

## Uncovering The Power of Dhikr from The Perspective of Sufism and Its Relevance in Resisting the Destruction of The World

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### ABSTRACT

This article examines the power of dhikr in the perspective of Sufism and its relevance in resisting the destruction of the world. Dhikr, which etymologically comes from the word dzakara which means to remember, is a spiritual practice that aims to get closer to God by filling the mind and heart with holy words. This article uses a qualitative research method with a literature review approach. In the context of Sufism, dhikr is not only seen as a ritual activity, but also as a means to improve the spiritual and moral intelligence of individuals. Sufism itself is a self-practice that aims to form a person who is submissive and obedient to God's commands, as well as overcoming the ego that can keep humans away from divine values. This study found that dhikr has an important role in overcoming the challenges of modernity that can threaten human spiritual balance. In an increasingly materialistic and fragmented world, dhikr helps individuals to nurture God-consciousness and maintain inner balance. In addition, dhikr also serves as a tool to overcome the negative influences of globalization and modernization that can cause moral and spiritual destruction. Thus, dhikr in the Sufism perspective can be a strong hold to withstand the destruction of the world by building a solid spiritual foundation within individuals and society. Through literature analysis, this article asserts that dhikr is not only a spiritual practice but also has a significant social impact.

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## INTRODUCTION

In a modern era filled with challenges and uncertainties, many individuals seek tranquility and inner peace through various spiritual practices (Syarnubi, S., Syarifuddin, A., & Sukirman, 2023). One practice that is receiving increasing attention is dhikr, which is a very important spiritual practice in Islamic teachings, particularly in the tradition of Sufism (Ali, 2017). Sufism emphasizes the attainment of closeness to Allah through various forms of worship and meditation, with dhikr being one of the main methods of achieving a higher spiritual state (Muvid, 2023). In the context of Sufism, dhikr is not merely the repetition of certain phrases, but is a path to achieve cleansing of the heart, peace of mind, and closeness to the Creator (Mahmood, 2020).

Uncovering the power of dhikr from the perspective of Sufism requires a deep understanding of how dhikr functions as a tool of spiritual transformation (Nur, 2017). Sufis believe that dhikr can erase sins, increase faith, and strengthen the relationship between humans and Allah (Syarnubi, S., & Fahiroh, 2024). Dhikr is also considered a means to reach higher maqams (spiritual levels), such as maqam al-ihsan (the level of perfection), where a servant worships as if seeing Allah, or at least feeling seen by Him (Al-Qushayri, 2002). More than just an individual practice, dhikr has broad

social and cosmological dimensions. In the perspective of Sufism, dhikr is believed to have the power to withstand the destruction of the world. Sufis teach that the world is preserved from various disasters and destruction through the existence of people who constantly dhikr (Rozak, P., Sari, 2021). They are spiritual guardians who radiate Allah's positive energy and grace throughout the universe. Dhikr performed collectively, such as in assemblies of remembrance, is also considered to have greater power to bring peace and prosperity to humanity (Dedi, 2022). The relevance of dhikr in arresting the destruction of the world is becoming increasingly important amidst the various global crises we face today, such as climate change, social conflicts, and moral degradation (Khan, 2018). In the view of Sufism, the solution to these problems lies not only in physical and material measures, but also in spiritual and moral improvement (Fitrawati., 2021). Dhikr, with all its immediacy, offers a way to improve oneself and the world simultaneously. By remembering Allah and drawing closer to Him, humans can find inner peace and strength to face the challenges of the times (Bisri, 2017).

