



# The Spiritual Practices of Rumi: Radical Techniques for Beholding the Divine

*Will Johnson*



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The secret Rumi found in beholding the Divine in his sacred relationship with Shams-i-Tabriz

- Shows how, in 1244, Sufi poet and mystic Jalaluddin Rumi was first brought to a state of ecstatic union with the cosmos and all its creatures
- Reveals the radical spiritual practice Rumi formulated in his private retreat with the mendicant seeker Shams-i-Tabriz
- Uses the poetry and prose of Rumi to explain how to come face-to-face with the Divine

One of the most extraordinary events in the history of Sufism occurred in 1244 when the Sufi poet and mystic Jalaluddin Rumi met a wandering seeker named Shams-i-Tabriz. Upon meeting, the two men immediately went into private retreat together, emerging ninety days later in a transformed condition.

In *The Spiritual Practices of Rumi*, Will Johnson reveals the radical spiritual practice that transpired between Rumi and Shams. To put it simply, they sat and gazed into each other's eyes. Because the eyes are portals to the soul, their sustained gazing formed the basis of a devotional practice that opened the doors to a profoundly ecstatic state of divine union. Johnson draws on the poetry and prose of Rumi to unfold his story. He also explains how one may embark on the practice of intentional gazing to experience the state of ecstatic divine union shared by Rumi and Shams so many centuries ago.



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