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Interaction Between Religious People in The Muharaman Tradition in Linggoasri Village, Pekalongan District

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Abstract: This study examines the evolution of the concept of 'presence of the heart' (hudhur al-qalb) in the Sufi tradition, from the classical era to the digital era. 'Presence of the heart' is a core concept in Islamic spirituality that emphasizes full awareness of God in every aspect of life. The purpose of this study is to map the changes in the interpretation and practice of this concept throughout history, and to analyze the factors that influence its transformation in the digital era. The methodology of this study uses a comparative literature analysis approach, with data sources including classical Sufi texts, secondary literature, and contemporary digital sources. Thematic and comparative analysis across eras are used to identify patterns of change and continuity in the understanding of the concept of 'presence of the heart'. The results show that the concept of 'presence of the heart' has undergone significant reinterpretation, from a highly esoteric understanding in the classical era to a more accessible and applicable one in the modern era. The digital era has brought a new dimension to the practice of 'presence of the heart', with the emergence of mobile applications and virtual communities that facilitate this spiritual practice. However, this transformation also brings challenges, especially in maintaining the depth and authenticity of spiritual experience in an increasingly digitally connected world. This study contributes to a more nuanced understanding of how classical spiritual concepts adapt to changing times. The implications of this study are relevant for the development of contemporary approaches to Sufism practice, as well as for the broader dialogue between spiritual traditions and modernity. Further research is needed to explore the effectiveness of technology-mediated 'presence of the heart' practices in the context of contemporary spiritual life.

Keywords: *presense of the heart; sufism; digital spirituality; evolution of concepts; contemporary islam*

A. INTRODUCTION

The concept of "presence of the heart" (hadrat al-qalb) in Sufism, the mystical tradition of Islam, is a fundamental tenet that emphasizes the centrality of the heart in the spiritual journey towards the divine (Green, 2004). This concept, which is rooted in the teachings of prominent Sufi figures, underscores the importance of cultivating a deep and intimate relationship with the transcendent, the ultimate source of all existence.

One of the key Sufi thinkers who have contributed to the development of this concept is TGKH. Muhammad Zainuddin Abdul Madjid, whose work "Wasiat Renungan Masa" delves into the Sufi educational narratives. In his writings, Madjid highlights the three fundamental aspects of Islam – iman (faith), Islam (practice), and ihsan (excellence in worship) – as a spiritual journey involving the interplay of these elements. From the Sufi perspective, this journey is not merely a matter of outward adherence to religious practices, but a profound engagement of the heart and the soul in the pursuit of a deeper connection with the divine.

The importance of this "presence of the heart" is further emphasized in the work of Abdul Kadir Riyadi, who studied under the tutelage of a Sufi teacher, Ahmad Asrori, in Surabaya. Riyadi's insights underscore the notion that Sufism is not solely about intuitive beliefs, but also encompasses a rational and pragmatic approach that adapts to the demands of the contemporary era (Sabiq et al., 2023).

The Sufi concept of "presence of the heart" transcends the boundaries of traditional religious practices, offering a transformative perspective on the relationship between the individual and the divine. As highlighted in the work "Sufis on Exile and Ghorba," this perspective challenges the notion of a fixed territorial identity, encouraging a more expansive and inclusive understanding of human subjectivity and its relationship to the transcendental (Khachab, 2010).

The rich and diverse Sufi tradition has much to offer in enriching our understanding of the human condition and our place in the world. By exploring the concept of "presence of the heart," we gain valuable insights into the profound spiritual dimensions of the Islamic faith, and the ways in which these teachings can inform our engagement with the complexities of the modern world (Aždajić, 2020).

The concept of "heart presence" (kehadiran hati) is a fundamental aspect of Islamic spirituality, as it is believed to greatly influence the quality and sincerity of a Muslim's acts of worship. According to Islamic teachings, the degree of reverence, sincerity, and purity of heart exhibited by the worshipper is the primary determinant of the acceptance and efficacy of their devotional practices. This is exemplified in the Quranic principle that "Allah does not look at your appearances or your wealth, but He looks at your hearts and your deeds" (Nong et al., 2022).

