

[Home](#) > Essential Spirituality: The 7 Practices To Awaken Heart And Mind – An Islamic Perspective

---

# Essential Spirituality: The 7 Practices To Awaken Heart And Mind – An Islamic Perspective

## Topic Tags:

- [Spirituality](#) [1]

## Person Tags:

- [Amina Inloes](#) [2]

## Image:



# Essential Spirituality: The 7 Practices to Awaken Heart and Mind

An Islamic perspective



Presentation by  
Amina Inloes

**File Type:**

ppt

---

**Source URL:**

<https://www.al-islam.org/file/essential-spirituality-7-practices-awaken-heart-and-mind-islamic-perspective>

**Links**

- [1] <https://www.al-islam.org/tags/spirituality>
- [2] <https://www.al-islam.org/person/amina-inloes>