

# **MUH{A>SABAH AND SEDONA METHOD**

**(A Comparative Studies)**



## **THESIS**

**This Final Project is Submitted to the Ushuluddin Faculty  
in Partial Fulfillment of the Requirements for the Degree of  
Islamic Psychology  
In Tasawuf Psikoterapi Department**

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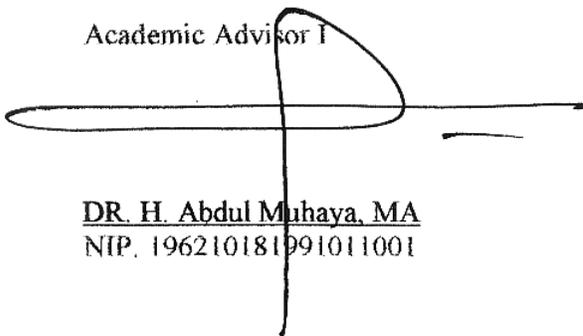
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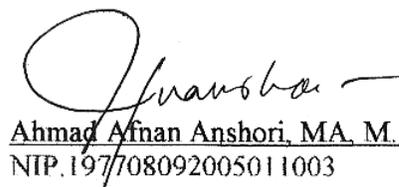
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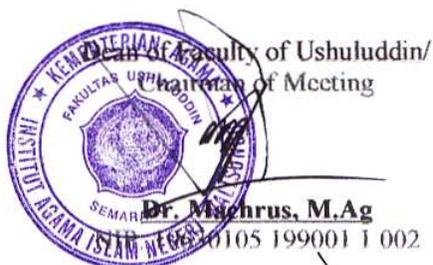
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## MOTTO



إِغْتَنِمِ خَمْسًا قَبْلَ خَمْسٍ : حَيَاتِكَ قَبْلَ مَوْتِكَ وَصِحَّتِكَ قَبْلَ سَقَمِكَ وَفَرَاعِكَ

قَبْلَ شُغْلِكَ وَشَبَابِكَ قَبْلَ هَرَمِكَ وَغِنَاكَ قَبْلَ فَقْرِكَ

*Take advantage of five (state) before (the coming) five (another state)  
: your life before your dead, your healthy before your pain, your free  
time before your busy time, your youth before your old age, your rich  
before your poor\**



\* Muhammad Nashiruddin Al Albani, *Shahih Jami' as Shaghir Buku 1*, Translated by Imran Rasadi and Andi Arlin, Najla Press, Jakarta, 2004, p. 474

## DEDICATION

*This thesis is dedicated to:*



*My dear parents, Mr. H. Ali Syafi'i and Mrs. Shobiroh  
My beloved sisters, Ulya and Azqi  
I do everything for the happiness of you all*



*My big family, Bani Popi*



*My dear partner, Ali Maftukin, S. H.I  
Hopefully you always by my side*



*And all of people who love to study*

## PREFACE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Alḥamdulilla>hirabbil'a>lamīn*, all praises and thanks always give to Allāh SWT The Almighty who has given His grace and guidance, so that writer able to finish the last task, that is thesis entitled: *Muḥa>sabah* and Sedona Method (A comparative studies).

Blessings and greetings are extended to the great majesty Prophet Muḥammad and his family, his friends, and all his followers who has guide people from the time of ignorance toward the full of grace era. The writer learned a lot of patience in his struggle. He was the most perfect figure and the only one that deserves to be a role model.

The writer ackknowladge that this writing will not be resolved on time if there is no help, support, and prayers of all parties. Therefore, the writer conveys the highest appreciation to:

1. My dear parents, Mr. H. Ali Syafi'i and Mrs. Shobiroh who never stop praying for me, who never tired of giving affection and love, who patiently paying attention, and who always advise gently. Then for my beatiful and great sisters, Ulya and Azqi. You are my everything in my life. I do love you
2. The Dean of Ushuluddin Faculty, Dr. Nashihun Amin, M.Ag who has given permission to the writer to do this research. And the writer do not forget say thanks to the vices dean, who has provided adequate learning facilities.
3. My thesis advisors Dr. H. Abdul Muhaya, M.A and Ahmad Afnan Anshori, MA, M. Hum. They have guided with patience and sincerity, they have been encouraging and guiding as a teacher as well as father.
4. Dr. Sulaiman Al Kumayi, M.Ag and Fitriyati, S.Psi, M.Si as chairman and secretary of Tasawuf Psikoterapi Department. I thankful for the guidance and motivation is given to me.