The role of the heart in worship is further emphasized in the Prophetic tradition, where the Prophet Muhammad (peace be upon him) is reported to have said, "Indeed, in the body, there is a piece of flesh; if it is sound, the entire body is sound, and if it is corrupt, the entire body is corrupt. Verily, it is the heart." (Zin et al., 2012; Nadeem et al., 2022). This hadith underscores the centrality of the heart in one's spiritual well-being and the importance of maintaining a pure and sincere heart in order to ensure the quality and acceptance of one's acts of worship.

One concrete example of how "heart presence" can influence the quality of Muslim worship is in the performance of the daily prayers (salat). When a Muslim approaches the prayer with a sense of mindfulness, reverence, and a genuine connection with Allah, they are more likely to be able to focus their attention, maintain a state of presence, and derive greater spiritual and emotional benefits from the experience (Aldbyani & Al-Abyadh, 2023). In contrast, a worshipper whose heart is distracted or disconnected from the act of worship may find their prayers to be devoid of the desired spiritual impact, despite the outward fulfillment of the ritual requirements.

Similarly, the concept of "heart presence" is also relevant in other forms of Muslim worship, such as the recitation of the Quran, the remembrance of Allah through dhikr (remembrance), and the performance of supererogatory acts of devotion. In each case, the sincerity and focus of the heart is seen as a crucial factor in determining the quality and efficacy of the worshipper's spiritual practice.

In conclusion, the Islamic tradition places a strong emphasis on the role of the "heart presence" in shaping the quality and acceptance of a Muslim's acts of worship. By cultivating a sincere, reverent, and attentive state of the heart, Muslims can strive to ensure that their devotional practices are not merely outward expressions of religiosity, but rather, genuine and transformative spiritual experiences that draw them closer to Allah and foster a deeper sense of connection with the divine (Gomaa, 2013; Aldbyani & Al-Abyadh, 2023; Zin et al., 2012; Nadeem et al., 2022).

In the realm of spiritual practice, the notion of "presence of the heart" holds a distinct significance, differing from the mere physical presence. This distinction is crucial as it underscores the experiential and transcendent nature of spiritual engagement, which extends beyond the confines of the physical world (Long, 2000).

Presence, in the context of virtual reality research, has been conceptualized in various dimensions, including personal presence, social presence, and environmental presence (Li et al., 2021; Schöne et al., 2023). Personal presence refers to the extension of one's sensory and emotional experiences to the virtual environment, resulting in an immersive experience (Li et al., 2021). Social presence, on the other hand, pertains to the degree of coexistence and interaction with other entities within the virtual space (Li et al., 2021).

While these conceptualizations offer valuable insights, the "presence of the heart" in spiritual practice transcends the boundaries of physical and virtual reality. This presence is characterized by a deep sense of connection, awareness, and attunement to the inner realm of the self, as well as a profound resonance with the broader spiritual dimension (Sjölie, 2012).

The distinction between physical presence and the presence of the heart lies in the locus of awareness and the nature of the experience. Physical presence is grounded in the sensory-motor interactions with the external environment, whether real or virtual (Sjölie, 2012). In contrast, the presence of the heart involves a shift in the center of attention, from the external world to the inner landscape of emotions, thoughts, and intuitions (Chandler et al., 2015). This heightened awareness and connection with the inner self is often accompanied by a sense of unity, transcendence, and a deeper understanding of the human experience.

The importance of the distinction between physical presence and the presence of the heart lies in the implications for spiritual practice and personal growth. Cultivating the presence of the heart can lead to a more profound sense of self-awareness, emotional regulation, and a deeper connection with the broader spiritual realm (Oh et al., 2018). This, in turn, can have a transformative effect on the individual's lived experience, enhancing their well-being, resilience, and overall quality of life.

In conclusion, the distinction between the "presence of the heart" and physical presence in spiritual practice highlights the multidimensional nature of human experience. While physical presence is grounded in the external world, the presence of the heart involves a deeper connection with the inner self and the spiritual dimension, offering a pathway to personal growth, self-discovery, and transcendence.

B. LITERATURE REVIEW

Mindfulness, the practice of intentionally focusing one's attention on the present moment without judgment, has gained significant traction in recent years as a powerful tool for personal growth and well-being. By cultivating a state of heightened awareness and acceptance, individuals can learn to navigate the challenges of everyday life with greater clarity, resilience, and engagement.

