

Islamic Psychology- Dhikr-Pre-Entry Techniques: Sensory & Psycho-Spiritual Conditioning for the Domain of Invocation (*Dhikr/Zikr*)

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Keyword: dhikr, zikr, invocation, Quran, spiritual, psychological.

The psycho-spiritual preparation required before entering the domain of invocation (*Dhikr/Zikr*) is conceptualised here not as a mere traditional recommendation, but as a series of structured **clinical techniques**. Before commencing the *dhikr*, the practitioner must deliberately employ these **five** sensory and cognitive techniques to prime the subconscious mind, ensuring psychological integration, emotional catharsis, and profound inner joy. This structured readiness is achieved through the following systematic parameters:

1. **Acoustic & Spatial Harmonisation (Solitude and Silence):** If the invocation is performed individually, the selection of the environment holds immediate therapeutic significance. The setting must be tranquil, dimly lit, and entirely free from distracting visual or auditory stimuli. Physical solitude serves as the primary technique to sever the psyche's attachment to the external material world.
2. **Sensory Olfactory & Visual Priming (Candle, Oud, and Wild Rue):** To alter the psychological atmosphere of the room and trigger neuro-chemical relaxation, specific sensory anchoring techniques are introduced:
 - o *The Visual Anchor:* Lighting a single candle in a dimmed room provides a soft, kinetic focal point that helps collapse visual dispersion.
 - o *The Olfactory Catalyst:* Burning traditional **Oud ('Ud)** and **Wild Mountain Rue (Espand)** cleanses the environment and directly stimulates the limbic system. The aromatic profile of these elements acts as an immediate psychological bridge, transitioning the unconscious mind away from mundane anxieties into an associative state of sacred safety.
3. **Activation of Spiritual Intelligence through Melodic Intimation:** To facilitate a gentle transition of the conscious ego toward sacred centration, the quiet, melodic chanting of specific mystical verses—drawn from the *Diwan of Shams*, *Hafiz*, or *Sheikh Baha'i*—is utilized as a cognitive technique. Verses such as:
 - o "O Cupbearer, bestow a chalice of that spiritual wine / So I may rest awhile from this dark veil of mine." (Sheikh Baha'i)
 - o «ساقیا بده جامی زان شراب روحانی / تا دمی برآسایم زین حجاب ظلمانی» (شیخ بهایی)
 - o "In yearning for You, I am restless by day and by night / From the lane of Your presence, I turn not by day and by night." (Rumi)
 - o «در هوایت بی قرارم روز و شب / سر ز کویت بر ندارم روز و شب» (مولانا)
 - o "To God be the praise, for the tavern door is open wide / Since upon His threshold, my ultimate need resides." (Hafiz)

المنت‌الله که در می‌کده «المنت‌الله که در می‌کده باز است / زان رو که مرا بر در / اوری» ۰
نیاز است» (حافظ)

These poetic rhythms act as emotional catalysts, awakening sublime aesthetic feelings within the heart.

4. **Centration of Cognitive Awareness (Attentional Focusing):** Through a series of deep, deliberate exhalations, the practitioner must intentionally collapse scattered cognitive chatter, anchoring the entirety of their attention upon the immediate present—relinquishing retrospective and prospective anxieties to dwell fully in the metaphysical 'now'.
5. **Ontological Awareness of the Sacred Realm:** The final technique involves cultivating a profound cognitive awareness that by entering the invocation, one is crossing an existential threshold into a magnificent, living spiritual cosmos. Within this realm—in accordance with Quranic ontology—angelic entities associate and resonate with the practitioner. This inner realization instils a sense of sublime awe within the psyche, transforming the practice from a mechanical repetition into a transformative existential journey structurally distinct from mundane daily life.

Bibliography:

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This structured readiness is achieved through the following systematic parameters:



1 Acoustic & Spatial Harmonisation (Solitude and Silence)

If the invocation is performed individually, the selection of the environment holds immediate therapeutic significance. The setting must be tranquil, dimly lit, and entirely free from distracting visual or auditory stimuli.



Physical solitude serves as the primary technique to sever the psyche's attachment to the external material world.



2 Sensory Olfactory & Visual Priming (Candle, Oud, and Wild Rue)

To alter the psychological atmosphere of the room and trigger neuro-chemical relaxation, specific sensory anchoring techniques are introduced:



The Visual Anchor:

Lighting a single candle in a dimmed room provides a soft, kinetic focal point that helps collapse visual dispersion.



The Olfactory Catalyst:

Burning traditional Oud ('Ud) and Wild Mountain Rue (Espand) cleanses the environment and directly stimulates the limbic system. The aromatic profile of these elements acts as an immediate psychological bridge, transitioning the unconscious mind away from mundane anxieties into an associative state of sacred safety.



3 Activation of Spiritual Intelligence through Melodic Intimation

To facilitate a gentle transition of the conscious ego toward sacred centration, the quiet, melodic chanting of specific mystical verses—drawn from the Diwan of Shams, Hafiz, or Sheikh Baha'i—is utilized as a cognitive technique.

"O Cupbearer, bestow a chalice
of that spiritual wine / So I may
rest awhile from this dark veil of
mine." (Sheikh Baha'i)

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"In yearning for You, I am
restless by day and by night /
From the lane of Your presence,
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در هوایت بی قرارم روز و شب
سر ز کویت برندارم روز و شب
(مولانا)

"To God be the praise, for the
tavern door is open wide /
Since upon His threshold, my
ultimate need resides." (Hafiz)

المنة لله که من میکده باز است
زان رو که مرا بر او نیاز است
(حافظ)



These poetic rhythms act as emotional catalysts, awakening sublime aesthetic feelings within the heart.



4 Centration of Cognitive Awareness (Attentional Focusing)



Through a series of deep, deliberate exhalations, the practitioner must intentionally collapse scattered cognitive chatter, anchoring the entirety of their attention upon the immediate present—relinquishing retrospective and prospective anxieties to dwell fully in the metaphysical 'now'.



5 Ontological Awareness of the Sacred Realm

The final technique involves cultivating a profound cognitive awareness that by entering the invocation, one is crossing an existential threshold into a magnificent, living spiritual cosmos. Within this realm—in accordance with Quranic ontology—angelic entities associate and resonate with the practitioner. This inner realization instills a sense of sublime awe within the psyche, transforming the practice from a mechanical repetition into a transformative existential journey structurally distinct from mundane daily life.



Quranic
Ontology



Angelic
Presence



Sublime
Awe



Transformative
Journey

“ Prepare the heart, refine the senses, still the mind—then enter the ocean of Dhikr. ”

