

EXPLORING HUMANISTIC VALUES IN PERSIAN SUFI MYSTICISM AND LITERATURE

*Pune Karim**

Abstract: This paper aims to explore the significance of humanistic themes in Persian Sufi mystic literature and its ability to promote a profound understanding of humanism, examining its capacity to inspire individuals across different geographical boundaries. The research primarily revolves around humanistic themes such as love and devotion, compassion and empathy, humility and service, tolerance and acceptance, joy and celebration, and gratitude and appreciation, which span a broad range of principles, beliefs, and transformative experiences. Additionally, the research examines the interplay between Persian Sufi philosophy and various humanistic philosophies, highlighting five fundamental elements: the pursuit of inner truth, the interconnectedness of existence, the transformative power of love, the importance of ethical values and social responsibility, and the acceptance of paradox and non-duality.

Keywords: Sufism, Humanism, Morality, Persian Language and Literature.

1. INTRODUCTION

Persian Sufi literature represents a substantial reservoir of spiritual, mystical, and philosophical concepts. The emphasis on humanism is a notable characteristic of Persian Sufi literature. Humanism is a philosophical and ethical viewpoint that places a lot of emphasis on the inherent value and capacity for action that

* Dr. Pune Karimi is a Senior Lecturer and the Director of the Corporate Communication Office at Erzurum Technical University in Erzurum, Turkey. Dr. Karimi holds two doctoral degrees in Communication Sciences with a specialization in Gender Studies and in Persian Language and Literature. Proficient in Persian, Turkish, English and Arabic, Dr. Karimi's research interests lie in Gender Studies, Sufism, and Persian Language and Literature. ORCID: <https://orcid.org/0000-0002-4928-2155>. Email: pune.karimi@erzurum.edu.tr

human beings possess, both as individuals and as a group. The Sufi poets and writers espoused the belief that the fundamental objective of human existence is the pursuit of knowledge, wisdom, and spiritual enlightenment. It was also posited by the Sufis that each individual has the inherent capacity to attain the utmost level of spiritual enlightenment and a state characterized by internal tranquility and concord. The humanistic approach to spirituality advocated by Sufi poets and authors has promoted greater understanding and tolerance among individuals of all religions and cultures.

The examination of the human capacity for love is a prominent theme throughout Persian Sufi literature. In the Sufi framework, the concept of love transcends the boundaries of romantic or individual connections and involves a comprehensive affection that spans the entirety of humanity. The concept of love necessitates that individuals transcend their disparities and cultivate a perception of interdependence. In an era characterized by societal fragmentation and discord, the lessons encapsulated within Persian Sufi literature serve as a poignant reminder of our collective human experience and the profound significance of cultivating sentiments of benevolence and understanding.

Persian Sufi poets frequently utilize metaphorical language and symbolism as a means to explore the profound intricacies of the human psyche. They delve into various topics, including the impermanence of the physical realm, the everlasting essence of the soul and the pursuit of enlightenment. Furthermore, they exhibit propensity to incorporate several cultural, religious, and philosophical traditions, constructing a rich fabric of discernments that transcend conventional limitations. In contemporary society, characterized by frequent encounters with cultural disputes and misunderstandings, the teachings found within Persian Sufi literature function as a unifying force. They foster harmonious relations and cultivate a sense of mutual respect among individuals. The prioritization of love, compassion, and the quest for truth serves as a guiding principle for individuals as they navigate the intricate challenges of contemporary existence.

2. Analyzing the Humanistic Themes in Persian Sufi Literature

Persian Sufi literature is a rich and diverse body of work that contains many humanistic themes. Sufism is a mystical Islamic tradition that emphasizes the spiritual aspects of religion, and its literature reflects this focus on inner experience and personal transformation. Here are some of the humanistic themes that can be found in Persian Sufi literature:

A. Love and Devotion: The concept of love holds significant prominence within Sufi literature, wherein it frequently assumes the role of a compelling catalyst propelling the spiritual voyage. The love pursued by Sufis is not characterized by romantic or physical attributes but rather by a profound and enduring affection for God or the divine. The expression of this love is manifested via acts of devotion, prayer, and contemplation and is regarded as the fundamental means to attain a state of unity with the divine (Chittick, 2014).