One key aspect of mindfulness is the development of "heart presence" - a deep sense of connection and attunement to one's internal experiences, as well as a heightened awareness of the broader context of one's life. This capacity to be fully present and engaged allows individuals to respond to situations with greater wisdom and compassion, rather than reacting automatically based on habitual patterns or emotional impulses.

Research has shown that the regular practice of mindfulness meditation can have a profound impact on an individual's ability to maintain this state of heart presence throughout their daily activities. Mindfulness training has been linked to enhanced self-awareness, empathy, and

cognitive flexibility - all of which contribute to a greater capacity for attuned and adaptive responding in the face of life's challenges.

Moreover, the attitudinal qualities cultivated through mindfulness practice, such as non-judgment, trust, patience, and acceptance, can help individuals approach their experiences with a more open and receptive mindset (Carson et al., 2004). This shift in perspective can lead to a deeper sense of connection with oneself and others, as well as a greater appreciation for the richness and complexity of the present moment (Pearson, 2019).

Importantly, the development of heart presence is not limited to formal meditation practice. Incorporating mindfulness into everyday activities, such as walking, eating, or even engaging in conversations, can help individuals to become more attuned to the sensory and emotional experiences of the present (Prakash et al., 2014; Creswell & Lindsay, 2014). By practicing this "informal" mindfulness, individuals can gradually cultivate a heightened awareness and connection to the flow of their daily lives, ultimately enhancing their overall well-being and sense of purpose.

One study on the impact of mindfulness training on athletes found that it not only improved their endurance performance, but also enhanced their executive functions, such as conflict monitoring and attention control (Nien et al., 2020). This suggests that the benefits of mindful presence extend beyond the realm of personal growth, and can also have tangible impacts on an individual's cognitive and physical capabilities.

Furthermore, research has indicated that the relationship between physical fitness and cardiovascular responses to stress may be moderated and mediated by one's level of mindfulness (Demarzo et al., 2014). This underscores the interconnectedness of the mind and body, and highlights the potential for mindfulness to serve as a bridge between physical and psychological well-being.

In conclusion, the cultivation of "heart presence" through mindfulness practice can be a powerful tool for enhancing one's overall quality of life and well-being. By cultivating a heightened awareness and acceptance of the present moment, individuals can develop a greater capacity for emotional regulation, cognitive flexibility, and interpersonal connection - ultimately leading to a more fulfilling and enriched existence.

In the era of ubiquitous computing, individuals often find themselves losing track of time, space, and their social environment when engrossed in their smartphones (Terzimehić, 2021). The challenge of "absent presence" describes the phenomenon where individuals are physically present but mentally and emotionally detached from their immediate surroundings, immersed in a technologically mediated world of relationships and activities elsewhere. This raises concerns about the diminishing sense of "presence of heart" or mindfulness in the modern fast-paced and distraction-filled society.

The concept of "presence of heart" encompasses the ability to be fully attentive

and engaged in the present moment, without being pulled away by the constant stream of stimuli and demands (Gergen, 2002). However, the growing reliance on digital technologies, particularly smartphones and social media, has contributed to the erosion of this essential quality, as individuals become increasingly absorbed in virtual interactions and online activities at the expense of genuine, face-to-face connections (Cain, 2018). The paradox of technological potential is that while these tools have the power to connect us with others in unprecedented ways, they can also serve as a conduit for addictive behaviors, triggering a cycle of distraction and disengagement from the real world (Pringle et al., 2016).

In this context, the relevance of the "presence of heart" concept becomes paramount, as it offers a counterbalance to the potential negative impacts of modern society's fast pace and digital distractions. By cultivating mindfulness, individuals can reclaim their ability to be fully present, attentive, and engaged in the here and now, fostering deeper connections, enhanced emotional well-being, and a greater sense of purpose (Gergen, 2002).

The challenge, however, lies in the fact that as technological progress is often equated with "progress" in general, it can be difficult to acknowledge and confront the negative effects associated with the widespread adoption of digital technologies (Cain, 2018). Nonetheless, the emerging field of "digital temperance" offers a promising approach, where the ancient virtue of temperance is adapted to moderate excessive digital consumption and

encourage the enjoyment of digital pleasures in a more balanced and intentional manner (Brown & Lamb, 2022).

