THE ENTIRE OF UNIVERSE IN HUMAN BODY  
(ISLAMIC PSYCHOLOGY STUDY OF PSYCHIC ENERGY)

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Abstract

Allah has created human beings in perfect form not only for physical which can make differentiate between human with another creatures of Allah but also for human soul. That things appropriate with the words of Allah in Qs. Asy-Syams verses 1-10. In that verses Allah swears by all of the creatures, sun, moon, day, night, heaven and earth that Allah has created human being and their soul perfectly and Allah endows their soul with goodness and piety. And whoever purifies his soul that includes those are successful people and whoever defiles his soul, including the losers.  

Allah says in the Qur'an letter ash-Sham verse 8 that He perfected human soul and the lucky people who keep it holy. In other words, the lucky people means they are who use their soul to do on the path of piety. However, as human beings we often do not realize the power of the soul that Allah has given perfectly inside human beings and do not believes our mental strength as fixated on physical energy that visible and measurable.  

Ali bin Abi Thalib as a companion of Prophet Muhammad saw (people who have lived in the days of the Prophet and saw the Prophet) said that, You think you are small body but, within you exist the entire universe. The sentence describe how much potential human soul if the potential is used maximum and well. Besides a physical beings, humans are also soulless beings, therefore, we as human must be aware of our potential of soul.  

In psychology, the soul is also called psychic. According to Cambridge Dictionary, psychic it mean having a special mental ability and according to Indonesian Big Dictionary, psychic it mean connect with psike (soul). Branch of Psychology that concerned with Spirit or non material force is Transpersonal Psychology. Transpersonal comes from the word trans is meaning goes beyond and persona which means mask. Etymologically, transpersonal is meaning beyond all human images. Transpersonal psychology is a field of psychology that integrates the concepts, theories, and methods of psychology with spiritual richness of various cultures and religions, Including Islamic concept in psychology.  

In Islamic psychology about soul concept, man like Einstein uses only 3% of his power as a human. In fact, all the people on earth already knows about the greatness of Einstein in science. That is because the human body not only has physical energy but also psychic energy. Physical energy is the power of human beings by using organs and that are restricted. Whereas, psychic energy is latent power that exist within human beings and using the power of the soul. When humans use their brains to think it was mean, they were using their physical energy and when humans use his faith to believe something that looks impossible then, they were using their psychic energy.
To unlock the entire human psychic energy, required the union between natural energy and divinity energy and within the human body is already the element both. If our souls are maintained and always lucid and away from immoral then, it is easy for us to use psychic powers and make our bodies stronger.

With this research, through the Islamic psychology concept and views of mainstream psychology approach, will be useful to know how to use and enable human psychic energy so that human beings are not only optimizes physical but also the psychic power in order to be life optimally and beings who blessed by Allah.

**Keywords:** Islamic Psychology, Psychic Energy, Transpersonal Psychology

1. **INTRODUCTION**

Psychology is the study of the soul or the human psyche. Although steeped in the human psyche, but, at first, just talking about the psychology of human existence as a physical or visible and can be measured, while the human soul is something that is not visible and is very difficult to measure. Along with, the development of science and technology is also accompanied with the progress of time, psychology grow into multiple streams. There are four streams that regarded as sects in psychology. such as, flow psychoanalysis, behavioristic, humanistic and transpersonal. The emergence of the flow of transpersonal psychology in the 60s had a significant impact on the development of psychological thought in the religious viewpoint. One of religions that developed the psychology of religion is Islam. This psychology is also known as the Islamic Psychology. Here is a translation of the view major schools in psychology, for instance:

1.1 **Psychoanalysis**

At the initial appearance, the first sect evolved psychology is psychoanalysis. This stream is introduced by Sigmund Freud who also became the main character of psychology analysis in 1900 at Vienna, Austria. The object of study psychoanalysis is the psychophysical human. Thus, sexual libido is the study centers and the main driver behind human motivation (Mujidin, 2005). Freud has succeeded in revealing the physical labor of man is “Libido” and this is one of the greatest contributions of Freud in psychology. Freud considered that Libido is the main motivation human behavior or in other words, Libido under conscious mind is the driver behind human behavior.