5. All of my teachers and my lecturers, have educated me with patience and love. There is no reward for it all, just a prayer for you, may Allah gives blessings for you in the world until hereafter.
6. The Ministry of Religious Affairs RI for the scholarships provide to me during take education S1 in State Institute of Islamic Studies Walisongo Semarang.
7. My friends in the female dormitory Dārul Qur'ān who become a family when I far from my parents, who have graced my days for taking education S1 in Semarang. You have been with me when my tears fall, when my feet are tired, when there was no smile on my lips. Many unforgettable stories with you. Much of thanks and love for you all, especially for Jeperanita, Mbak Fe, Mizky, Mbak Nabil, Mbak Nikmah. Special thanks are also given to Mbak Husnul, Mbak Muniroh, Mbak Tri, Mbak Anis, Mbak Ayu, Berbi (mbak Muslimah), Mbak Ama, Mbak Uji, Mbak Lutfi, Mbak Jikati, Mbak Fitri, Mbak Nada, Bunda, Mbak Arin, and Mbak Us.
8. Friends in courses of Islamic studies of Religious Affairs RI in Tafsir *Hadith* and Tasawuf Psikoterapi Department of Ushuluddin faculty. I will not forget every moment with you all. Mumun, Sugie, Bang Akrom, Bang Yasin, Kakak Latif, Lukman, Akhy Baha', Pak Lurah, Kakak Ifu, Rofiq, Bang Kaji Nadhif, Lek Misbah, Mbah Saifudin Moro, Rozak, and Bang Zalil, thank you so much for your helps. It is honor to be your part.
9. All of my friends in KMJS (Trus Karya Tataning Bumi), and HMI, especially for Commisariat Iqbal who has give me a lot of valuable experince about organization. Especially for my seniors, Mas Afu, Mas Fatah, and Mas Ayis. YAKUSA.
10. My family of KKN, who gives a lot of meaning of love, togetherness, and solidarity. Especially for Mr. H. Sugiran and family, they are my new family. Thanks to all of my friends, Bunda Raisya, Mas Royyan, Mas Shofyan, Mas Ma'sum, Mas Arifin, Mala, Alfin, Mbak Inna, Mbak Aat, Dek Mul, Mami Ulil, and special thanks for Mas Reza, be ready for next story.

11. Mbak Risa and mbak Tri. Thank you for guiding me in the first in Semarang,  
You inspire me. hopefully success and happiness always be with you
12. My dear partner, Ali Maftukin, S. H.I who always accompany me in happy  
and sorrow. I want you to be the only one in my life. May God bless us.

Heartfelt thanks for all your kindness may Allah SWT repay all of kindness  
with a better response in the world and in the hereafter.

Semarang, June 3, 2013  
Writer,

LINA LATHIFAH  
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## TRANSLITERATION\*

### VOWEL LETTERS

a>	a long spelling
i<	i long spelling
u>	u long spelling

ARABIC LETTER	WRITTEN	NAME
ا	No symbol	Alif
ب	B	ba
ت	T	Ta
ث	s\	s\a
ج	J	Jim
ح	h{	h}a
خ	Kh	Kha
د	D	Dal
ذ	z\	z\al
ر	R	Ra
ز	Z	Zai
س	S	Sin
ش	Sy	Syin
ص	s}	s}ad
ض	d{	d{ad
ط	t}	t{a
ظ	z{	z}a
ع	'	'ain
غ	G	Gain
ف	F	Fa
ق	Q	Qaf
ك	K	Kaf
ل	L	Lam
م	M	Mim
ن	N	Nun
و	W	Wau
ه	H	Ha
ي	Y	Ya

\* Quoted from *Pedoman Penulisan Skripsi*, Fakultas Ushuluddin IAIN Walisongo, Semarang, 2007, p.112-113

