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THE QUEST FOR SPIRITUALITY: CONTRIBUTION OF TASAWWUF TO HUMANITY

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[FATIMAH BINTI ABDULLAH, Amnah Bahari](#)

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Synopsis

Tasawwuf is the science of the soul concerning self-knowledge and the inner dimensions of the human being to mould human personality or character. Tasawwuf is regarded as a body of knowledge that deals with Islam's inner dimension. Islam as a way of life and worldview offers its followers insights to treat the malaise of the soul in holistic, cognitive, rational and psycho-physiological ways. It is generally acknowledged that spiritual, cognitive therapy can significantly impact the treatment of emotional and spiritual disorders.