By cultivating digital temperance and the "presence of heart," individuals can navigate the complexities of modern society, finding ways to embrace the benefits of technology while also reconnecting with the essential human capacities of presence, attention, and meaningful engagement.

This research aims to investigate the evolution of the concept of "heart presence" from the classical to the digital era. Specifically, it will explore how this concept has transformed over time and the factors that have influenced this transformation. By examining the historical development and contemporary applications of heart presence, this study seeks to contribute to a deeper understanding of the evolution of spiritual concepts and their relevance to contemporary Sufism. This research is significant as it offers insights into how ancient spiritual practices can be adapted to meet the challenges and opportunities of the modern world.

C. RESEARCH METHODS

This study uses a comparative literature analysis approach to trace the evolution of the concept of "presence of the heart" in Sufism. The main data sources that will be used include classical Sufism texts, secondary literature and contemporary studies, and digital sources such as online articles and discussion forums. Through the application of strict inclusion and exclusion criteria, data will be collected systematically. Thematic analysis will be used to identify key themes that emerge across periods,

while comparative analysis across eras will allow us to trace changes and continuities in the concept. By using an analytical framework that focuses on the periodization of the evolution of the concept and the identification of shifts in key themes, this study aims to provide a deeper understanding of the dynamics of the concept of "presence of the heart" in the context of Islamic history and culture.

D. RESULT AND DISCUSSION

The concept of "presence of heart" (hudhur al-qalb) is a fundamental tenet in the mystical tradition of Sufism, which emphasizes the importance of cultivating an unwavering awareness and attentiveness in one's spiritual journey. Hasan al-Basri and Rabi'ah al-Adawiyah, defined and articulated this notion of "presence of heart" within their respective teachings and practices.

Hasan al-Basri, a renowned Islamic scholar and mystic of the 7th century, emphasized the importance of maintaining a constant state of mindfulness and focus in one's relationship with the divine. He believed that the "presence of heart" was a crucial aspect of the Sufi's spiritual development, as it allowed the individual to transcend the distractions of the material world and achieve a deeper connection with the divine. Al-Basri's teachings on this subject often stressed the need for the Sufi to cultivate a compassionate heart, one that is fully attuned to the will of God and capable of embodying the divine knowledge (Huda, 2004).

In contrast, Rabi'ah al-Adawiyah, a pioneering female Sufi saint of the 8th century, approached the concept of "presence of heart" from a slightly different perspective. Rather than emphasizing the importance of outward worship and adherence to religious rituals, al-Adawiyah emphasized the need for the Sufi to develop a profound sense of love and devotion towards the divine (Huda, 2004). For her, the "presence of heart" was not merely a state of mindfulness, but a deep and unwavering commitment to the divine, one that transcended all other concerns and attachments (Aždajić, 2020).

Both al-Basri and al-Adawiyah's conceptions of "presence of heart" share a common emphasis on the importance of cultivating a heightened spiritual awareness and a deep connection with the divine. However, their approaches to achieving this state of being differed, with al-Basri emphasizing the importance of adhering to religious teachings and cultivating a compassionate heart, while al-Adawiyah focused on the development of profound love and devotion towards the divine (Sabiq et al., 2023; Huda, 2004).

Al-Ghazali, a renowned Islamic scholar and philosopher, has extensively discussed the concept of "presence of the heart" (ḥuḍūr al-qalb) and its connection to other important Islamic spiritual concepts. According to al-Ghazali, the human heart possesses both a physical and a spiritual dimension. The physical heart is the organ located in the left chest, while the spiritual heart is the center of one's consciousness and connection with the divine (Islamy, 2019).

The spiritual heart, or "qalb" in Arabic, is the focal point of al-Ghazali's discussion on the development of Islamic personality and spirituality (Abdullah & Sharif, 2019). He believed that the spiritual heart can become covered or veiled due to the distractions and temptations of the material world, leading to a disconnection from the divine (Rothman & Coyle, 2018). Therefore, the process of "tazkiyah al-nafs" or purification of the soul is crucial for uncovering and strengthening the "presence of the heart."