B. Compassion and Empathy: Sufi literary works frequently underscore the significance of cultivating compassion and empathy towards fellow beings. According to Sufi philosophy, there exists an interconnectedness among all individuals, emphasizing the importance of exhibiting benevolence and empathy towards others. The aforementioned topic is frequently conveyed through narratives and allegories that exemplify the significance of exhibiting respect and compassion towards others (Nizamie, Zanjani 2012).

C. Humility and Service: Sufi literature also places significant emphasis on the virtues of humility and altruistic service to others. Sufis say that authentic spiritual development emanates from the act of altruistically helping others and prioritizing their needs over our own. The aforementioned notion is frequently conveyed through narratives centered around Sufi saints who dedicated their lives to altruism and embraced a modest and unpretentious way of living (Michon, & Gaetani, 2006).

D. Inner Transformation: Sufi literature frequently underscores the significance of internal metamorphosis and individual development. Sufis maintain the belief that authentic spiritual

development stems from a profound and sincere introspection of our internal beings, along with a readiness to accept and address our personal imperfections and limitations. The aforementioned notion is frequently conveyed through narratives centered around Sufi saints who experienced a significant metamorphosis and attained a heightened level of spiritual illumination (Emirahmetoglu, 2022).

E. Unity and Oneness: Sufi literary works frequently underscore the concept of unity and interconnectedness. According to Sufi philosophy, there exists a belief in the interconnectedness of all individuals, positing that humanity is an integral component of a broader cosmic entity. The aforementioned idea is frequently conveyed through narratives and poetic compositions that accentuate the interdependence of many elements and the significance of acknowledging our shared human nature (Muedini, 2010).

F. Tolerance and Acceptance: Sufi literary works frequently underscore the significance of fostering tolerance and embracing the acceptance of individuals. Sufis espouse the belief that all religions and spiritual trajectories converge towards a shared ultimate truth, asserting the existence of multiple avenues leading to the holy. The aforementioned notion is frequently conveyed through narratives centered around Sufi saints who shown reverence and deference towards the beliefs and customs of individuals hailing from disparate religious or cultural backgrounds (Shahkazemi, 2012).

G. Joy and Celebration: Themes of joy and festivity are also present within Sufi literature. Sufis hold the belief that the spiritual journey ought to be characterized by elation and commemoration, rather than by affliction or renunciation. The aforementioned concept is frequently conveyed through poetic and musical compositions that exalt the aesthetic and awe-inspiring aspects of the natural environment, as well as the elation derived from one's existence (Biegman, 2009).

H. Wisdom and Knowledge: The significance of intelligence and understanding in the spiritual expedition is frequently underscored in Sufi literature. According to Sufi doctrine, authentic spiritual development is attained by a profound

comprehension of the fundamental essence of existence and the intricate mechanisms governing the cosmos. The aforementioned idea is frequently conveyed through narratives and instructional materials that emphasize the significance of actively pursuing knowledge and wisdom from both spiritual and secular avenues (Michon, & Gaetani, 2006).

I. Surrender and Trust: Sufi literary works frequently underscore the significance of relinquishment and reliance on the almighty. Sufis espouse the belief that authentic spiritual development is attained by the act of relinquishing one's ego and personal volition in favor of aligning oneself with the will of God or the divine. The aforementioned idea is frequently conveyed through narratives and instructional materials that underscore the need of placing trust in the supernatural and relinquishing our commitment to mundane desires and preoccupations (Umam & Suryadi, 2019).

J. Inner Peace and Tranquility: Sufi literary works frequently underscore the significance of cultivating inner calm and tranquility as integral components of the spiritual odyssey. Sufis adhere to the belief that genuine spiritual development is attained by the discovery of internal serenity and calmness, even when confronted with the turbulence and disorder of the external world. The aforementioned subject is frequently conveyed through poetic compositions and instructional materials that underscore the significance of engaging in meditation, contemplation, and mindfulness practices as means to attain inner serenity and tranquility (Mitha, 2019).

