



Forty Days

By Michaela M Özelsel

Download now

Read Online ➔

Forty Days By Michaela M Özelsel

This is a woman's firsthand account of a Sufi *halvet*, a forty-day retreat conducted in complete isolation, along with strict fasting from sunrise to sundown. Voluntarily confined to a sparsely furnished room amid the bustle of Istanbul, Michaela Özelsel will occupy her time with reading the Qur'an and works of Rumi and Ibn 'Arabi, and with praying and practicing the powerful Sufi exercise known as *zhikr*, the rhythmic repetition of names of God or other sacred formulas, accompanied by movements of the head or body.

In intimate detail Dr. Özelsel shares her experiences as she strives to attain true "Islam" in its meaning of surrender or unconditional acceptance of the will of God. Her daily journal ranges over the frustrations of noisy neighbors, power outages, and a poorly heated room; her inner longings, doubts, and memories of the life course that has brought her to this moment; and the most inspirational philosophical insights, dreams and visions, and ecstatic raptures.

The second half of the book is devoted to the author's psychological and cultural commentary on her experiences, including observations about the methods of Sufi schooling, sexuality and spirituality, and the relationship with the spiritual guide. *Forty Days* is unique in the literature of spiritual education because it is informed by her knowledge of contemporary research from several disciplines, thus creating a bridge between ancient wisdom and scientific investigation.

↓ [Download Forty Days ...pdf](#)

📖 [Read Online Forty Days ...pdf](#)

Forty Days

By Michaela M Ozelsel

Forty Days By Michaela M Ozelsel

This is a woman's firsthand account of a Sufi *halvet*, a forty-day retreat conducted in complete isolation, along with strict fasting from sunrise to sundown. Voluntarily confined to a sparsely furnished room amid the bustle of Istanbul, Michaela Özelsel will occupy her time with reading the Qur'an and works of Rumi and Ibn 'Arabi, and with praying and practicing the powerful Sufi exercise known as *zhihr*, the rhythmic repetition of names of God or other sacred formulas, accompanied by movements of the head or body.

In intimate detail Dr. Özelsel shares her experiences as she strives to attain true "Islam" in its meaning of surrender or unconditional acceptance of the will of God. Her daily journal ranges over the frustrations of noisy neighbors, power outages, and a poorly heated room; her inner longings, doubts, and memories of the life course that has brought her to this moment; and the most inspirational philosophical insights, dreams and visions, and ecstatic raptures.

The second half of the book is devoted to the author's psychological and cultural commentary on her experiences, including observations about the methods of Sufi schooling, sexuality and spirituality, and the relationship with the spiritual guide. *Forty Days* is unique in the literature of spiritual education because it is informed by her knowledge of contemporary research from several disciplines, thus creating a bridge between ancient wisdom and scientific investigation.

Forty Days By Michaela M Ozelsel Bibliography

- Rank: #2204894 in Books
- Published on: 2002-05-28
- Released on: 2002-05-28
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .33" w x 5.50" l, .65 pounds
- Binding: Paperback
- 260 pages

 [Download Forty Days ...pdf](#)

 [Read Online Forty Days ...pdf](#)

Editorial Review

Review

"This is a superb book. I felt as if I were with Özelsel in her cell throughout the forty days, journeying with her doubts, cries, and torment in not knowing what was happening in the world outside while feeling the compassionate words of Rumi, Ibn 'Arabi, and the Qur'an."—Bob Banner, *Gnosis* magazine

About the Author

Michaela M. Özelsel was born in Germany. She has a B.A. and an M.A. in Clinical Psychology from the University of North Carolina, and Ph.D. from the Goethe Institute, Frankfurt.

Users Review

From reader reviews:

Todd Quesinberry:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each e-book has different aim or goal; it means that guide has different type. Some people feel enjoy to spend their time to read a book. They are reading whatever they get because their hobby is usually reading a book. Think about the person who don't like looking at a book? Sometime, particular person feel need book whenever they found difficult problem as well as exercise. Well, probably you will need this Forty Days.

Harold Graham:

Hey guys, do you really wants to finds a new book to see? May be the book with the subject Forty Days suitable to you? The book was written by well-known writer in this era. The particular book untitled Forty Days is the one of several books that everyone read now. This book was inspired a number of people in the world. When you read this guide you will enter the new way of measuring that you ever know previous to. The author explained their concept in the simple way, thus all of people can easily to be aware of the core of this publication. This book will give you a lots of information about this world now. So that you can see the represented of the world in this book.

Calvin Baker:

Beside that Forty Days in your phone, it can give you a way to get closer to the new knowledge or data. The information and the knowledge you will got here is fresh through the oven so don't possibly be worry if you feel like an old people live in narrow village. It is good thing to have Forty Days because this book offers to you readable information. Do you at times have book but you do not get what it's about. Oh come on, that won't happen if you have this in your hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. So do you still want to miss it? Find this book and also read it from right now!

Mark Gibson:

Guide is one of source of information. We can add our know-how from it. Not only for students but additionally native or citizen have to have book to know the update information of year to year. As we know those guides have many advantages. Beside we add our knowledge, can bring us to around the world. By the book Forty Days we can consider more advantage. Don't that you be creative people? To be creative person must love to read a book. Just simply choose the best book that appropriate with your aim. Don't always be doubt to change your life with this book Forty Days. You can more attractive than now.

**Download and Read Online Forty Days By Michaela M Ozelsel
#CGATMOZ8EVY**

Read Forty Days By Michaela M Ozelsel for online ebook

Forty Days By Michaela M Ozelsel Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Forty Days By Michaela M Ozelsel books to read online.

Online Forty Days By Michaela M Ozelsel ebook PDF download

Forty Days By Michaela M Ozelsel Doc

Forty Days By Michaela M Ozelsel Mobipocket

Forty Days By Michaela M Ozelsel EPub

CGATMOZ8EVY: Forty Days By Michaela M Ozelsel