



# The Ecstasy Beyond Knowing: A Manual of Meditation

*Pir Vilayat Inayat Khan*

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# The Ecstasy Beyond Knowing: A Manual of Meditation

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The Ecstasy Beyond Knowing offers detailed explanations of meditation techniques along with the principles behind them. The Sufi process and stages of transformation are interwoven with those of Hinduism, Buddhism, the Jewish Kabbalah, the glorification of the Christian Mass, and the alchemical process of self-transfiguration, integrated with the insights of psychology and contemporary scientific discoveries. Pir Vilayat reveals the way to develop a deep connection with the soul and spirit, and offers advice on maintaining the awareness and integrity of that connection through the joys and sorrows, challenges and adventures of everyday life.

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