K. Liberation from the Ego: Another significant humanistic motif found within Persian Sufi literature is the concept of emancipation from the ego. According to Sufi teachings, it is posited that the ego, commonly referred to as the "*nafs*," serves as the fundamental cause of human misery, and hence, genuine spiritual development necessitates the transcendence of the ego's pervasive influence. The aforementioned notion is frequently conveyed through narratives and instructional materials that underscore the necessity of relinquishing the ego and its

aspirations in order to attain a more profound communion with the divine (King, 1988).

L. Service to the Community: Sufi literature also underscores the significance of community service. According to Sufi ideology, authentic spiritual development is derived from the act of serving others, with an emphasis on the significance of community service as an integral component of the spiritual quest. The aforementioned notion is frequently conveyed through narratives centered around Sufi saints who dedicated their lives to altruistic endeavors, as well as through teachings that underscore the significance of assisting individuals who want aid (Budhwani & McLean, 2019).

M. Gratitude and Appreciation: Sufi literary works frequently underscore the significance of expressing thanks and cultivating appreciation for the various benefits bestowed upon individuals in life. Sufis hold the belief that genuine spiritual development stems from the acknowledgment and admiration of the aesthetic and awe-inspiring aspects of the natural world, as well as the various bounties bestowed upon individuals in their lives. The aforementioned idea is frequently conveyed through poetic compositions and instructional materials that underscore the significance of thankfulness and appreciation within the context of the spiritual quest (Emmons, & Crumpler, 2000).

N. Inner Strength and Resilience: Themes of inner power and resilience are also present in Sufi literature. Sufis maintain the belief that authentic spiritual advancement necessitates the cultivation of internal fortitude and tenacity in order to surmount the various obstacles and hardships encountered during one's existence. The aforementioned topic is frequently conveyed through narratives and instructional materials that underscore the significance of persistence, bravery, and belief when confronted with challenging circumstances (Faigin, & Pargament, 2011).

3. Comparing Persian Sufi Literature with Other Humanistic Philosophies

Persian Sufi literature serves as a testament to the profound nature of humanistic philosophy and spiritual contemplation.

Sufi literature, deriving its foundations from the principles of Islam, presents a distinctive vantage point on the human condition, accentuating motifs such as affection, spiritual illumination, and the interconnectedness of all entities.

a. The Quest for Inner Truth

Persian Sufi literature, akin to other humanistic ideologies, assigns significant value to the pursuit of internal veracity and self-actualization. Sufi poets extend an invitation to individuals, encouraging them to embark upon a transformative voyage of self-exploration, surpassing the confines of the physical realm in order to attain an elevated state of awareness. The endeavor to uncover one's inner truth is in accordance with the principles advocated by existentialist philosophers, who place significant emphasis on the individual's obligation to construct purpose and endeavor towards self-fulfillment. By means of introspection and contemplation, Persian Sufi literature and other humanistic ideologies serve as a guiding force for individuals, enabling them to attain a more profound comprehension of their own existence (Badri, 2021).

b. The Unity of Existence

The belief in the unity of existence is a prominent subject that may be observed in Persian Sufi literature as well as several humanistic ideologies. The concept of unification within creation is frequently conveyed by Sufi poets through the use of metaphor, particularly through the depiction of a divine love. The proponents of this perspective perceive the individual soul as a microcosm that reflects the broader cosmic reality, placing significant emphasis on the interdependence and connectivity among all living entities. The promotion of empathy, compassion, and a sense of common humanity is facilitated by Persian Sufi literature and other humanistic ideas through their acknowledgement of interconnectivity (Djumaniyazova, 2021).

c. Love as a Transformative Force

The concept of love occupies a prominent position throughout Persian Sufi literature, functioning as a catalyst for the process of spiritual metamorphosis. Sufi poets utilize vibrant imagery and metaphors in their literary works to articulate the profound

nature of divine love and the yearning for unity with the beloved. The focus on the transformational potential of love is echoed in various humanistic ideologies that highlight the importance of love, compassion, and empathy. The concept of love, as explored by Christian mystics and humanistic psychologists such as Carl Rogers, consistently reveals its transformational potential. This common theme serves as a catalyst for individuals to foster a more profound sense of self-awareness and interpersonal relationships (Pourjavady, 2012).

