# Tarekat in the Digital Age: Transforming Spirituality for the Age of Technology

**Armyn Hasibuan**
*armynhasibuan@gmail.com*
Universitas Islam Negeri Syekh Ali Hasan Ahmad Addary
Padangsidimpuan

**Ismail Fahmi Arrauf Nasution**
*ismailfahmiarraufnasution@iainlangsa.ac.id*
IAIN Langsa

**Mowafg Masuwd**
*masuwd@zu.edu.ly*
University of Zawia, Libya

## Abstract

 *This article aims to explore the influence of the digital era on spiritual practices in the context of Tarekat Sufism. Using a qualitative approach and theoretical analysis, changes in spiritual practices, the role of spiritual teachers, opportunities and challenges faced in integrating digital technology in spiritual life are identified. Tarekat and digital are both produced by experts. The tarekat was produced by Sufis who integrated knowledge and spiritual experience in exploring ma'rifah so that the barrier between outer and inner views was opened so that the barrier to one's approach to Allah was removed. Meanwhile, digital is the result of scientific work which is a means of accessing various problems via cyberspace, so that the vast world of globalization feels small, like a house where all its contents can be reached easily. The findings of this research indicate that the development of digital technology has had a significant impact on spiritual practices within Sufism orders, allowing easier access to spiritual resources, Sufism applications, digital content, and online community platforms.*

**Keywords:** *spirituality, sufi community, digital technology, sufism*

## INTRODUCTION

The advancement of digital technology in the modern era has brought about profound changes in various aspects of human life, including spiritual life (Ahyar 2017). In the context of Sufism, where spiritual practices and the search for deep meaning are the main focus, it is important to understand the implications of this digital age. In recent years, digital technology has influenced the way spiritual communities interact with other

communities. Easy access to the internet, meditation apps and social media platforms allow individuals to access spiritual resources, connect with other spiritual practitioners and share experiences online. Indeed, there are still taboos in the world of Tariqah Sufism that if described, the aroma of Tariqah will be lost and dispersed, giving the impression that the knowledge is hidden or can only be communicated between the murshid and the student (Bruinessen 2014). In addition, there are also challenges such as distraction and disruption caused by the excessive use of digital technology.

The gap in the understanding and practice of Sufism in the digital era can stem from several factors. One of them is the shift in values and orientation in modern society that tends to be more materialistic and secular, which can make spirituality as taught in Sufism neglected or even considered irrelevant. Moreover, the influence of globalization and technology can also affect the understanding and practice of Sufism (Wahid 2024). For example, technological advances allow for easy access to information from various sources, but in many cases, such information is not always filtered wisely, which can deteriorate the correct understanding of Sufism.

Furthermore, there is also an inaccurate or stereotypical understanding of Sufism among non-Muslims, which might lead to a gap in perception between Muslim and non-Muslim communities. In our digitalized, fast-paced, and globally connected society, people may also be more inclined to seek instant solutions or "fashionable" spiritual practices rather than following the steps of Sufism (maqam) that often require patience and dedication (Zaini, 2021).

The concept of Sufism, especially in undergoing certain tariqas, relies on the history of the Prophet who tried to find peace and ultimate truth to the cave of Hira. Furthermore, the Prophet also received revelation there, after secluding himself and lonely from his anxiety about the immorality that continued to run rampant in the city of Mecca. This condition is why some Sufism thinkers believe that tariqah practices such as suluk and the like still exist in the modern era. Further problems, not all agree with the path as above, other thinkers argue that the Prophet brooded in the cave of Hira before obtaining the treatise (Sabar, 2016). As for after that, the apostle focused more on actual and implementative things. They are starting from preaching, spreading Islam, even building an Islamic state.

When associated with the digital era, Sufism has not yet found a popular method and formulation. The epistemology of Sufism, which is lived through the kasyaf approach, has a different construction from digitalization, which is metaversed. The question is whether Sufism and digitalization must be separated, or if there is a special path that can bring these two variables together. Speaking of technology, in essence the Apostle did not forbid his

people to think more advanced and innovative. Qurais Shihab explained that when one of the young men invented the latest lamp in that era (innovative), the Apostle was very happy, even the Apostle said; "If only my son is still unmarried, of course I will marry you." The quote above shows that the Prophet supports innovation including digitalization as it is today (Aisyah, 2017). This means that the Prophet would not ask his people to be ignorant of technology, rather it is recommended to be responsive to the times. The next problem is that digitalization has never happened during the Prophet's time, so ijtihad and interpretation are needed on how to combine digitalization with Sufism values or otherwise.

