**Islam: Path of Infinite Love**

**Guide to Cultivating Inner Peace and Mindful Living**

This book intricately intertwines the diverse teachings of Sufism with the deep wisdom of the Quran to create a comprehensive roadmap for personal spiritual growth. The reader has a chance to experience *firsthand* the profound peace and boundless love Sufis have cherished for centuries. This book addresses the following critical questions:

1.     *How can one unconditionally love God*? It is the greatest of all kinds of love that ignites a profound and transformative spiritual journey.

2.     *How to feel the love of God*, which can bring immense peace and contentment.

3.     *How to unconditionally love yourself*, which nurtures personal growth and harmony.

4.     What is the most effective way to respond to *life’s critical crises to reduce suffering and expedite recovery*?

This book also explores Islam’s overwhelming emphasis on avoiding *Zulm* (oppression and injustice) because the Quran mentions the word *Zulm* an astounding 291 times. Avoiding *Zulm* in all human interactions should be the top priority for every Muslim.

Prophet Muhammad (PBUH) did not just preach peace and love. He gave us a practical example when he took over as a ruler of the Medina *without bloodshed*. He did not inherit power through the dynasty, and Medina was multi-religious. Arguably, it was history’s first large-scale peaceful transfer of power.

Similarly, he signed the Treaty of Hudaybia with the staunchest enemy, employing an unprecedented peaceful strategy to *nonviolently* end a bitter war that had claimed hundreds of lives.

The highlight of this book is that it points to the methodology to acquire a fully satisfied and contented soul (*Nafs-e-Mutma’inna*) in practical steps, which is the goal of every Sufi wayfarer.

**Dr. Eeshat Ansari**

Dr. Ansari holds a Master’s in Physics and a Master’s in Computer Science and worked as a Software Engineer. He earned his Ph.D. in Islamic Studies. He was one of the founders of a mosque in Virginia.