d. Ethical Values and Social Responsibility

Persian Sufi literature, akin to other humanistic philosophies, espouses the promotion of ethical principles and the cultivation of societal responsibility. Sufi poets place significant emphasis on characteristics such as humility, compassion, and justice. The aforementioned ideals are in accordance with the fundamental tenets espoused by diverse humanistic philosophies, such as utilitarianism, virtue ethics, and Confucianism. Persian Sufi literature and other humanistic philosophies advocate for the cultivation of ethical behavior and a strong sense of social responsibility. These teachings aim to inspire individuals to uphold principles of integrity and actively engage in constructive actions that benefit their respective communities (Ishmah, 2020).

e. Embracing Paradox and Non-Duality

Persian Sufi literature delves into the domain of paradox and non-duality, challenging conventional thought patterns. Sufi poets use paradoxical language and imagery to transcend logic and rationality, akin to Taoism and Zen Buddhism, which embrace paradoxes and explore a reality beyond dualistic thinking. According to Akman, Sufi literature encourages embracing life's mysteries and seeking profound truths beyond conventional understanding (Akman, 2009).

Persian Sufi literature provides a comprehensive examination of the human condition and exhibits shared principles with diverse humanistic views. Persian Sufi literature offers valuable insights into the intricacies of human existence and the pursuit of spiritual enlightenment by emphasizing the exploration of inner truth, acknowledging the interconnectedness of all aspects of existence, highlighting the transformative

influence of love, advocating for ethical principles, and embracing the coexistence of paradox and non-duality. Through a comparative analysis of Persian Sufi literature alongside other humanistic ideologies, a more comprehensive understanding can be attained of the universal themes and concepts that form the foundation of the human pursuit for significance and contentment. These comparisons enable us to have a deeper understanding and recognition of the varied manifestations of humanistic thought across diverse cultural and philosophical frameworks. In addition, the examination of Persian Sufi literature in conjunction with other humanistic ideologies facilitates the exchange of ideas and promotes cross-cultural comprehension. This statement highlights the interrelatedness of many intellectual lineages and promotes the acknowledgment of common principles and ambitions.

4. Persian Sufi Literature on Art, Music and Film

When examining the role of art as a means of communication that surpasses geographical limitations, it becomes apparent that Persian Sufi literature possesses a substantial impact that extends beyond its fundamental purpose as a literary practice. The impact of this influence is notably significant among the artists, vocalists, and filmmakers. The creative persons have utilized this medium as a method to explore essential aspects of humanism, including love, spirituality, and the unwavering quest for transcendence:

a) Architecture: Translating Mystical Concepts into Physical Spaces

The architectural manifestations inspired by Sufi ideals bear evident traces of the impact exerted by Persian Sufi literature. Sufism places significant emphasis on the internal exploration and pursuit of spiritual enlightenment, focusing on the individual's inner being as the primary locus for this transformative journey. The aforementioned notion is evident in the architectural design of constructions influenced by Sufism, since various architectural components are utilized to symbolize spiritual concepts. The use of holy geometry, elaborate patterns, and serene environments within mosques and Sufi shrines serves

as a manifestation of the concepts of harmony, unity, and spiritual connection to the divine that are discussed in Sufi literary works (Askarizad, & Ardejani, 2022).

b) Dance: Mystical Wholeness through Movement

The art of dance has been significantly impacted by Persian Sufi literature, with a special emphasis on the captivating tradition of Sufi whirling. Dancers represent the pursuit of spiritual unity through contemplative whirling motions, drawing inspiration from the depictions of the spiritual expedition found in the works of Sufi poets. Through each revolution, individuals strive to attain a level of transcendence, fully engaging themselves in the harmonious cadence of the cosmos. Sufi literature plays a crucial role in shaping and guiding these groups by offering logical and emotional foundations that elicit a profound sense of mystical unity and spiritual communion (Erincin, 2021).

