



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

By Kabir Edmund Helminski

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**Living Presence: A Sufi Way to Mindfulness & the Essential Self** By Kabir Edmund Helminski

"This is an excellent book that explains spiritual principles and how to carry them into everyday life . . . Highly recommended."—*Library Journal*

Sufism is a centuries-old spiritual psychology leading to presence in life. Presence is our capacity to be whole in the moment, in alignment with our deepest wisdom. With unusual clarity, this book describes how presence is different from ordinary habits of mind, and how it can be developed. Drawing on the words of the great Sufi, Rumi, as well as traditional material and personal experience, this book integrates the wisdom of Sufism with the needs of contemporary life. *Living Presence* offers a wisdom that is both universal and practical. It shows how we can bring spirituality and psychology into a balanced system that honors and awakens the soul.

"I am pleased to give *Living Presence* a high recommendation: It is sober, thoughtful, and well worth deep reflection. Helminski is concerned with our interactions with each other, with cultivating love and a desire to serve the Highest through serving each other . . . a valuable emphasis in a culture like ours that tends to think of spiritual development as special and solitary experiences."—*Noetic Sciences Review* by Charles Tart, Ph.D.

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### **Editorial Review**

From Library Journal

This is an excellent book that explains spiritual principles and how to carry them into everyday life. Helminski, publisher of Threshold Books in Vermont, uses language that is simple, straightforward, and down to earth, yet profound. While the author's viewpoint is Sufi and Islamic, the principles presented are universal, and few cultural overlays intrude on the text, making it accessible to Westerners. Presence is used to mean God or the all-pervading divine, and Essential Self for that part of us that connects most directly with the divine. Each chapter opens with a quotation, many from various Mathnawi of Rumi, which are used as sacred texts by the Sufis. Self-observation, remembering the divine in every moment, and dealing from the heart at all times are the means to becoming fully human. Highly recommended for spiritual, religion, and New Age collections.

- Marilyn E. Schafer, *Canadian Memorial Chiropractic Coll., Toronto*

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