In the perspective of Sufism, dhikr has a very important position (Latif, 2022). Sufism, as a branch of Islamic mysticism, emphasizes direct and personal experience with God through various spiritual practices, including dhikr (Nasir, 2019). Sufis believe that through dhikr, one can attain a higher maqam (spiritual level) and feel the presence of the Divine in daily life (Rahman, 2016). This article seeks to uncover the depth and power of dhikr from the perspective of Sufism. By exploring Sufi teachings on dhikr, it will understand how this practice can bring about significant spiritual transformation. In addition, this article will also explore the relevance of dhikr in the context of holding back the destruction of the world (Chaer, H., Sirulhaq, A., Rasyad, 2020). In a world increasingly beset by moral, social and environmental crises, the practice of dhikr can be one way to restore balance and harmony (Syarnubi, 2019).

Through this study, it is hoped that readers can gain a deeper understanding of the importance of dhikr in spiritual life and how this practice can make a positive contribution in facing global challenges. Thus, dhikr is not only seen as a personal act of worship, but also as a collective effort to maintain the sustainability and well-being of the world. This article will explore in depth the significance of dhikr from the perspective of Sufism, as well as its relevance in resisting the destruction of the world. Through this study, it is hoped that readers can understand the importance of dhikr not only as a religious ritual, but also as a spiritual solution that has a broad impact on individual and community life.

## METHODS

This research uses a qualitative method with a literature review approach. This approach aims to examine various literatures relevant to the research topic to gain a deep understanding. Primary data sources in this research are Sufism books, books, journals, and documents that discuss dhikr in Sufism perspective. Secondary sources are articles, theses, dissertations, and other electronic sources relevant to the research theme. Data collection is done through literature search: Identifying and collecting relevant literature from various sources such as libraries, online databases, and academic journals. Then Document Analysis: Reviewing the content of the collected literature to find key concepts and findings relevant to the research topic

The data that has been collected will be analyzed using content analysis and descriptive analysis methods. The steps include: 1) Coding: Identifying the main themes and sub-themes of the collected literature; 2) Categorization: Grouping the themes into larger categories to facilitate analysis; 3) Interpretation: Interpreting the findings based on the established theoretical framework, in this case the theory of Sufism and dhikr. To ensure the validity and reliability of the research, source triangulation was conducted by comparing findings from various literatures. In addition, double-checking of the data and interpretations that have been made is also carried out.

## FINDINGS AND DISCUSSION

### 1. THE POWER OF DHIKR FROM THE PERSPECTIVE OF SUFISM

Dhikr comes from Arabic: *ذَكَرَ - يَذْكُرُ* which means remembering or mentioning

something. In general, remembrance includes all elements of Shari'ah, both commands and prohibitions, but the specific meaning of remembrance is to recite memorizations that contain the meaning of remembrance in Shari'ah such as: tasbih, tahlil and tahmid (Syarnubi, 2023). Dhikr is one of the methods used by Sufi scholars to be able to revive the heart from death because a heart that does not remember the greatness of Allah Swt is considered dead by Sufis (Suhandi, Awalia Marwah, Dinie Anggraeni Dewi, 2022). Dhikr can make a person aware of the existence of his true God. Dhikr is likened to a wooden tree, the stronger the roots, the stronger and stronger the wooden tree, taller and shady, so that it produces a lot of fruit. This is also the case with dhikr, the stronger one's dhikr, the stronger one's belief in Allah Swt (Syarnubi, S., et al).

Many things will happen in practicing dhikr, this is due to the effect of dhikr itself and depending on who the teacher is who has taught him dhikr. Various kinds of differences in conditions, behavior and mechanisms in dhikr are caused by various patterns of Sufi scholars in practicing and practicing dhikr for themselves and their students (Nur, 2017). This can be likened to someone who climbs a tree from which side he climbs it, then that is his state and behavior and from whom he learns the method of climbing the tree, then that is his state and behavior. If he has a teacher who does not understand the correct method of tree climbing, there will be a significant difference with the understanding of other experts. Different methods are caused by different interests and expertise. Some climb the tree through its trunk, branches or twigs, but the goal is only one to reach the result (fruit).

