



The Concept of Dhikr in Sufism and Its Practices and Benefits in Life

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ABSTRACT

This journal examines the concept of dhikr in Sufism, which is a branch of spirituality in the Islamic religion. Dhikr literally means remembering or chanting the name of Allah. In Sufism, dhikr has a central role as a tool to get closer to Allah, achieve spiritual awareness, and achieve the ultimate human goal of achieving a higher existence. This journal explores dhikr practices commonly carried out in Sufism, such as dhikr jahr (dhikr done aloud), dhikr khafi (dhikr done silently), and dhikr halqi (dhikr done with breathing movements). This dhikr practice is carried out regularly and repeatedly, with the aim of eliminating mental distractions and focusing on the presence of Allah. Apart from that, this journal also highlights the benefits of dhikr in everyday life. The practice of dhikr is known to have a positive effect on an individual's mental and spiritual well-being. Dhikr can help reduce stress, increase concentration, strengthen your relationship with God, and deepen your understanding of the meaning of life. Dhikr is also considered a means of cleansing the heart of negative traits, such as arrogance, envy, and malice, as well as developing positive traits, such as patience, compassion, and sincerity. This journal uses qualitative research methods by reviewing literature and primary sources in the field of Sufism and Islamic spirituality. The results of this research provide a better understanding of the concept of dhikr in Sufism, related practices, and its benefits in everyday life.

Keywords: Dhikr, Sufism, benefit.

ABSTRAK

Jurnal ini mengkaji konsep dzikir dalam tasawuf, yang merupakan cabang spiritualitas dalam agama Islam. Dzikir secara harfiah berarti mengingat atau menyebut nama Allah. Dalam tasawuf, dzikir memiliki peran sentral sebagai alat untuk mendekatkan diri kepada Allah, mencapai kesadaran spiritual, dan mencapai tujuan akhir manusia untuk mencapai keberadaan yang lebih tinggi. Jurnal ini mengeksplorasi praktik dzikir yang umum dilakukan dalam tasawuf, seperti dzikir jahr (dzikir yang dilakukan dengan lantang), dzikir khali (dzikir yang dilakukan dalam hati), dan dzikir halqi (dzikir yang dilakukan dengan gerakan pernafasan). Praktik dzikir ini dilakukan secara rutin dan berulang-ulang, dengan tujuan menghilangkan gangguan pikiran dan fokus pada kehadiran Allah. Selain itu, jurnal ini juga menyoroti Manfaat dzikir dalam kehidupan sehari-hari.

Praktik dzikir diketahui memiliki efek positif pada kesejahteraan mental dan spiritual individu. Dzikir dapat membantu mengurangi stres, meningkatkan konsentrasi, menguatkan hubungan dengan Tuhan, dan memperdalam pemahaman akan makna kehidupan. Dzikir juga dianggap sebagai sarana untuk membersihkan hati dari sifat-sifat negatif, seperti kesombongan, iri hati, dan kedengkian, serta mengembangkan sifat-sifat positif, seperti kesabaran, kasih sayang, dan ketulusan. Jurnal ini menggunakan metode penelitian kualitatif dengan mengkaji literatur dan sumber-sumber primer dalam bidang tasawuf dan spiritualitas Islam. Hasil penelitian ini memberikan pemahaman yang lebih baik tentang konsep dzikir dalam tasawuf, praktik-praktik yang terkait, dan manfaatnya dalam kehidupan sehari-hari.

Kata Kunci: *Dzikir, Tasawuf, Manfaat.*

1. INTRODUCTION

Dhikr is an important aspect of Islamic religious practice, especially in the context of Sufism. Sufism is a branch of spirituality in Islam that emphasizes the development of spiritual awareness and the search for the love and presence of Allah. Dhikr, which literally means remembering or mentioning the name of Allah, is one of the central practices in Sufism to achieve these goals. In this modern era, amidst the busyness and challenges of daily life, people often face stress, anxiety, and mental fatigue. In this context, the practice of dhikr can be a powerful means to achieve inner calm, improve the quality of life, and deepen the spiritual connection with God. The growth and development of each qualified member of society, skilled, intelligent, innovative in character, and have social awareness and responsibility in preventing, counteracting various social problems.

