

the gift poems by hafiz

The Gift Poems by Hafiz: Exploring the Timeless Wisdom and Beauty

the gift poems by hafiz have long captivated readers around the world, inviting them into a realm of profound spirituality, love, and mysticism. Hafiz, the 14th-century Persian poet, is renowned for his lyrical mastery and his ability to express complex emotions with elegant simplicity. His gift poems, in particular, stand out as treasures that offer insight, comfort, and inspiration across cultures and centuries.

In this article, we'll delve deep into the world of Hafiz's gift poems, uncovering their themes, significance, and why they continue to resonate so deeply in modern times. Whether you're a poetry lover, a seeker of wisdom, or simply curious about this celebrated poet's work, this exploration will provide a rich understanding of Hafiz's poetic gifts.

Understanding the Gift Poems by Hafiz

Hafiz's poetry often revolves around themes of love, divine beauty, and spiritual awakening. The gift poems are a subset of his writings that metaphorically present poetry itself as a gift—one that can heal, enlighten, and transform the reader. These poems frequently use imagery of nature, wine, and the beloved to convey messages that transcend the literal, inviting readers into a deeper contemplation of life's mysteries.

What makes Hafiz's gift poems unique is their blend of joy and reverence. Unlike some mystic poetry that can feel austere, Hafiz's verses are celebratory, often encouraging us to embrace life's pleasures alongside its spiritual truths. This approach makes his gift poems approachable and uplifting, a reason why they have been translated and cherished worldwide.

The Spiritual and Cultural Context

To truly appreciate the gift poems by Hafiz, it helps to understand the Sufi context from which they arise. Sufism emphasizes the inner, mystical path to God, often expressed through poetry and music. Hafiz's work embodies this tradition, using the metaphor of love—not only romantic but divine—to describe the soul's journey toward union with the beloved.

In Persian culture, poetry has long been considered a sacred art form, a vehicle for expressing the ineffable. Hafiz's poetry, including his gift poems, fits beautifully into this tradition, offering readers a glimpse into the spiritual and cultural fabric of 14th-century Persia while remaining timeless in its appeal.

The Themes Explored in the Gift Poems by Hafiz

One of the reasons the gift poems by Hafiz remain so relevant is their exploration of universal themes. Let's look at some of the major motifs that run through these poems:

Love as a Transformative Force

At the heart of Hafiz's gift poems is the idea that love—whether human or divine—is the ultimate gift. Love has the power to break down barriers, to heal wounds, and to open the soul to new possibilities. Hafiz's poetry encourages readers to welcome love's gifts with open arms, recognizing that through love, one can experience true freedom.

Joy and Celebration of Life

Unlike some spiritual poetry that may emphasize asceticism, Hafiz's gift poems celebrate the joy found

in everyday life—the taste of wine, the beauty of a rose, the company of friends. These poems remind us that spiritual enlightenment does not require renouncing the world but embracing it fully, savoring its gifts as manifestations of the divine.

Hope and Renewal

Many gift poems by Hafiz speak to the resilience of the human spirit. They offer hope that no matter how difficult life may seem, renewal and joy are always possible. This is especially comforting for readers facing personal challenges, as Hafiz's words serve as a gentle reminder that darkness is temporary, and light is always near.

Why the Gift Poems by Hafiz Still Matter Today

In a fast-paced world often marked by stress and uncertainty, the gift poems by Hafiz offer a pause—a chance to reconnect with what truly matters. Their timeless wisdom speaks to people from all walks of life, transcending cultural and linguistic boundaries.

Accessible Spirituality

One key reason Hafiz's gift poems continue to be beloved is their accessibility. They are neither dogmatic nor obscure, but rather inviting and joyous. This openness makes them ideal for anyone seeking spirituality outside rigid frameworks, appealing to seekers, poets, and casual readers alike.

Inspiration for Writers and Artists

Beyond their spiritual value, Hafiz's gift poems have inspired countless writers, musicians, and artists.

