



# **Practical Sufism: A Guide to the Spiritual Path Based on the Teachings of Pir Vilayat Inayat Khan**

*Phillip Gowins*

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# Practical Sufism: A Guide to the Spiritual Path Based on the Teachings of Pir Vilayat Inayat Khan

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## **Practical Sufism: A Guide to the Spiritual Path Based on the Teachings of Pir Vilayat Inayat Khan**

Phillip Gowins

This wise, funny, and compassionate book follows Gowins apprenticeship with Pir Vilayat Inayat Khan, spiritual leader of the Sufi Order International. Until now, Pir Vilayat's order has not had a strong, accessible introduction. This book not only provides that service but is more down-to-earth than most books on Sufism. It also has the advantage of being universalistic. "The Sufi Way is not a religion or a component of a religion but the heart of all religions and spiritualities," Gowins says. Because it is non-dogmatic and offers no catechisms or creeds, its teachers are essential. Gowins emerges as a superb teacher, offering a user-friendly guide to the Sufi Way that is at once valuable to any seeker entering any spiritual path. Gowins is quick to emphasize that Sufism is not the only path or even the right path for everyone. His approach is full of engaging stories and specific practices that could be helpful in many circumstances. Readers will benefit from his gentle Sufi teachings of love, tolerance, unity, and consciousness, no matter what their chosen path.

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