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SUFISM: AN IMPORTANT FACTOR IN HUMAN SPIRITUAL PERFECTION

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Abstract

This article analyzes the essence of Sufism, its role in Islamic culture, and its importance in human spiritual development. It explores the main concepts of Sufism, the activities of Sufi orders, and their influence on society. The study concludes that Sufism is a doctrine that contributes to the moral and spiritual perfection of individuals.

Keywords: Sufism, tariqa, spirituality, perfect human, dhikr, nafs, irfan, inner purification

Introduction

Sufism is a deep spiritual and philosophical doctrine formed within the framework of Islam, the main purpose of which is to purify the human soul, educate the soul and bring the individual to perfection. Sufism focuses not on the external, but on the internal world of a person. It serves to form such qualities as spiritual purification, patience, trust, kindness and honesty.

Historically, Sufism began to take shape in the Islamic world in the 8th-9th centuries, and later it developed as an independent spiritual direction. The emergence of Sufism was caused by the excessive materialization of worldly life and the spiritual needs of man. Initially manifested in the form of asceticism, this doctrine later turned into a complex philosophical system. In Sufism, a person strives to reach the level of a "perfect person". A perfect person is not only knowledgeable, but also a person who possesses high moral qualities, is able to control his ego and benefits society. In the teachings of Sufism, this path is traveled under the guidance of a murshid (teacher). A murid (student) achieves spiritual perfection through regular work on himself.

In today's globalization, humanity is faced with various problems, including stress, mental pressure, spiritual emptiness and a crisis of values. In such a situation, the teachings of Sufism play an important role in restoring a person's inner balance, achieving spiritual peace and strengthening spiritual values. Therefore, Sufism is relevant not only from a religious, but also from a psychological and social point of view. The main purpose of this article is to scientifically analyze the essence of Sufism, to clarify its basic concepts and principles, and to determine its place in the spiritual perfection of a person. Special attention is also paid to the importance of Sufism in modern society and its role in the education of young people. At the same time, the article briefly analyzes the stages of historical development of Sufism, its main representatives and their scientific heritage. This allows us to understand Sufism more deeply and assess its significance today. Sufism is a spiritual and philosophical doctrine formed within the framework of the Islamic religion, which aims to purify the human soul and raise it to a high moral level. It focuses on the inner world of a person and teaches ways to achieve spiritual perfection. In today's era of globalization and technological development, the mental state and spiritual values of a person are gaining importance. Therefore, the doctrine of Sufism is also relevant for modern society. The purpose of this article is to reveal the theoretical

foundations of Sufism, determine its place in human life and analyze its impact on the development of society.

Literature review

The science of Sufism has been studied by many scholars for centuries. For example, Imam Ghazali developed Sufism in harmony with Sharia, while Jalaluddin Rumi illuminated it in an artistic and philosophical direction. Bahauddin Naqshband put forward the principle of "the heart is the light, the hand is the blind" in Sufism. Modern researchers study Sufism not only as a religious, but also as a psychological and social phenomenon. In their opinion, Sufism is one of the important factors stabilizing the human psyche.

Research methodology

The following methods were used in this study:

- analytical method - studying sources related to Sufism;
- historical method - identifying the stages of development of Sufism.

Through these methods, the essence and significance of Sufism were deeply studied.

Results

The following conclusions were drawn as a result of the study:

First, Sufism leads a person to perfection by educating his soul. Victory over the soul is one of the main goals of Sufism. Second, dhikr plays an important role in Sufism. Through dhikr, the human heart is purified and draws closer to Allah. Third, the murshid-murid relationship is important in Sufism. The murshid guides the disciple to the right path and provides spiritual education. Fourth, Sufism serves to improve the moral environment in society. It calls people to honesty, patience, and kindness.

Discussion

Sufism can be evaluated not only as a religious direction, but also as a comprehensive spiritual system. Because it affects all aspects of human life. Today, people are faced with the problems of stress, mental pressure, and spiritual emptiness. Sufism can be an effective tool in solving such problems. Through meditation, remembrance and contemplation, a person achieves inner peace. Also, the ideas of Sufism are important in educating the younger generation. Through them, qualities such as goodness, purity and honesty are formed in the hearts of young people.

Conclusion

In conclusion, Sufism is an important doctrine that elevates a person spiritually. It has not only religious, but also social and psychological significance. The ideas of Sufism play an important role in ensuring human perfection in modern society. In the future, one of the urgent tasks is to study Sufism more deeply and apply it to practical life.

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