The lyrical beauty and profound insights spark creativity, encouraging others to explore themes of love, beauty, and transformation in their own work.

Practical Wisdom for Daily Life

Hafiz's poetry often contains practical life lessons wrapped in metaphor. For example, embracing impermanence, welcoming change, and finding beauty in the ordinary are recurring messages that readers can apply in their own lives. The gift poems encourage mindfulness and gratitude, virtues that promote well-being and inner peace.

Exploring Notable Gift Poems by Hafiz

While Hafiz's entire oeuvre is vast, several gift poems stand out for their particular beauty and depth. Here are a few examples that illustrate his poetic genius:

- **"Even After All This Time"**: This poem celebrates the enduring power of love, emphasizing that love's flame never truly dies.
- **"The Sun Never Says"**: A metaphorical gift poem about selfless giving, comparing the sun's constant light to unconditional love.
- **"I Wish I Could Show You"**: This poem invites readers to see the divine beauty hidden in everyday life, a gift only poetry can reveal.

Each of these poems encapsulates elements of Hafiz's gift poems—joy, love, and spiritual insight—offering readers a window into his timeless message.

Tips for Reading and Appreciating the Gift Poems by Hafiz

If you're new to Hafiz or looking to deepen your connection with his gift poems, here are some suggestions to enhance your experience:

1. **Read Slowly and Reflectively:** Hafiz's poems are layered with meaning. Take time to savor each line, allowing the imagery and emotions to sink in.
2. **Explore Multiple Translations:** Since Hafiz wrote in Persian, different translators bring unique nuances to his work. Comparing translations can deepen your understanding.
3. **Listen to Recitations:** Hafiz's poetry was meant to be heard. Listening to spoken-word versions can bring the rhythm and musicality alive.
4. **Journal Your Reactions:** After reading, jot down your thoughts or feelings. This can help you internalize the poems' messages and discover personal insights.
5. **Share with Others:** Discussing Hafiz's gift poems with friends or in poetry groups can open up new perspectives and enrich your appreciation.

The Enduring Legacy of Hafiz's Gift Poems

Centuries after Hafiz penned his verses, his gift poems remain a source of light and inspiration. Their ability to speak across time and place highlights the universal human longing for love, meaning, and connection. Whether encountered in quiet moments of solitude or shared in lively gatherings, these poems continue to offer profound gifts to all who engage with them.

In embracing the gift poems by Hafiz, readers don't just receive beautiful poetry—they receive an invitation to live more fully, love more deeply, and see the world through the eyes of a mystic who found joy in both the divine and the everyday. This remarkable blend of spirituality and celebration ensures that Hafiz's poetic gifts will be treasured for generations to come.

Frequently Asked Questions

Who was Hafiz and why are his gift poems significant?

Hafiz was a 14th-century Persian poet renowned for his lyrical poetry that explores themes of love, spirituality, and the divine. His gift poems are significant because they often convey profound wisdom and emotional depth, making them cherished gifts that inspire and uplift readers.

What themes are commonly found in Hafiz's gift poems?

Common themes in Hafiz's gift poems include love, mysticism, joy, the beauty of nature, divine connection, and the celebration of life. These themes reflect his Sufi beliefs and his emphasis on inner spiritual experience.

How can Hafiz's gift poems be used in modern times?

Hafiz's gift poems can be used as meaningful presents for loved ones, included in greeting cards, or shared in moments of reflection and inspiration. They are often quoted for their timeless wisdom and can provide comfort, motivation, and spiritual insight in contemporary life.

What style of poetry does Hafiz use in his gift poems?

Hafiz primarily uses the ghazal form, a traditional Persian poetic style characterized by rhyming couplets and a refrain. His style is known for its lyrical beauty, metaphorical richness, and emotional intensity, making his gift poems both artistic and heartfelt.

Are Hafiz's gift poems translated into other languages?

