

Sufism in the Workplace: Achieving Inner Peace

In the busyness of modern life, office workers often get trapped in a never-ending sea of routine problems. The pressure of work with its endless targets... targets and... targets, losing reason and awareness as well as faith ends in elbowing and oppressing each other, from bosses to employees, customers to clients creating an imbalance between professional and personal life, the absence of rewards, salaries not meeting family needs, household economic issues (debts), a rebellious wife, children who are not righteous, neighbors and other life problems, as well as stress and even depression become not easy challenges.

In the search for holistic solutions, we can look to Islamic Sufism philosophy as a source of inspiration to find the true meaning of life. Islamic Sufism as an alternative life view on how the Sufism approach can be a foundation to overcome the life problems of office workers. The word "sufism" has several possible origins.

First, it comes from the word "shifa", meaning pure or clean like crystal glass. Second, it comes from the word "shuf", referring to animal fur. There is also another view that the origin of the word "sufism" can be connected with the word "sufi" in the context of Islamic spirituality.

Sufism is a branch of spirituality in Islam that emphasizes the search for the meaning of life, love for God, and finding wisdom in human experience. By focusing on the inner aspects, Sufism offers a different perspective on daily life, including the stressful life of office workers.

1). Tafakkur: Contemplating the Meaning, Essence, and Purpose of Life

Sufism stresses the importance of tafakkur, or deep contemplation, as a means to understand the meaning of life. Office workers can apply this practice by reflecting on their life's purpose and how far their job aligns with the spiritual values of Islam. By contemplating the meaning of work as a form of worship, indi-



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viduals can find spiritual depth in every action.

2). Tawakkal: Full Trust in Allah

In facing pressure and uncertainty, the principle of tawakkal (full trust in Allah) in Sufism can be a guide. Office workers can understand that the end result is not absolutely

in their control, but it is Allah who has a greater plan. This helps reduce excessive worries about work outcomes and creates a calmer mood.

3). Ikhlas: Actions that are Purely for Allah

Sufism teaches ikhlas, or actions that are purely for Allah. In the context of work, office

workers can purify their intentions, making work a means to get closer to Allah. By aligning work purposes with spiritual values, workers can find deeper inner satisfaction.

4). Muhasabah and Dhikr: Continuous Self-Evaluation

The practice of muhasabah (self-evaluation). Office workers can regularly assess their actions, identifying whether they align with the teachings and values of Islam, without oppressing coworkers, envy, jealousy, resentment, foul speech, or rude behavior.

The practice of dhikr in Sufism can help office workers find inner peace and happiness. Taking time to reflect, performing dhikr, can be a way to overcome stress and depression. It can also be a means to connect with the spiritual dimension in daily work. Muhasabah and Dhikr Prayer help individuals to continuously improve themselves, deepen spiritual relationships, and create a blessed work environment.

5). Gratitude and Avoiding Hedonism: Being Thankful in All Situations

Sufism teaches the virtue of gratitude, even in difficulties. Office workers can develop an attitude of gratitude for their work. Avoiding and leaving hedonistic behaviors of frivolous enjoyment, being grateful and leaving hedonism not only when achieving success but also in facing failure, helps create a strong inner peace.

Uncovering the life problems of office workers through the lens of Sufism provides a deep spiritual dimension. By contemplating the meaning of life, instilling full trust in Allah, practicing pure actions, conducting regular self-evaluation, and being grateful in every situation, office workers can find the balance and spiritual depth they seek.

In a life full of pressure, the values of Islamic Sufism are not just a guide, but also a source of peace that can make every action a form of worship and a journey towards Allah. (*)