



# The Healing Power of Sufi Meditation

*as-Sayyid, Nurjan Mirahmadi, Hedieh Mirahmadi*

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For those who have reached a level of understanding of the illusory nature of the world around us and seek to discern the reality that lies behind it, Sufi meditation - muraqabah - is the doorway through which we can pass from this realm of delusion into the realm of realities. Through meditation the seeker has a means to return to his or her perfected original self. Muraqabah is the fastest and most direct method for advancing in spiritual degrees. It is in fact a migration from one's self to God. Through meditation higher states of consciousness are attained, and the connection to the seeker's true inner self is established, built-up and maintained, providing the practitioner with a lifeline to the Divine Presence. This book presents the spiritual background behind the practice of meditation, then takes the reader step-by-step, through the basics of spiritual connection based on the ancient teachings of the Naqshbandi Sufi masters of Central Asia.

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