

Interpretation Of Dreams In The Study Of Islamic Tasawuf

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Abstract

Every human being who sleeps has ever dreamed, although many claim not to remember it when they wake up. Some people believe that dreaming will bring a sign. So, how is the interpretation of dreams in the study of Sufism? Dreams as a psychological and spiritual phenomenon has been a focus of human attention throughout history and has received special attention in literature, philosophy, Sufism, Mysticism and various religious traditions. Some people know dreams as *Bunga tidur*, where some people believe that dreams have meaning or as a sign. Is it true that dreams according to Sufism are also like that? In the development of human thought, dreams are considered as a gateway to the spiritual world, a place where experiences that go beyond the boundaries of physical reality are revealed. Despite their highly personal nature, dreams have an inescapable universal appeal in shaping human culture. The phenomenon of dreams, in all its aspects, is not a separate entity, but is closely interwoven with the cultural heritage and everyday life of human beings. Dreams can be seen as a reflection of the complexity of human thoughts and emotions. The existence of dreams does not only cover the individual realm, but also extends into the collective realm. Jungian psychology, for example, emphasizes the concept of the collective unconscious, where symbols and archetypes and interpretations in dreams reflect aspects that are universal and exist in all cultures of the world's people.

Keywords:

interpretation, sleep, dream, Sufism

Introduction

In this context, dreams are not only a reflection of an individual's emotional state or desires, but can also be considered a symbolic language that is deeply embedded in the core of a culture. For example, indigenous peoples often associate dreams with ancestral spirits or guidance from nature spirits. The interpretation of these dreams then becomes an integral part of the rituals, myths, and values that shape a society's cultural identity. Throughout history, dreams have often been considered a source of creative inspiration in art, literature, and innovation. Some famous literary works, such as Samuel Taylor Coleridge's "Kubla Khan," are said to be the result of inspiration that emerged from dreams. In this case, dreams not only reflect the inner state of an individual, but can also penetrate the world of artistic creation and expression.

Discussion of dreams in the study of Sufism that were experienced by very famous prophets, such as the dream of the prophet Yusuf in the letter Yusuf verses 4-6, which was translated by the prophet Yusuf, making him appointed as minister of finance during his time. This is also the case, for example in Surah Al Fath verse 27 which tells the dream of the Prophet Muhammad SAW, Surah Ash Shaafaat verses 102-105 which tells the dream of the Prophet Ibrahim AS. Dream interpretations in the study of Sufism explain the karamah of God's saints and proof of how much God cares for and loves them. These verses also explain to the prophets and saints of Allah, namely servants who believe and have perfect piety, in order to give meaning to things that will happen and will be experienced as a feeling of love and love of Allah for their beloved.

However, most people draw conclusions based on the opinions and stories of dream interpreters so that the role of dreams shifts to become a form of culture in society. Although the role of dreams shifts to form human culture, the journey of dream interpretation is not without controversy. Freudian psychoanalysis, for example, highlights the sexual dimension in dream interpretation, while other schools of psychology emphasize its cognitive and neurobiological aspects. Meanwhile, the view of Sufism can expand dream interpretation towards spiritual and transcendent meanings. In this paper, the author will explore further the interpretation of dreams, by placing the analytical lens on the perspective of Sufism. Sufism allows us to highlight deeper aspects of the dream experience, beyond scientific and physical boundaries, and explore the role and significance of dreams in the broader framework of reality.

RESULTS AND DISCUSSION

1. Understanding Sufism and Its Relationship with Dreams

Sufism is a part of the teachings of Islam which was later developed by the Sufis. This term itself comes from Arabic, namely from the word "*tasawwafa or yatashowwaru - tashowwuf*" which means (to be) hairy, or to be a characteristic of a Sufi. Sufism is a branch of philosophy that discusses the nature, structure, origins, and fundamental properties of reality that transcends the physical dimension or the world that can be measured by the five senses. Sufism not only explores what can be observed and measured, but also asks questions about existential aspects, such as the existence, nature, and purpose of reality itself. In a broader sense, Sufism seeks the deepest understanding of the nature and meaning of existence. The connection between Sufism and dreams arises because dreams involve experiences that go beyond the limitations of physical reality. When we dream, we can experience a world that is not limited by the laws of physics, space, or time as we know it in everyday life. Sufism provides a framework for exploring these aspects that cannot be explained or measured scientifically.

