

# CONTEMPLATION

AN ISLAMIC PSYCHOSPIRITUAL STUDY

MALIK BADRI



*With an Introduction by*

JEREMY HENZELL-THOMAS

# Contemplation An Islamic Psychospiritual Study

**Malik Badri**



## **Contemplation An Islamic Psychospiritual Study:**

**Contemplation** Malik Badri, Humanology, 2000 The first edition of this book was published in Arabic by the International Institute of Islamic thought in Cairo in 1991 Its introduction was written by His Eminence Shaykh Yusuf Al Qaradawi the President of the World Federation of Muslim Scholars It was well received by Muslim scholars psychologists and laymen since it succeeded in integrating Islamic spirituality and theology with modern psychology linguistics comparative religion and mental and physical health It was reprinted in Jordan Egypt and Saudi Arabia and used as a reference in Arabic Departments of psychology and education Its second revised and updated edition was an English translation published by IIIT in London and printed by Cambridge University Press in the year 2000 The book generated highly thoughtful positive responses from reviewers Some of them stated that reading it had greatly improved their ability to contemplate and had improved their practice of worshipping Muslim scholars in different countries have stressed its value to non English speaking Muslims and have obtained permission to translate it The book is now published in different languages of the Islamic World such as Indonesian Albanian and Malayalam *Contemplation* Mālik Badrī, 2000 Delving into the true meaning and experience of Islamic spirituality based on a person's awareness and recognition of his existence and place in Creation Malik Badri reveals the limitations and contradictions of the current prevailing schools of psychology that deny the existence of the soul and perceive humans as mere machines acting on external stimuli Combining the rich traditional Islamic wisdom with contemporary knowledge the author advances a unique approach to the understanding of the human psyche and the self that gives a central position to meditation and contemplation as forms of worship in Islam It is a book addressed to anyone who is interested in the Islamic approach towards the urgency felt by modern societies who are yearning for the rediscovery of the long forgotten and neglected aspects of their lives *Contemplation* Malik Badri, 2018 *Books-in-Brief: Contemplation* Malik Badri, 2018-09-15 The human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one's own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of

self development and inner healing      Turkish: Books-In-Brief: Contemplation: An Islamic Psychospiritual Study Malik Badri ,2023-04-13 The human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychologyNand the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing      *Bosnian: Contemplation: An Islamic Psychospiritual Study (New Edition)* MALIK BADRI,2017-01-01 The

human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

Contemplation (Albanian Language) Malik Badri,2020-01-01 The human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human

spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

Contemplation: An Islamic Psychospiritual Study (Azeri Language) Malik Badri ,2020-01-01 The human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

**Books-In-Brief: Contemplation (Ukrainian: Language)** Malik Badri,2020-01-01 The human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

*Contemplation* Malik Badri ,2018-09-15 The human race is in crisis

and very few of us if any are able to understand what is wrong with our lives and the world at large How did this happen and how did humans become so disconnected with humanity Why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional Western therapies unable to stem the tide To approach this we must first look inside ourselves to explore our own purpose in life and extend that principle to the rest of humanity Despite the advances of modern Western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli In this powerful exploration into the human mind and its relationship with the human spirit Malik Badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in Creation Whilst central to worship in Islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

*Contemplation* Kevin Hart,2024-07-09 What is contemplation How is it distinct from meditation Is contemplation essentially religious or mystical What should one contemplate and how Are there different styles of contemplation and why should one practice them Ought we try to lead more contemplative lives This book offers a philosophical introduction to the theory and practice of contemplation Kevin Hart examines a variety of religious aesthetic and philosophical notions shedding light on the singular qualities of contemplation This book spans topics including the spiritual exercises of the ancient Greeks overlooked aspects of Christian spirituality and aesthetic contemplation of nature and art Contemplation ranges from ancient thinkers such as Aristotle Plato and Plotinus to Aquinas and other medieval theologians as well as modern philosophers like Kant Husserl and Wittgenstein Though focused on Christianity it also considers contemplation in other religious traditions among them Buddhism Hinduism Judaism Islam and Paganism Concise and comprehensive this book provides both religious and nonreligious readers with a foundational understanding of the history and nature of contemplation as well as the benefits of practicing it