In this introduction, this journal will examine the concept of dhikr in Sufism, as well as its practice and benefits in daily life. We will explain in more detail the meaning and importance of dhikr in the context of Sufism, including the various types of dhikr that are commonly practiced. In addition, we will also explore the benefits and positive impacts that can result from the practice of dhikr in daily life, both in terms of mental and spiritual well-being. To achieve these objectives, this journal is based on qualitative research involving the analysis of literature and primary sources relating to Sufism and the practice of dhikr in the Islamic tradition. As such, it is hoped that this journal can provide a better understanding of the concept of dhikr in Sufism, its associated practices, as well as its benefits in everyday life. (Maarif & Rofiq, 2019)

Through a deeper understanding of the concept of dhikr in Sufism and its application in daily life, it is hoped that readers can gain new insights and inspiration to integrate dhikr practices in their daily routines in order to obtain a more meaningful and blessed life.

This introduction will serve as a foundation for further exploration of the concept of dhikr in Sufism, its related practices, and its benefits in daily life.

2. RESEARCH METHODE

This journal uses qualitative research methodology by research articles to explore the concept of dhikr in Sufism, its practices, and its benefits in daily life. Qualitative research methods are used to understand phenomena in depth, explore meaning, and interpret the data collected. In the context of this journal, qualitative research allowed the researcher to explore and analyze literature and primary sources related to Sufism and dhikr practices in the Islamic tradition. This approach allows researchers to gain a holistic and in-depth understanding of the concepts associated with dhikr in Sufism, as well as the practices carried out in that context.

By using a qualitative approach, this journal aims to provide in-depth, contextualized, and rich insights into the concept of dhikr in Sufism. Thus, it is hoped that this journal can make a meaningful contribution to the understanding of the practice of dhikr in the context of Sufism and its application in everyday life.

3. RESULT AND ANALYSIS

Understanding the Concept of Dhikr in Sufism

Dhikr is the practice of remembering God or mentioning His name in the form of words, sentences, or prayers aimed at strengthening the spiritual connection with God. In the context of Sufism, dhikr has a very important role and is one of the central practices in achieving the goal of spirituality and developing spiritual awareness. In Sufism, dhikr has a deeper meaning than simply repeating words or sentences related to God. Dhikr in Sufism involves a deep inner experience, directing the heart and mind to unite with the Almighty. Through dhikr, practitioners of Sufism seek to attain the presence of Allah in every moment of life, create awareness of His greatness, and experience spiritual intimacy." (Yaqin, 2018)

The concept of dhikr in Sufism includes three main dimensions: oral dhikr (*jahr*), heart dhikr (*khafi*), and soul dhikr (*halqi*). Oral dhikr is the repetition of words or sentences that mention the name of Allah or spiritual phrases. Dhikr of the heart involves the focus and solemnity of the heart in remembering Allah, strengthening awareness of Him, and forming a deeper inner connection. The dhikr of the soul, on the other hand, is an experience that involves the whole soul, encompassing feelings, emotions, and spiritual inclinations that lead the individual towards a transformative experience and oneness with God. The practice of dhikr in Sufism is not limited to formal ritual activities, such as prayer or certain worship, but can also be done in various situations and conditions of daily life. Dhikr can be done individually, as well as in groups with the assistance of a spiritual teacher or in a Sufi environment.

In the practice of dhikr, Sufism teaches the importance of concentration, self-awareness, and self-control. Dhikr helps individuals to detach themselves from the distractions of the outside world, focus attention on the presence of Allah, and strengthen the spiritual bond with Him. The practice of dhikr is also considered a means to cleanse the heart and soul of deviations and negative tendencies, and improve the quality of an

individual's spirituality. The benefits of dhikr practice in daily life are diverse. Dhikr can provide inner peace, reduce stress, and improve mental well-being. The practice of dhikr also helps individuals to gain a broader spiritual perspective, develop gratitude, and improve relationships with others. In addition, dhikr can also increase self-awareness, hone self-discipline, and strengthen positive personal qualities, such as fortitude, patience, and humility." (Yunnah & Khakim, 2019)

