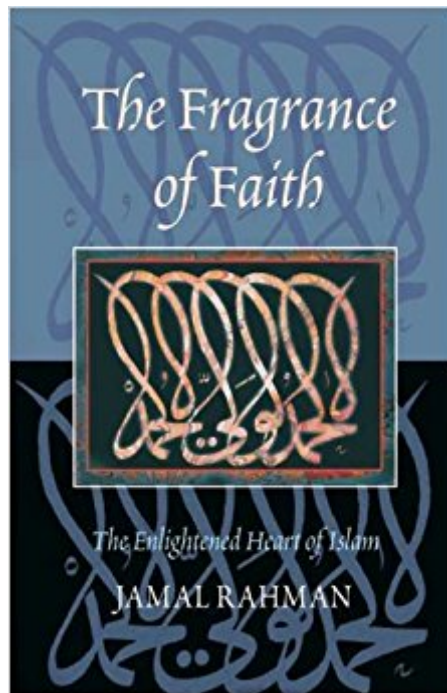




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# **The Fragrance Of Faith: The Enlightened Heart Of Islam**



## Synopsis

The essence of Islam is conveyed to spiritual students in this practical and heartwarming introduction to the religion and its practices. The ancient wisdom of the faith is lovingly passed down to readers from a distinguished lineage of teachers, including the author's own parents and grandparents. Each chapter features a series of thought-provoking questions and suggestions concerning Islamic spirituality along with a list of actions that will guide new believers in the simple spirituality of the faith while spreading compassion worldwide.

## Book Information

Paperback: 176 pages

Publisher: The Book Foundation; F First Paperback Edition Used edition (April 1, 2004)

Language: English

ISBN-10: 1904510086

ISBN-13: 978-1904510086

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 16 customer reviews

Best Sellers Rank: #100,736 in Books (See Top 100 in Books) #12 in Books > Religion & Spirituality > Islam > Rituals & Practice

## Customer Reviews

Rahman, a writer of Bangladeshi descent, expresses deep spiritual themes in this primer, the first book to be published by the Book Foundation of California. Most of Rahman's insight comes from the teachings of his paternal grandfather, Maulana Hedayatullah, who was a spiritual teacher and healer in Northern Bengal. These teachings were passed down to Rahman by his late parents, who added lessons of their own. The real core of the book is Rahman's persistent enthusiasm for developing individual spirituality within the context of Islam. Although some of his spiritual guidance is too abstract to be meaningful to most, he helpfully ends most chapters with a list of "practices" for the reader. Some contain constructive suggestions, such as examining one's actions at the end of each day, making a list of those people one has lied to and allowing oneself to experience new feelings. The two sections of the book—the first describing "Three Principles of Islam" and the second on the Five Pillars of Islam—contain short chapters, making for an easy read. Rahman cites Islamic fables (which many Muslim readers will pleasantly recall) to express a point or Islamic value, including the delightful misdeeds of the fictional Mullah Nasruddin, Islam's great

comic foil. Numerous inspirational quotations from the Qur'an, the Prophet Muhammad and Sufi poets, particularly Rumi, provide foundation for the spiritual striving Rahman espouses. He succeeds in sharing "something of the fragrance of Islam," affectionately introducing a religion based on a vigorous inner journey. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

This book reveals the inner Islam that has been passed down through the generations. Jamal is a link in this chain, passing along the message, just as he received it from his grandfather, a village wiseman in Bangladesh. We need reminders of this "enlightened heart of Islam" in our lives, our homes, and our schools. In Jamal Rahman's book Islam is alive and well. (Imam Feisal Abdul Rauf, author of *Islam: A Sacred Law and What's Right with Islam*.) This heartfelt book is perfect for the classroom, whether in a Muslim context, or outside of it. It conveys a tradition of compassion and humor passed through one family that represents the best Islam has to offer. And Mr. Rahman is highly entertaining. (Michael Wolfe, author of *The Hadj: An American's Pilgrimage to Mecca*) Jamal Rahman conveys the Soul of Islam from a great lineage of teachers, including his own grandparents and parents. Here is an authentic spiritual guide presenting a spacious feast for both mind and heart, with specific ways to translate that teaching through compassionate action in the world. This is an important book for our time and for all times. (Rabbi Ted Falcon, Ph.D., author of *A Journey of Awakening: Meditations on the Tree of Life* and co-author of *Judaism for Dummies*, Rabbi of Bet Alef Meditative Synagogue in Seattle) A priceless book! You cannot read *The Fragrance of Faith* and not be equally inspired by its eminently practical spirituality, its deeply-felt devotion, its awesome humility, and its heartfelt humanity. (Brother Wayne Teasdale, author of *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* and *A Monk in the World*) In simple and eloquent words, this book captures the heart and spirit of Islam. I have not had the pleasure of reading a more lovely and wise introduction to this faith, nor, for that matter to the wonders and beauty of our relationship to the sacred, whatever one's religious path. A true spiritual treasure! (David Spangler, author of *Blessing: the Art and the Practice and Apprenticed to Spirit*) *The Fragrance of Faith* radiates clarity, wisdom, and a rich experience of life. You will not find a better introduction to both the depth and humor of this great tradition, as well as practical suggestions to make its insights your own. (Dr. Neil Douglas-Klotz, co-chair of the Mysticism Group of the American Academy of Religion and author of *Desert Wisdom* and *The Hidden Gospel*)