1.2 **Behaviorism Psychology**

Schools of psychology develop after psychoanalysis is behaviorism. The sect is introduced by John B. Watson in 1913 in the United States. Behaviorism consider that the behavior of a single object must be an element of psychology and strongly reject elements that are not real consciousness as an object in psychology. This sect also has thinking that humans are dependent on stimulus from outside itself and does not bring any talent since birth. its mean, humans are shaped by the environment in which humans live. Badri (in Mujidin, 2005) assesses that sect behavioristik see the human psyche base on empirical matters only. so that this sect does not recognize the existence of spiritual awareness in humans.

1.3 **Humanistic Psychology**

The third stream in the school of psychology that is humanistic. This stream appeared in the 1950s as a reaction to behaviorism and psychoanalysis. figure as a pioneer of this genre is the famous Abraham Maslow has theory Hierarchy of Needs that essentially, people can live as motivated to meet the needs of life. In general, the stream of humanistic view that human is a singularity of the experience, appreciate and basically active, purposeful and self-esteem. According to the stream of humanistic, human should also be regarded with high respect of the dignity, its development, individual differences, and the corner of his humanity itself. Humanistic confirms the existence of an overall capacity of dignity and human values to assert themselves (self-realization). Humanism against pessimism and decisions view of psychoanalysis and behaviorism concepts that make human-like robots.

1.4 **Transpersonal Psychology**

The fourth and most recent school of thought in psychology is transpersonal psychology. This sect was formed in the 60s by some psychologists who have attention to the abilities and the highest human ability that has not been systematically studied by classical psychology. Some leaders who develop transpersonal psychology, namely, Abram Maslow, Antony Sutich and Charles Tart. Last sect in psychology as well as a new breath to the science of psychology as it can look deeper into the human psyche is not only what can be
seen and visible. Transpersonal psychology pays special attention to the empirical scientific studies and implementation are responsible for discoveries that are relevant for self-actualization, self-transcendence, cosmic consciousness and transcendental phenomenon that occurs in either individual or group (Mujidin, 2005)

1.5 Islamic Psychology

Psychology Islam has three phases of development before it becomes official disciplines to be studied (Mubarok, 2005). The first phase is called the infantuation phase. This phase is characterized by the development of Western psychology is very rapid and a little more influence the thinking of Muslim students about psychology. They are so infatuated with Western psychology theory that follows the modern Western psychology theory without criticism. In the next phase, Muslim students who study Western psychology have begun to match the theories of Western psychology with verses of the Quran and hadith. This phase is also known as the phase of reconciliation. The third phase is also called the emancipation phase where at this phase of Psychology Islamic movement emerged in the United States around 1950. The movement became a considerable influence for the formation of the International Institute of Islamic Thought (IIT) in 1981 by Prof. Dr. Ismail Faruqi, based in Virginia, Usa. The agency became the center of Islamization in the world of science, including the science of psychology. In this phase, the Muslim psychologists began to set his sights on the psychology idea contained in the verses of Al-Qurandn hadith of the Prophet.

Definition of Islamic psychology is the science that speaks of human beings, especially human personality based on the Quran and hadith as well, studying the uniqueness and patterns of human behavior, with the aim of improving the quality of mental health and religion. If the scope of contemporary psychology has only three points namely, revealing the meaning of behavior, predict the behavior and control the behavior of the psychology of Islam added two points, namely, forming good behavior and encourage people to his soul closer to God (Mubarok, 2005).

2. PSYCHIC ENERGY IN TRANSPERSONAL PSYCHOLOGY PERSPECTIVE

The word of transpersonal comes from the word trans which means it passes and private personal meaning. And personality comes from the word persona, which means mask. In a lot of literature, tranpersonal means through or past the mask or in other words, pass the personal level (Hendro Prabowo, 2008). Daniel (in Hendro Prabowo) found transpersonal psychology is a branch of psychology that gives attention to the study of the state and the process of human experience that is deeper and broader, or a sensation that is greater than the connectivity to other people and the universe, or a spiritual dimension.