It should be noted that the concept of dhikr in Sufism can vary among different schools and traditions of Sufism. Although there are similarities in the basic principles of dhikr, its practice and emphasis can differ within each school of Sufism. Therefore, it is important to understand the specific context and tradition when studying the concept of dhikr in Sufism. By understanding the concept of dhikr in Sufism, its associated practices, as well as its benefits in daily life, individuals can integrate dhikr in their spiritual routine to achieve balance, inner peace, and development of a deeper spiritual path. In Sufism, dhikr also serves the broader purpose of achieving maqam-maqam or higher spiritual levels. Dhikr is seen as a means to get closer to Allah, eliminate ego and lust, and achieve oneness with Him. Through consistent and diligent practice of dhikr, practitioners of Sufism hope to achieve increased spiritual awareness, mystical experiences, and a deeper recognition of the nature of existence. (KOMARIAH, 2021)

In dhikr, there is also the importance of choosing recitations or sentences that have deep spiritual meanings and messages. These words or sentences can be prayers, praises, or reminders of the attributes of the almighty Allah. The repetition of these words or sentences is considered a means to deepen the understanding and awareness of His greatness. In addition, the practice of dhikr is also often associated with the concept of wirid, which is a series of dhikr or certain recitations that are performed routinely and regularly. Wirid is usually done at certain times, such as morning and evening, or after certain worship services. Wirid aims to fill time by remembering Allah and strengthening the spiritual connection with Him.

In the context of Sufism, dhikr can also be done together in groups or tariqahs. Group dhikr aims to create strong spiritual energy and strengthen the sense of brotherhood among group members. The practice of group dhikr can also create a deep spiritual atmosphere and strengthen the collective experience of attaining higher consciousness. It is important to note that the practice of dhikr in Sufism is not only limited to the repetition of certain words or sentences. Dhikr can also involve meditation, personal reflection, and deeper spiritual experiences. Practitioners of Sufism often combine dhikr with other practices, such as meditation, contemplation, or union of the heart with Allah. (MA'RUF-NIM, 2010)

By understanding the concept of dhikr in Sufism and engaging in the conscious practice of dhikr, individuals can experience profound benefits in daily life. Dhikr helps in developing spiritual awareness, improving the quality of relationship with Allah, and strengthening positive values within oneself. In addition, dhikr can also provide calmness, clarity of thought, and emotional balance that have a positive impact on an individual's mental and spiritual well-being.

Benefits of Applying Dhikr Practices in Daily Life

The application of dhikr practices in daily life in Sufism has various significant benefits. The following is an extended explanation of the benefits of applying the practice of dhikr in daily life in the context of Sufism: (RAHMAN, 2018)

a. Drawing closer to Allah

The practice of dhikr allows individuals to focus their attention and awareness on Allah. By remembering and chanting His name, individuals can strengthen their spiritual bond with God. This helps individuals to draw closer to Him and strengthen a meaningful personal relationship with God.

b. Enhancement of spiritual awareness

Dhikr is a means of increasing spiritual awareness. By diverting attention from the material world and focusing on the presence of God, individuals can develop deeper self-awareness. The practice of dhikr helps individuals to transcend ego consciousness and direct their attention to the broader spiritual dimension.

c. Eliminating ego and lust

One of the purposes of dhikr in Sufism is to eliminate ego and lust that prevent individuals from achieving oneness with Allah. By engaging in the diligent practice of dhikr, individuals can control worldly desires and transcend selfish impulses. The practice of dhikr helps individuals to direct their attention to God and achieve higher consciousness.

d. Improving the quality of worship

Dhikr helps individuals to improve the quality of their worship. By focusing the attention and heart on God, individuals can experience worship more solemnly and meaningfully. The practice of dhikr helps individuals to animate their worship with deeper heart presence, higher solemnity, and broader awareness. (Maskur & Anwar, 2020)

e. Calming the mind and emotions

The practice of dhikr has a calming effect on an individual's mind and emotions. By turning attention to Allah and remembering Him, individuals can overcome restlessness, anxiety, and stress in daily life. Dhikr helps individuals to achieve inner calm, clarity of thought, and emotional balance that positively impacts mental and spiritual well-being.