Excellent book, account of major aspects of Islam from the Sufi perspective, which shows how the

core of Islam is compassionate and wise, and that Muhammad was a true gift to humanity - totally unlike the extremist "Islam" which has taken the faith of Muhammad and twisted it into a violent, narrow-minded set of dogmas and extreme practices. Muhammad predicted that some of his followers would distort his message, and he spoke truth. This book returns to the true Islam, a sweet flower of spiritual life. Jamal Rahman's book shows why his is able to stand with Christians and Jews (like his Interfaith Amigo associates) to reach for the core of love, life, oneness and compassion at the root of these three religions, which have gifts for all people. If you want to see what is really at the core of Islam, read this book. By the way, I am not a Muslim, but a spiritual seeker who does not follow any one religion.

I can't tell you how many people I have gifted this book to. It is simply a beautiful introduction to Islam as it is meant to be practiced. Actually, it helps us see how any faith is meant to be practiced...in the real world, in everyday life, with an emphasis on fundamental human values such as gratitude, humility, patience, and compassion. It takes an honest look at what gets in the way of our practicing what we preach....our fears, patterns, excuses and attachments. This book will open your heart to Islam and help you see that it is truly a religion of compassion and surrender to God.

This is the most delightful book I ever read. In every way, it spoke to me. It's funny, thoughtful, profound, and it opened my heart like nothing I've read before. After reading it, I prayed the messages would stay with me forever and comfort and guide me through the rest of my life. That's saying a lot, I realize. I bought this book because I was curious about Islam--why do those people want to kill us? Maybe if 'those people' read this book there would be peace in the world. This is the most amazing book in every way. From the writing style to the stories used to deliver the messages, I feel fortunate to have come across this simple little book.

I found this book simply by chance. I was buying some other books, and was searching through the recommended products links and saw it. I don't even think it was on the first page of recommendations, probably the second or third. Yet, something made me click on buy, and I'm so glad I did. I'd never heard of the author before. Yet his book is filled with such wisdom. His grandfather was a well-respected Bangladeshi teacher, and from him and his parents comes a lot of the wisdom in this book. Each chapter contains usually a teaching story (often a Mullah Nasruddin/Goha story), the author's comments/lesson, as well as practical daily exercises to implement. The tone and teaching throughout is of God's absolute love and compassion. Reading a

short chapter has become part of my daily spiritual practice. Typically I read some Qur'an, a bit of Rumi, and something from this book. My only complaint? Way too short. I was left wanting more. Highly highly recommended for Muslims, both born and reverts, as well as anybody interested in spirituality or sufism.

Amazing book! Thankful I ordered it and even more thankful I read it! Very informative and enlightening! A keeper for my library!

This is a book meant to be read and reread, savored, and it's spiritual exercises internalized. I would like to offer my most heartfelt thanks to Jamal Rahman for this work. It is deeply spiritual, yet light and humorous at the same time. I am unable to adequately explain to the few friends who are curious to know why, at this stage in my life I have converted to Islam as a basis for my interest in and practices of Sufism. This is the book I intend to give them. I lent it to my daughter and she asked to keep it; I will need a few more copies.

One of the best spiritual books I have ever read. Well written. Full of interesting and enlightened knowledge. Want to live by the suggestions for action it suggested. Am already rereading it

Amazing book! I would recommend it to anybody who is looking for the truth in Life. It is so simple, yet profound. You will have the answer to many questions there.

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