



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.

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