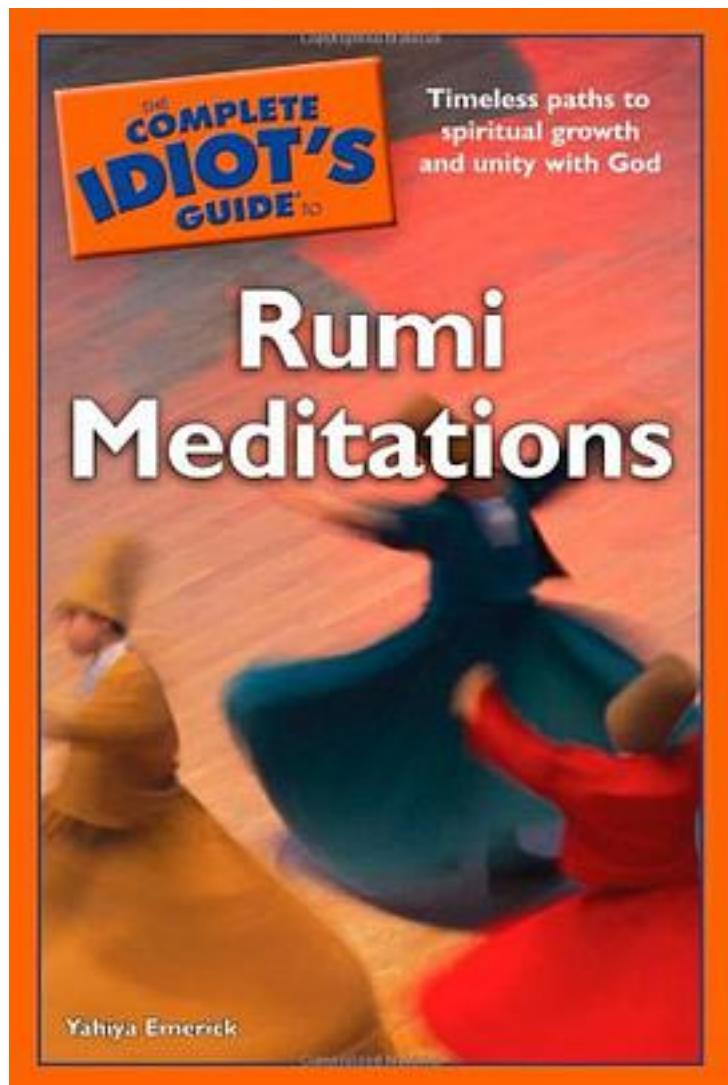


The Complete Idiot's Guide to Rumi Meditations



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Discover moving meditation with one of today's top-selling poets.

Rumi was a 13th-century Sufi theologian and poet who spoke of love, unity with God, and spiritual growth. Rumi and his followers, known as the Whirling Dervishes, employed music, poetry, and dance to become closer to God. This guide brings the unique practice of moving meditation to American readers, offering more than 40 meditations based on Rumi's poems.

- Includes a timeline of Rumi's life, a glossary, and resources for further exploration

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