Friedman and Pappas (in Hendro Prabowo) also found psiklogi transpersonal constructed from different psychological perspectives, generally regard psychology as anything useful yet, incomplete and limited. Transpersonal psychology is not a set of beliefs, dogma or religion however, an attempt to bring the level of human experience throughout towards discourse in psychology. Meanwhile, Noesjirwman (in Mujidin) defines transpersonal psychology as a state of consciousness that unites spiritual transcendence.

2.1 Spiritual Quotient

After the early twentieth century Intellectual Quotient (IQ) is a major issue, Daniel Goleman introduced the term Emotional Quotient (EQ) in the world in the 80s, followed later in the 2000s, Ramachandran and Ian Marshall introduced the term Spiritual Quotient, or known as (SQ). IQ and EQ alone will not be able to explain the complexities of human intelligence and richness of the soul also imagination. SQ provides the ability in human to be able to feel, understand, give moral to the dialogue between reason and emotion.

In terminological, spirituality comes from the word meaning spirit, soul, spirit or ghost. In a large dictionary Indonesian, spirituality have meaning or are associated with psychological or spiritual (KBBI Online, 2016). Meanwhile, in terms of spirituality, namely, the core existence of life. Spirituality is about self-awareness and awareness of individuals about the origin, purpose and destiny. According to Adler, the human who has spirituality, people who are aware of all the reasons for his behavior, inferioritasnya conscious, able to guide his or her behavior, and realize the full meaning of the deeds to then be able to actualize themselves.

Transpersonal Psychology sees human completely and thoroughly, dig the deepest human potential, one of which is the Spiritual Quotient to mnegembangkan human as a person, not just growth that focused on the physical intellectual or emotional, but also the complexity of the human being as a creature.
Here is an opinion of human beings in transpersonal psychology that is described in the following picture (Mujidin, 2005):

**Picture 1**: multi-dimensional views of humanity, as a human view by transpersonal psychology.

Outermost layer, the meaning is part of the visible and the invisible. Circle the number 2 is described as a human emotion, emotions are in human's physical nature, can be seen though not visible. Circle 3 illustrates the human intellectual energy. Circle 1, 2 and 3 represent the mental strength that can still be seen though implicitly. Circle 4 represents the integrity of an individual combination of circle 1, 2 and 3. Circle number 5 depicts human intuition. Intuition is obtained from experiences and perceptions of individuals. Circle number 6 illustrates the psychic-spiritual that is, individual experience that goes beyond awareness of sensations to create a great energy. Circle Number 7 illustrates the mystical union of an individual who earned the last of his spiritual experience, circle the number 8 the transpersonal integrity is the development of potential after passing the seven previous layer. At this stage, there is integrity between personal with the transpersonal.

Thus it can be concluded, psychic energy in transpersonal psychology is the development of potential in man which is not only limited to the physical and emotional, or in other words things are definitely visible and measurable, but more profound than that, it is about the energy of the soul. If one can develop the energy of his soul then, will give a tremendous impact on individuals in the form of experiences that will not be affordable only with the physical strength and make the individual aware of the vastness of the world human
habitation.

2.2 Method Psychic Energy Development in Transpersonal Psychology

Every human has the psychic energy in themself or without them knowing it. However, most of the people do not know or realize the existence of psychic energy in themselves that they know physical energy. In fact, if the psychic energy in human is used optimally then, will result in the extraordinary things that can not be produced by physical energy. There are several ways that can be used to develop psychic energy in humans, in transpersonal psychology, develop psychic energy can be achieved by psikosentesis or to explore the teachings of a particular religion vippasana them is meditation in Buddhism and sufism in Islam.

2.2.1 1 Method of Psychosynthesis

Psychosynthesis is part of transpersonal psychology that aims to empower clients and unlock potential and creativity that already exists into human. Each barriers experienced by human as an opportunity to develop. The main target in this therapy is transforming and actualize creative potential of humanity in everyday life, Changing the viewpoint, receiving traumas personal and important events that we have as the stages of the process of self-healing, Healing, transform, and Helping the development of self. Models created Assagioli about human consciousness is an identity that is concerned with "self transpersonal" (ruffler, 1995).