**Contemplating Sufism** Khairudin Aljunied,2025-02-03 *Contemplating Sufism* Dialogue and Tradition across Southeast Asia Exploring Sufi sites and seminaries Professor Aljunied vividly describes how a dialogic tradition facilitated the formation of a Sufi habitus and life form across Muslim majority Southeast Asia The work deftly articulates the synergies between Sufis and the wider public showing how such dynamics infused increasingly powerful mediums and popular forms of mass mobilization during the colonial and post colonial eras ARMANDO SALVATORE Barbara and Patrick Keenan Chair in Interfaith Studies McGill University Canada At once personal and scholarly this book shows how Sufis were engaged in dual dialogues with themselves and their surroundings that made them agents of social change in Southeast Asia s past and present alike Paying equal attention to devotion and miracles and no less the political and martial aspects of Sufi activism Aljunied explains why Islam remains so important in the region today NILE GREEN Ibn Khaldun Endowed Chair in

World History University of California Los Angeles Splendidly written and accessible Khairudin Aljunied tells a lively and engaging story of Muslim piety metaphysics and politics as an integral part of Islamic thought and practice in Southeast Asia Readers will gain a profound and nuanced understanding of Islam in a region with the world's largest Muslim population A compelling read

EBRAHIM MOOSA Mirza Family Professor of Islamic Thought and Muslim Societies University of Notre Dame USA Contemplating Sufism employs a unique contemplative histories methodology to uncover how and why Sufis employed creative mediums to embed and sustain their importance in the region for many centuries Recognizing Sufism as a dialogical tradition Khairudin Aljunied reveals the emotional institutional and political forces that continue to influence Sufi thought and practices Providing an accessible and coherent synthesis of the latest scholarship in the field this innovative study integrates data from around the world vignettes and anecdotes of Southeast Asian Sufism and the author's ethnographic observations and personal experiences Lively and engaging chapters contain vivid descriptions and rich analyses of the texts ideas people practices and institutions that aided in the development of Sufism and transformed Southeast Asia's ideological cultural political and social landscapes Illustrating the inventiveness and energy of the Sufis Contemplating Sufism Dialogue and Tradition across Southeast Asia is an excellent textbook for undergraduate and graduate courses on Sufism and a valuable resource for academics scholars and general readers with an interest in the mystical dimension of Islam in the non Arab world

American Journal of Islamic Social Sciences 19:1 Mahmoud Dhaouadi, Katherine Bullock, Abdullah Y.S. Mohammad and Hamed H. Al-Abdullah, Ismail Gskoy, Zubair Hasan, The American Journal of Islamic Social Sciences AJISS established in 1984 is a quarterly double blind peer reviewed and interdisciplinary journal published by the International Institute of Islamic Thought IIIT and distributed worldwide The journal showcases a wide variety of scholarly research on all facets of Islam and the Muslim world including subjects such as anthropology history philosophy and metaphysics politics psychology religious law and traditional Islam

American Journal of Islam and Society (AJIS) - Volume 39 Issues 1-2 Ali Altaf Mian, Emily Goshey, Aasim Padela, Thahir Jamal Kiliyamannil, Suheil Laher, Ismail Hashim Abubakar, Martin Jiajun He, Ali Cebeci, Max Dugan, Abdallah Rothman, Alisha Ahmed, Rania Awaad, 2022-08-01 The four articles two review essays various book reviews and obituary contained in this issue all revolve around contestations of Islamic authority Notably two of these articles are drawn from the AJIS symposium on Maq'id whose first set of essays were featured in the previous issue 38 3 4 dedicated to the topic In the first article Agents of Grace Ali Altaf Mian develops a sophisticated and nuanced reading of intentionality in the work of the moral theologian al Ghazali Mian reads the latter's work to disclose ethical action as a site of contingency and ambivalence indeed of the subject's non sovereignty He contributes this theorization of intentionality as a constructive critique of accounts of ethical agency in the anthropology of Islam In the second article No Scholars in the West Emily Goshey carefully unpacks the ostensible paradox by which Western Salafis who studied in the Muslim world are not seen as scholars by the very communities they lead What then comprises religious

