

**0. The Yes and No of Existence
Allah**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**1. The Sun of Love
Ar-Rahman**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**2. The Moon of Love
Ar-Rahim**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**3. The 'I Can' Power of the Cosmos
Al-Malik**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**4. Sacred Space
Al-Quddus**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**5. Peace at the Beginning
As-Salaam**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**6. Support
Al-Mumin**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**7. Protection
Al-Muhaimin**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**8. The Strength of Form
Al-Aziz**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**9. Repair and Restoration
Al-Jabbar**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**10. Concentration
Al-Mutakabbir**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**11. Carving and Forming
Al-Khaliq**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**12. Radiating Creativity
Al-Bari**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish
(Penguin Putnam) www.sufibookoflife.com

**13. Designing and Training
Al-Musawwir**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**14. Burning Away Tension and Hurt
Al-Ghaffar**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**15. Natural Power
Al-Qahhar**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**16. Flowing Blessings
Al-Wahhab**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**17. Sustenance
Ar-Razzaq**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**18. Opening to Unity's Breath
Al-Fattah**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**19. Understanding Names and Forms
Al-Alim**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

20. Contracting Boundaries
Al-Qabid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

21. Expanding Boundaries
Al-Basit



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

22. Diminishment
Al-Khafid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

23. Exaltation
Al-Rafi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

24. High 'Self' Esteem
Al-Muizz



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

25. Low 'Self' Esteem
Al-Mudhill



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

26. Awakened Hearing
As-Sami



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

27. Awakened Sight
Al-Basi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

28. The Sacred Sixth Sense
Al-Hakam



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

29. Putting Things in Order
Al-Adl



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**30. Subtle Mystery
Al-Latif**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**31. The Seed of Potential
Al-Khabir**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**32. Dissolving Chains
Al-Halim**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**33. Flexible Strength
Al-Azim**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**34. The Forgiveness of Light
Al-Ghafur**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**35. Gratitude, Giving Back
Ash-Shakur**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**36. Experiencing Life at its Peak
Al-Ali**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**37. Outward Creative Power
Al-Kabir**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**38. Remembrance and Preservation
Al-Hafiz**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**39. Embodying a Steady State
Al-Muqit**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

40. Feeling Divinity in the Details
Al-Hasib



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

41. Pooling Strength
Al-Jalil



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

42. Abundant Expression
Al-Karim



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

43. Watching with Presence
Ar-Raqib



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

44. Reflective Listening
Al-Mujib



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

45. The Heart Has No Limits
Al-Wasi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

46. Discriminating Wisdom
Al-Hakim



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

47. Love is a Give and Take
Al-Wadud



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

48. Dazzling Energy
Al-Ma`jid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

49. The Return of What Passes Away
Al-Ba`ith



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

50. Experiencing a Universe of Unity
Ash-Shahid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

51. The Truth in Each Moment
Al-Haqq



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

52. Meeting Challenges
Al-Wakil



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

53. Winds of Change
Al-Qawi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

54. Step-by-step Persistence
Al-Matin



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

55. Friendship
Al-Wali



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

56. The Gift of Purpose
Al-Hamid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

57. Assessing What Is
Al-Muhsi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

58. Individuated Creation
Al-Mubdi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

59. Reviving What is Worn Down
Al-Mu`id



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**60. Personal Life Energy
Al-Muhyi**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**61. Transition
Al-Mumit**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**62. Universal Life Energy
Al-Hayy**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**63 Rebounding
Al-Qayyum**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**64. Extraordinary Sensing
Al-Wajid**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**65. Channeling Extraordinary Power
Al-Majid**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**66. Counting to One
Al-Wahid**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**67. Uniquely One
Al-Ahad**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**68. Refuge for Every Need
As-Samad**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**69. Holding the Center
Al-Qadir**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

70. Embodying Power in Action
Al-Muqtadir



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

71. Preparing the Way
Al-Muqaddim



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

72. Doubling Back on the Path
Al-Mu'akhkhir



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

73. Sacred Surprise
Al-Awwal



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

74. Completion
Al-Akhir



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

75. The Star
Al-Zahir



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

76. The Hidden Traveler
Al-Batin



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

77. Mastering Life
Al-Wa'li



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

78. Inhabiting an Expanded Consciousness
Al-Muta`ali



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

79. Burnishing
Al-Barr



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**80. Returning to Rhythm
At-Tawwab**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**81. Sweeping Out
Al-Muntaqim**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**82. Blowing Away the Ashes
Al-`Afuw**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**83. Healing Wings
Ar-Ra'uf**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**84. Passionate Vision
alik-ul-Mulk**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**85. Overwhelming Power and Beauty
Dhul-Jelal-Wal-Ikram**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**86. New Roots, New Foundation
Al-Muqsit**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**87. Gathering Gems
Al-Jame**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**88. Tending Your Garden
Al-Ghani**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

**89. Life's Larger Garden
Al-Mughni**



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

90. The Gift of Resistance
Al-Mani



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

91. Pain and Loss
Ad-Darr



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

92. Immediately Useful Blessing
An-Nafi'



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

93. The Light of Intelligence
An-Nur



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

94. Most Direct Guidance
Al-Hadi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

95. Unexpected Wonder
Al-Badi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

96. The Real that Remains
Al-Baqi



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

97. Reclaiming a Forgotten Inheritance
Al-Warith



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

98. Illuminating the Path of Growth
Ar-Rashid



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com

99. Perseverance
As-Sabur



from The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish (Penguin Putnam)
www.sufibookoflife.com