Dhikr in Sufism has a very deep and essential meaning. Etymologically, dhikr comes from the word dzakara which means to remember, pay attention, remember, and take lessons. In the context of Sufism, dhikr is the activity of remembering Allah Swt with the aim of getting closer to Him and filling the mind and heart with holy words (Syarnubi, 2024). Dhikr is considered the main pillar in the spiritual journey of a Sufi, which cannot be ignored.

In Sufism, dhikr occupies a very important position. It is considered the spirit or life of a Sufi traveler (salik) (Nasution & Siregar, 2013). The process of heading towards God in Sufism will not succeed without involving dhikr. Shaykh Abu Ali al-Daqqaq stated that dhikr is the foundation of tariqah itself, and no one can reach Allah SWT except by constantly remembering Him. Dhikr also serves as a means of ridding oneself of bad behavior and drawing closer to Allah, known as takhliyah in tasawwuf.

Dhikr has many benefits in both spiritual and worldly life. In the perspective of Sufism, dhikr helps humans realize the nature of themselves and their relationship with God. With dhikr, humans are reminded of the greatness and majesty of Allah Swt, thus avoiding arrogance and taciturnity. Dhikr also provides peace, tranquility, and tranquility, and strengthens faith in Allah and the Last Day. In addition, dhikr is considered capable of opening the door to spiritual awareness and enriching the treasures of Muslim thinking, thus motivating them to actualize the teachings of Islam in their daily lives (Syarnubi, S., Fauzi, M., Anggara, B., Fahiroh, S., Mulya, A. N., Ramelia, D., ... & Ulvya, 2023).

Tasawwuf teaches that the destruction of the world is often caused by the loss of human spiritual and moral awareness. With dhikr, humans are invited to return to their pure nature and get closer to Allah SWT (Syarnubi, S., Mansir, F., Purnomo, M. E., Harto, K., & Hawi, 2021). Dhikr can be a strong fortress in facing various challenges and moral crises that can destroy the world. When people always remember Allah and carry out His commands, they will be wiser in their actions and maintain the balance of nature and social relations. Dhikr is also considered a means to obtain help and a way out of the various problems faced by humans. By constantly remembering Allah, people are reminded of their weakness and the greatness of Allah, so they surrender to Him and ask for His help. In this context, dhikr can help arrest the destruction of the world by strengthening people's morals and spirituality, and inviting them to always do good and avoid damage.

Dhikr in the perspective of Sufism has a very important and essential position. It is not just a ritual activity, but also a means to get closer to Allah Swt and cleanse oneself of bad qualities. Dhikr provides many benefits in both spiritual and worldly life, including providing peace,

tranquility, and tranquility. In the context of withstanding the destruction of the world, dhikr can be a strong fortress by strengthening people's morals and spirituality, so that they are wiser in their actions and maintain the balance of nature and social relations.

Dhikr has an important role in overcoming the various challenges of modernity that can threaten human spiritual balance. Dhikr can serve as an effective therapy for anxiety and stress that often arise due to the pressures of modern life (Zein, 2015). Research shows that the practice of dhikr can calm the soul, reduce anxiety, and provide inner peace. By focusing on the words of remembrance, one can distract from negative thoughts and stress, thus feeling calmer and more peaceful. Dhikr also has significant benefits for mental health. Regular practice of dhikr can help reduce symptoms of depression and other mental disorders. This is because dhikr can provide a deep sense of security, happiness, and contentment, all of which contribute to better mental health (Syarnubi, 2016).

In the often materialistic modern era, remembrance helps maintain a balance between the material and spiritual aspects of life. By constantly remembering Allah, one can strengthen his or her faith and spirituality, which in turn helps in dealing with worldly temptations and maintaining a balanced life. Dhikr can also improve the quality of one's worship. With dhikr, one becomes more focused and solemn in performing other acts of worship. This is important because good quality worship can provide peace of mind and deep spiritual satisfaction.

