



# Contemplation: An Islamic Psychospiritual Study

*Malik Badri*

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# Contemplation: An Islamic Psychospiritual Study

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## **Contemplation: An Islamic Psychospiritual Study** Malik Badri

Delving into the true meaning and experience of Islamic spirituality, based on a person's awareness and recognition of his existence and place in Creation, Malik Badri reveals the limitations and contradictions of the current prevailing schools of psychology that deny the existence of the soul and perceive humans as mere machines acting on external stimuli. Combining the rich traditional Islamic wisdom with contemporary knowledge, the author advances a unique approach to the understanding of the human psyche and the self that gives a central position to meditation and contemplation as forms of worship in Islam. It is a book addressed to anyone who is interested in the Islamic approach towards the urgency felt by modern societies who are yearning for the rediscovery of the long-forgotten and neglected aspects of their lives.

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