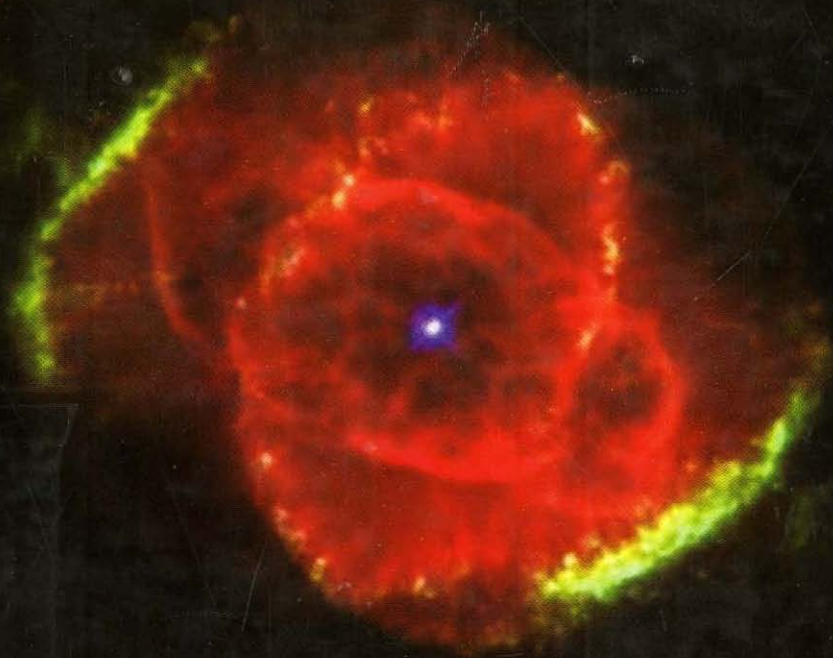


HORIZONS OF SPIRITUAL PSYCHOLOGY



Edited by

AKBAR HUSAIN • SHAHRIR JAMALUDDIN
OSMAN HASHIM • LOH SAU CHEONG
MARIANI MD NOR • HAMIDAH SULAIMAN

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**Akbar Husain • Shahrir Jamaluddin
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PREFACE

The concept of spirituality is a holistic one which encompasses the physical, mental, emotional, social and the spiritual aspects of an individual. Spirituality is a unified quality of body, mind, heart, spirit or soul. A number of attempts have been made : (a) to identify the factors or dimensions of spirituality through the development of various measures, (b) to integrate spirituality into education, counseling, training and therapy, (c) to see spirituality in health care organizations, (d) to identify and examine the role of spiritual values in the personality development, (e) to investigate the relationship between spirituality and well-being, and (f) to assess the role of Sufism and Buddhistic principles in the health maintenance behaviour.

In this book you will find answers of so many questions related to the complex discipline as to what is spirituality, what elements really make up the spiritual life, how spirituality can be measured, what spirituality has done so far to the health maintenance behaviour and what spirituality can do further? This is what we hope that the articles published in this volume will provide us meaningful solutions to our daily life problems.

This book contains 19 chapters based on the keynote addresses and articles presented in International Seminar on Spiritual Psychology mainly by the Indian and Malaysian participants. The keynote addresses and articles are not reproduced here as originally presented in the seminar. We expended them considerably

and arranged matter in a different order. The content of the book amply reflects that the field of spiritual psychology is developing in a number of directions.

The language of the book is very easy and interesting for everyone who is concerned with the maintenance of spiritual health. This book is an important and welcome addition to the field of spiritual psychology. It is a good source of information to the students, teachers, researchers, professionals in particular and for the others who are interested in this field.

We would like to acknowledge the authors for their valuable contributions. We also extend our appreciation to the social and structural support provided by Prof. Dr. Noraini Idris, Dean, Faculty of Education, University of Malaya, Kuala Lumpur. It is also our duty to acknowledge the great obligation to Global Vision Publishing House, New Delhi, India for printing this book.

Editors

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His books include: *Commentary on the Chapter of Sincerity* (2007), *Universe Rising* (2007), *The Sufi Path of Self-Realisation* (2006), *Keys to the Divine Kingdom* (2005), *Classical Islam and the Naqshbandi Sufi Order* (2004), *Pearls and Coral* (2005); *The Islamic Perspective* (2003); *Encyclopedia of Muhammad's Women Companions and the Traditions They Related* (1998); *Angels Unveiled* (1996); *The Naqshbandi Sufi Way* (1995); *Remembrance of God Liturgy of the Sufi Naqshbandi Masters* (1994).

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EMPIRICAL PSYCHOLOGY ENCOUNTERS SPIRITUALITY

S. Alwi Shahab

Many psychologists, aware of the increasing restrictiveness, narrowness, and irrelevancy of much of the spurious scholasticism in contemporary psychology, have expressed concern, critical of the traditional psychology since the 1950s. Some of the most frequently repeated themes are the following:

1. Psychology lacks real unity. (MacLeod, 1965; Sanford, 1965; Koch, 1969)
2. Psychology lacks direction. (Sanford, 1965)
3. Psychology should cease its strict emulation of the natural sciences. (Bugental, 1963; Bakan, 1972)
4. Psychology has not been investigating meaningful phenomena in a meaningful way. (Jordan, 1968)
5. Psychology lacks holistic methods. (Sanford, 1965)
6. Traditional psychology does not do justice to the human person. (Bakan, 1967)
7. Psychology's relevance to the life-world is deficient. (Jordan, 1968; Koch, 1969)

What do psychologists do anyway? Almost every student being introduced to psychology is told that *psychology is the*