Through this process of spiritual purification, al-Ghazali asserted that one can attain "ilm al-ladunni" or "ladunni knowledge," which is a type of divine, intuitive knowledge granted by Allah (Awang & Jais, 2020). This knowledge, which transcends the limitations of intellect and reason, allows the individual to achieve a deeper understanding of the divine and the realities of the spiritual realm (Abdullah & Sharif, 2019).

Ultimately, al-Ghazali saw the "presence of the heart" as the foundational state necessary for the attainment of "ma'rifatullah," or the gnosis of Allah. This state of intimate knowledge and awareness of the divine is the pinnacle of spiritual development, where the individual becomes immersed in the contemplation and experience of the divine (Awang & Jais, 2020). In this way, al-Ghazali's concept of "presence of the heart" is intrinsically linked to the acquisition of "ladunni knowledge" and the ultimate goal of "ma'rifatullah," highlighting the centrality of the spiritual heart in the journey of Islamic spiritual development (Mohamad et al., 2020).

The renowned Sufi thinker Ibn Arabi is widely known for his profound exploration of the concept of "wahdatul wujud," or the oneness of existence. This concept, which forms the cornerstone of his philosophical and mystical teachings, posits that the divine essence is the sole and absolute reality, and that all of creation is a manifestation or expression of this singular reality.

At the heart of Ibn Arabi's conception of "wahdatul wujud" is the idea that there is no true existence apart from the divine. In his view, the various forms and phenomena we perceive in the world are not separate, independent entities, but rather are reflections or emanations of the one true being - the ultimate reality or al-Haq (the Real) (Ahmad, 2020). This idea of the unity of existence is often expressed through the analogy of the sun and its rays, where the sun represents the divine essence and the rays symbolize the multiplicity of created things (Ahmad, 2020).

Ibn Arabi's teachings on "wahdatul wujud" have significant implications for the understanding of the "presence of the heart." According to Sufi thought, the heart (qalb) is the locus of spiritual awareness and the seat of divine knowledge (Islamy, 2019). The concept of "presence of the heart" refers to the state of being fully present and attuned to the divine within one's own being.

In the context of Ibn Arabi's philosophy, the "presence of the heart" can be understood as a profound realization of the oneness of existence, where the individual

perceives the divine essence not as something external, but as the very core of one's own being (Fanani, 2018). This realization is thought to transcend the boundaries of the individual self, allowing the seeker to experience a deep sense of union with the divine and a heightened awareness of the interconnectedness of all things (Choudhury, 2020).

The concept of "presence of the heart" holds a significant place in the mystical traditions of Islam, particularly within the various Sufi orders that emerged during the middle Ages. This concept among the Qadiriyah, Suhrawardiyah, and Chishtiyah Sufi orders, which were influential during this period.

The Qadiriyah order, founded by the renowned Sufi saint Abdul Qadir Gilani, emphasizes the importance of the heart's presence in the path of spiritual attainment. Gilani believed that the true essence of Sufism lies in the complete surrender of the self and the cultivation of a compassionate heart, which enables the seeker to establish a direct connection with the divine. This Adab theology, as it has been described, underscores the interdependence of faith, law, and the etiquette of morality, all of which are seen as crucial for the Sufi's ultimate return to the Creator (Huda, 2004).

Similarly, the Suhrawardiyah order, founded by Shaykh 'Umar al-Suhrawardi, also placed great importance on the concept of the "presence of the heart." Al-Suhrawardi's teachings emphasized the need for the Sufi disciple to engage in spiritual exercises, guidelines for meditation, and prayers, all of which were aimed at cultivating a compassionate heart and embodying the knowledge receive from God (Huda, 2004).

The Chishtiyah order, on the other hand, while also recognizing the significance of the heart's presence, placed a stronger emphasis on the role of social solidarity and the integration of Sufism into various aspects of life, including economics, politics, and local culture (Sabiq et al., 2023). The Chishtiyah Sufis viewed Sufism not just as a belief in intuitive knowledge, but also as a rational and practical system that could adapt to the demands of the era (Sabiq et al., 2023). Overall, while the Qadiriyah, Suhrawardiyah, and Chishtiyah Sufi orders shared a common understanding of the importance of the "presence of the heart" in the spiritual journey, they differed in their emphasis and practical implementation of this concept.