authority and scholarship within these models of knowledge transmission Goshey tracks the dynamics of scholarship and community leadership based on fieldwork with African American Salafi affiliate communities in Philadelphia In the third article Maq idi Models for an Islamic Medical Ethics Aasim Padela presents a typology of maq id based approaches to medical ethics Whether requiring a field based redefinition a conceptual extension or a text based postulation of the classical maq id theory however Padela shows that these frameworks remain woefully underdeveloped to offer appropriate and sufficient guidance for pressing bedside cases In the fourth article Developing an Ethic of Justice Thahir Jamal Kiliyamannil offers a creative rereading of new Muslim movements in South India Rather than relying on old typologies about political Islam or secularized activists he considers the Solidarity Youth Movement to articulate an Islamic ethic of justice inspired by Abul A la Maududi This case study shows not only how the maq id framework may inform discourses well beyond the domains of legal practice but also how this specific articulation of political justice is based in the praxis of the Indian Muslim minority These four articles and the remaining elements of the issue foreground contemporary contestations of Islamic authority Read together they also offer a set of terms for thinking productively about its contours limits affordances and possibilities

Islam & Psychology: Principles and Practices Mohd Nasir Masroom, 2024-06-01 Islam Psychology Principles and Practices by Mohd Nasir Masroom is an insightful and comprehensive exploration of the integration of Islamic teachings with contemporary psychological principles Drawing on the author s extensive experience as a senior lecturer in Islamic Psychology and Counseling this book delves into the rich and nuanced intersection of faith spirituality and mental health The book is divided into 20 engaging chapters each offering a deep dive into critical aspects of Islamic psychology It begins by exploring the foundational interface between psychology and religion emphasizing the often overlooked dimension of spirituality Early chapters introduce key Islamic concepts such as al Ruh the spirit al Qalb the heart al Nafs the self and al Aql the intellect providing readers with a thorough understanding of the Islamic view of human nature Fitrah and personality As the book progresses it offers a detailed examination of the development of embryonic stages the significant contributions of five eminent scholars of Islamic psychology and the profound implications of the pillars of faith iman and Islam on individual well being The discussion extends to the spiritual science of Tasawwuf exploring spiritual heart diseases and the illnesses of the soul and providing insights into their spiritual cures The book also addresses practical applications of Islamic psychology in therapeutic settings with dedicated chapters on Islamic counseling psychotherapy and mental health These sections highlight how Islamic teachings can be effectively utilized in counseling and therapy considering the cultural and religious contexts of the patients A unique exploration of the connection between Jinn Ruqyah spiritual healing and mental health further enriches this discussion In the final chapters the book turns its focus to the emotional aspects of the human experience It examines emotions such as patience gratitude acceptance trust in Allah bravery fear happiness sadness love and hate all through the lens of Islamic teachings These discussions offer a holistic view of how emotions are understood



managed and nurtured in Islam Islam Psychology Principles and Practices is a valuable resource for students scholars and professionals in the fields of psychology and Islamic studies as well as for anyone interested in the ways in which faith and spirituality influence mental health and well being By bridging classical Islamic knowledge with modern psychological practices this book offers a unique perspective that not only enhances our understanding of psychology but also enriches our approach to mental health in a way that is deeply rooted in faith and spirituality To students please do not hesitate to email the author mnsr1976 gmail com to redeem a promotion code      *Routledge Handbook of Islamic Ritual and Practice* Oliver Leaman,2022-06-08 Ritual and practice are one of the most distinctive features of religion and they are linked with its central beliefs Islam is no exception here and this Handbook covers many aspects of those beliefs and practices It describes the variety of what takes place but mainly why and what the implications of both the theory and practice have for our understanding of Islam The book includes accounts of prayer food pilgrimage mosques and the various legal and doctrinal schools that exist within Islam with the focus on how they influence practice The volume is organized in terms of texts groups practices places and others An attempt has been made to discuss the wide range of Muslim ritual and practice and provide a sound guide to this significant aspect of the religious life of one of the largest groups of believers in the world today