Psychosynthesis has a broad vision and good in the context of personal, interpersonal, social, global and universal evolution. Counselors positioning itself as a mirror or reflection for clients, developed through interpersonal relationships and empathy for the client. There are two aspects of psychosynthesis, namely personal psychosynthesis which aims to foster the integration of the personality and the transpersonal psychosynthesis which directs the individual needs to realize the highest human essence and purpose of life. The purpose of psychosynthesis is that all aspects of an individual's personality encircling integrated personal center, resulting in the best synthesis between the personal ego and self transpersonal (Word & Gilla, 2002; ruffler, 2005).

Vippasana Meditation is a method of self-development potential that is occupied by Jack Kornfield, a transpersonal psychologist wing. Meditation vippasana included into Buddhism. Vippasana Meditation is one of the many methods are offered by the development of Buddhism in the practice of self potential, all of which are rooted in the basic understanding of liberation, reality and compassion. Jack Kornfield found the teachings of Buddhism is complete, we can forget about the psychology and western therapies. Buddhist teachings can be a means to transform a person into a better person that is able to face all kinds of difficulties. (Jack Kornfield, 2007).

In the teachings of the Buddha, human suffering is human beings who have attachment with the world. Therefore, in spite of the suffering then, human must detach itself from attachment. The way to be able to free itself from attachment to understand the nature of ourselves as human beings. By showing with full attention to the mental and physical processes, we will understand the true nature. When we want to understand something, we have to observe, supervise, and full attention when something happens, without analyzing it, without logic, philosophizing, and prejudice (Chanmay Sayaday, 1992).

We must be extremely vigilant and pay attention to the ‘something’ as-is. For example, when looking at a wristwatch. When we do not observe watches attentively and carefully, we do not understand the watch as it. If we observe attentively and closely, we will see the brand, design, and shape. We will know that it is the Seiko brand watches, have international time, and so then, thinking that's what led me.

Every mental and physical process must be observed as it, so that we can understand correctly based on the actual nature. The right understanding will guide us to mneyingkirkkan ignorance. Once ignorance is removed, we do not consider the mental and physical processes as a person, a being, a soul, or self. If we consider the mental and physical processes as a natural process, it will not appear attachment. If the attachment has been destroyed, we are free from all kinds of suffering and achieve a state of cessation of suffering. Thus, careful attention to the mental and physical processes according its nature is a path that leads us to a state of cessation of suffering (Chanmay Sayaday, 1992).

This is on the basis of the Omniscient Buddha give a sermon about the “Four Foundations of Full Attention.” The Buddha taught to give caring full-on mental and physical phenomena. There are many ways to keep caring full on mental and physical processes, but all of them can be summarized as follows:

1. Full attention on the physical processes (Kāyānupassanā satipatthana)
2. Full attention on the feeling or sensation (Vedanānupassanā satipatthana)
3. Full attention on the mind (Cittānupassanā satipatthana)
4. Full attention on mind-objects (Dhammānupassanā satipatthana)

3. ISLAMIC PSYCHOLOGY STUDY OF PSYCHIC ENERGY

Islamic psychology is the study of human personality or soul based from the Qur'an and hadith. In the Qur'an, the word can be used as a reference for the psychology of them, An-nafs, Qalbu and An-Nas. Sentences An-nafs or soul can be found more than 300 times in the Quran and many more in the hadith however, the history of Islamic scholarship does not give birth to the science of the soul or psychology because Islamic scholars more reviewing an-nafs in the context of human relationship with God or called Habluminallah. Therefore, the science that was born and developed in the history of Islamic science is not a science of psychology but, Sufism science relates to an-nafs in the Qur'an and hadith.

Psychology Islam is also identical to sufism. People who study tasawus is called sufi. The Sufis also an object of study of transpersonal psychology by studying methods that the Sufis in the development of psychic energy. Some Sufis were well known to the man in Islam thoughts about them, Ahmad Al-Ghazali and Al-Farabi. Al-Farabi described the human being as a rational animal that are superior to other creatures. Human enjoys dominace over other species because human beings have the intelligence and the will (Haiatin Chasanatin, 2014). Meanwhile, according to Al-Ghazali, humans are valuable because of his soul. The human soul is a separate substance that has the power to know, moving his will complement other parts (Fahrudin).