In the context of Sufism, dreams are considered to be windows into the unseen world or higher dimensions. This idea supports the idea that the dream experience is not simply complex brain activity, but also a deeper understanding of the Sufi aspects of existence. Some Sufi concepts and considerations related to dreams include:

- a. Symbolism and Meaning Dreams in Sufism studies can provide an interpretive framework that views dreams as symbolic language. The symbols in dreams are considered a bridge between the real world and the world of Sufism, carrying deeper messages or insights.
- b. Relationship with Alternate Realities: Some Sufi thought proposes the concept of alternate realities or other dimensions that may be accessed through dreams. The question of whether dreams take us to other worlds or reveal hidden realities is a relevant theme in the Sufi perspective.
- c. The Role of Sufi Entities: In some Sufi traditions, entities such as angels, spirits, or ancestral spirits may appear in dreams. Within the framework of Sufism, the role of these entities may not only be as psychological imagery, but also as agents participating in spiritual communication or guidance.
- d. Dreams as Transcendental Experiences: The concept of transcendence or experiences beyond the limits of human limitations is often associated with Sufism. Dreams, as experiences beyond the limits of measurable reality, can be interpreted as transcendental experiences involving certain aspects of Sufism.

By considering these various aspects, Sufism provides an in-depth view of dreams as a phenomenon that includes dimensions beyond mere brain activity or the output of the subconscious mind. Although controversial and not always scientifically measurable, the Sufism framework provides room for exploration and a richer understanding of the mysteries behind the dream phenomenon.

2. The Role of Sufism Entities in Dreams

In the context of Sufism, Sufi entities can play an important role in the human dream experience. These entities appear in various forms, such as angels, spirits, gods, or ancestral spirits, and are often associated with spiritual meanings or messages. The role of Sufi entities in dreams can be viewed from several perspectives, including as dream interpreters, spiritual guides, or even as agents who communicate with humans through symbolic language. Some concepts related to the role of Sufi entities in dreams involve

In a hadith narrated by Bukhari Muslim (muttafaq alaih), the Prophet said:

إلا من يحب The message لا الشيطان لا God willing Facebook

Which means: A good dream is from Allah while a bad dream is from Satan. Whoever has a bad dream, then spits to the left (without spitting out) three times and says ta'awwudz (i.e., the words audzubillahi minasyaitanirrojim), then Satan will not bother him and he should not tell anyone. And whoever has a good dream, then rejoice and do not tell it except to someone you like.

From the hadith above, there are two things we can learn from. First, that good or bad dreams can affect our feelings after waking up. Therefore, it is advisable to read a prayer before going to bed to avoid bad dreams that will only make us feel unhappy. In another hadith the Prophet said: which means, there are three dreams: from Allah, from Satan and from oneself.

In general, dreams have the possibility of coming from Satan or from oneself. Because, only one thing is certain, namely if you dream of meeting the Prophet, because the face of the Prophet cannot be imitated. However, the Sheikhs argue that, the dream of meeting the Prophet does not guarantee that it is really the Prophet. Although Satan cannot imitate the face of the Prophet, Satan can still claim to be a Prophet. After all, none of us know what the face of the Prophet Muhammad

looks like. Therefore, the safest thing is not to respond to dreams. Any dream is more likely to come from Satan or just a personal illusion.