The concept of "presence of the heart" also has been a central focus in Islamic spirituality, with prominent Islamic scholars such as Muhammad Abduh and Sayyid Qutb offering modern interpretations of this notion. Abduh, a renowned 19th-century Islamic reformist, emphasized the integration of intellect and spirituality, arguing that true religious understanding requires both rational inquiry and direct mystical experience. Similarly, Qutb, a 20th-century Islamist thinker, conceived of the "presence of the heart" as a profound spiritual connection with the divine, which he saw as essential for a comprehensive understanding of Islam (Chanifah et al., 2021).

These scholars' perspectives reflect a broader trend in contemporary Islamic thought to reinterpret traditional spiritual concepts in light of modern concerns and challenges. The emphasis on spiritual development as a means of addressing contemporary problems, rather than a retreat to a romanticized past, is a hallmark of these movements. As Hussain notes, the integration of spirituality into Islamic education can revive the holistic nature of the faith, while also addressing the moral and ethical deficiencies observed in younger generations (Chanifah et al., 2021).

Moreover, the desire to reconcile Islamic values with modernity is a common thread in the writings of Abduh, Qutb, and other contemporary Islamic scholars. They seek to present Islam as a relevant and vibrant force in the modern world, capable of providing guidance and inspiration for navigating the complexities of the present age. This approach, however, must be balanced with a firm grounding in the core principles and teachings of the religion, as emphasized by scholars such as al-Ghazali and others who have analyzed the concept of Islamic personality and spiritual development (Abdullah & Sharif, 2019).

In conclusion, the re-interpretation of the "presence of the heart" by contemporary Islamic scholars represents an effort to revitalize Islamic spirituality in a manner that is responsive to the needs and challenges of the modern era. By integrating traditional spiritual concepts with contemporary concerns, these scholars aim to provide a holistic understanding of Islam that can inform and guide the lives of Muslims in the 21st century (Lapidus, 1997).

Social media and online forums have become increasingly prominent platforms for discussing various aspects of human experience, including the notion of "presence of heart". These digital spaces have facilitated the exchange of ideas, insights, and personal narratives related to this philosophical and spiritual concept.

One of the key ways in which social media and online forums have facilitated discussions on "presence of heart" is by enabling the creation of virtual communities where individuals can connect, share, and engage with one another (Whiteside, 2015). These platforms provide a sense of social presence, allowing participants to project their authentic selves and establish meaningful relationships (Smith-Merry et al., 2019; Garrison, 2019).

The discussions on "presence of heart" often revolve around issues related to self-awareness, mindfulness, emotional intelligence, and the cultivation of a deeper connection with oneself and others (Clark et al., 2018). Participants in these online communities may share personal experiences, seek advice, and engage in collective exploration of the various facets of this concept (Smith-Merry et al., 2019).

Moreover, the asynchronous and accessible nature of social media and online forums has made these platforms particularly useful for individuals who may not have access to in-person support or resources related to "presence of heart" (Smith-Merry et al., 2019). The ability to engage in these discussions anonymously or

under pseudonyms can also create a sense of safety and encourage more vulnerable and introspective sharing (Garrison, 2019).

Overall, the role of social media and online forums in facilitating discussions on "presence of heart" highlights the growing importance of digital spaces as platforms for personal growth, self-reflection, and the exploration of philosophical and spiritual concepts.

Table 1. Comparative Analysis of Interpretations of 'Heart Presence' Across Eras

Era	Core Definition	Continuity	Change of Focus and Emphasis	Reference
Classic	The presence of the heart (hudhur al-qalb) as full awareness of God.	Emphasizes the importance of spiritual awareness and a deep relationship with God.	Focus on esoteric aspects and deep meditation. Figures such as Hasan al-Basri emphasized the importance of vigilance and compassion of the heart, while Rabi'ah al-Adawiyah emphasized divine love.	Huda (2004); Sabiq et al. (2023)
Middle	The presence of the heart as the center of consciousness and relationship with God.	Purification of the soul and strengthening of the spiritual heart remain at the core.	Al-Ghazali added the concept of tazkiyah al-nafs (purification of the soul) and an emphasis on intuitive knowledge (ladunni) as a means of achieving ma'rifatullah (gnosis of God).	Islamy (2019); Abdullah & Sharif (2019)
Modern	The presence of the heart in everyday contexts and practical applications.	Keep maintaining the goal of achieving high spiritual awareness.	Adaptation to modern life, emphasizing practical applications in everyday life and the influence of technology in spiritual practices.	Nong et al. (2022); Nadeem et al. (2022)
Digital	The presence of the heart	Maintaining the essence of the	Focus on technology	Aldbyani & Al-Abyad

