



Sufism

Sufism is considered the mystical, esoteric side of Islam. Sufis are most known for their ecstatic dancing, as well as their deep connection to the timeless 13th century mystic poet, Rumi. Interestingly, Rumi is the best selling poet in the United States, as interpreted by Coleman Barks. Rumi's poetry has a timeless quality, and many have felt a deep heart resonance with his beautiful expressions of perennial philosophy.

Islam means surrender, and this means for the mystic a total opening of the heart, a total opening and surrender to the Divine Love that eternally creates and sustains the universe. The Sufi aspires to become Love, never allowing ego to constrict the open flow of love. This is our very purpose in being! There is truly nothing but God, and all beings worship God perfectly with every breath. Even a fly worships God by flapping its wings. All beings are guises of God, the creator of all, which is eternally sustained by God's loving compassion and mercy.

In reality, there is naught but the heaven of God's love; there is no such place as hell. Some beings *dream* they are in hell, but the searing heat they feel is actually the warmth of God's love. Not surrendering to God's love is pain. The only free will we really have is to attempt to resist God's love until we tire of that needless suffering, and then finally surrender and flow with the great river of Cosmic Love. The pain those who dream they are in hell experience purifies them and prepares them for the ecstasy of surrender to God's infinite love. Those suffering beings will soon awaken to the bliss of oneness in God's love.

In the West have sprung up sects of Sufism that are less obviously connected to Islam. Instead of dancing like a Dervish, group dancing patterns are performed that may well remind one of a square dance. However, it's a square dance that has as its goal the worshiping of the divine in each person. One practices seeing the Divine by gazing into the eyes of each dancer in the course of the dance. If you ever have an opportunity to go Sufi dancing, be prepared for a most magical and heart opening experience! :-)

Further reading on Sufism

[Wikipedia's entry on Sufism](#)

A Western Sufi order, *Universal Sufism*: [Wikipedia's entry on Universal Sufism](#)

Sufism Videos

[Rumi - Poetry of the Heart](#)

Coleman Barks (you can find many other Coleman Barks videos on YouTube)

[Poetry Everywhere](#)

[Inside Water](#)

[Soul of the World](#)

[What was said to the rose...](#)

[I You He She We](#)

[Love Dogs](#)