

# Preface

The need for relevant and accessible daily readings directed toward achieving spiritual fitness™ motivated me to write this book.

I began by selecting 365 passages from the Qur'an<sup>1</sup>, using similar parameters of length and topical value so that each daily excerpt takes only about 15 minutes to both read and contemplate. These daily readings also stand alone in terms of the topics or issues they address.

I have no wish to preface these passages with exhaustive commentary. Rather, I prefer to stand back and allow them to work their miracles in helping the reader to achieve spiritual fitness: they have been potent in the past and I believe they are so again.

In choosing the topic for each day, I followed traditional Islamic guidelines for attaining True Success, True Happiness and True Peace of Mind.

These three steps are:

1. To Know
2. To Love
3. To Serve

The first step is about coming to know God – through divine creations, one's own being, the purpose of our life on earth, our life after physical death, and our final destination to be with God.

The second step is coming to love God – again through the wonder of divine creations, one's own being, in the sacred gift of life, and in meeting God through our daily activities and awareness.

Finally, the third step is to learn to serve God – in preserving and respecting all of creation, in caring for others and oneself, in giving God our daily praise and