

**THE ROLES OF *SULŪK* IN SPIRITUAL EMPOWERMENT OF WOMAN
PRACTITIONERS IN INSTITUT LATIHAN ILMU TAREKAT (ILIT)**

MANARAH

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AUTHOR DECLARATION

I hereby declare that the work in this dissertation is my own except for quotations and summaries which have been duly acknowledged.

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ABSTRAK

Amalan suluk merupakan suatu amalan yang tidak asing lagi bagi pengamal tarekat tasawwuf khususnya kepada pengikut Tarekat Naqsyabandiyyah Khalidiyyah. Amalan ini telah diwarisi secara turun temurun daripada sheikh tarekat yang terdahulu hasil daripada ijtihad mereka terhadap amalan uzlah dan khalwah yang dipraktikkan oleh para nabi dan rasul. Amalan suluk ini merangkumi beberapa amalan khusus dan adab yang harus ditempuhi oleh setiap salik bagi mencapai tujuan utama iaitu ma'rifatullah. Walaupun amalan suluk ini telah lama diamalkan oleh kebanyakan masyarakat di Nusantara, namun penyertaannya dalam kalangan wanita masih berada di tahap yang sederhana berbanding lelaki. Sedangkan golongan wanita adalah golongan majoriti di dunia dan semakin bertambah bilangannya dari semasa ke semasa. Walaupun mereka dikatakan mempunyai jangka hayat yang lebih panjang berbanding lelaki, namun ia tidak menjamin kebahagiaan dan kesihatan yang berkekalan. Mereka sering dikaitkan dengan pelbagai masalah kesihatan termasuklah masalah mental yang mana akhirnya menyebabkan mereka hilang pertimbangan dan cenderung untuk melakukan perkara yang tidak diingini. Kajian lepas turut menunjukkan kekuatan spiritual dapat menjadi penyelesaian kepada pelbagai gangguan emosi. Justeru, kajian ini mengkaji peranan suluk dalam memperkasa spiritual wanita dengan menemubual enam orang pengamal wanita Tarekat Naqsyabandiyyah Khalidiyyah di Institut Latihan Ilmu Tarekat (ILIT) Manarah sebagai informan bagi kajian kualitatif ini. Hasil daripada kajian ini menemukan bahawa suluk berperanan dalam: 1) Memberi ketenangan hati; 2) Mencegah daripada melakukan perkara yang dilarang dalam Islam; 3) Memudahkan untuk mengingati Allah SWT; dan 4) Memudahkan seseorang untuk bermuhasabah diri. Sebagai kesimpulan, suluk dilihat sebagai satu kaedah alternatif bagi golongan wanita dalam mencari penyelesaian kepada masalah yang dihadapi khususnya yang melibatkan spiritual.

ABSTRACT

The practice of *sulūk* is a practice that is familiar to the practitioners of the *tasawwuf* sect, especially to the followers of the Tarekat Naqsyabandiyyah Khalidiyyah. This practice has been inherited hereditarily from the previous *shuyūkh* of the *tarīqah* as a result of their *ijtihād* on the practice of *‘uzlah* and *khalwah* practiced by the Prophet SAW. The practice of *sulūk* includes some specific practices and manners that must be followed by each *salik* to achieve the main goal of *ma‘rifatullah*. Although the practice of *sulūk* has long been practiced by most communities in the Archipelago, but the participation of women is still at a moderate level compared to men. Women are the majority population in the world and are increasing in number from time to time. Although they are said to have a longer life expectancy than men, it does not guarantee lasting happiness and health. They are often associated with various health problems including mental problems which eventually cause them to lose judgment and tend to do negligence things. Therefore, this study will focus on identifying the role of *sulūk* towards women practitioners of the Tarekat Naqsyabandiyyah Khalidiyyah at the Institut Latihan Ilmu Tarekat (ILIT) Manarah. This study uses a qualitative method by interviewing six female informants who are also among *sulūk* participants. The results of this study found that *sulūk* is effective in: 1) Providing peace of mind; 2) Preventing from doing things that are prohibited; 3) Making easier to remember God; and 4) Facilitating a person to self-reflection. In conclusion, *sulūk* is seen as an alternative method for women in finding solutions to problems that arise especially regarding mental health problems.