c) Cinematic Visuals: Illuminating the Soul's Journey

The impact of Persian Sufi literature on the medium of film extends beyond the investigation of narrative themes and encompasses the domain of cinematography. Filmmakers derive inspiration from the enigmatic concepts, evocative imagery, and symbolic elements found in Sufi literature, thereby crafting visually captivating compositions. The utilization of light and shadow, symbolic motifs, and contemplative atmospheres is adeptly employed to portray the profound spiritual dimensions that are discussed in Sufi poetry. Films that incorporate Sufi elements employ captivating visual techniques to engage viewers in a reflective exploration, delving into the profound aspects of the human spirit (Öztürk, 2019).

d) Contemporary Music: Fusing Tradition with Modern Expressions

The enduring impact of Persian Sufi literature on music remains evident in present-day compositions. Contemporary musicians have demonstrated a propensity for incorporating Sufi motifs into a diverse range of musical genres, such as world music, fusion, and electronic music, while simultaneously upholding the presence of Sufi poetry within traditional forms like Qawwali and Ghazal. The profound impact of Sufi literature is seen in its ability to evoke a spiritual encounter through the integration of poetic

verses and melodic compositions. This amalgamation serves as a conduit, effectively bridging the divide between timeless wisdom and modern manifestations (Shayakhmetova, 2022).

e) Digital Media: A Contemporary Canvas for Sufi Reflections

The emergence of digital media has presented novel opportunities for artists to actively interact with Persian Sufi literature. Artists have the ability to delve into the enigmatic concepts and instructional content included in Sufi literature by utilizing digital art, animation, and interactive installations. The incorporation of technology into the realm of Sufi-inspired thoughts facilitates the creation of immersive experiences, so encouraging audiences to participate in contemplation of the holy and interact with the spiritual qualities portrayed in the literature. The convergence of technology and mysticism presents opportunities for innovative artistic manifestations and deep introspective contemplation (Saeed, Naeem, & Yousaf, 2021).

The lasting relevance and international appeal of Persian Sufi literature is exemplified by its significant influence on various artistic forms such as painting, music, film, architecture, dance, and digital media. Persian Sufi literature has long fascinated readers with its profound insights and spiritual depth, while architectural settings have been recognized for their ability to evoke tranquillity. In the present era characterized by rapidity and frequent disconnection, the teachings encompassed within this extensive collection of literature possess contemporary significance, providing vital insights for the advancement of humanistic principles. Persian Sufi literature serves as a perennial guidance for both people and society at large, owing to its emphasis on love, compassion, celebration of diversity, and the relentless quest of truth.

5. Prominent Persian Sufi Poets and Writers

The following individuals are renowned and notable Persian Sufi poets and writers who have made significant contributions to the expansive and multifaceted tradition. The literary works produced by Persian Sufi poets and authors continue to garner

attention and admiration from a global audience. These works are extensively read, analyzed, and revered by those who are captivated by the aesthetic qualities, profound teachings, and profound observations found within Persian Sufi poetry and literature:

1. Attar: Farid ud-Din Attar, is a prominent figure in Persian literature. Attar, a poet and mystic of the 12th century, gained prominence for his renowned epic poem titled “The Conference of the Birds.” This literary work narrates the journey of a collective of avian creatures as they embark on a voyage in search of profound spiritual illumination. The author's additional literary contributions, such as *The Book of God* and *The Book of Secrets*, are widely esteemed within Sufi communities. (Darbandi, 1984).

2. Saadi: Abu-Muhammad Muslih al-Din bin Abdullah Shirazi, commonly known as Shirazi, is a prominent figure in the field of Persian literature. Saadi, a poet and writer who lived in the 13th century, is renowned for his perceptive and sagacious reflections on existence and the inherent qualities of humanity. *The Bustan* and *Golestan* are renowned literary works comprising a compilation of narratives and aphorisms, widely recognized as the author's most prominent creations (Yousefi, 2012).

3. Omar Khayyam: A renowned polymath and philosopher, made significant contributions to the fields of mathematics, astronomy, and literature during the 11th and 12th century. *The Rubaiyat*, a compilation of quatrains, is widely recognized as his most renowned literary creation, delving into profound subjects such as mortality, love, and the quest for existential significance (Khorramshahi, 2020).

