

Essentials of Spiritual Health

Objectives

Non-Objectives

Outcomes (Ma'iyah)

Practices (Tarīqah)

Obstacles (Mawānif)

Secondary Outcomes (Tawābif)

Means (Dharā'i')

From Allah

From Man

Removing Contemptible Character

Acquiring Praiseworthy Character

- Divine Pleasure
- Special Proximity

- Awareness of Being
- Absolute Servitude

- Ostentation, Arrogance, Love of the world, etc..

- Patience, Gratitude, Sincerity, etc...

- Admiration of Aesthetic Beauty (Ḥusn Parastī)
- Haste (Ta'jīl)
- Pretense (Taṣannu')
- Opposition to the Sunnah (Mukhālafat al-Sunnah)
- Opposition of the Spiritual Guide (Mukhālafat al-Shaykh)

Potentially Harmful

Harmless

- Unity of Existence with Spiritual Intoxication
- Kashf Ilāhī (divine disclosures)
- Kashf Kawnī
- Istighrāq
- Taṣarruf
- Constriction and Expansion (Qabḍ and Bast)
- Supernatural Occurrences (Karāmah)
- Direct Witnessing (Mushāhadah)

- Spiritual Ecstasy (Wajd)
- Righteous Dreams (Ru'yā Ṣāliḥah)
- Acceptance of Supplications (Ijābat al-Du'ā)
- Inspiration (Ilhām)
- Annihilation and Perpetuity (Fanā wa Baqā')
- Unity of Existence (Waḥdat al-Wujūd)
- Clear-Mindedness (Firāsah Ṣādiqah)

Spiritual Practices/Exercises

Spiritual Exertions (Mujāhadah Ḥukmiyyah)

Potentially Dangerous

Safe

- Spiritual Music (Samā')
- 'Ishq Majāzī
- Visualization of Guide (Taṣawwur al-Shaykh)

- Spiritual Contemplation (Murāqabah)
- Spiritual Litanies (Shughl)
- Recitations of Remembrance (Dhikr)

- Reduction of Sleep
- Reduction of Food Consumption
- Reduction of Social Interaction
- Reduction of Communication