f. Building positive values

The practice of dhikr in Sufism strengthens positive values in the individual. By remembering Allah and strengthening the spiritual connection with Him, individuals can develop traits such as patience, tawakal, gratitude, compassion, and forgiveness. Dhikr helps individuals to strengthen moral and ethical values, as well as integrate faith in daily actions. (Latifah, 2022)

g. Group experience

Dhikr can also be practiced together in groups or tariqahs. The practice of group dhikr creates a deep spiritual atmosphere and strengthens the sense of brotherhood among group members. Doing dhikr together also increases spiritual energy and creates a collective experience that strengthens spiritual awareness.

h. Enhanced self-awareness

The practice of dhikr helps individuals to develop deeper self-awareness. By constantly remembering Allah and strengthening the spiritual connection with Him, individuals can gain a deeper understanding of the nature of themselves and their purpose in life. The practice of dhikr helps individuals to explore the spiritual dimension of themselves and gain more meaningful insights into human existence. (Gustina et al., 2021).

In essence, the application of dhikr practices in daily life in Sufism has a number of significant benefits. The practice of dhikr helps individuals to get closer to Allah, increase spiritual awareness, eliminate ego and lust, improve the quality of worship, calm the mind and emotions, build positive values, experience togetherness in a group, and increase self-awareness. Through the practice of dhikr, individuals can strengthen their personal relationship with Allah, achieve inner peace, and integrate spiritual values in daily life.

Differences or Variations in Dhikr Practices Between the Schools of Sufism

The schools of Sufism have variations in their dhikr practices, reflecting differences in approach, method, and spiritual focus. Although there are similarities in their ultimate goal, which is to draw closer to Allah and attain higher consciousness, differences in dhikr practice between the schools of Sufism can be found in the following aspects: (Arafah, 2016)

a. Methods and techniques of dhikr:

The schools of Sufism have different methods and techniques of dhikr. For example, in the Qadiriyyah school, their dhikr practices often involve body movements that are matched to specific breathing and rhythms. On the other hand, in the Naqshbandiyyah sect, dhikr is performed silently and carefully, focusing on calm breathing and concentration on the heart.

b. Focus on the recitation or phrase of dhikr

Some schools of Sufism have distinctive recitations or sentences of dhikr that are central to their practice. For example, in the Dhikr-e-Qalb school, dhikr is performed by repeating the phrase "La ilaha illallah" (There is no God but Allah) in the heart, while in the Rifaiyyah school, their dhikr centers on repeating the phrase "Allah" with various vocal variations and tones.

c. Collective or individual approach

Some schools of Sufism emphasize the practice of dhikr collectively in groups, while others emphasize more individual dhikr practices. For example, in the Mevlevi school, their dhikr practice is famous for a Sufi dance called "Sema" that is performed collectively as a form of meditation and union with God. On the other hand, in the Shadhiliyyah sect, dhikr is more focused on individual practice by using tasbeeh and focusing on the names of God. (Kartika, 2020)

d. Use of musical instruments

Some schools of Sufism use musical instruments in their dhikr practices, while others avoid the use of musical instruments. For example, in the Chishtiyyah school,

dhikr is often accompanied by Sufi music such as tabla (drums) and sarangi (stringed instruments). However, in the Wahdat al-Wujud sect, the use of musical instruments is considered to disrupt concentration and silence in dhikr, so they tend to avoid the use of musical instruments.

e. Approach to transcendence and mystical experience

Some schools of Sufism have a more open approach to mystical experience and transcendence in the practice of dhikr. For example, in the Bektashi school, they believe in the ability of humans to achieve transcendental experiences through dhikr and spiritual practices. On the other hand, in the Malamatiyyah school, they tend to emphasize self-control and suppression of the ego in their dhikr practices. (Ridho & Hayati, 2022)

Keep in mind that these are just a few examples of differences in dhikr practices between the schools of Sufism, and wider variations can be found in the practices and teachings of each school. It is important to note that despite differences in dhikr practices, the ultimate goal of each school is to achieve oneness with Allah and deepen the spiritual connection with Him.