Dhikr forms a strong and resilient mentality in facing life's challenges. By getting closer to Allah, a person will feel more protected and have a strong motivation to act and overcome various life problems (Fauzi, M., Lestari, A. R. S., & Ali, 2023). The importance of integration between thought (intellect) and remembrance (spiritual) cannot be ignored. In the face of modernity, people often get caught up in rational and scientific thinking that can neglect the spiritual aspect. The integration of thought and Dhikr helps to create a balance between intellect and spirituality, which in turn forms a solid foundation of self in the face of life's trials. Dhikr has a very important role in overcoming the various challenges of modernity that can threaten human spiritual balance.

With the various benefits it offers, such as overcoming anxiety, improving mental health, maintaining spiritual balance, improving the quality of worship, and shaping a strong mentality, dhikr has become one of the highly recommended practices in Islam to maintain spiritual and mental well-being in the midst of stressful modern life. Dhikr in the Sufism perspective has an important role in building a solid spiritual foundation, both for individuals and society, so that it can become a strong grip to withstand the destruction of the world. The following is a detailed explanation of this:

## 2. DHIKR AND SPIRITUAL FOUNDATION

Dhikr, which etymologically means to remember or mention something, is a highly recommended practice in Islam. In the Sufism perspective, dhikr is not only about reciting holy words, but it is also a means to achieve peace of heart and mind (Widianengsih, 2020). When a person performs dhikr, he or she focuses on the sentences of dhikr that he or she recites, which helps to relieve anxiety and stress, and provides a sense of calm and peace. Dhikr also plays a role in increasing one's spiritual intelligence. Through dhikr, people are invited to realize their true nature and their relationship with Allah SWT. This helps to create a balance between physical-biological and mental-religious needs, and prevents a person from diseases of the heart and soul. Thus, dhikr helps individuals in achieving peace of mind and happiness in life. In Sufism, dhikr is one of the main ways to get closer to Allah. By dhikr, a person strengthens his or her relationship with Allah and feels closer to Him. This not only improves the quality of worship, but also helps maintain faith and spiritual resilience in the face of life's trials (Syarnubi, 2022).

## 3. THE ENERGY OF REMEMBRANCE HOLDS BACK THE DESTRUCTION OF THE WORLD

The concept of remembrance energy that is believed to be able to withstand the destruction of the world is a spiritual view that associates the practice of remembrance with the power of positive energy that can affect the balance of nature. Dhikr, in this context, is not just a religious ritual, but is considered to have significant physical and metaphysical impacts. The concept of

remembrance energy as a barrier to world destruction is an idea that links Islamic spiritual practices with a positive impact on global conditions. Dhikr, which means remembering or mentioning the name of Allah, is considered to have spiritual power that can affect the balance of the world.

**Meaning and Practice of Dhikr:** Dhikr in Islam is the practice of remembering Allah through the pronunciation of certain phrases, such as "Subhanallah" or "La ilaha illallah". This practice is not only done verbally but can also be done in the heart, and is often an important part of a Muslim's spiritual life. In the context of Sufism, dhikr can be divided into several levels, from general dhikr to specific dhikr performed by Sufis. **Spiritual Energy of Dhikr:** According to some views, dhikr has a strong spiritual energy. In the Sufi tradition, this energy is considered to be able to bring peace and balance within a person, which can then affect the surrounding environment. Some teachings state that as long as there are people who practice dhikr, the world will not come to an end, as dhikr is considered an energy that strengthens and harmonizes the universe.

**Dhikr and the Global Crisis:** There are narratives that link dhikr with the ability to withstand the destruction of the world, especially in the context of global crises such as extreme drought and famine. In this scenario, dhikr becomes the spiritual solution when all social, economic and political systems are crumbling. Dhikr is thought to be able to provide peace and spiritual resilience to individuals and communities that face it.

**Quantum Physics Approach:** Some views try to relate dhikr to the concept of quantum physics, stating that dhikr can emit subtle bioelectromagnetic energy. This energy, called bioenergy, is considered to be the basic material of all things and can influence balance and harmony in the universe. Overall, although the claim that dhikr can withstand the destruction of the world is more spiritual and metaphysical than scientific, the practice still has a positive impact in providing serenity, increasing spiritual awareness, and strengthening social relations within the Muslim community.