3.1 Human Soul in Al-Quran Perspective

In Islam, there are two guidelines for the life of mankind that must be maintained and adhered to as the basis of thought and action there are, Al-Quran and hadith. Al-Quran is the word of God which is given to the Prophet Muhammad through the angel Gabriel and submitted to the people of Prophet Muhammad and maintained the truth. Meanwhile, the hadith of the prophet is all the words, decrees and deeds recorded by Sahabah or the Prophet's Companions. Both these guidelines serve as the basic foundation of life.

In Al-Quran, Allah mentions that He has created human beings in perfect form not only for physical which can make differentiate between human with other creatures of Allah but also for human soul. That things appropriate with the words of Allah in Qs. Asy-Syams verses 1-10.

1. وَالشَّمْسِ وَضُحَاهَا
   By the Sun and his (glorious) splendour
2. وَالْقَمَرِ إِذَا تَلَهَا
   By the Moon as she follows him
3. وَالْيَوْمِ إِذَا جَلَّهَا
   By the Day as it shows up (the Sun’s) glory
4. وَالَّيْلِ إِذَا يَغْشَاهَا
   By the Night as it conceals it
5. وَالْشَّمَاءَ وَمَا طَحَاهَا
   By the Firmament and its (wonderful) structure
6. وَالْأَرْضِ وَمَا طَحَاهَا
   By the Earth and its (wide) expanse
7. وَنُفِسُ وَمَا سُوِّاهَا
   By the Soul and the propotion and order given to it
8. فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا
   And its enlightenment as to its wrong and its right
9. قَدْ أَفْلَحَ مَنْ زَكَّاهَا
   Truly he succeeds that purifies it
10. وَقَدْ خَابَ مَنْ دَسَّاهَا
    And he fails that corrupts it!

In that verses Allah swears by all of the creatures, sun, moon, day, night, heaven and earth that Allah has created human being and their soul perfectly and Allah endows their soul with goodness and piety. And whoever purifies his soul that includes those are successful people and whoever defiles his soul, including the losers. Allah says in the Qur’an letter ash-Sham verse 8 that He perfected human soul and the lucky
people who keep it holy. In other words, the lucky people means they are who use their soul to do on the path of piety. Therefore, Muslims have duty to use maximumly their soul potential for getting the bless of Allah and to have a good life in this world and heaven.

Al-Quran has also pontificated human beings that Allah has created has also been informed of human that Allah has created every human being in a state of spirituality that is good or have the good nature since human is born into the world in Qs. Ar-Rum verse 30, namely:

Translation: So set thy purpose (O Muhammad) for religion as a man by nature upright – the nature (framed) of Allah, in which He hath created man. There is no altering (the laws of) Allah's creation. That is the right religion, but most men know not

The verse explains that Allah created man with the state of nature. That is, every human being is born with a good condition and can be said of every human being is a spiritual being because spirituality in human is the nature from God. Allah not only created human beings with a sense of physical and emotional, but also with spiritual. Spiritual is meaning the psychic energy, the energy that is in the soul. Spiritual level in humans is different. There is a level of spirituality intact because of the nature of God, those that eroded because of ignorance as man, as Allah described in Qs. Ar-Rum verse 30.

3.2 Development Methods Psychic Energy in Psychology Islam

Although every human being is born with a good nature and become psychic creature but human can not directly maximize the energy of his soul. This caused people do not realize or even know the enormity of psychic energy if used properly. Therefore, it is important for us to know, especially for a Muslim, how to develop and maximize the psychic energy possessed by humans in Islamic way. Development of psychic energy in psychology exist in the realm of Sufism. Typically, the Sufis take certain rituals to find the strength of spirit and life with an abundance of God's grace.

Psychic energy in humans is useful for finding the meaning behind life, that everything in this world is not always related to the physical and emotional, but no deeper than two, he was meaning. By understanding the meaning of life, people will not put forward his emotions and did not always see things in the physical spectacles were always visible and measurable so that people can live nature of God which should be a good creature on earth that does not spoil. In a small scale, with good use psychic energy on someone will lead to peace of heart and is able to bear the power that can be generated not only from the physical energy. On a larger scale, the maximum use of psychic energy that can lead to world peace. As we know today, the earth is hit by tremendous technological advances and humanitarian crisis as well as exceeding.

