

Although our path is Islam, much of the material may be useful to those of other backgrounds. Our shared humanity means that we have common psychological and spiritual structures that are more fundamental than those superficialities that divide us - understanding of which is important to seekers of any background.

We hope the information will be of use to the curious and the seriously interested alike, regardless of whether they follow our particular path or not. This inevitably reflects our personal views and experiences so mistakes will be ours and ours alone.

As the site grows we hope to keep some distinction between data of general interest and that of a more specific nature.