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الملخص

السلوك هو عمل معروف عند عاملي الطريقة خصوصاً لأتباع الطريقة النقشبندية الخالدية. هذا العمل يورث من زمان إلى زمان من مشايخ الطريقة الماضين اعتماداً على اجتهدهم في العزلة والخلوة اللتين فعلها الرسل والأنبياء من قبل. وهذا السلوك يتضمن عدة الأعمال المخصوصة والأدب المخصوص يلزمها كل سالك ليصل إلى المقصود وهو معرفة الله. وإن كان هذا العمل يعمل به كثير من الناس في نوسنترا، المشاركة من قبل النساء ما زال في حد التوسط مع أن النساء هن أكثر من الرجال في الدنيا، ويزداد عددهن من وقت إلى آخر. بل يقال إنهن أطول حياة من الرجال لكن هذا لا يلزم منه السعادة والصحة الأبدية، دائماً تصيبهن الأمراض والمشاكل تتعلق بصحتهن. من ذلك ما يشكل على أذهانهن وشعورهن الذي ينتج منه ميلاً إلى فعل القبائح. البحث الماضي يدل على أن قوة نفسية تساعد على تفريغ مسائل الذهن. فإذا هذا البحث يبحث عن أعمال السلوك في تقوية نفسية النساء بتتابع ست نساء من عاملي الطريقة النقشبندية الخالدية في *معهد تدارب علم الطريقة* (ILIT). الحاصل من هذا البحث بأن السلوك يورث الاطمئنان في القلب والاجتناب عن المعاصي والتيسير في ذكر الله وعلى محاسبة النفس. والخلاصة يرى أن السلوك طريقة أخرى لتفريغ الكربات التي تواجهها النساء لا سيما ما يتعلق بالنفسية.

TABLE OF CONTENT

AUTHOR DECLARATION.....	i
ACKNOWLEDGEMENT.....	ii
ABSTRAK	iii
ABSTRACT	iv
المخلص.....	v
TABLE OF CONTENT.....	vi
LIST OF SYMBOLS.....	x
LIST OF FIGURES.....	xi
LIST OF TRANSLITERATION.....	xii
LIST OF ABBREVIATION	xiii
CHAPTER 1.....	1
INTRODUCTION.....	1
1.1 Background of the Study.....	1
1.2 Statement of the Problem	7
1.3 Research Questions.....	11
1.4 Research Objectives.....	11
1.6 Significance of the Study.....	11
1.7 Research Methodology.....	13
1.7.1 Scope of the Study.....	16
1.7.2 Selection of Sample	18
1.7.3 Data Collection	19
1.7.4 Library Research.....	20
1.7.5 Semi-Structured Interviews	20
1.7.6 Participant Observation	22
1.7.7 Data Analysis.....	23
1.8 Definition of the Terms	25
1.8.1 <i>Tarīqah</i> :.....	25
1.8.2 Tarekat Naqsyabandiyyah Khalidiyyah:	29
1.8.3 <i>Sulūk</i> :.....	29
1.8.4 <i>Khalwah</i> :.....	30

1.8.5 <i>Uzlah</i> :	30
1.8.6 Woman practitioners:	31
1.8.7 ILIT Manarah:	31
1.8.8 <i>Tasawwuf</i> :	31
1.8.9 <i>Tawajjuh</i> :	31
1.8.10 <i>Sālik</i> :	32
1.9 Structure of the Thesis:	32
CHAPTER 2	34
LITERATURES ON TAREKAT NAQSYABANDIYYAH KHALIDIYYAH AND THE PRACTICES OF <i>SULŪK</i>	34
2.0 Introduction:	34
2.1 History of Tarekat Naqsyabandiyyah	34
2.2 Background of Tarekat Naqsyabandiyyah Khalidiyyah	37
2.3 The Emergence of Tarekat Naqsyabandiyyah Khalidiyyah in Malaysia	40
2.4 Syeikh Haji Jahid bin Haji Sidek	42
2.4.1 Journey in <i>Tarīqah</i>	43
2.4.2 ILIT Manarah as <i>Zawīyyah</i> Tarekat Naqsyabandiyyah Khalidiyyah of Syeikh Haji Jahid bin Haji Sidek	44
2.5 Practices and Methodology in the Tarekat Naqsyabandiyyah Khalidiyyah	46
2.5.1 <i>Bai'ah</i> (Oath of Allegiance) and <i>Talqin Dhikr</i>	46
2.5.2 <i>Tawassul</i> (Intercession)	51
2.5.3 <i>Dhikr</i> (Remembrance of Allah)	53
2.5.4 Khatam Khawajakan	54
2.5.5 <i>Tawajjuh</i> and <i>Tahlil</i>	54
2.6 <i>Sulūk</i>	56
2.6.1 The Definition of <i>Sulūk</i>	56
2.6.2 <i>Sulūk</i> and Related Words	61
2.6.2.1 <i>'I'tikāf</i> :	61
2.6.2.2 <i>'Arba'iniyyah</i> :	61
2.7 The Elements of <i>Sulūk</i>	61
2.7.1 <i>Dhikr Ism al-Dhat</i> (Allah)	62
2.7.1.1 The Implimentation of <i>Dhikr Ism al-Dhat</i> (Allah)	64
2.7.1.2 The <i>'Adab</i> of <i>dhikr Ism al-Dhat</i> According to Syeikh Haji Jahid bin Haji Sidek	66
2.7.1.3 <i>Dhikr Ism al-Dhat</i> Seven <i>Latā'if</i>	66