4. Rumi (Mewlana): Rumi, widely regarded as one of the most renowned Persian Sufi poets, has gained significant recognition for his fervent and mystical poetry that has served as a profound source of inspiration for numerous readers throughout the ages. *The Masnavi*, a renowned compilation of poems, stands as his most notable literary contribution. Within its verses, he delves into profound subjects like as self-affection, spirituality, and the pursuit of ultimate veracity (Williams, 2020; Khorramshahi, 2004).

5. Hafez: Known for his humanistic perspective on life and spirituality, the poet in question holds a prominent position among the esteemed Persian literary figures. The poet's work places significant emphasis on the value of personal autonomy, affection, and empathy, while simultaneously exalting the aesthetic and intricate nature of the human condition (Ghazvini, 2018).

6. Sanai: A 12th-century poet and writer, Sanai is known for his mystical and philosophical poetry, which explores themes of love, spirituality, and the search for truth. One of his most renowned literary contributions is the *Hadiqat al-Haqiqat*, which comprises a compilation of poems (Furuzanfar, 2010).

7. Ibn Arabi: Ibn Arabi, a prominent figure in the 13th century, was a philosopher, theologian, and mystic renowned for his intricate and mystical works pertaining to Sufism and Islamic philosophy. The *Fusus al-Hikam* stands as his most renowned literary contribution, being a compilation of writings that delve into the profound spiritual implications associated with a diverse array of prophets and saints (Meyelheravi, 1988).

8. Shams Tabrizi: Shams Tabrizi, a prominent figure in the 13th century, was a Sufi mystic and esteemed spiritual leader. He gained recognition for his profound connection with Rumi, whom he served as a mentor and a source of inspiration. Despite the little preservation of his own writings, the teachings and influence of this individual are largely acknowledged to have exerted a significant influence on the advancement of Persian Sufi poetry and mysticism (Movahhed, 1996).

9. Mansur al-Hallaj: Mansur al-Hallaj, an individual of considerable controversy within the annals of Islamic history, emerged as a prominent 9th-century Sufi mystic and poet whose life ultimately culminated in his execution due to his audacious and nonconformist perspectives. The poetry authored by the individual in question frequently delves into subjects such as love, mysticism, and the pursuit of spiritual unity with a divine entity. This body of work has garnered significant acclaim for its aesthetic appeal and profound nature (Massignon, 2006).

10. Nizami Ganjavi: A well-known poet and writer of the 12th century, is recognized for his eloquent and amorous poetry that frequently delves into the realms of love and devotion. One of his most renowned literary contributions encompasses the *Khamsa*, which comprises a compilation of five extensive poems (Zanjani, 2012).

6. Conclusion

Sufi mystics hold the belief that every individual possesses the potential for attaining spiritual enlightenment. It fosters a sense of tranquility and unity, enabling individuals to establish a profound connection with the natural world. The fundamental human capacity for love, extending beyond romantic or personal relationships, plays a major role in Persian Sufi literature. The renowned Sufi poets Rumi, Hafez, and Saadi have exemplified the power of love to bring people together and motivate them to transcend their disparities. Love and devotion are, indeed, the driving forces behind spiritual enlightenment. Achieving unity with the divine is facilitated by devotion, prayer, and contemplation.

Sufis ardently embrace the concept of interconnectedness among all individuals, actively promoting empathy and comprehension in their interactions. Followers of this mystical tradition firmly believe that true spiritual advancement is achieved by prioritizing the needs of others, reflecting their deep conviction in the interconnectedness of all individuals within a larger cosmic entity. Sufi intellectuals possess a profound reverence and appreciation for all religions and civilizations, therefore underlining the significance of tolerance and acceptance. Sufi poets employ vivid imagery and metaphors to depict the profound affection for the holy and the intense desire for union with the beloved. Persian Sufi literature has a strong emphasis on ethics and societal responsibilities. It delves into the themes of conflict and non-duality, while also challenging established cognitive frameworks. It explores humanistic ideas and encourages conversation and worldwide comprehension. Individuals who possess the ability to perceive patterns and make comparisons between similarities and differences have the

potential to acquire a greater understanding of the human situation and experience spiritual growth.