#### Concept of Energy in Dhikr

1. **Positive Energy from the Lafazh of Allah:** Mentioning the name of Allah in dhikr is believed to produce powerful positive energy. This energy is thought to be able to withstand the destruction of the world because every word spoken has energy vibrations that can affect the surrounding environment.
2. **Bioenergy and Quantum Physics:** In some views, dhikr is associated with the concepts of bioenergy and quantum physics. Whenever a person makes dhikr, they emit energy that can interact with the universe. This concept links dhikr to the theory of quantum physics, where the energy generated from dhikr is considered a form of bioenergy that can affect the balance of the world.
3. **Psychological and Spiritual Effects:** Dhikr also has significant psychological and spiritual benefits. The practice can promote peace of mind, reduce stress, and strengthen mental health. As such, dhikr not only affects individuals but can also create broader harmony in society.

#### Benefits of Dhikr

- a. **Peace and Tranquility:** Dhikr can provide peace and tranquility, helping individuals overcome anxiety and stress.
- b. **Emotion Control:** The practice of dhikr can help in emotional control, making one more patient and able to control anger.
- c. **Mental Health:** Dhikr has a positive influence on mental health, helping individuals feel closer to Allah and improving spiritual well-being

The energy of remembrance against the destruction of the world is a concept that associates the practice of remembrance with a positive influence on the balance of nature and human life. Through the positive energy generated, dhikr is believed to bring calmness, mental health and harmony to daily life. Although this view is more spiritual and metaphysical, many believe that the power of remembrance can have a real impact on

maintaining the balance of the world.

#### 4. DHIKR AS A GUIDE IN RESISTING THE DESTRUCTION OF THE WORLD

Dhikr is not only beneficial for individuals, but also for society. In the context of Sufism, dhikr can be actualized as a method of spiritual, moral, and social education. By internalizing dhikr, people can develop a pious personality, both in terms of spiritual, moral, and social aspects. This is important in building a solid and harmonious society, which is able to face the challenges and changes of the challenges and changes of the times wisely. Dhikr also helps individuals and communities to be adaptive and flexible in dealing with various problems and situations. By having a high value of life and a high level of self-awareness, one can view life holistically and draw lessons from every experience. This is important in building a solid spiritual foundation, which can be a strong hold in the face of the world's destruction

In the perspective of Sufism, dhikr has a very important role in building a solid spiritual foundation. Through dhikr, individuals can achieve peace of mind, increase spiritual intelligence, and get closer to Allah (Hamid, 2019). In addition, dhikr also helps build a spiritual, moral, and social society, as well as increase awareness and adaptability in facing various challenges of life. Thus, dhikr can be a strong grip to withstand the destruction of the world, both for individuals and society.

#### 5. IMPACT OF DHIKR

##### a. Spiritual Impact

Berzikir memiliki dampak spiritual yang signifikan bagi seseorang. Berikut adalah beberapa dampak spiritual dari berzikir:

##### 1) Getting Closer to Allah

Dhikr is a means to get closer to Allah Swt. By constantly remembering and chanting the name of Allah, one will feel closer to Him. This can strengthen the spiritual connection between the servant and the Creator.

##### 2) Providing Peace of Mind

One of the main effects of dhikr is to provide peace and tranquility. Allah Swt says in the Qur'an Surah Ar-Ra'd verse 28 which means: "Remember, it is only with the remembrance of Allah that the heart is tranquil". Dhikr can help eliminate anxiety, stress, and restlessness.

##### 3) Increase Spiritual Awareness

Consistent dhikr can increase one's spiritual awareness. This helps individuals to be more sensitive to the presence of Allah in their daily lives and improve the quality of their worship.