2.7.2	<i>Tawajjuh</i> Tradition	68
2.7.3	Manners in <i>Sulūk</i> (<i>‘Adab</i>)	68
2.7.3.1	<i>‘Adab</i> during <i>Sulūk</i>	69
2.7.4	Islamic Spiritual Treatment	79
2.8	The Virtues of <i>Sulūk</i>	80
2.9	Conclusion	81
2.9.1	Conceptual Framework	82
CHAPTER 3		83
THE BACKGROUND OF WOMAN PRACTITIONERS IN ILIT MANARAH ..		83
3.0	Introduction.....	83
3.1	Information Background.....	84
3.1.1	Informant A – Zainun	84
3.1.1.1	Background as a Tarekat Practitioner	85
3.1.2	Informant B - Natasha	87
3.1.2.1	Background as a Tarekat Practitioner	88
3.1.3	Informant C – Hidayah	90
3.1.3.1	Background as a Practitioner	90
3.1.4	Informant D - Jasmin	91
3.1.4.1	Background as a Practitioner	92
3.1.5	Informant E - Maria	93
3.1.5.1	Background as a Practitioner	94
3.1.6	Informant F - Insyirah.....	94
3.1.6.1	Background as a Practitioner	95
3.2	Summary of the Informants’ Background	95
3.3	Reasons of the Woman Practitioners Participated in the <i>Sulūk</i> Practices	97
3.3.1	External Influences	97
3.3.1.1	The Inspirations from <i>Sheikh</i> of the <i>Tarīqah</i>	97
3.3.1.2	The Influence from a Lecturer	99
3.3.1.3	The Influence from Peer Group	100
3.3.1.4	The Influence of Family Member	101
3.3.2	Internal Forces.....	102
3.4	Conclusion	103
CHAPTER 4		105
THE ROLE OF <i>SULŪK</i> IN SPIRITUAL EMPOWERMENT OF WOMAN PRACTITIONERS		105

4.0 Introduction.....	105
4.1 Easier to Achieve Peacefulness of the Heart	105
4.2 Preventing From Evil Deeds	113
4.3 Easier to Practice Remembrance of Allah (<i>dhikr</i>)	118
4.4 Easier to Practice Self-Reflection.....	121
4.5 Conclusion	124
CHAPTER 5.....	125
CONCLUSION AND RECOMMENDATION.....	125
5.0 Introduction.....	125
5.1 Summary of Research Findings.....	125
5.2 Recommendations	127
References	129
Appendices	139

LIST OF SYMBOLS

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LIST OF FIGURES

Figure 1: Institut Latihan Ilmu Tarekat (ILIT) Manarah, Kuala Pilah, Negeri Sembilan	44
Figure 2: The Women’s Building	45
Figure 3: The Women’s Hall	46
Figure 4: The Islamic Spiritual Treatment by Sheikh Dr Haji Jahid bin Haji Sidek (Persatuan Kebajikan Bina Budi Malaysia, n.d).....	80
Figure 5: Conceptual Framework.....	82
Figure 6: Poster for downloading a printed document of “S.O.P Orang Bersuluk” ..	139
Figure 7: Poster of Sulūk Program at ILIT Manarah, Kuala Pilah, Negeri Sembilan	140

LIST OF TRANSLITERATION

Arabic Letters	Latin	Example	Transliteration
ء	'	سأل	Sa'ala
ب	B	بدل	Badala
ت	T	تمر	Tamr
ث	Th	ثورة	Thawrah
ج	J	جمال	Jamal
ح	H	حديث	Hadith
خ	Kh	خالد	Khalid
د	D	ديوان	Diwan
ذ	Dh	مذهب	Madhhab
ر	R	رحمن	Rahman
ز	Z	زهرم	Zamzam
س	S	سراب	Sarab
ش	Sh	شمس	Shams
ص	S	صبر	Sabr
ض	D	ضد	Damir
ط	T	طاهر	Tahir
ظ	Z	ظاهر	Zuhr
ع	'	عبد	'abd
غ	Gh	غيب	Gyayb
ف	F	فقه	Fiqh
ق	Q	قاضي	Qadi
ك	K	كأس	Ka's
ل	L	لبن	Laban
م	M	مزمار	Mizmar
ن	N	نوم	Nawn
هـ	H	هبط	Habata

LIST OF ABBREVIATION

PBUH	Peace Be upon Him
r.a	Radiya Allah anha
SWT	Subhanahu wa taala
ILIT	Institut Latihan Ilmu Tarekat
JAKIM	Jabatan Kemajuan Islam Malaysia



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