Yes, Hafiz's poems, including his gift poems, have been widely translated into many languages, including English. Notable translators like Daniel Ladinsky have helped popularize his work globally, making his timeless messages accessible to a broad audience.

What makes Hafiz's gift poems relevant to readers today?

Hafiz's gift poems remain relevant because they address universal human experiences such as love, longing, and spiritual quest. Their poetic beauty and profound insights continue to resonate across cultures and eras, offering readers comfort, inspiration, and a deeper understanding of life.

Additional Resources

The Gift Poems by Hafiz: An Analytical Exploration of Mystical Verse

the gift poems by hafiz represent a profound segment of Persian literature, offering readers a glimpse into the spiritual and poetic brilliance of one of the most celebrated Sufi mystics. Hafiz, whose full name is Shams-ud-Din Muhammad Hafiz-e Shirazi, is renowned for his lyrical mastery and philosophical depth, and his gift poems encapsulate themes of divine love, human experience, and transcendence. This article delves into the nuances of these poems, examining their stylistic features, thematic richness, and enduring relevance in both literary and spiritual contexts.

Understanding the Gift Poems by Hafiz

The gift poems by Hafiz are a distinctive subset within his broader corpus of ghazals and lyric poetry. Unlike conventional poems intended solely for aesthetic pleasure or literary admiration, these poems function as offerings—gifts imbued with spiritual wisdom and emotional resonance. They often serve as tokens of affection, spiritual guidance, or reflections on the human condition, crafted with a deliberate intention to inspire and elevate.

Hafiz's poetry, including his gift poems, is characterized by a seamless blend of mysticism and earthly imagery. His verses frequently employ metaphors drawn from nature, wine, and love, conveying complex spiritual truths in accessible language. This duality allows the poems to operate on multiple levels, inviting interpretations that range from the secular to the sacred.

Thematic Elements in the Gift Poems by Hafiz

Central to the gift poems by Hafiz is the theme of divine love. Unlike Western notions of romantic love, Hafiz's depiction is deeply intertwined with Sufi spirituality, where love is a pathway to union with the Divine. The poems often portray love as both a joyous celebration and a transformative force that dissolves the ego.

Another recurring motif is the concept of generosity and abundance. The very nature of the poems as "gifts" underscores Hafiz's emphasis on spiritual generosity—offering one's heart, wisdom, and compassion freely. This generosity extends to the imagery of wine and feasting, symbols in Sufi poetry of joy and transcendence beyond worldly limitations.

Furthermore, the gift poems frequently address the tension between the material and the spiritual world. Hafiz invites readers to look beyond surface appearances and societal conventions, encouraging a direct experience of the sacred in everyday life.

Stylistic Features and Literary Devices

The gift poems by Hafiz showcase his mastery over traditional Persian poetic forms, especially the ghazal—a lyrical form consisting of rhyming couplets and a refrain. Hafiz's innovative use of meter and rhyme contributes to the melodic quality of his verses, making them memorable and suited for oral recitation.

Symbolism is a hallmark of these poems. The rose, nightingale, wine, and tavern serve as recurring

symbols that carry layers of meaning. For example, the rose often symbolizes divine beauty, while the nightingale represents the soul's longing.

Hafiz's language is both rich and accessible, blending simplicity with profound insight. His use of paradox and ambiguity invites readers to engage actively with the text, exploring multiple interpretations rather than settling on a singular meaning. This openness is a significant factor in the poems' timeless appeal.

The Cultural and Historical Context of Hafiz's Gift Poems

Understanding the gift poems by Hafiz requires situating them within the socio-political and religious milieu of 14th-century Persia. Hafiz lived during a period marked by political instability and religious orthodoxy, against which his poetry often posed subtle critiques.

His gift poems can be seen as acts of resistance and affirmation—resistance against rigid dogma and affirmation of love, tolerance, and spiritual freedom. This context enriches the interpretative possibilities of the poems, highlighting their role not only as literary works but also as vehicles of social commentary.