##### 4) Strengthening Faith

Dhikr is one way to maintain and strengthen faith. By constantly remembering Allah, a person will find it easier to remain steadfast in their faith and face the various temptations and trials of life.

##### 5) Cleansing the Heart

Dhikr can cleanse the heart of bad traits and diseases of the heart. This helps a person to maintain the purity of his soul and keep away from things that Allah dislikes.

##### 6) Improving the Quality of Worship

With dhikr, one can improve the quality of their worship. Dhikr helps increase focus and solemnity in worship, so that worship becomes more meaningful.

##### 7) Cleansing the Heart

Dhikr can cleanse the heart of bad traits and diseases of the heart. This helps a person to maintain the purity of his soul and keep away from things that Allah dislikes.

##### 8) Improving the Quality of Worship

With dhikr, one can improve the quality of their worship. Dhikr helps increase focus and solemnity in worship, so that worship becomes more meaningful.

##### 9) Bringing Allah's Mercy and Forgiveness

Dhikr can bring mercy and forgiveness from Allah SWT. This can help a person to

cleanse themselves of sins and mistakes that have been committed.

By understanding the spiritual impact of dhikr, it is hoped that we can be more motivated to always dhikr and remember Allah at every opportunity. Dhikr is not only spiritually beneficial, but it can also have a positive impact on one's mental and physical health

#### **b. Social Impact of Dhikr**

Dhikr has a positive social impact on society, in addition to the spiritual benefits for the individual who performs it. Some of the social impacts of dhikr include:

##### 1) Improving Behavioral Control

Dhikr can help control one's behavior in daily life. The constant influence will be able to control one's behavior in social interactions. Someone who regularly practices dhikr tends to be more careful in their actions and words.

##### 2) Creating Positive Social Interactions

Dhikr groups play a role in creating positive social interactions in the community. Joint dhikr activities can be a forum for friendship and strengthen relationships between community members. This helps build social cohesion and a sense of brotherhood.

##### 3) Reducing Social Tension

Dhikr helps reduce emotional tensions that arise due to social inequality and the increasing needs of life. By doing dhikr, one can find inner peace and thus be better able to deal with social issues wisely

##### 4) Increasing Social Concern

Functional dhikr is not only limited to rituals, but also expressed in daily behavior. This encourages a person to be more sensitive to the social conditions around him and be encouraged to do good to others.

##### 5) Being a Solution to Community Problems

Social dhikr can be a solution to various problems of the ummah. By applying the value of dhikr in social life, Muslims are expected to do their best for the nation and state

##### 6) Preventing Negative Behavior

The awareness of God's presence generated by dhikr can prevent a person from committing sins or negative behaviors that harm society. Thus, dhikr is not only beneficial individually, but also has a positive impact on the social life of the community at large. Dhikr encourages the formation of a more harmonious, caring, and noble society.

##### 7) Building Social Harmony

The practice of Dhikr performed in congregation can strengthen social ties among community members. This activity creates a sense of togetherness and solidarity, which is very important in building a harmonious society.

##### 8) Improving Morals and Ethics

Dhikr helps individuals to always remember the moral and ethical values taught in Islam. This encourages better and more responsible behavior in daily social interactions.

Dhikr is not only a spiritual practice that brings us closer to Allah, but it also has a significant social impact. From improving mental and physical health to strengthening social and moral bonds, dhikr plays an important role in the lives of individuals and communities. The practice helps to create a more harmonious and peaceful environment, which ultimately contributes to general well-being

Integrating Sufistic values through dhikr can serve as a relevant method of spiritual, moral and social education for a postmodern society. Sufistic values focus on self-purification and spiritual development through practices such as dhikr, prayer and fasting. Sufis seek to achieve closeness to God and cleanliness of heart by these means, which in turn affects their moral and

social attitudes and behavior. Dhikr in a Sufistic context is the practice of constantly remembering God with a solemn and loving heart. This process involves the stages of takhalli (emptying oneself of bad traits), tahalli (adorning oneself with good traits), and tajalli (illumination or manifestation of the Divine traits in the self). By internalizing dhikr, individuals can achieve inner calm (maqam muthmainnah), which helps them control their emotions and behavior. Dhikr also serves as a tool to develop morality. The practice teaches individuals to be constantly aware of God's presence, which in turn affects their daily actions. By remembering God, one tends to avoid bad deeds and strives to always do good, as they feel watched over by God.