**American Journal of Islamic Social Sciences 17:3** Mehdi Golshani,Katherine Bullock,Karim Douglas Crow,Tahir Beg, The American Journal of Islamic Social Sciences AJISS established in 1984 is a quarterly double blind peer reviewed and interdisciplinary journal published by the International Institute of Islamic Thought IIIT and distributed worldwide The journal showcases a wide variety of scholarly research on all facets of Islam and the Muslim world including subjects such as anthropology history philosophy and metaphysics politics psychology religious law and traditional Islam      *Ethical Teachings of Abū Ḥāmid al-Ghazālī* Sami Al-Daghistani,2021-02-26 This book studies the interplay of economic philosophy and moral conduct as reflected in the writings of one of the most renowned scholars in Islamic history Ab mid Mu ammad ibn Mu ammad al Ghaz l d 1111 As is well known Im m al Ghaz l nicknamed the proof of Islam contributed immensely to Islamic theology philosophy and Sufism or Islamic mysticism ta awwuf Strikingly enough al Ghaz l also made seminal contributions to the field of economic thought but this contribution has been largely neglected although al Ghaz l dedicated many chapters to what he considered just and Shar a based economic conduct in Muslim society This book aims to analyse and revive al Ghaz l s understudied contribution to economic thought by emphasizing his economic philosophy and its correlation between Shar a s moral law and the tradition of ta awwuf as well as to situate his thought within the context of modern economic theories

Supporting Modern Teaching in Islamic Schools Ismail Hussein Amzat,2022-03-31 Supporting Modern Teaching in Islamic Schools Pedagogical Best Practice for Teachers advocates the revamp of the madrasah system and a review of the Islamic curriculum across Muslim countries and emphasises training needs for Islamic teachers for modern instructional practice Islamic schools across Muslim countries face 21st century challenges and teachers need continuing professional

development to help them keep abreast of modern teaching practice Books papers educators and parents have consistently called for curriculum change to transform teaching and learning in Islamic schools Divided into three unique parts Part 1 of the volume focusses on content knowledge pedagogy and teaching methods Part 2 highlights professional development responsibilities and lifelong learning and Part 3 comprises chapters on Islamic curriculum review reform and Islamisation of knowledge Scholars from the United States United Kingdom Europe Canada Australia New Zealand Asia and Africa review the Islamic curriculum to highlight areas for further improvement and provide modern techniques and methods of teaching for pedagogical best practices and effective outcomes in Islamic schools With these contributions this volume will be of interest to OIC countries Islamic student teachers and Islamic teachers who work in international and local settings

**Culture and Islamic Adaptation Psychology** Malik Badri, Humanology, 2018-03-15 The indiscriminate exportation of Western psychology to Muslim and third world countries can pose serious cultural and ideological dilemmas When the exported commodity from North to South is physical in nature the harm done can easily be identified for example the quick detection of the life threatening birth defects caused by the drug thalidomide when taken during pregnancy or the flaws in the breaking system of a Japanese car However when the exported product is ideas and beliefs and ways of life the indirect and sneaky damage is often much more malevolent and long lasting because it attacks the worldview of the recipients and it shakes their cherished beliefs Because of its technological supremacy Islamic and developing countries got used to wholeheartedly accepting any information coming from the West if it is under the tag of science By presenting itself under this prestigious mantra of science students in Muslim countries swallow the kernel of psychology with its nutshell the baby with its filthy water The danger of this approach is greatly augmented by the shortcomings of our educational systems that discourages critical thinking and encourages the submissive acceptance of the words of the teacher and that of printed material

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