Moreover, Hafiz's influence extended well beyond his lifetime, shaping Persian culture and Sufi traditions. The gift poems remain integral to celebrations, rituals, and literary gatherings, emphasizing their enduring cultural significance.

Comparative Perspectives: Hafiz and Contemporary Poets

When compared to other poets of his era, Hafiz's gift poems stand out for their unique synthesis of mysticism and humanism. While contemporaries may have emphasized formal religious doctrine or courtly themes, Hafiz's approach is notably inclusive and personal.

For instance, compared to Rumi, another towering figure in Sufi poetry, Hafiz's gift poems often adopt a lighter, more playful tone, though no less profound. This tonal variation broadens the emotional and spiritual range accessible to readers, making his poems particularly resonant across diverse audiences.

Modern Relevance and Adaptations

In contemporary times, the gift poems by Hafiz have experienced a resurgence in popularity, especially in the West, where they are often embraced for their universal themes of love and spirituality.

Translations by scholars such as Daniel Ladinsky have introduced Hafiz's work to new audiences, though these adaptations sometimes spark debate regarding fidelity to the original texts.

The poems' adaptability to various art forms—including music, calligraphy, and visual arts—further attests to their versatility and ongoing cultural vitality. Many readers find in Hafiz's gift poems a source of solace and inspiration amid modern existential challenges.

- Accessibility: The poems speak to both spiritual seekers and general readers.
- Emotional depth: They balance joy and sorrow, reflecting the complexity of human experience.
- Philosophical insight: Offer reflections on life, death, and the nature of reality.

These qualities contribute to the gift poems' position not just as literary artifacts but as living expressions of human longing and transcendence.

Challenges in Interpreting the Gift Poems by Hafiz

Despite their beauty and depth, the gift poems by Hafiz present interpretative challenges. The poems' reliance on symbolism and cultural references from medieval Persia can obscure meaning for contemporary readers unfamiliar with the historical and religious background.

Moreover, the multiplicity of translations means that nuances of tone and meaning may be lost or altered. Scholars caution that some popular English renditions prioritize poetic fluidity over literal accuracy, which can lead to divergent readings.

Understanding the poems thus requires a careful balance between appreciating their artistic qualities and engaging with the cultural context in which they were created.

Features That Distinguish the Gift Poems

- **Intentionality:** Crafted as symbolic offerings, these poems often address specific individuals or spiritual concepts.
- **Interplay of Light and Darkness:** Use of contrasting imagery to represent knowledge and ignorance, love and separation.
- **Celebration of the Present:** Emphasis on living fully in the moment, a hallmark of Hafiz's poetic philosophy.

These features contribute to the distinctive voice of the gift poems within Hafiz's oeuvre and Persian literature as a whole.

The gift poems by Hafiz continue to captivate scholars, spiritual seekers, and poetry enthusiasts alike. Their intricate weaving of language, metaphor, and mystical insight offers a timeless invitation to engage with the mysteries of love and existence. As cultural artifacts and living texts, they embody a gift that transcends time, inspiring ongoing reflection and appreciation.

[The Gift Poems By Hafiz](#)

the gift poems by hafiz: *The Gift* Daniel Ladinsky, 1999-08-01 Daniel Ladinsky's 250 unforgettable lyrical poems are inspired by the cherished verse of Hafiz, one of the greatest Sufi poets of all time. More than any other Persian poet, Hafiz expanded the mystical, healing dimensions of poetry. Because his poems were often ecstatic love songs from God to his beloved world, many have called Hafiz the "Invisible Tongue." Daniel Ladinsky's poems are not translations in a literal sense. Rather than capture the form of a particular classical work, Ladinsky crafts poems that release the spirit of Hafiz based on his study of stories and poems attributed to the revered Persian writer. *The Gift* imparts the wonderful qualities of this master Sufi poet and spiritual teacher: encouragement, an audacious love that touches lives, profound knowledge, generosity, and a sweet, playful genius unparalleled in world literature.