Sufi literary thought has had a significant impact on other forms of artistic expression, including artwork, music, film, architecture, dance, and digital media. The profound spirituality and complex symbolism of the work have served as a source of inspiration for artists, singers, and filmmakers, leading them to delve into important human themes like as love, spirituality, and transcendence. Sufi-inspired architecture, dance, and cinematography embody the introspective voyage of Sufism. The artwork employs sacred geometry, intricate patterns, and tranquil settings to express a sense of unity and balance. Dancers strive to achieve spiritual harmony and one with the divine via meditative and repetitive movements. Movies employ Sufi motifs to build aesthetically pleasing arrangements that encourage deep self-reflection. The use of Sufi ideas across several genres enhances current music by introducing harmonic elements. Through the use of digital technology, artists are able to deeply engage with Sufi literature and engage in contemplation. Persian Sufi literature possesses relevance and allure that extends beyond its literary function. The aforementioned resource offers valuable insights and teachings that enhance the principles and practices of humanism.

Declaration of Conflicting Interests

The author declared no potential conflicts of interest with respect to the research, authorship and/or publication of this article.

Funding

The author received no financial support for the research, authorship and/or publication of this article.

References

- Akman, K. "Sufism, Spirituality and Sustainability / Rethinking Islamic Mysticism through Contemporary Sociology." *Comparative Islamic Studies*, vol. 4, 2009, pp. 1-15.
- Askarizad, R., He, J., & Ardejani, R.S. "Semiology of Art and

- Mysticism in Persian Architecture According to Rumi's Mystical Opinions (Case Study: Sheikh Lotf-Allah Mosque, Iran)." *Religions*, 2022.
- Attar, Divan. Edited by M. Madayeni & M. Afshari. Charkh Publications. 2017.
- Attar. *The Conference of the Birds*. Translated by A. Darbandi, Penguin Classics, 1984. (Original work published 1187).
- Badri, K. N. B. Z. "Sufism and its Relationship with the Development of Human Potential." *Jurnal Ilmiah Iqra'*, vol. 15, no. 2, 2021, pp. 187-196.
- Biegman, N. H. "Living Sufism: Rituals in the Middle East and the Balkans." American Univ in Cairo Press, 2009.
- Budhwani, N.N., & McLean, G.N. "The Roles of Sufi Teachings in Social Movements: An HRD Perspective." *Advances in Developing Human Resources*, vol. 21, 2019, pp. 205-223.
- Chittick, W.C. "Love in Islamic Thought." *Religion Compass*, vol. 8, 2014, pp. 229-238.
- Chittick, W.C. "The Pluralistic Vision of Persian Sufi Poetry." *Islam and Christian-Muslim Relations*, vol. 14, 2003, pp. 423-428.
- Djumaniyazova, D. "Humanity and Divinity Are the Objects of Sufi Teachings." *The American Journal of Social Science and Education Innovations*, vol. 3, no. 03, 2021, pp. 16-26.
- Emirahmetoglu, E. "The Transformation of the Human Self through Religious Practice in Sufism and Buddhism." *Journal of Islamic and Muslim Studies*, vol. 7, no. 1, 2022, pp. 26-60.
- Emmons, R.A., & Crumpler, C.A. "Gratitude as a Human Strength: Appraising the Evidence." *Journal of Social and Clinical Psychology*, vol. 19, 2000, pp. 56-69.
- Erincin, S. "Sufi Dance, Trance, and Psychophysical Performance: Transcultural Elements in Jerzy Grotowski's Theater." *Dance Chronicle*, vol. 44, 2021, pp. 207-222.
- Faigin, C. A., & Pargament, K. I. "Strengthened by the spirit: Religion, spirituality, and resilience through adulthood and aging." *Resilience in aging: Concepts, research, and outcomes*, 2011, pp. 163-180.
- Ferdowsi, A. *Shahnameh*. Edited by S. Hamidian, Ghatreh *Journal of Dharma* 49, 1 (January-March 2024)