In a social context, dhikr can strengthen relationships between individuals and communities. The practice teaches values such as empathy, sympathy and cooperation. In postmodern societies that often experience spiritual and moral crises, dhikr can be a tool to improve social relations and address issues such as stress, depression and social alienation. Postmodern societies often experience an identity crisis and loss of meaning in life due to dominant materialism and individualism. In this situation, Sufistic dhikr offers a solution by refocusing on the spiritual and moral aspects of life. By integrating the practice of dhikr in daily life, individuals can find inner peace, improve their morality, and strengthen their social relationships.

Integrating Sufistic values through dhikr not only serves as a method of spiritual education, but also as a tool to improve morality and social relations in a postmodern society. The practice helps individuals achieve emotional and spiritual balance, which is much needed in facing the challenges of modern life.

Dhikr does have great potential to be a solution to the spiritual and moral crisis in this modern era. Sufism remembrance can be an alternative to purify the soul and educate the heart to be cleaner, which in turn will have a positive impact on one's personality and social life. Through the process of takhalli (emptying oneself of despicable traits), tahalli (filling oneself with praiseworthy traits), and tajalli (enlightenment), dhikr is able to bring about profound spiritual changes.

In the midst of modernization that tends to be materialistic, dhikr offers a way to restore spiritual alertness towards the maqam "muthmainnah" (calm soul). This inner calmness allows a person to better control their emotions, behavior, and social attitudes. Dhikr is not only spiritually beneficial, but can also be a mental health therapy. Research shows that Dhikr performed with love can calm the mind, improve behavior, and even nourish the physical self.

To be an effective educational method for spiritual, moral, and social aspects, dhikr must be practiced in the right way. This includes solemnity, diligence, repetition, understanding the meaning, and presence of mind. The internalization of Sufism remembrance is important to harmonize the spiritual, moral, and mu'amalah (social interaction) aspects. This allows the practice of Sufism to not only strengthen one aspect, but include several aspects that form a moderate and balanced individual in accordance with Islamic teaching (Syarnubi, S., Alimron, A., & Muhammad, 2022).

## 6. CHALLENGES AND SOCIAL

Sufism remembrance is a solution to the problematic life of postmodern society, which is experiencing a spiritual crisis that has an impact on moral and social crises. By using dhikr as a method, individuals can restore their spiritual balance. Sufism, which includes the practice of dhikr, offers a holistic approach to overcoming spiritual emptiness. It involves systematic and continuous cultivation of the soul by integrating thinking, feeling, soul and physical exercise. As such, dhikr has great potential as a solution to the spiritual and moral crisis of the modern era. Through consistent practice and deep understanding, Dhikr can help individuals find balance and meaning in life amidst the complexities of the modern world.



## CONCLUSION

This study found that dhikr has an important role to play in overcoming the challenges of modernity that can threaten people's spiritual balance. In an increasingly materialistic and fragmented world, dhikr helps individuals to nurture God-consciousness and maintain equanimity. Dhikr also serves as a tool to overcome the negative influences of globalization and modernization that can lead to moral and spiritual destruction. By integrating Sufistic values, dhikr can serve as a method of spiritual, moral, and social education that is relevant to a postmodern society. Overall, this article emphasizes the importance of dhikr in maintaining the spiritual and moral balance of individuals and society, especially in the face of global challenges such as climate change, social conflicts, and moral degradation. Dhikr is not only considered as a means of getting closer to God, but also as a method of achieving peace of mind, mental stability, and social well-being.

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