When some Muslims argue that dreams are not related to our future. Dreams cannot be used as signs that influence the future. Likewise, dreams cannot be used as sharia or worldly evidence to do or leave something. This is just a difference of opinion, not a part of the problem, here is some knowledge about dreams that tend to metaphysics and Sufism circulating in several social media books and digital communities.

a. Dream Interpreter i

In some traditions, Sufi entities are considered to be interpreters of dreams. They are said to bring messages or guidance through symbols that appear in dreams. These entities are thought to have wisdom or knowledge beyond human comprehension and are able to provide profound insights into life or the future.

b. Spiritual Guide

Sufi entities are often considered to be spiritual guides in dreams. They may provide direction or guidance on life decisions, point the individual on a spiritual path, or provide protection. A personal relationship with such entities is considered a source of inspiration and support in the dream experience.

c. Contact with the Unseen World

Dreams are considered as a doorway to the supernatural world or other dimensions, and Sufi entities are considered as intermediaries between this world and the world that can be observed by the five senses. In some beliefs, dreams are considered a form of direct contact with spiritual realities that are not limited by physical boundaries.

d. Spiritual Symbolism

Sufi entities often appear in dreams as symbols that have spiritual meaning. Their presence can be interpreted as manifestations of unseen forces or energies, and these symbols can provide clues to the inner condition or spiritual direction of the individual.

e. Spiritual Testing or Examinations

In some traditions, Sufi entities may present spiritual trials or tests in dreams. The individual is expected to overcome obstacles or make important decisions in the dream in order to reach a higher level of awareness or understanding.

3. Symbolic Interpretation in Dreams

Dreams, as a doorway to the inner and spiritual world, give rise to symbols that often have deep meanings from a Sufi perspective. Symbolic interpretation in dreams involves understanding the meaning of these symbols as messages or clues from the Sufi dimension. Some relevant concepts and references to delve into symbolic interpretation in dreams from a Sufi perspective include:

a. Universal Symbolism in Dreams

Carl Jung, a psychologist who also had an interest in aspects of Sufism, developed the concept of universal symbolism in dreams. In his work *Man and His Symbols*, Jung proposed the idea that certain symbols, such as archetypes, have meanings that extend beyond cultural and historical boundaries. Therefore, symbolism in dreams can be interpreted as a Sufi language that approaches universal human experience.

b. Entity of Sufism in Dreams

In *The Interpretation of Dreams*, Sigmund Freud explored concepts such as Eros and Thanatos, representing mystical forces within the human mind. Although Freud placed more emphasis on the psychological aspects, his thinking provided a basis for understanding how mystical entities might appear in dream symbolism.

c. Natural Symbolism and Alternate Realities

Regarding the symbolism of nature and alternate realities in dreams, Plato's works, especially *The Republic*, touch on the idea of higher realities and worlds that can be accessed through thought and reflection. Although Plato was not a dream expert, his concepts provide the foundation for viewing dream symbolism as a window into the world of mysticism or alternate realities.

d. Sufism's View of Spiritual Symbolism

In the contemporary Sufi perspective, works such as Eckhart Tolle's *"The Power of Now"* or *"A Course in Miracles"* touch on concepts of spiritual consciousness and transformation. Although not directly addressing dreams, these views can be integrated into the interpretation of dream symbols as manifestations of inner and spiritual understanding.

e. Symbolism of the Inner Journey

Based on the book *"The Celestine Prophecy"* by James Redfield, it discusses the concept of inner journey and spiritual growth. In dreams, the symbolism of journey such as crossing a

road or exploring exotic places can be interpreted as inner journey and exploration of higher dimensions of Sufism.

