

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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SEMARANG
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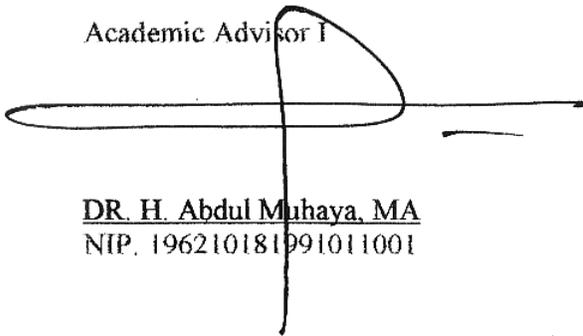
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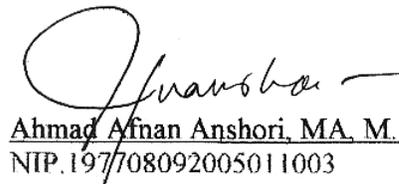
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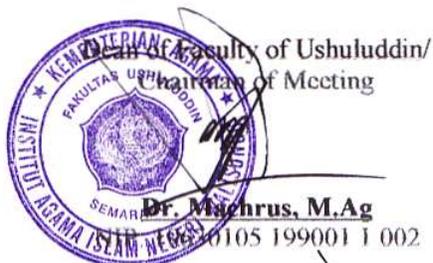
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MOTTO



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:

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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,

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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

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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.