	through digital media and virtual communities.	heart's presence in the digital era.	adaptation, the use of mobile applications for meditation and spirituality, and the challenges of maintaining the depth and authenticity of spiritual experiences in a digital world.	h (2023); Terzimehić (2021)

The concept of 'heart presence' has been a cornerstone of Sufism, enduring across centuries with a consistent emphasis on a conscious awareness of the Divine and a profound spiritual connection. While this core principle remains steadfast, its manifestation and interpretation have evolved significantly. In the formative years of Sufism, practitioners delved deep into meditation and the cultivation of divine love as the primary avenues to heart presence. As Sufism matured, the concept broadened to encompass soul purification and the development of intuitive knowledge. With the dawn of modernity, 'heart presence' was adapted to the demands of everyday life, integrating seamlessly into worship and secular activities. The digital age has further transformed the landscape, offering both challenges and opportunities. Technology has become a tool to support spiritual practices, yet it also introduces distractions that can hinder the depth and authenticity of heart presence. This dynamic evolution underscores the concept's resilience while highlighting the ongoing challenges of maintaining its essence in a rapidly changing world.

The concept of the "presence of the heart" has undergone significant transformations, shaped by various factors throughout history. These factors include the socio-historical context, the development of scientific and technological knowledge, and the internal dynamics within the tradition of Sufism. The socio-historical context has played a crucial role in the evolution of this concept. The notion of the "mystic personality" and its associated religious, moral, and spiritual concepts have their roots in the Holy Quran and the Sunnah of the Prophet, gradually gaining prominence among the Companions, followers, and other Muslims (Ghafouri et al., 2018). As the religious and cultural landscape evolved, the understanding and interpretation of these concepts were influenced by the prevailing social, political, and intellectual climate (Aždajić, 2020).

The advancements in scientific and technological knowledge have also contributed to the dynamic nature of the "presence of the heart" concept. The increasing understanding of the physiological and neurological aspects of the heart-brain connection has shed new light on the role of the heart in cognitive and emotional processes (Park & Blanke, 2019; McNamara, 1990). The field of embodied cognition, for instance, has highlighted the

fundamental importance of bodily processes, including the visceral system, in shaping our cognition and consciousness (Park & Blanke, 2019).

Furthermore, the internal dynamics within the tradition of Sufism have significantly impacted the evolution of the "presence of the heart" concept. The Sufi tradition has a long-standing tradition of exploring the spiritual and mystical dimensions of the human experience, including the nature of the heart and its relationship with the divine (Islamy, 2019; Ghafouri et al., 2018). The conceptual development and the practical application of these ideas have been shaped by the teachings, practices, and interpretations of various Sufi scholars and practitioners throughout the centuries.

The factors influencing the evolution of the "presence of the heart" concept are multifaceted and intertwined. The socio-historical context, the advancements in scientific and technological knowledge, and the internal dynamics within the Sufi tradition have all contributed to the dynamic and evolving nature of this important concept in the realm of spirituality and human experience.

Over the centuries, the spiritual practice of 'Presence of the Heart' has undergone a remarkable evolution, transitioning from its traditional roots to embrace modern adaptations and the integration of technology. The traditional 'Presence of the Heart' practice has long been a cornerstone of Sufi spiritual traditions, emphasizing the cultivation of a deep, mindful connection with the divine (Bulkeley, 2014). However, as

the world has become increasingly digitized, this practice has begun to adapt, finding new expressions and forms of engagement.

One such adaptation is the integration of technology into the 'Presence of the Heart' practice (Mansour, 2022). Digital tools, such as virtual reality environments and meditation apps, have emerged as novel platforms for practitioners to explore and deepen their spiritual experiences (Markum & Toyama, 2020). These digital spaces have the potential to reshape the way individuals interact with the sacred, offering new avenues for transcendent experiences and the cultivation of a heightened sense of presence (Mansour, 2022; Sbardelotto, 2014).