The study of Sufism in the digital era is not a new finding, there have been several researchers who have studied and discussed it coherently. Annisa Wahid in her publication entitled; "Sufism in the Digital Age: Maintaining Spiritual Awareness amid Technology," has described very well how the practice of tasawwuf is needed in maintaining spiritual awareness in the digital era. This research also concludes the importance of Sufism education so that humans remain connected to God so that various digitalization activities are not misused (Wahid, 2024). Although they both study Sufism in the digital era, Annisa Wahid only focuses on self-protection with the fence of Sufism. In contrast to the author's study, which has a special sub-chapter where technology can be used as one of the media in transforming the spirit of Sufism.

Zulfan Taufik, and Taufik Muhammad in their research entitled; "Mediated Tarekat Qadiriyah wa Naqshabandiyah in the Digital Era: An Ethnographic Overview," have narrated very well how the existence of tarikat is socialized through various digital platforms such as websites, social media, and e-commercials (Taufik, 2021). The research above has similarities with the author's study, especially in the context of tarekat and digitalization. The difference is that the work above examines the Qadiriyah and Naqshabandiyah Tariqah specifically. The author's research is more general and examines Sufism in general.

Ziaulhaq Hidayat in a journal entitled; "Transforming Sufism into Digital Media: Eshaykh and Simplification of Tarekat Orthodoxy," has concluded very structurally how orthodox Sufi practices can be done digitally and have virtual congregations. The above research has similarities with the author in the context of transformation, Sufism, and digital (Hidayat, 2022). If it tends to narrate the complications of the difficulty of online tarekat, the author is more focused on finding the intersection (significance) between tasawwuf tarekat and digitalization.

Based on the analysis of previous studies, and after exploring deeply, there are significant distinctions between the author's article and existing research studies. The

novelty is most evident in the aspect of the significance of balance (middle way), where although digitalization and Sufism are tried to be combined, in a more sacred practice, digital media is kept away for a moment so that the inner experience (khasyaf) can be realized by Sufi practitioners. In this section, the peak experience of the practice of Sufism cannot be digitized, because the Sufi meeting with God is not done digitally, but occurs in the realm of mind relam (batin).

The researcher used a qualitative approach to understand the implications of the digital era on spiritual life in the context of Sufism tariqah. Literature studies in spiritual practices were conducted to collect data and comparisons. References used included relevant academic journals, books and scientific articles on the implications of the digital era on spiritual life and Sufism orders. This approach enabled the identification of emerging thematic patterns related to the influence of the digital era on spiritual life in Sufism orders. Data from the literature study is analyzed deductively and inductively. The findings that emerged were categorized and organized into themes that reflected the implications of the digital era on spiritual life in Sufism orders. The analysis is conducted by comparing and writing down the core description of the data sources.

## DISCUSSION

### Spirituality in Islam

Spirituality in Islam involves the deep and substantial aspects of Muslims' religious beliefs and practices. It encompasses an individual's relationship with Allah SWT, the search for meaning, self-development, and life based on the teachings of Islam. At its core, spirituality in Islam is based on the belief that humans are spiritual beings who have a direct relationship with Allah SWT. This is reflected in worship practices, such as the five daily prayers, Ramadan fasting, and Hajj, all of which are intended to strengthen an individual's spiritual connection with the Creator. In addition to ritual worship, spirituality in Islam also includes aspects such as noble character, patience, gratitude, and concern for others (Asfa 2006, 251). All of these are part of the effort to achieve closeness to Allah SWT and reflect the values taught in Islam.

Many spiritual practices in Islam also involve introspection, meditation, and reflection on religious teachings and daily life. This allows individuals to deepen their understanding of religion and increase their spiritual awareness. In Islam, spirituality is not only limited to the individual aspects but also has a strong social dimension. Muslims are taught to care about the welfare of society, give alms, and do good to others as part of devotion to Allah SWT (Amiruddin, Qorib, and Zailani 2021). Overall, spirituality in Islam

is an integral part of a Muslim's life, leading to a search for meaning, closeness to Allah SWT, and continuous self-development to achieve happiness and spiritual perfection.

