



Living Presence: A Sufi Way to Mindfulness & the Essential Self

Kabir Edmund Helminski

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Sufism is a centuries-old spiritual psychology. Drawing on the words of the great Sufi poet Rumi, as well as traditional material and personal experience, this book integrates the wisdom of Sufism with the needs of contemporary life. LIVING PRESENCE shows how we can bring spirituality and psychology into a balanced system that honors and awakens the soul.

Living Presence: A Sufi Way to Mindfulness & the Essential Self Details

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From Reader Review Living Presence: A Sufi Way to Mindfulness & the Essential Self for online ebook

Vanessa Gemignani says

This book has deepened my spiritual beliefs and practices on so many levels. In some ways, it seems to me to be the sequel to Eckhart Tolle's "The Power of Now." But instead of platitudes, it is filled with honest, deep connections and truths of living authentically through the Spirit of the Present. Highly recommended.

Gala Asis says

The content of the book is more about universal truths than it is about who-said-what. It's an inspiring read for any religious background.

Sue says

The Living Presence, by Kabir Edmund Helminski, is a novel about spiritual psychology (Sufism) leading to presence in life. It integrates the wisdom of Sufism with the needs of everyday life. Living Presence offers wisdom that is both universal and practical. When we bring spirituality and psychology together, it can awaken the soul.

Kabir shares his experiences and knowledge with some sources of traditional wisdom.

This is a very enlightening novel, and makes you reflect on your life.

Karin says

I carry this with me nearly constantly these days. No matter how much I get out of it, there is always more the next time I open the pages.

Winifred says

This was the first book The Presence Group of St. Stephen's EC, Houston read back when we began in 2004 and 2005. It is a small book, but very, very dense in the sense that there are many layers of meaning to absorb. Believe it or not we read it three times in succession, simply because we wanted to and in a way needed to. The discussions on the book spiraled as we re-read it and discussed it again.

Over the years our group has read other books on the theme of 'living in the presence of God' and every time there have been aspects that cause us to recall Living Presence.

It is an extraordinary book that introduces the reader to Sufism. A companion book by Lynn Bauman, Living the Presence is a help as a study guide.

Alex Bigney says

i read this book 10+ years ago and have reread it many times since--underlined, made marginal notes, re-underlined, added notes. this book has been a real catalyst in my life. it is difficult to write about without doing injustice to the author. helminski writes about being, awareness, mindfulness in such a simple and pure way. just thinking about it makes me want to take it out today and begin reading it over again. i think i will.

Tony Rocco says

Immersing myself in another book on Sufism, this time by a modern American master, Kabir Edmund Helminski. We shall see what lies in store for an irreligious sort like myself.

Cindy says

This book can help anyone learn how to soak up those precious moments that come and quickly go each day. It helps you take an ordinary day, and turn it into something magical just by beginning to appreciate those simple things around you that God gave us all.

Carol says

Looking through my local library's selection of downloadable spiritual e-books, I stumbled upon this title and decided to give it a try (it is the 25th anniversary edition). The book is based on the Sufi path and most of the chapters begin with a quote from the Sufi mystic poet Rumi.

I found lots of parallels between Sufism, Buddhism and Christianity. Kabir Helminski writes frequently about being present in the moment, endeavoring to be more selfless, and striving to alleviate the suffering of others.

There are many great quotes that I could pull from the book, but here are some that spoke to me:

“What we choose to give our attention to we energize.”

“We can bring quality into the details of life if we remember to be and act with precision.”

“I didn’t need to give up all desires and thoughts; I needed to free myself from my identification with them, and then I would be in contact with the higher capacities that these identifications obscured.”

“...we foolishly expect outer life to be perfect and ourselves to be perpetually undisturbed...the freedom, relaxation, and peace we are to find is not outer, but inner.”

"We can be thankful for our faults, for they can keep us humble and aware of our dependence on a higher

Reality."

If what you're looking for is step-by-step meditation instruction, you might want to look elsewhere, but if you're looking to reach beyond the typical authors on mindfulness, I highly recommend this book

Fusun Dulger charles says

The first book on the Journey to becoming a Mevlevi, a Dervish or simply a good Human Being.

Katrina says

Overall, I enjoyed the book, although it didn't give me the full introduction to Sufi Islam that I was hoping for. It left me with more questions than answers. Helminski does include one chapter at the end that describes a little bit of the history of Sufism, and differentiates between two groups of Sufis:

"On the one hand, there are those who would say that no true Sufism can exist without the appreciation and practice of the principles of Islam. On the other, some groups more or less ignore the Islamic roots of Sufism and take their teaching from farther downstream, from Sufis who may or may not have had contact with specifically Islamic teachings." (172)

It wasn't really clear to me in which group Helminski would place himself, though he does write that, in his opinion, "an appreciation and understanding of the Qur'an the sayings of Muhammad, and historical Sufism is invaluable to the wayfarer on the Sufi path," (172) and he does include a number of verses of the Qur'an throughout the book—albeit outnumbered by quotes from Rumi's poetry.

The book did confirm my initial impressions about Sufi Islam, that it is focused on love and compassion. It reminded me quite a bit of Buddhism and recently popular approaches to spirituality, such as the approach documented in the movie *What the Bleep Do We Know?*

One thing I've wondered about Sufi Islam is whether it offers a more progressive treatment of women than mainstream Islam does/has. This book didn't answer that question for me. Most of its message can be applicable to both men and women, though I was a little annoyed that most of the author's anecdotes had to do with himself or other men, especially his male teachers. There was one important exception, though, when the author calls us to transcend our lower selves in search of the higher self that comes through (and/or leads to) closeness to Allah. However, he writes, "women who have been taught to deny their own needs in favor of their families or in deference to men will be sensitive to the suggestion that they should look beyond their personal needs and desires, or that service is the natural expression of the soul." (48) This struck me as pretty insightful, and it reminds me of discussions I've heard about (feminist) women struggling with the Islamic concept of "submission," associating it with subjugation to men.

Finally, I enjoyed the author's descriptions of Salaat (ritualized Islamic prayer) and meditation and the similarities between the two.

Fusun Dulger charles says

Grande obra para la gente de hablar Esapanol que quieres descubrir a Rumi o que aman a Rumi. Una traduccion excelente.