The way to be able to optimize human psychic energy within, there are:

3.2.1 Getting a Psychic Energy with Vertical Worship

Worship vertically with a direct means to worship to God. Worship is only known by God and those who worship in ways of worship that have been determined and there is no variation. Here is a vertical worship that can develop psychic energy in humans, there are:

a) Prayer (Sholat)

prayer is a means of accessing the most energy effective for Muslims. When to pray, we are actually doing the synchronization process with the energy of God. When our energy can be synchronized with the energy of God, then we can gain energy as well as mobile phones lowbatt then repopulate (Syuhada, 2011). To be able to synchronize our energy with the energy of God takes three things, prayer, facing the Qibla direction and prayer in a state of solemn and quiet.

When a person to pray fervently and quiet then, her brain will produce alpha waves (8-13 Hz) wave which is believed to be the same as the frequency of the energy of God (Adji Syhada, 2011). The human brain waves will produce alpha waves when in a state of calm, bedtime, transition between conscious and unconscious, when these conditions it is easy for someone to control the conscious and the subconscious as well as
receive a variety of suggestions.

b) Practice so fervently
In order to achieve the absorption, takes practice consistently.

Coaching can be done by concentrating absorption, emptying the mind, body confronts towards Qibla and feel the direction in which our bodies move. The movement is an electrical reaction of the human body to a magnetic field in the temple (Syuhada, 2011).

c) Pray together
Establish prayer with the congregation would get a reward from God that is higher than 27 degrees prayer performed alone. By doing so, the opportunity to sync with the energy of God will be higher. The human body is like a battery that has a certain energy. If enrginya many, the voltage would rise if the same frequency, the energy generated from the prayer will also rise. Therefore, pray together will increase the voltage and energipun access will be optimal.

d) Reading Al-Quran
Each letter contained in the Qur’an, guarded by ten angelic goodness and angels is a representation of the positive energy of God. When the Quran is read it, there will be the energy that enters the body of someone who read it. When our soul is weak then, when we read the Qur’an will feel sleepy because the synchronization process between the energy of the Koran high with weak energy of our souls. However, if we read Al-Qur’an every day, will make our life energy continues to rise.

e) Doing Hajj
By conducting a series of terms and pillars of Hajj then, the voltage of the human body will be easily improved. With increasing voltage in the body, the opportunity obtain sync when doing prayer becomes higher.

3.2.2 Getting a Psychic Energy with prayer Horizontal

Worship horizontally like, worship is done by giving the usefulness of fellow human beings. In the horizontal worship allowed any variation or ordinances in doing worship. Here is a horizontal worship that can develop psychic energy in humans include:

a) Work Hard, Work Smart, Work Sincere

Hard work is a business person in excess of what he is capable of. In a hard working person requires excellent physical readiness (Psychical Quotient). Smart work that is, the efforts of a person to complete tasks efficiently and effectively in order to maximize results. In the smart work, it takes creativity and good communication (Creativity Quotient and Emotional Quotient). Lastly, the sincere work, the work done for someone to get results by using a pure heart and glory. The orientation of the work is sincere can bring benefits beyond himself to others and this work requires a spiritual power (Spiritual Quotient).

These three things mentioned above are the things that should be owned by every human in running their activities especially for a Muslim, must balance habluminallah and habluminnas. By running the three principles of work, but can develop psychic energy will be able to take care of the energy sou what we already have.

b) Conduct a Positive, Productive and contributive

Other activities that can develop the first human psychic energy, positive attitude. Positive behavior demonstrated by trying to live simple, humble, truthful, simple and away from sin. Second, in addition to positive behavior, as human beings we have to behave productively. There are no empty time to be thrown down the drain. Finished work that one then, do another job well. How can we generate benefits with the time we have. Are these benefits for others and for yourself. Third, behave contributive. Best human is a human who can be useful for other human beings. No matter how small the usefulness of ourselves to other people, then, do so. Likewise with any small our contribution to the world then, do. Let God judge. By always doing these three things in everyday life then, will increase the power of psychic energy that we have.
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