Meanwhile, Sufism tarekat can be interpreted as a method to achieve higher spiritual awareness by Sufism practitioners. Sufism involves a process of cleansing the heart, developing self-awareness, and achieving a closer relationship with God (Azwar and Muliono 2022, 315). This concept refers to the understanding that humans have a spiritual dimension that needs to be deepened through specific spiritual practices. In Sufism orders, individuals are directed to recognize the nature of life and connection with God through structured and systematic practices so that there are akhlaki, amali, and falsafi Sufism (Septiawadi 2017, 183). Sufism orders have a framework of teachings and methods inherited from the Islamic tradition, which involve specific practices such as dhikr, meditation, maqamat practices accompanied by ahwal reflection on the life passed. In addition, Sufism orders also emphasize the importance of guidance and spiritual mentors who act as teachers in the individual's spiritual journey to stay on the right path (Sabaruddin Bisri, Sukiman, and Muzakkir 2022, 81).

Practices in Sufism orders include dhikr, meditation, contemplation, and other practices aimed at achieving understanding and direct experience with God. Zikr, as one of the central practices in Sufism, is performed by repeating the name of God as a form of worship and deep meditation. This practice helps individuals focus their minds and hearts on God and experience a deeper spiritual experience. Through the practice of dhikr, individuals are directed to intensify awareness of God's presence in every aspect of life (Irawan, Latif, and Arrauf Nasution 2022, 82). In addition to dhikr, meditation and devotional practices are also intended to assist individuals in focusing their attention on aspects of inner transformation.

Through the practices of a Sufism congregation, individuals are led to experience deep inner change and develop higher spiritual awareness. The practices of dhikr, meditation and contemplation help individuals focus their attention on God and experience deep and lasting spiritual experiences. Through a deep understanding of the practices of Sufism and the process of inner transformation, individuals can deepen their understanding of the nature of life and experience positive changes within themselves. Sufism orders and practices may vary from one tradition to another, but their essence still leads to deep spiritual development and a deeper understanding of the connection with God (Miswari, Dahlan, and Hadi W.M. 2022, 103).

**The Digital Age, Social Transformation, and its Implications**

In the digital age, information, and communication technology have become the backbone of everyday life. Humans not only use the internet to search for information, but

to connect with others through social media, instant messaging apps, and other digital platforms. This creates an infinite network, expanding our scope of communication from local to global. However, this transformation also brings profound implications in various aspects of life, including in the realm of religion. Religious communication, religious teachings, and interactions between believers have felt the touch of the digital age. Social media, for example, has become an important platform for religious communities to share knowledge, expand the reach of proselytization, and build solidarity among believers (Mollah et al. 2023).

The digital age has complex implications for the spiritual life of Sufism orders. Easier access to spiritual resources provides opportunities for broader spiritual development. With digital technologies such as the internet, individuals can easily access a variety of spiritual resources such as literature, lectures, studies, and spiritual practice guides. The use of digital apps and platforms can help individuals maintain consistency and organization of prayer times, such as prayer time reminders or spiritual journaling apps (Halafoff et al. 2021, 682).

Easy access to spiritual resources provides opportunities for broader spiritual development. Through social media and online community platforms, individuals can connect with a wider spiritual community. They can interact, share experiences, and get support on the spiritual journey. Virtual communities provide a space to exchange thoughts, learn together, and strengthen commitment to living a spiritual life. Individuals can access diverse views and viewpoints from people with different spiritual backgrounds (Addo 2021, 45).

The existence of various digital resources, such as meditation apps, inspirational podcasts, and spiritual education websites, provides individuals with a wider range of options in exploring spiritual practices that suit their needs and interests (Istiani and Zaduqisti 2017). With this variety of resources, individuals can customize their spiritual practices according to personal preferences and goals. They can explore meditation, dhikr, devotional or other spiritual practices that suit their needs. Digital resources can be useful aids, but they cannot replace the importance of direct experience and personal connectedness with God. Sufism practitioners need to maintain a balance between the use of digital technology and in-person spiritual practices (Karisna 2022, 66).

