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In the first step, "On Disciplining the Soul," which cites copious anecdotes from the Islamic scriptures and biographies of the saints, Ghazali explains how to acquire good character traits, and goes on to describe how the sickness of the heart may be cured. In the second part, "Breaking the Two Desires," he focusses on the question of gluttony ...

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Al-Ghazali on Disciplining the Soul and Breaking the Two Desires - ISBN: 0946621438 Author: Al-Ghazali/T.J. Winter Publisher: Islamic Texts Society (UK) Pages: 224 Binding: Paperback Description from the publisher: The spiritual life in Islam begins with riyadat al-naafs, the inner warfare against the ego.

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The title of this book is Al-Ghazali on Disciplining the Soul and on Breaking the Two Desires and it was written by Abu Hamid Muhammad al-Ghazali, T. J. Winter (Translator). This particular edition is in a Paperback format. This books publish date is Aug 01, 2017 and it has a suggested retail price of \$35.95.

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0946621438 - Disciplining the Soul and Breaking the Two ...

Al-Ghazali on Disciplining the Soul and on Breaking the Two Desires by Abu Hamid al-Ghazali The spiritual life in Islam begins with riyadat al-naafs, the inner warfare against the ego. Distracted and polluted by worldliness, the lower self has a tendency to drag the human creature down into arrogance and vice.

The spiritual life in Islam begins with riyadat al-naafs, the inner warfare against the ego. Distracted and polluted by worldliness, the lower self has a tendency to drag the human creature down into arrogance and vice. Only by a powerful effort of will can the sincere worshipper achieve the purity of soul which enables him to attain God's proximity. This translation of two chapters from The Revival of the Religious Sciences (Ihya' 'Ulum al-Din) details the sophisticated spiritual techniques adopted by classical Islam. In the first step, On Disciplining the Soul, which cites copious anecdotes from the Islamic scriptures and biographies of the saints, Ghazali explains how to acquire good character traits, and goes on to describe how the sickness of the heart may be cured. In the second part, Breaking the Two Desires, he focusses on the question of gluttony and sexual desire, concluding, in the words of the Prophet, that 'the best of all matters is the middle way'. The translator has added an introduction and notes which explore Ghazali's ability to make use of Greek as well as Islamic ethics. The work will prove of special interest to those interested in Sufi mysticism, comparative ethics, and the question of sexuality in Islam.

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In this brilliant work, the most influential philosopher since Sartre suggests that such vaunted reforms as the abolition of torture and the emergence of the modern penitentiary have merely shifted the focus of punishment from the prisoner's body to his soul.

In this groundbreaking book, parenting expert and acclaimed author of the bestselling book *Simplicity Parenting* Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and inevitable challenging times: * The Governor, who is comfortably and firmly in charge--setting limits and making decisions for the early years up to around the age of eight * The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account * The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in common sense, *The Soul of Discipline* gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids. Advance praise for *The Soul of Discipline* "The Soul of Discipline offers practical tools for helping parents implement discipline that's respectful and effective, but the book is so much more. Kim John Payne offers a framework to guide parents in making decisions about why, when, and how to hold tighter reins as we build skills in our children, and why, when, and how to loosen the reins as we scaffold freedom."--Tina Payne Bryson, Ph.D., co-author of *No-Drama Discipline* "This book gets deep inside the challenge of getting along with children and teens and thinks deeply about what they need from us to become strong and self-managing. It elevates discipline to what it should be--a caring process of helping kids orient to the world and live in it happily and well."--Steve Biddulph, author of *The New Manhood* "Kim Payne provides a useful model for choosing our parenting stance--Governor, Gardener, or Guide--depending on the situation. Most powerfully, Payne begins with the radical view that children are not disobedient but rather disoriented. The upshot of this shift in perspective is that discipline is about helping children orient themselves effectively, not about controlling or chastising."--Lawrence J. Cohen, Ph.D., author of *Playful Parenting*

Every breath we take is taking us closer to death. The time we spend in this world is short, the time we are held in our graves is long, and the punishment for following our lowly desires is calamitous. Know that all the facets of mankind's disposition are for their benefit - either directly such as the desire for food, or indirectly by preventing harm, such as the capacity for anger. However, when these natural impulses are not moderated it culminates in harm. If the desire for food is excessive it leads to gluttony.

Marvels of the Heart is a classic Sufi manual on the 'science of the heart.' For Sufis, the heart is more than a physical organ, it is the seat of the soul, which holds the key to the intimate relationship that exists between the body and spirit. Each heart, according to traditional wisdom accumulated over centuries of spiritual practice, possesses four qualities: predatory, animal, demonic, and angelic. The latter represents one's true origin and potential, and through the proper use of the intellect and by engaging in spiritual practices, one can restore equilibrium to his inner core. As the Qur'an says: By the remembrance of God do hearts find peace. Abu Hamid al-Ghazali (d. 1111) was the leading jurist, theologian, and mystic of premodern Islam, and remains its truest advocate in modern times. As a teacher of Sufi initiates he recorded these practical teachings in his four-volume compendium of spiritual knowledge, the *Thya' ulum al-din* (*The Revival of the Religious Sciences*), from which the present work---Book 21---is taken. Imam al-Ghazali uses a series of traditional Sufi teachings and stories to illustrate the theme of the heart as a mirror. The light of the divine can only shine in the heart when the seeker recalls the Prophet's teaching that "everything has a polish, and the polish of hearts is the remembrance of God." Base character traits that accumulate when the true nature of the heart is neglected are like "a smoke that clouds the heart's mirror"; rust corrodes the hearts of all but those who polish them by the remembrance of God. Hearts thus illuminated lead one to success in this life and eternal salvation in the next. Originally translated for a PhD thesis in 1938 as "The Religious Psychology of al-Ghazzali," for years this translation was only available to researchers and cognoscenti. Fons Vitae is proud to offer the complete text to the general public and specialists alike.

"This is the first complete English translation of the Book of Love, Longing, Intimacy and Contentment, the thirty-sixth chapter of Abu Hamid al-Ghazali's monumental *Revival of the Religious Sciences* ... The Book of Love ... is of fundamental importance in the history of Islamic thought and in the development of Sufism."--Back cover.

The 38th chapter of the *Revival of the Religious Sciences*, this treatise follows on from Al-Ghazali on Intention, Sincerity & Truthfulness. Here, Ghazali focuses on the different stations of steadfastness in religion (*murabaha*), vigilance and self-examination being its cornerstones. As in all his writings, Ghazali bases his arguments on the Qur'an, the example of the

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Prophet, and the sayings of numerous scholars and Sufis. As relevant today as it was in the 11th century, this discourse will be of interest to anyone concerned with ethics and moral philosophy.

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