By understanding the symbols in dreams with reference to these references, the individual can approach dream interpretation with a stronger foundation in Sufism. This combination of psychological, spiritual, and philosophical analysis can yield deeper insights into the relationship between the dream experience and Sufism's reality.

a. The Relationship of Dreams to Alternate Realities

In Sufism, the relationship between dreams and alternate realities creates an interesting and complex conceptual foundation. This idea involves the view that dreams are portals to dimensions or realities that are inaccessible in the waking state. Some relevant thoughts and references in discussing this relationship include:

a. Jungian Views on Archetypes and Symbolism

Carl Jung, in his work "Man and His Symbols," introduced the concept of archetypes, universal symbols embedded in human culture. In dream interpretation, Jung showed that these symbols can reflect access to alternative or collective realities, beyond the boundaries of individual experience.

b. Plato's Thoughts on the Reality of Ideas

In "The Republic," Plato proposes the concept of a higher, eternal reality of ideas or forms. Although Plato does not specifically discuss dreams, his thoughts on higher reality provide a basis for considering dreams as experiences that reflect or access higher realities.

c. Transcendental View in "The Power of Now" by Eckhart Tolle :

In his book "The Power of Now," Eckhart Tolle discusses the concept of transcendence and consciousness beyond thought and time. While not specifically focused on dreams, his views on consciousness can be applied to the idea that dreams are experiences that involve access to a transcendental dimension.

d. Alternative Reality Theory in Quantum Physics:

Some theories in quantum physics, although controversial, propose the idea of alternate realities or multiverses. This view raises the question of whether dreams could be a window into other realities that align with the understanding of quantum physics concepts. Some

sources that discuss this concept include the works of physicists such as Hugh Everett III and Max Tegmark.

e. Study of Sufism by William James and Varieties of Religious Experience:

William James, in "Varieties of Religious Experience," explored spiritual dimensions and inner experience. This concept can be linked to the view that dreams may open doors to broader spiritual or existential realities.

4. Dream As The Process of Spiritual Transformation

Within the framework of Sufism, dreams are seen as a process of spiritual transformation that can open the door to deeper experiences and understanding of the universe and oneself. Some concepts associated with this view include :

a. Symbolism and Spiritual Language

Sufism considers dreams as a symbolic language used by the spiritual dimension to communicate with humans. Symbols in dreams are considered to be messages or directions that are deeper in nature, involving spiritual and transcendent aspects. In "Man and His Symbols," Carl Jung discusses symbolism as a door to the unconscious and symbolic language that reflects universal archetypes.

b. Link with Transcendental Reality

In the perspective of Sufism, dreams can be considered as temporary experiences beyond the limitations of space and time, bringing the individual closer to transcendental reality. This concept can be found in Plato's idea of the higher and eternal reality of ideas.

c. Emotional and Spiritual Processing

Sufism often highlights the relationship between mind, emotion, and spirituality. Dreams are considered a form of emotional and spiritual processing, where inner issues can be expressed and integrated into a deeper self-understanding. In "The Interpretation of Dreams," Sigmund Freud also discusses the function of emotional processing in dreams.

d. Theosophical and Esoteric Views

Some Sufi traditions, such as Theosophy and the Esoteric traditions, view dreams as windows into the spiritual world and as a means for spiritual growth. Works such as "The Secret Doctrine" by Helena Petrovna Blavatsky or "The Mystical Qabalah" by Dion Fortune detail these concepts.

e. Linkage to Collective Consciousness

Carl Jung's theory of collective consciousness supports the idea that dreams can reflect collective or universal aspects of humanity. In dreams, individuals can feel a connection to the collective consciousness and gain greater insight into the spiritual journey of humanity as a whole.

CONCLUSION

As a spiritual psychological phenomenon, dreams have played a profound role in shaping human culture throughout history. Dreams reflect the complexity of human thought and emotion, not only at the individual level but also at the collective level. The symbols in dreams reflect universal aspects that influence different cultures. Indigenous tribes and traditional societies often associate dreams with ancestral spirits, proving that dreams are not just a reflection of an individual's emotional state, but also a symbolic language that runs deep into the core of culture. Sufism allows us to explore deeper aspects of the dream experience, beyond the boundaries of the scientific and the physical. By considering the symbolism and meaning of dreams, the relationship to alternate realities, the role of Sufi entities, and the process of spiritual transformation, we can gain deeper insight into the mysteries behind the dream phenomenon. The Sufi framework provides a rich exploration of the relationship between the dream world and the larger reality.

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