Digital resources make access to spiritual resources easier. With the internet, digital books and online platforms, individuals can easily access, mentor various spiritual materials and resources. This opens up opportunities for individuals to explore spiritual knowledge, obtain practice guidance, and connect with spiritual communities online. Through digital accessibility, individuals can explore various spiritual traditions and enrich their spiritual experiences and uncover the understanding of Sufism (Karisna 2022, 66).

Spiritual practices in Sufism orders have also changed with the advent of digital technology. Meditation apps, online community platforms and other digital resources have facilitated Sufism practitioners in carrying out spiritual practices Meditation apps such as Insight Timer or Headspace provide meditation and relaxation guides that can be accessed anytime and anywhere. In addition, online community platforms such as SufiSpace or Tasawuf Online Community allow Sufism practitioners to interact, share experiences, and learn from fellow Sufism practitioners. Thus, digital technology provides new means for Sufism practitioners to support and deepen their spiritual practice (Ach. Shodiqil Hafil 2022, 17).

In the context of the integration of Sufism spiritual practices in the digital era, there are several supporting factors that need to be considered. First, the willingness of individuals to explore and adopt digital technology in their spiritual practices (Anwar 2021, 95). An individual's interest and belief in the ability of technology to enrich spiritual experiences can be an important motivation in integrating spiritual practices with digital technology. In addition, the willingness to adapt to technological changes and learn to use digital applications and platforms is also an important factor in effective use.

Another supporting factor is the development of digital technologies that support spiritual practices. The existence of meditation apps, spiritual community platforms and other digital resources provide practical means to support and deepen spiritual practice (Nurhayati et al. 2023, 27). Meditation apps that offer various meditation and relaxation guides can help individuals maintain consistency in daily spiritual practice. Online spiritual community platforms allow Sufism practitioners to interact, share experiences and expand their social networks in a spiritual context.

Self-awareness in using digital technology, setting time limits and selecting content that supports spiritual practice are important steps in making balanced use of digital technology. Furthermore, getting guidance and support from spiritual communities or spiritual teachers in integrating digital technology can help individuals overcome challenges that arise (Elmansyah 2016).

In the context of Hamka's version of modern Sufism, the integration of spiritual practices in the digital era can be an extension of Hamka's efforts to popularize the teachings of Sufism and Islamic spirituality in a form that is more relevant to the times. In Hamka's works, such as "Modern Sufism" and "The Development of Sufism in Indonesia," Hamka underlines the importance of understanding and applying the teachings of Sufism in the context of modern daily life (Hamka 1996). In the digital era, the integration of the spiritual practices of Sufism with technology can be a concrete manifestation of this effort.

Thus, the integration of spiritual practices of Sufism in the digital age involves conceptual understanding, judicious application of technology, and self-awareness in maintaining a balance between the digital world and the spiritual dimension. By utilizing relevant literature and references, Sufism practitioners can develop a holistic and integrated approach to their spiritual journey, while upholding the fundamental values and principles of Sufism.

**Opportunities and Challenges of Applying Digital Technology in Tarekat**

Overall, the development of digital technology has had a significant impact on spiritual practices in Sufism or Tariqah. There are new opportunities to access spiritual resources, communicate with spiritual communities, and enhance spiritual practices. However, challenges such as overuse and lack of deep spiritual experience need to be addressed wisely. In integrating digital technology, it is important to maintain a balance, not lose touch with direct spiritual practices, and stay focused on deep spiritual experiences (Taufik and Taufik 2021, 35).

Before the significant development of digital technology, the practice of Sufism tariqah was generally done directly with the guidance of a spiritual teacher who had experience and knowledge in the Sufism tradition. Individuals who wanted to pursue a Sufism order would follow a series of exercises, rituals, and teachings given by the teacher in a face-to-face and closed manner. However, with the advancement of digital technology, the spiritual practice of Sufism has also changed. Individuals can now access spiritual resources in Sufism through online platforms to gain spiritual knowledge, guidance, and inspiration from various sources (Munandar 2023, 13).

In the digital age, the paradigm shift in society affects social behavior, including spirituality. Wide access to information through the internet enables new explorations and discoveries in spiritual practices. Technological advancements support spiritual practices through meditation apps, spiritual journals, and other technologies. Individuals can be more organized and connected in their spiritual practices. The digital age also affects the way individuals seek spiritual identity and fulfillment through online platforms, communities aligned with spiritual values, and online classes on spirituality. This facilitates exploring and developing the spiritual dimension in an individual's life. (Ashoumi, Novi Cahyani, and Kris Yuan Hidayatulloh 2022).