## TABLE OF CONTENTS

PAGE OF TITLE .....	i
ADVISOR APPROVAL .....	ii
RATIFICATION .....	iii
DECLARATION .....	iv
MOTTO .....	v
DEDICATION .....	vi
PREFACE .....	vii
TRANSLITERATION .....	x
TABLE OF CONTENTS .....	xi
ABSTRACT .....	xiii
<b>CHAPTER I : INTRODUCTION</b>	
A. Background .....	1
B. Research Question .....	7
C. Aim and Significance of Research .....	8
D. Prior Research .....	8
E. Methodology of Research .....	11
F. Writing Systematic .....	13
<b>CHAPTER II : MUḤĀSABAH</b>	
A. Definition of <i>Muḥa&gt;sabah</i> .....	15
B. Urgency of <i>Muḥa&gt;sabah</i> .....	19
C. Steps of <i>Muḥa&gt;sabah</i> .....	24
1. <i>Muḥa&gt;sabah</i> in the implementation step .....	24
2. <i>Muḥa&gt;sabah</i> in the increase step .....	31
D. Advantages of Practicing <i>Muḥa&gt;sabah</i> .....	34

E. Dangers of Leaving <i>Muḥa&gt;abah</i> .....	37
CHAPTER III: SEDONA METHOD	
A. Appearing History of Sedona Method .....	39
B. Development of the Sedona Method .....	41
C. The Release Technique .....	43
1. Release of Feelings .....	46
2. Release of Emotions .....	47
3. Release of Wants .....	48
D. The Release Steps of Sedona Method .....	56
1. Preparation Step .....	56
2. Implementation Step .....	58
3. Evaluation Step .....	61
CHAPTER IV : SIMILARITIES AND DEFFERENCES BETWEEN	
<i>MUḤĀSABAH</i> AND SEDONA METHOD	
A. Similarities and Differences between <i>Muḥa&gt;abah</i> and Sedona Method in the Goal Aspect .....	63
B. Similarities and Differences between <i>Muḥa&gt;abah</i> and Sedona Method in Implementation Technique .....	67
CHAPTER V : CLOSING	
A. Conclusion .....	76
B. Suggestions .....	78
C. Closing .....	78
BIBLIOGRAPHY	
CURICULUM VITAE	

## ABSTRACT

Since ancient times to the modern era, there is no human being who wants static life. All human beings crave the future course of his life is getting better and better, either it in the form of physical aspect such as wealth, position, and so on. And also in the psyche aspect such as experience, knowledge, wisdom, religiosity, and so on.

Most people know what he should do for his life towards more advanced. However, the others are not able to even negligent that what he does now is contribution for future, either in the adversity or in the happiness. Therefore, people need to do self improvement before coming remorse. In, Islam itself has been teaching his followers about the importance of self-improvement with *muḥa>sabah*. Efforts to do self-improvement is also developed in the western, one of them is Sedona method. This method was discovered and developed by Levonson Lester, a physicist in United States. This method is increasly changing people's lives for the better.

This research is a comparative study, in which two methods of self-improvement will be researched about the similarities and differences aspect. The primary data is books that discuss about *muḥa>sabah* and Sedona method. The secondary data is scholarly books or datas that talking about Sufism and psychology. Then, the datas will be analyzed using the content analysis method.

Both of self-improvement method has similarities and differences. Some of these similarities are in the aspect of the goal that is to improve the physical and spiritual aspects, both use the questions in the improvement method aspect, their process must go through several steps, at the time aspect, they can be done anytime and anywhere, as well as continuing its lifetime.

The differences of both method are *muḥa>sabah* always based on the consideration of religion, while the Sedona Method tends to psychology or humanitarian considerations. Another difference is in the implementation step, steps of *muḥa>sabah* are implementation step and improvement step. While the steps in Sedona method are diagnosis step, the release process, and evaluation. Both of these methods also have differences in terms of execution time. *Muḥa>sabah* implemented without waiting for self trouble, while the Sedona method only implemented when self trouble come.

After finding out the similarities and differences of the both methods, the writer expect the readers to be more wise to choose a method of self-improvement which appropriate and useful for him, especially for a Muslim. Because, all human deeds not only will be counted, but also they will be responsibility in this world and until in the hereafter.