- Publication. 2021. (Original work published 1010).
- Ferdowsi, A. *Shahnameh: The Persian Book of Kings*. Translated by D. Davis, Penguin Classics, 2006. (Original work published 1010).
- Gençosman. M. N. *Makalat-i Şems-i Tabrizi*. Aytac Publications, 2022. (Original work published 1215).
- Hafez. *Divan*. Edited by M. Ghazvini. Ganjine Publications, 2018, (Original work published 1215).
- Hafez. *The Poems of Hafez*. Translated by R. Ordubadian, IBEX Publishers, 2005. (Original work published 1337).
- Ibn Arabi. *Özün Özü*. Edited by M. Bedirhan, 2023. (Original work published 1200).
- Ibn Arabi. *Resael*. Edited by N. Mayelheravi, Mola Publications, 1988. (Original work published 1200).
- Ishmah, N. "Perspectives Sufism social in remediation crisis moral in humans modern." *Journal Intellectual Sufism Research (JISR)*, vol. 2, no. 2, 2020, pp. 25-28.
- Karamustafa, A. T. *Sufism: The formative period*. Edinburgh University Press, 2007.
- Khayyam, O. *Divan*. Edited by B. Khorramshahi, Nahid Publications, 2020. (Original work published 1055).
- King, J.R. "Religious and therapeutic elements in Sufi teaching stories." *Journal of Religion and Health*, vol. 27, 1988, pp. 221-235.
- Massignon, L. *The Passion of Hallâcı Mansur 858: The Mystical Passion of Islam*. Translated by İ. Birkan, Ardıç Publications, 2006.
- Michon, J. L., & Gaetani, R. (Eds.). *Sufism: Love & Wisdom*. World Wisdom, Inc., 2006.
- Mitha, K. "Sufism and healing." *Journal of Spirituality in Mental Health*, vol. 21, 2019, pp. 194-205.
- Muedini, F. A. "Examining Islam and human rights from the perspective of Sufism." *Muslim World Journal of Human Rights*, vol. 7, no. 1, 2010.
- Nizami Ganjavi. *Khamsa*. Edited by Barat Zanjani, University of Tehran Publications, 2012. (Original work published 1180).
- Nizamie, S.H., Katshu, M.Z., & Uvais, N.A. "Sufism and mental

- health." *Indian Journal of Psychiatry*, vol. 55, 2013, pp. S215 - S223.
- Öztürk, R. "Sufism in Cinema: The Case of Bab'Aziz: The Prince Who Contemplated His Soul." *Film-Philosophy*, vol. 23, no. 1, 2019, pp. 55-71.
- Pourjavady, N. "Love and the metaphors of wine and drunkenness in Persian Sufi poetry." In *Metaphor and imagery in Persian poetry*, pp. 125-136, Brill, 2012.
- Rumi. *The Masnavi of Rumi*. Edited by G. Korramshahi, Doustan Publication, 2004. (Original work published 1264).
- Rumi. *The Masnavi of Rumi*. Translated by A. Williams, I.B. Tauris Press, 2020. (Original work published 1264).
- Sadi, M. *The Gulistan of Sa'di*. Edited by G. Yousefi. Kharazmi Publishing Company, 2012. (Original work published 1258).
- Saeed, M., Naeem, M., & Yousaf, U. "Sufism in the Digital Age: A study of Fareed's Poetry." *International Research Journal of Management and Social Sciences*, vol. 2, no. 2, 2021, pp. 183-191.
- Sanai, A. *Divan*. Edited by B. Furuzanfar, Negah, Publications, 2010. (Original work published 1110).
- Shah-Kazemi, R. "The spirit of tolerance in Islam." *The Spirit of Tolerance in Islam*, 2012, pp. 1-176.
- Shams Tabrizi, *Makalat-i Şems-i Tabrizi*, Edited by M. Movahhed, 1996. (Original work published 1215).
- Shayakhmetova, A.K. "Philosophical Understanding of Music and Poetry in Sufism." *Journal of Siberian Federal University. Humanities & Social Sciences*, 2022.
- Umam, H., & Suryadi, I. "Sufism as a Therapy in the Modern Life." *International Journal of Nusantara Islam*, vol. 7, no. 1, 2019, pp. 34-39.