the gift poems by hafiz: *A Year with Hafiz* Daniel Ladinsky, 2011-11-02 365 soul-nurturing poems from Daniel Ladinsky—one for each day of the year—inspired by the cherished verse of Persian lyric poet Hafiz. The poems of Hafiz are masterpieces of sacred poetry that nurture the heart, soul, and mind. Ladinsky's poems are not translations in a literal sense. Rather than capture the form of a particular classical work, Ladinsky crafts poems that release the spirit of Hafiz. With learned insight, Ladinsky explores the many emotions addressed in these verses. His renderings, presented here in 365 poignant poems—including a section based on the interpretations of Hafiz by Ralph Waldo Emerson—capture the compelling wisdom of one of the most revered Sufi poets. Intimate and often spiritual, these poems are beautifully sensuous, playful, wacky, and profound, and provide guidance for everyday life, as well as deep wisdom to savor through a lifetime.

the gift poems by hafiz: *I Heard God Laughing* Daniel Ladinsky, 2006-09-26 Daniel Ladinsky's unforgettable lyrical poems are inspired by the cherished verse of Hafiz, one of the greatest Sufi poets of all time. To Persians, the poems of Hafiz are not "classical literature" from a remote past but cherished wisdom from a dear and intimate friend that continues to be quoted in daily life. With uncanny insight, Hafiz captures the many forms and stages of love. His poetry outlines the stages of the mystic's "path of love"—a journey in which love dissolves personal boundaries and limitations to join larger processes of growth and transformation. Once again, Ladinsky reveals his talent for culling the essence of classic poetry for a modern audience. Ladinsky's poems are not translations in a literal sense. Rather than capture the form of a particular classical work, Ladinsky's aim is to craft poems that release the spirit of Hafiz.

the gift poems by hafiz: *The Subject Tonight Is Love* Daniel Ladinsky, 2003-01-28 Daniel Ladinsky's unforgettable lyrical poems are inspired by the cherished verse of Hafiz, one of the greatest Sufi poets of all time. Perhaps more than any other Persian poet, it is Hafiz who most fully accesses the mystical, healing dimensions of verse. Daniel Ladinsky's poems are not translations in a literal sense. Rather than capture the form of a particular classical poem, Ladinsky has made it his life's work to create modern interpretations inspired by the world's most profound spiritual poetry. Through Ladinsky's poems, Hafiz's voice comes alive across the centuries, singing his timeless message of love.

the gift poems by hafiz: Change Your Thoughts - Change Your Life Dr. Wayne W. Dyer, 2009-01-01 Five hundred years before the birth of Jesus, a God-realized being named Lao-tzu in ancient China dictated 81 verses, which are regarded by many as the ultimate commentary on the nature of our existence. The classic text of these 81 verses, called the Tao Te Ching or the Great Way, offers advice and guidance that is balanced, moral, spiritual, and always concerned with working for the good. In this book, Dr. Wayne W. Dyer has reviewed hundreds of translations of the Tao Te Ching and has written 81 distinct essays on how to apply the ancient wisdom of Lao-tzu to today's modern world. This work contains the entire 81 verses of the Tao, compiled from Wayne's researching of 12 of the most well-respected translations of text that have survived for more than 25 centuries. Each chapter is designed for actually living the Tao or the Great Way today. Some of the chapter titles are "Living with Flexibility," "Living Without Enemies," and "Living by Letting Go." Each of the 81 brief chapters focuses on living the Tao and concludes with a section called "Doing the Tao Now." Wayne spent one entire year reading, researching, and meditating on Lao-tzu's messages, practicing them each day and ultimately writing down these essays as he felt Lao-tzu wanted you to know them. This is a work to be read slowly, one essay a day. As Wayne says, "This is a book that will forever change the way you look at your life, and the result will be that you'll live in a new world aligned with nature. Writing this book changed me forever, too. I now live in accord with the natural world and feel the greatest sense of peace I've ever experienced. I'm so proud to present this interpretation of the Tao Te Ching, and offer the same opportunity for change that it has brought me."

