



## How To Train Your Soul

By Adam Yahaya Abdul Rahaman

AUTHORHOUSE, United States, 2010. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book consists of six sections in the following order: \* Our Spiritual Life \* Knowing the Soul \* Moods of the Soul \* Soul Combat \* Secrets of the Soul \* Wonders of the Soul. The author distributes the curriculum in this book into twenty studies, consisting of fifty five numbered lessons, including the questions and exercises presented at the end of each unit. He reminds our spiritual scholars not to employ the instructional method of dictating spiritual knowledge to their students. They should instead turn their faces to individual study of the signs and facts of natural horizon, so that they can perceive the mystical core of these natural phenomena and its citation. Students in our societies are of pressing need for practical spiritual experience. There is no doubt, the eminent writer has made a lot of effort at ensuring that this book helps to achieve the ultimate goal of our spiritual education.



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