This paradigm shift affects the social behavior and spirituality of society as a whole. People are more connected, have wide access to information, and are active in seeking the spiritual dimension. However, challenges such as invalid information and technological distractions require to be addressed wisely. In Sufism, the digital age offers opportunities for: First, online courses covering meditation, dhikr, and understanding Sufism. Second,

the dissemination of spiritual messages through social media, blogs, and video platforms. Third, technology to monitor spiritual progress through apps that track spiritual practices (Mansouri 2018, 121). These apps can provide statistics and graphs that visualize the practitioner's progress on their spiritual journey. This can help practitioners see their progress over time, notice consistency in practice, and motivate themselves to continue to improve and go further in their spiritual lives (Hidayat 2023). By taking advantage of these opportunities, practitioners of Tarekat Sufism can integrate digital technology into their daily spiritual practices. However, technology is only a tool while the essence of spiritual practice still lies in personal experience, introspection, and connection with God.

Digital technology supports the spiritual practice of Sufism with dhikr apps and e-learning platforms. The mobile app provides a collection of dhikr and prayers in a variety of formats to help Sufism practitioners perform their worship regularly. In addition, the e-learning platform offers courses and materials on Islamic Sufism, allowing practitioners to deepen their knowledge according to a flexible schedule. (Serttaş 2020, 275). Sufism practitioners can utilize social media, blogs, and recorded lectures to explore Sufism. They can follow social media accounts and blogs that focus on Sufism, get quotes and advice from Sufi Shaykhs, and interact with the Sufism community. Recordings of Sufism lectures and talks are also widely available on digital platforms, expanding the understanding of Sufism concepts from various prominent teachers and scholars (Waddick 2023, 11).

The use of digital technology in Sufism has important implications that need to be considered. First, easy access: Dhikr apps, e-learning platforms, social media, and recorded Sufism lectures can be accessed quickly through mobile devices or computers, allowing practitioners to get information and practice guidance directly. Second, community support: Through social media and Sufism blogs, practitioners can connect with communities of similar interest, while e-learning platforms provide online discussion forums to interact with instructors and other practitioners. Third, increased understanding: By attending lectures, e-learning materials, and Sufism content, practitioners can engage in continuous learning, enriching their understanding and inspiring their spiritual journey (R. Wijaya 2023, 23-27).

The role of the digital era in expanding the insights and spiritual connections of individuals in the tradition of asceticism is also very high. The digital age has great potential to expand the insights and spiritual connections of individuals in the tariqah tradition. Access to Spiritual Resources: Through the internet, one can read and study various writings, scriptures, and teachings on Sufism from shaykhs, murshids, khalifahs, and other prominent scholars and spiritual figures. There are learning materials, lectures, and videos of tasawwuf with online platforms that can also deepen their understanding of the tariqah tradition of tasawwuf in their spiritual insights (Hidayati 2022, 203). Through online

discussion forums, individuals can interact, share experiences, and get spiritual support from other Sufism practitioners. Mobile applications guide dhikr, meditation, and worship schedules to strengthen spiritual practices. The digital era allows individuals to spread spiritual messages through personal blogs or social media, becoming agents of spiritual change and providing inspiration to others (Hidayat and Zein 2022, 133).

In the context of Sufism, the digital age allows individuals to access a wide array of spiritual resources available online. For example, individuals can access scriptures such as the Quran in various translations, commentaries and interpretations through available apps or websites. They can also find recordings of lectures and recitations from renowned scholars or practitioners of Sufism, join online forums, discussion groups, or social networks specifically dedicated to Sufism practitioners. Here, they can share their experiences, knowledge and insights, and support each other in their spiritual journey. This kind of virtual community allows individuals to connect with people from different backgrounds and geographical areas who share the same interests and spiritual goals within the framework of Sufism rather than any other perspective (Mustakim, Rouzi, and Tumin 2021, 53).