the gift poems by hafiz: Ten Poems to Open Your Heart Roger Housden, 2007-12-18 Ten Poems to Open Your Heart is a book devoted to love: to the intimacy of personal love and lovemaking, to a loving compassion for others, and to the love that embraces both this world and the next. This new volume from Roger Housden features a few of the same poets as his extraordinarily moving Ten Poems to Change Your Life, such as Mary Oliver and Pablo Neruda, along with contributions from Sharon Olds, Wislawa Szymborska, Czeslaw Milosz, Denise Levertov, and others. Any one of the ten poems and, indeed, any one of Housden's reflections on them, can open, gladden, or pierce your heart. Through the voices of these ten inspiring poets, and through illustrations from his own life, Housden expresses the tenderness, beauty, joys, and sorrows of love, the presence of which, more than anything else, gives human existence its meaning. As Housden says in his eloquent introduction, "Great poetry happens when the mind is looking the other way and words fall from the sky to shape a moment that would normally be untranslatable. . . . When the heart opens, we forget ourselves and the world pours in: this world, and also the invisible world of meaning that sustains everything that was and ever shall be." From the Hardcover edition.

the gift poems by hafiz: My Soul Pages Janet Conner, 2015-03-15 First paperback edition! For anyone interested in exploring the full potential of deep soul writing, this companion journal to the popular Writing Down Your Soul (now in its third printing) offers encouragement, insights, and special instructions into the writing process that gets you out of conscious mind and into the theta brain wave state, where you can easily connect with your spiritual intelligence. When you follow the seven simple steps the author provides in the opening pages, you write with passion, honesty, and the intention of speaking with and listening to the voice within, you engage in a vibrant conversation with the wisdom that dwells just below your conscious awareness. This large format (7x9) journal incorporates material from the original book, as well as new that deep-soul writers love: mystical poetry and other soul-lifting quotations, and actual examples of the voice from both the author and other soul writers' pages. My Soul Pages also features Conner's seven steps of Spiritual Geography--her soul writing system to heal a broken heart. These seven critical spiritual tasks prepare you to live and love again in peace, harmony, and prosperity. This unique writing process connects Spirituality to Creativity.

the gift poems by hafiz: Gamemaster Jesikah Sundin, 2021-01-13 Spin the tales, Son of Eden. Weave them together. Make a reality all your own... Three years ago, Fillion Nichols was extracted from New Eden Township, poisoned, and arrested for sabotage. In three days, he'll return and

ascend as majority owner of the human experiment. New Eden proclaims that he's a man of magic--one who will save them from the evils of the Outside world. But, as the newly appointed Gamemaster, Fillion knows that the truth is far more terrifying than the nightmares plaguing his sleep. In order to live, something must die. While the biodome community buzzes with activity over the Son of Eden's return, Leaf Watson guards a dangerous secret. A secret that forces him to trade diplomacies of peace for declarations of war. Leaf's energy is redirected, however, when he fights to save the life of his unborn child. Chin lifted high, Willow Oak marches into the Outside to represent New Eden in her brother's stead. She longs to unleash her hurricane winds of justice upon the world that threatens her own. Yet when she sees the man who broke her heart, their combative grief endangers all. In different worlds coded by the same illusions of power, Fillion, Leaf, and Willow must battle ever shifting images and perceptions--a necessity if they are to reboot their generation and save the community they swore to protect. The future meets the past in this thrilling conclusion to The Biodome Chronicles, leaving behind a final question in the quest for truth. Are you ready to discover what is real?

