heard sayings such as, "Seek and you will find" and "Knock and you will enter." Many of us, however, ask the question, "Just how does one knock?" The ancient traditions and teachings of Sufism demonstrate the art of "knocking" that can lead to the "door" of ultimate realization of our true selves. The One-Minute Sufi provides short inspirational Sufi principles that are designed to be read in a minute and reflected on throughout the day as we go about our daily business. These principles can change the course of an entire day—and gradually, our destiny. Is a minute a day enough to change the course of our lives? With grace, spiritual enlightenment can happen in a fraction of a second. We need to be open and receptive to this blessing. The One-Minute Sufi uses down-to-earth stories and examples to guide readers through the practical realities of the Sufi approach to life and to help us become open and receptive to this grace. Printed Pages: 216.



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