In the future, digital technologies will continue to shape the practice of tarekat in various forms. First, improved accessibility through apps and digital platforms, deepening the understanding of Sufism. Second, the development of specialized apps and technologies, such as meditation apps or online community platforms for Sufism practitioners. Third, global collaboration through online conferences and virtual discussion groups for knowledge exchange. Fourth, the transformation of learning methods with distance learning and online consultations. Fifth, is the application of digital ethics in spiritual practices (A. Wijaya, Suwendi, and Syamsuddin 2021, 175). Tariqah practitioners need to understand and respect digital ethics, such as wise and responsible use of technology, avoiding unethical behavior such as online debates that indicate hoaxes and unhealthy competition, and maintaining privacy and security in their digital interactions (Munandar 2021). However, there is still a need for awareness and a good balance between the use of technology and authentic spiritual practices. Deep spiritual experiences and a deep understanding in Sufism still depend on direct interaction with spiritual teachers, physical community, and spiritual practice that involves being present.

Admittedly, the transformation of digital technology brings flexibility, but negative impacts as well. Constant connectedness can cause burnout, disrupt the boundaries between personal and professional life, and reduce rest time. Digital distractions interfere with productivity and concentration. Social media opens up social opportunities but also brings excessive comparison and false information that can affect emotional well-being and the quality of social relationships. Individuals can get trapped in a narrow information

bubble, only being exposed to views that align with their thoughts (Hasibuan et al. 2022, 1). An inhibiting factor in the integration of spiritual practices of Sufism in the digital age is the risk of dependence on digital technology that can divert attention and time from actual spiritual practices. Individuals may be tempted to spend excessive time in the use of social media or digital entertainment applications, thus neglecting the time that should be allocated for spiritual practices. In addition, there is also the risk of being negatively influenced by digital content that is incompatible with spiritual values (Purwaningtiyas 2019).

The integration of digital technology in the spiritual practice of Sufism can disrupt focus and concentration, especially when used excessively. Addiction to social media or electronic devices can distract from spiritual practices that should be prioritized. The risk of a lack of deep spiritual experiences also arises due to anonymous digital connections (Al-Mamun et al. 2023). Excessive use of technology can reduce self-awareness and hinder spiritual growth. Distractions from social media can hinder the practice of dhikr or meditation, as well as affect spiritual understanding under the tarekat. Lack of direct interaction with spiritual teachers can affect the quality of the relationship and spiritual guidance (Olivencia-Carrión et al. 2018, 5). When too busy with work or digital activities, it can reduce consistency and discipline in spiritual practice. In the face of these challenges, one should be able to set aside dedicated time for spiritual practice, choose content that supports the practice, and maintain a direct relationship with the spiritual teacher.

Practitioners of Sufism orders also need to face challenges related to privacy and security in the digital age that may pose a risk of cyberattack breaches. Tariqah practitioners need to ensure that they maintain the privacy and security of their personal and college data and choose platforms or applications that are safe and trusted. Practitioners of Sufism can adopt prudent strategies in the use of digital technology and it is important to maintain balance, authenticity, and reference. Having high awareness, developing self-discipline, maintaining focus on spiritual goals, and overcoming challenges faced in the digital age. Through digital technology, information can spread quickly, but it can also lead to the emergence of inaccurate or even misleading information related to spiritual teachings and practices. Individuals need to be careful in selecting and verifying the sources of spiritual information they access so as not to get lost or trapped in misunderstandings (Muttaqin 2021).

Excessive or addictive digital technology can lead to dependency that interferes with spiritual practices. Too much time spent in front of a screen, caught up in social media, or over-reliance on spiritual apps without proper balancing can disrupt focus, presence, and the quality of spiritual experiences (Gonçalves, Dias, and Correia 2020). Digital technology can provide access to various spiritual resources and content, but it often cannot replace

the direct experience of meeting a spiritual teacher or joining a spiritual community activity. These in-person experiences play an important role in spiritual growth and the development of deeper relationships with God and others.

Hence, individuals need to be wise in their use of digital technology without losing touch with direct spiritual practice and personal reflection. With proper awareness, the digital age can be a source of strengthening in an individual's spiritual journey. Understanding the implications of integrating the spiritual practices of Sufism in the digital age requires a comprehensive understanding through a search of related literature and references. With such knowledge, Sufism practitioners can integrate digital technology wisely while maintaining a balance with the deeper spiritual dimension.

