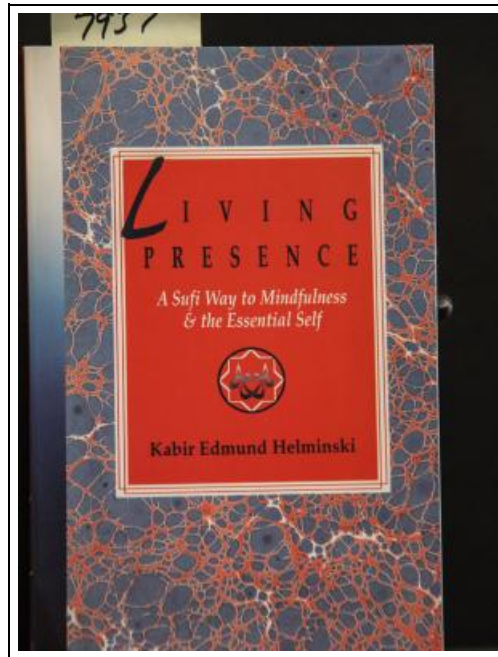


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TarcherPerigee, 1992. Soft cover. Condition: New. 1st Edition. 208 x 137 mm. Language: English . This is an excellent book that explains spiritual principles and how to carry them into everyday life . . . Highly recommended. Library Journal Sufism is a centuries-old spiritual psychology leading to presence in life. Presence is our capacity to be whole in the moment, in alignment with our deepest wisdom. With unusual clarity, this book describes how presence is different from ordinary habits of mind, and how it can be developed. Drawing on the words of the great Sufi, Rumi, as well as traditional material and personal experience, this book integrates the wisdom of Sufism with the needs of contemporary life. Living Presence offers a wisdom that is both universal and practical. It shows how we can bring spirituality and psychology into a balanced system that honors and awakens the soul. I am pleased to give Living Presence a high recommendation: It is sober, thoughtful, and well worth deep reflection. Helmski is concerned with out interactions with each other, with cultivating love and a desire to serve the Highest through serving each other . . . a valuable emphasis in a culture like ours that tends to think of spiritual development as special and solitary experiences. Noetic Sciences Review by Charles Tart, Ph.D.



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