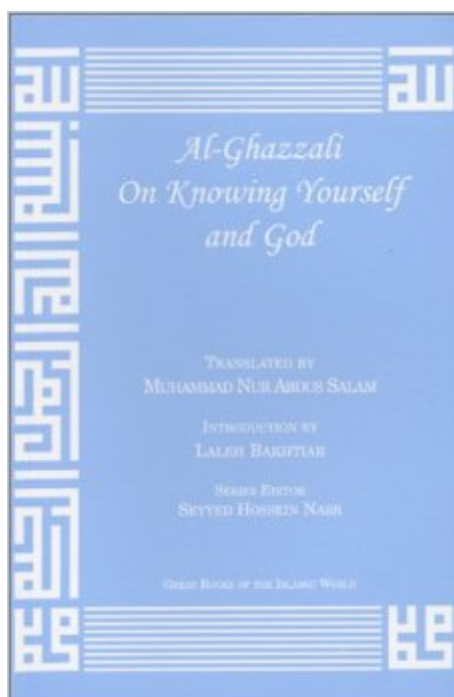


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# Al-Ghazzali On Knowing Yourself And God



## Synopsis

Al-Ghazzali begins his masterful *Alchemy of Happiness* with the topic based on the famous Tradition of the Prophet, "One who knows one's self, knows one's Lord." In al-Ghazzali's view, everything begins by knowing who you are. He says that you should know that you are born with an outer form and an inner essence and it is that inner essence or the spiritual heart that you have to come to know in order to know who you are.

## Book Information

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## Customer Reviews

This short book forced me to reflect upon myself and eventually change my "business as usual" of life. Al-Ghazzali philosophically breaks down the human "self" and formulates an argument of why it makes sense to transcend the body and its five senses and make a connection with God Almighty. The book's content talks to you so directly and strikingly that it dumbfounds you to imagine someone wrote it a 1000 years ago. If you are a believer (no matter what religion), you will find this book no less than a hidden treasure. It will help make your connection to God stronger by answering many questions you may have. Even if you don't believe in God, it will still give you insight into your own self from angles that will keep you thinking for a while. I cannot recommend this book highly enough and wish there were more stars I could give it.

Al-Ghazzali was one of the most respected muslim and sufi scholar. He truly sees what is inside of the ideas of alquran and gives to the reader a new perspective, a beautiful view of the inner workings of the heart and the creator. When you read, you are going to recognize his critics about the situation today even when he writes well before this time. He criticizes the "scholars" for narrow view of the

alquran and the islam, making the word more important than the heart..I really recommend this.

This book can literally change your life if you really try to comprehend it. Its not a very long book yet its as deep as an ocean.

There is a good reason Al-Ghazali is acknowledged as the first Muslim scholar who laid the foundation of rational thinking in the interpretation of Islamic beliefs and rituals. He is also regarded as one of the founders of Sufism. In this short translation, the topic of introspection to understand universal truths and the very meaning of human existence is masterfully covered. He uses analogies and allegories to explain complex thought processes that many of us use to intuitively understand what we can observe and feel but find it hard to articulate to others. It is amazing that a person who lived a thousand years ago can resonate with believers living today! However, his arguments are wasted if the reader is a die-hard atheist or a non-believer. Such a person would find many holes to poke in Al-Ghazaliâ™s reasoning.

It is the ABS of practical psycho-philosophy from the Sufi's point of view. Embedded in the Islamic construct of the world, but still SUPERBLY UNIVERSAL in the sense that our minds transcend as phenomena any culturally specific environment... this are practical advices in the guidance of the MINDS (souls, psyques, consciousnesses, spirits, selves). Gives you a good "map" (in a general semantics "map"-no the territory sense) to orient yourself into how to conceptualize mind and also a good "direction" in how to procede in the terrains of that "map". If practiced and meditated as advised will certainly help in reestructuring minds motivation, semantics of sensations and events, and most important... self-governance.

I will recommend this book, basically for people who wants to get moreknowledge about our Creator.....This book is one section from the Imam Ghazzali's Ihya Ulum al Din.

This book arrived unasked for when I ordered a book about the Nubian people. What a blessing. This short read is easy to understand and full of insight. Highly recommended.

Truly a inspired work. This small book demands of you to read it slowly and repeatedly to capture all of the layers required.

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