**Significance of Balance**

Practitioners of Sufism should maintain a balance between the use of technology and authentic spiritual experiences, and continue to prioritize building self-awareness and closeness to God in their journey. Therefore, Sufism practitioners need to maintain a balance between their use of digital technology and their spiritual practices and continue to prioritize personal reflection and meaningful relationships in their daily lives.

The role of individuals in maintaining a balance between digital technology and spiritual practices in the context of Sufism is indispensable. Maintaining a balance between the use of digital technology and direct spiritual practice in the context of Sufism is important in the digital age. Some steps that individuals can take to maintain this balance include. First, setting priorities: Set priorities on direct spiritual practice and spiritual journey. Set aside time specifically to engage in spiritual practices such as meditation, dhikr, and contemplation. Do not allow the use of technology to take over the time and attention that should be devoted to spiritual practices. *Second,* set boundaries for technology use: It is necessary to set clear boundaries regarding the use of digital technology. It is important to set specific times and places where it will be used, e.g. only at certain times or in designated areas and domains. It is important to avoid excessive use or interfering with spiritual practices.

*Third,* utilize them as tools. Use available meditation or remembrance apps to help you practice these practices regularly. Technology is only a tool, and the core of spiritual practice still lies in personal experience and connection with God. *Fourth,* create a space and time free from technology. Create a space and time that is free from the influence of technology. It takes time to completely disconnect with technology to bring presence and calmness to spiritual practice. *Fifth,* seek and share with a spiritual community. A supportive spiritual community is needed to maintain a balance between technology and spiritual practice. It requires guidance from experienced spiritual teachers and exchanging

experiences with fellow Sufism practitioners. This community can provide support and inspiration on the spiritual journey (Maulana 2019, 25).

By practicing these steps, individuals can maintain a healthy balance between the use of digital technology and direct spiritual practice in the context of Sufism. The ultimate goal of spiritual practice is to achieve closeness to God, and technology can be used as a tool that supports the spiritual journey. Further ways to maintain a balance between the use of technology and the practice of Sufism include, *first*, a deeper awareness of the patterns of technology use. It is necessary to avoid using technology excessively or without clear direction. Careful self-monitoring can help limit unnecessary use of technology and prioritize spiritual practices. *Second,* avoid content that does not support spiritual practice or can disrupt concentration and inner calm. *Third,* taking a moment to meditate or do dhikr. This can help to enter into technology use with a more conscious state and connected to spiritual practice.

*Fourth,* set aside a certain period in a day or week to not use technology at all. This is to engage in deeper spiritual practice. This digital restriction can help create a calm and focused space for deepening spiritual practice. *Fifth,* combine technology with spiritual practices. For example, using apps that provide scripture readings, prayer collections, or Sufism learning materials. By adopting these steps, individuals can establish a healthy balance between the use of digital technology and direct spiritual practice in the context of Sufism. It is important to respect and maintain the spiritual values underlying the practice of Sufism while utilizing the potential offered by digital technology in supporting the spiritual journey.

**CONCLUSION**

Spirituality in Islam, particularly in Sufism, encourages the development of a relationship with Allah SWT through the practice of worship and the development of the age. In the context of the digital age, practitioners of Sufism orders face unique challenges and opportunities in undertaking their spiritual journey. While technology provides easier access to spiritual resources and enables wider communication, they are also faced with the risk of overuse that can interfere with substantive spiritual practices. At the peak of practicing Tariqah Sufism, for example, online platforms should be abandoned because the inner medium (khasyaf) cannot collaborate with digital media.

Practitioners of Sufism need to maintain a balance between the use of technology and authentic spiritual experiences. It is important to still prioritize personal reflection and meaningful relationships in daily life. Organizing priorities, setting limits on technology use, and using technology as a tool are important steps. Providing space and time free from

technology, and journeying and sharing with spiritual communities are also indispensable. By following these steps, individuals can maintain a healthy balance between digital technology and hands-on spiritual practices. This is important to achieve closeness to God while honoring the spiritual values of Sufism. For future research, a more in-depth empirical study is recommended to understand in more detail the impact of digital technology on the spiritual practices of Tariqah. This can be done through field studies and surveys involving tarekat practitioners directly to collect more concrete and in-depth data regarding the use of technology in a spiritual context.

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