the gift poems by hafiz: Embracing Rhythms of Work and Rest Ruth Haley Barton, 2022-10-11 For pastors and leaders, the possibility of living in balanced rhythms of work and rest feels elusive. Ruth Haley Barton offers hard-won wisdom regarding rhythms of Sabbath, grounds us in God's intentions in giving us the gift of sabbath, and provides practical steps for embedding Sabbath rhythms into our churches and organizations.

the gift poems by hafiz: Intimate Meanderings Morgan Zo-Callahan, 2009-08-07 What appeals to me intellectually and emotionally about your book is that reading these pieces together creates a very new context to hold the experience of life. Spirituality, what you call meditation, is the glue that holds all the parts together. I feel that all your contributors are committed to integrate the fragments of what knowledge and methods we have acquired with real life experience. John Lounibos, PhD Intimate Meanderings is an inspiring array of insight and bears witness to human life and our innate movement towards wholeness. Roshi Wendy Egyoku Nakao, Abbot ZCLA, Buddha Essence Temple This book is an amazing potpourri of wisdom. Intimate Meanderings should be required reading in every Jesuit tent. Dan Berrigan, S.J. Most memoirs are I-full. Morgan gives us a lot of We-full. Robert Blair Kaiser Intimate Meanderings shares the wisdom, inner-thoughts, and vast experiences of over twenty-five contributors who offer their inspiring reflections on meditation, religion, community involvement, hospice, and death, ultimately piquing spiritual and literary curiosity for those contemplating their own pilgrimage through life. A glance at the list of contributors, their articles, conversations, and poems illustrates their breadth and depth as well as diversity; personal histories both positive and negative that need to be told and not forgotten; spiritual journeys that still have a powerful impact; and poetry that captures emotional and motivational moments. Zo-Callahan and friends honestly communicate their deepest desires and yearnings as they explore the inner and inter-relational processes of obtaining serenity and joy.

the gift poems by hafiz: You Are Dearly Loved Sheila S. Dempsey Ph.D., 2018-12-04 You Are Dearly Loved was written to help you feel Spirit's love for you--no matter who you are in the eyes of society, no matter what you've done or neglected to do. The author recounts the story of her awakening to Spirit's love, beginning with a mystical experience where an energy of such immense power and love burst through her that, for the first time in her life, she felt truly loved. In a life filled with chronic illness and depression, it was a miraculous moment and she would never be the same again. After years of meditating, she began to receive messages of love from Spirit for others, and there are several "Messages from Spirit" for you throughout the book. You Are Dearly Loved also addresses the issue of how the culture can make it difficult to remember who we really are--infinite awareness and infinite love.

the gift poems by hafiz: Wisdom for the Soul Larry Chang, 2006 Five Millennia of Prescriptions for Spiritual Healing

the gift poems by hafiz: Dancing with Cancer Diana Brueton, 2014-02-28 Diana had never been ill and on diagnosis she stepped into a parallel world of waiting rooms, treatments, friends and

family who supported - or fled - as life became both exquisitely precious and terrible. Dancing with Cancer is a human drama, a ride on the roller coaster of hope and despair and, as the gradients became gentler, a journey through meditation and creativity to wisdom and acceptance. ,

the gift poems by hafiz: *Meditation for the Love of It* Sally Kempton, 2011-01-01 Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and still—and sometimes you might not even feel its profound effects until later. Now with *Meditation for the Love of It*, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative shakti energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including: How to tune in to your own “meditation channel,” a bandwidth of tranquillity, energy, and joy Why you don’t need a quiet mind to meditate How the force known as Kundalini can fuel your practice Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth Ripening your practice beyond technique into the “sweet mysterious expanse of spontaneous meditation” More than 20 practices for bringing the peace and insight of meditation into your daily life “Remember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,” teaches Sally. *Meditation for the Love of It* points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself.