Yet, the incorporation of technology into spiritual practices is not without its challenges. Practitioners have expressed concerns about the potential negative effects of digital technology on the contemplative nature of the 'Presence of the Heart' practice, citing its tendency to introduce distractions and overstimulation (Markum & Toyama, 2020).

As the digital transformation of spiritual practices continues, it is crucial to understand the nuances of this evolution and its implications for the future of Sufi spirituality. By exploring the intersection of technology and traditional Sufi practices, scholars and practitioners can gain valuable insights into the ways in which the digital age is reshaping the spiritual landscape and the ongoing quest for deeper connection with the divine.

The advent of the digital era has brought about a significant shift in the way we access

and engage with various aspects of our lives, including the realm of spirituality and mysticism. The democratization of access to teachings on Sufism, a significant branch of Islamic spirituality, is one such implication of this transformative digital landscape. Additionally, the digital age presents both challenges and opportunities in preserving the essential spiritual essence within this new digital context (AKSEL, 2022).

The digital revolution has opened up new avenues for the dissemination of Islamic teachings, allowing for the message of Islam to reach a global audience. This accessibility has the potential to democratize the once exclusive access to Sufi teachings, granting individuals from diverse backgrounds the opportunity to engage with and explore the depths of this spiritual tradition. The digitization of communication and the culture it has constructed, however, also presents unprecedented ethical implications related to cyber-culture, cyber-ethics, hyperreality, and mass cognitive dissonance (Saleh et al., 2022). As such, it is crucial to ensure that the methods employed in conveying the message of Islam through digital platforms remain firmly grounded in the ideals and principles of the Quran and Sunnah, while also catering to the needs and demands of the growing Muslim Ummah (Digital Da'wah Transformation: Cultural And Methodological Change Of Islamic Communication In The Current Digital Age, 2022).

Furthermore, the ease of access to travel, media, and the internet has coincided with the rapid democratization of Islamic knowledge and identity. This democratization has led to a wide spectrum transformation in values, norms, and attitudes within societies, presenting both challenges and opportunities in maintaining the essential spiritual essence of Islamic teachings. While the digital world has enabled a virtual global community and encouraged dialogue, it has also opened the door to potential misuse, such as crimes like pornography, victimization, bullying, and stalking. As such, it is imperative to strike a balance between the benefits of digital technology and the need to uphold the ethical and spiritual principles of Islam, ensuring that the practice of da'wah, or the call to Islam, remains true to its core values while adapting to the demands of the current era (Hamid et al., 2021; Shuriye & Ajala, 2014).

E. CONCLUSION

This study reveals that the concept of "presence of the heart" in the Sufi tradition has undergone significant changes from the classical era to the digital era. In the classical era, this concept was very esoteric and profound, emphasizing the importance of purification of the soul and an intimate relationship with God. Figures such as Hasan al-Basri and Rabi'ah al-Adawiyah emphasized the importance of deep awareness and love for God as the core of presence of the heart. Meanwhile, in the modern and digital era, this concept has become more accessible and applicable in everyday life through digital applications and virtual communities. However, a major challenge is maintaining the depth and authenticity of spiritual experiences amidst increasing digital connectivity.

In the modern context, "presence of the heart" remains relevant as a way to counter the disintegration of attention and alienation often caused by digital technology. Mindfulness practices and spiritual awareness inspired by Sufism can help individuals find balance and inner peace amidst a fast-paced and distracting life. Thus, "heart presence" offers a way to maintain a deep connection with oneself and God in this digital age. Theoretically, this study enriches the understanding of the adaptation of classical spiritual concepts in a modern context. It shows how deep spiritual values can be integrated with modern technology to create relevant and accessible spiritual practices. Practically, the results of this study can be used to develop programs and applications that support the practice of "heart presence" through an approach that is appropriate for modern lifestyles.

Further research needs to explore the effectiveness of technology-mediated "heart presence" practices in contemporary spiritual life. Further studies can also explore how virtual communities and digital applications can be developed to support deeper and more authentic spiritual practices. In addition, it is important to examine the long-term impact of these practices on the mental and spiritual well-being of individuals in the digital age.

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