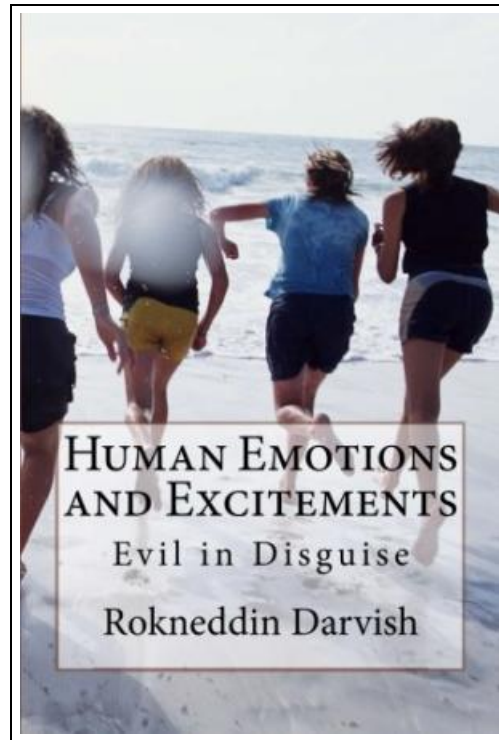


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this second book I have tried to provide a psychological approach reflecting Rumi s poems and ideas regarding the distinction between human positive excitements and emotions as characteristics of universal consciousness which is the source of joy, creativity and tranquility, and human negative excitements, emotions, and deficiencies as the main traits of human mental system as an internal hell and mental self as an agent of evil, a source of human pains, depression, anxiety and sufferings. Rumi s poems and messages represent human conversion from an immature mental self with polluted and impure consciousness and distorted thought, emotions, and excitements, to the real, objective self or pure consciousness. Some recommendations are made about the methods of conversion such as patience, silence, relaxation, and acceptance of the events and incidents of this moment without any reaction, resistance and judgement. The nature of acceptance is total acceptance without fighting against the event or incident of this moment, and consciously surrendering to the universal consciousness. What Rumi tried to present to all human beings is the art of living and loving. According to Rumi, we should concentrate on our positive emotions and love and experience the unconditional love instead of conditional and selfish love. We can only really become aware of another person s essence by falling in love with that person. If there is a real unconditional love, then, it is the universal consciousness trapped in one person s body falling in love with itself as a consciousness in another person s body. In this case the physical sexual attraction is only a small part of a greater spiritual attraction of consciousness in two separate bodies which is an eternal love....

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