the gift poems by hafiz: *Eyes Wide Open* Mariana Caplan, 2009-10-01 The spiritual path is like any other road—it’s going to have its share of potholes and detours. Safe travel requires a quality rarely taught yet critically important in today’s world: discernment. In *Eyes Wide Open*, Mariana Caplan supports us in cultivating the acute judgment and discrimination that will help us to live a spiritual life with intelligence, clarity, and authenticity. Is enlightenment less about fireworks and bliss and more about dismantling illusions? How do we fully integrate our practice into daily living? What’s the best way to work with the ego and the shadow? *Eyes Wide Open* explores these questions and more, offering practitioners from any tradition—or those just getting started—a traveler’s guide through “the labyrinth of increasing subtlety” that defines a genuine spiritual life. *Eyes Wide Open* has received the following awards: 2010 Gold IPPY—New Age (Mind-Body-Spirit) 2010 Gold Living Now Award—Enlightenment/Spirituality 2010 Silver Nautilus Award—Spirituality

the gift poems by hafiz: *Leda and the Swan* Anna Caritj, 2021-05-04 “Affecting narrative about consent, power and loneliness.”—Time “Intoxically ominous.”—Kirkus Reviews In a hothouse of collegiate sex and ambition, one young woman mysteriously disappears after a wild campus party, and another becomes obsessed with finding her. It’s Halloween night on a pastoral East Coast college campus. Scantly costumed students ride the fine line between adolescence and adulthood as they prepare for a night of drinking and debauchery. Expectations are high as Leda flirts with her thrilling new crush, Ian, and he flirts back. But by the end of the night, things will have taken a turn. A mysterious young woman in a swan costume speaks with Leda outside a party—and then vanishes. When Leda later wakes up in Ian’s room the next morning, she is unsure exactly what happened between them. Meanwhile, as the campus rouses itself to respond to the young woman’s disappearance, rumors swirl, suspicious facts pile up, and Leda’s obsession with her missing classmate grows. Is it just a coincidence that Ian used to date Charlotte, the missing woman? Is Leda herself in danger? As Leda becomes more and more dangerously consumed with the mystery of Charlotte and questions about Ian, her motivations begin to blur. Is Leda looking for Charlotte, or trying to find herself? In *Leda and the Swan*, Anna Caritj’s riveting storytelling brings together a suspenseful plot; an intimate, confessional voice; and invaluable insights into sex, power, and

contemporary culture.

the gift poems by hafiz: Out of Darkness, Into Light Jamal Rahman, Kathleen Schmitt Elias, Ann Holmes Redding, 2009-03-01 An introduction to the major themes and passages of the holy book of Islam, this book invites readers of any religion -- or none -- to meditate on verses of the Quran as support for spiritual practices and growth. It guides the reader through the rich tapestry of the Quran, weaving through a number of themes, including the mystery of God, surrender to the divine will, and provisions for the spiritual journey. Quranic verses are supplemented by sayings of the Prophet Muhammad, the words of Rumi and other Sufi poets, and relevant quotations and insights from Jewish and Christian sources. The book also offers practical suggestions for expanding and strengthening one's spiritual sinews.

the gift poems by hafiz: Awakening to Aging Myrtle Heery, Gregg Richardson, 2009-10 This collection of essays from 17 writers includes a spectrum of aging topics: finances, health--including the changing brain, cancer, and heart disease--choosing a home, caregiving, ethical wills, aging parents, and spirituality.

the gift poems by hafiz: *Embodied Spirits* Sherry Bryant-Johnson, Therese Taylor-Stinson, Rosalie Norman McNaney, 2014-03-01 First book addressing the concerns and issues of people of color in spiritual direction "These essays speak of how we have incorporated our contemplative practices into our family life; our urban, non-religious background; how we have been nurtured in struggles for health and life through our contemplative prayer practices and our courage to survive and even thrive in the midst of dire circumstances. We speak of the unfolding bridge between faith and culture; our conflicts with an Interspiritual journey with a Christian foundation; our sexuality; our journey to healing and authenticity; and how we are taking this practice that began in the first centuries of the church with the desert mothers and fathers to the present and into the future with spiritual direction through the Internet across the world." —from the Introduction

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