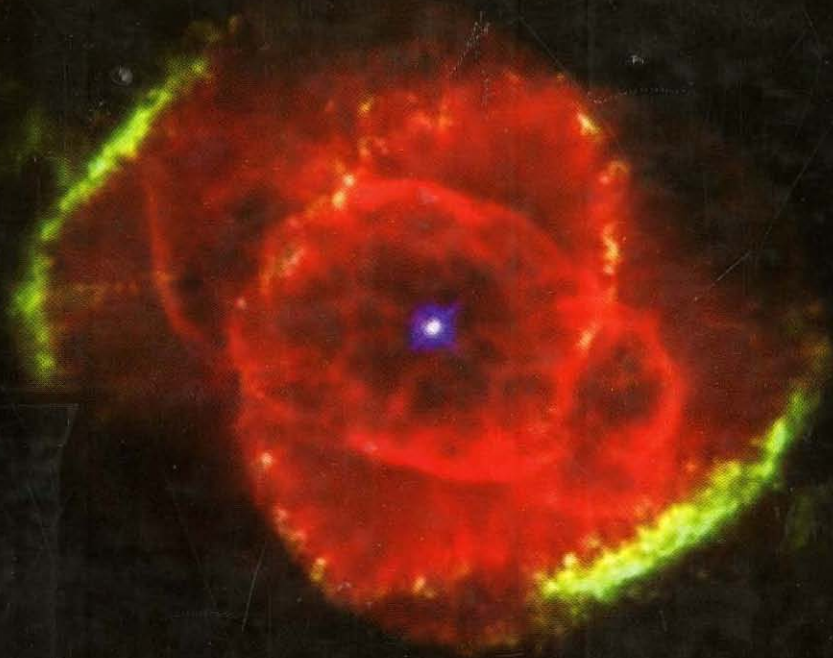


# HORIZONS OF SPIRITUAL PSYCHOLOGY



*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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Mariani Md Nor • Hamidah Sulaiman**

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### *Horizons of Spiritual Psychology*

#### *Selection and Editorial matter*

Akbar Husain, Shahrir Jamaluddin, Osman Hashim,  
Loh Sau Cheong, Mariani Md Nor and Hamidah Sulaiman

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## PREFACE

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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.

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## ISLAMIC SPIRITUAL PSYCHOTHERAPY: THE CLIENT'S ROLE

*Khamsiah Ismail, Noraini Mahat and  
Siti Aishah Hassan*

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The best creation of Allah is 'man'. Allah says in Surah At-Tin, "We have indeed created man in the best of mould" (95:4). Man is distinct from all other creatures as his nature reflects some of God's own qualities and attributes, though in a very limited sense. By breathing His spirit into man, God has endowed human beings with a fragment of His free will (Mohsin, 1997). Man is distinct from the rest of the creation also because he has been endowed with intellect (*aql*) and free-will (*iradah*). The intellect enables him to discern right from wrong and the will enables him to choose between right and wrong.

Although man is born in a state of original good or fitrah, he is also subject to temptation and folly. He can use these faculties to complement his fitrah and to please Allah or to be untrue to it and displease Allah" (Mohamed, 1998). People may, because of the elements of intellect and free-will, decide and choose to conduct themselves in a wrong or unlawful manner, and become alienated from his fitrah. Though God has gifted man with freedom of will -