The Role of Dhikr Practice in Bringing Yourself Closer to God

The practice of dhikr has an important role in bringing oneself closer to God. Dhikr is a form of worship that involves repeating the names of Allah, sentences of praise, or prayers that aim to remember and realize His presence continuously. The practice of dhikr in Sufism is a means to achieve awareness and unity with Allah. Evidences in the Qur'an and Hadith show the importance of dhikr in getting closer to Allah. Allah says in Surah Al-A'raf (7:205)

﴿وَاذْكُرْ رَبَّكَ فِي نَفْسِكَ تَضَرُّعًا وَخِيفَةً وَدُنُوْنَ الْجَهْرِ مِنَ الْقَوْلِ بِالْغُدُوِّ وَالْآصَالِ وَلَا تَكُنْ مِنَ الْغَافِلِينَ ۚ ٢٠٥﴾

"And remember your Lord in your hearts with humility and fear, neither loudly nor softly in the morning and evening, and be not of the heedless."

This verse emphasizes the importance of remembering Allah with a humble and fearful heart. In addition, there are many traditions that underscore the importance of dhikr. In a hadith narrated by Muslim, the Prophet said, "Verily, the heart is rusty like iron exposed to rainwater. So remember Allah to clean it." This Hadith indicates that dhikr is a way to cleanse the heart of impurities and bring closeness to Allah. The role of dhikr practice in bringing oneself closer to Allah can be explained in several aspects. (Arrasyid, 2020)

First, dhikr helps individuals to remember and realize the presence of Allah in every aspect of life. In the busyness and distraction of the world that often makes us forget about Him, dhikr becomes a way to direct attention and focus on Allah. By repeating the names of Allah or His words of praise, we remember Him constantly, strengthening our spiritual bond with Him.

Secondly, dhikr helps maintain the quality of daily worship. In the practice of dhikr, we strive to bring Allah into our every action, be it in formal worship or in our daily activities. By remembering Allah, we are more aware of our responsibilities as His servants, so we try to perform worship with full awareness and better quality.

Third, dhikr helps individuals to control their ego and lust. In the process of dhikr, we direct our thoughts to Allah and distance ourselves from the temptations of lust. Dhikr helps us to control negative emotions, such as anger, envy, or greed, and replace them with better attitudes, such as patience, tawakkala, and compassion (Yahya, 2017).

Fourth, dhikr brings peace and tranquility in daily life. In a life filled with pressures and trials, dhikr becomes a source of calm and strength. By remembering Allah and strengthening our spiritual connection with Him, we feel guarded and blessed by Him, so we are able to face life's challenges with more calm and peace. (May, 2011)

Overall, the practice of dhikr plays an important role in bringing us closer to Allah. Dhikr helps us to remember and realize Allah's presence in every aspect of our lives, maintain the quality of our daily worship, control our ego and desires, and bring peace and tranquility to our lives. With dhikr, we strengthen our spiritual bond with Allah and experience profound spiritual benefits.

4. CONCLUSION

Dhikr is a worship practice that plays an important role in Sufism, a mystical tradition in Islam. In Sufism, dhikr is considered a means of drawing closer to Allah and achieving higher spiritual awareness. The practice of dhikr involves repeating the names of Allah, sentences of praise, or prayers with the aim of constantly remembering and being aware of His presence. In the context of daily life, the practice of dhikr provides several significant benefits. First, dhikr helps individuals live life more calmly and peacefully. In the busyness and distraction of the modern world, dhikr helps direct attention and focus on Allah, thereby reducing the restlessness and anxiety that often plague our minds. Secondly, the practice of dhikr increases the spiritual awareness of individuals and helps them maintain a balance of thoughts and emotions. By constantly remembering Allah, we become more aware of spiritual values and a broader perspective on life. This helps us deal with challenges and conflicts more wisely and compassionately.

Lastly, the practice of dhikr strengthens the individual's relationship with Allah and helps them in achieving spiritual closeness. By repeating the names of Allah and communicating with Him through dhikr, we strengthen our spiritual bond with Him and feel a deeper sense of closeness. This provides a sense of peace, blessings, and strength in facing the challenges of daily life.

Overall, the concept of dhikr in Sufism and its practice provide various benefits in daily life. Dhikr helps individuals live life more calmly and peacefully, increases spiritual awareness, improves the quality of worship, controls ego and lust, and strengthens the relationship with Allah. Thus, the practice of dhikr is important in achieving a more meaningful and blessed life.

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