



101 Ways to Concentrate in Prayer

Dr. Ali Al-Hilli

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Prayer can teach you how to eliminate pride, live a life of inner courage and take you many steps closer to Allah (swt). It can transport you to a higher plane, and make you become aware of a place deep inside you that is absolutely silent and still. However, all this can only be achieved with the presence of the heart and mind during prayer.

Discover 101 ways to achieve the most out of your prayer. Pick and choose the strategies you want to apply, from learning the philosophy behind the movements in ruku' and sujood, to breathing and meditation techniques. 101 Ways to Concentrate in Prayer reveals the secrets and skills to take the first step in the journey towards the Almighty (swt).

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Joyce Morton:

Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book is usually option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled 101 Ways to Concentrate in Prayer can be very good book to read. May be it may be best activity to you.

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In this particular era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time not much but quite enough to get a look at some books. Among the books in the top listing in your reading list will be 101 Ways to Concentrate in Prayer. This book and that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking way up and review this book you can get many advantages.

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