

Human Subject Hypnosis In The Qur'an

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Abstract

Man was created to worship and purify God, as well as to be the regulator of the Earth irregular, when Man becomes the subject of hypnosis in the Qur'an then tend to act will be based on the contents of the Qur'an, for example when he gets favors bersyukur and obedient worship, when a disaster he drew closer to Allah SWT. If they fail to do so, they will seek God's help. In other words, he can only be hypnotized to good things based on the Qur'an.

Keywords: *Hypnosis, Qur'an, Human*

INTRODUCTION

Hypnosis is a state of the soul in which the unconscious accepts suggestions given to it easily and carries out these suggestions with a power that exceeds the power of the soul in the moment of awareness. This is because, when hypnotized, the conscious is not active because when conscious, the mind is in a state of doubt and sometimes rejects suggestions. This condition is the most appropriate opportunity to channel suggestions into the subconscious without obstacles.

The human condition is difficult to be in a state of hypnosis caused by humans do not know themselves as a whole. The results of the research of scientists, philosophers, writers and experts in the field of spirituality throughout this time, concluded that humans are only able to know certain aspects of himself alone. Man only knows that he is made up of certain parts, and even these are in essence divided again according to the ordinances of himself.

When man is not hypnotized by the Qur'an, his actions tend to contradict the contents of the Qur'an, for example when he gets favors he forgets and is lazy to worship, when he gets misfortune he shirk and complains. Worse, if their problems are not also resolved, then he asked for the help of psychics or shamans who might use Jinn. In other words, he can only be hypnotized to things that are actually hated and angered by Allah swt. If a person is willing to try to hypnotize himself with the Qur'an, then the person concerned will get peace.

Man should always be grateful, because when he was created he was already equipped with the nature of chastity. The next task is to maintain the purity. as the word of Allah swt. the Sura of ar-Rum / 30: 30:

فَأَقِمْ وَجْهَكَ لِلدِّينِ حَنِيفًا فِطْرَتَ اللَّهِ الَّتِي فَطَرَ النَّاسَ عَلَيْهَا لَا تَبْدِيلَ لِخَلْقِ اللَّهِ ذَلِكَ
الدِّينُ الْقَيِّمُ وَلَكِنَّ أَكْثَرَ النَّاسِ لَا يَعْلَمُونَ ٣٠

“So set your face straight towards the religion of Allah, the nature of Allah who created man according to it. There is no change in the nature of God. That is the straight religion, but most people do not know.”

Why can man disbelieve (not believe, not fear) and eventually become disbelieved when in the verse it says:

الْم ۱ دَلِكِ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ۲

"Alif Lam Min. There is no doubt in this book; it is a guidance for those who fear Allah."(QS. al-Baqarah/2: 1-2)

In fact, the answer to this question is in that verse too, which lies in the word "guidance for those who fear", meaning that a person will never doubt in the Qur'an if he fears God, because only those who fear God are able to put trust in him. It occurs through the process of hypnosis, whether conscious (self hypnosis), unconscious (subconscious) or "collective unconscious".

The existence of hypnosis in Indonesia until now there are still erroneous perceptions of some people. Some think bad but some think good. There are still those who view hypnosis as something sinister, full of mystical, irrational things, it is still often considered a negative science, bad, misleading, tend to be considered related to Jinn, using spells and so on. This is also a discourse among Islamic religious leaders, especially through the media.

RESEARCH METHODS

The writing of this article is included in the type of research that uses qualitative and quantitative approaches. Qualitative approach is used when the data to be collected is qualitative data, IE data presented in the form of words or sentences. Qualitative research highly prioritizes data quality. While the quantitative approach used has measurement results based on variables that are operated by using instruments.

When viewed from the place of implementation of the study, then this study is included in the type of library research (library research). Library research aims to collect data and information with the help of the types of materials contained in the library. For example tafsir books, Hadith books, newspapers, magazines, manuscripts, notes, historical stories, documents, interviews and others. In essence, the data obtained by the way of literature research is used as the basis and the main tool for the analysis of research practice. Laboratory research is research that is used in a place that is specifically used to conduct scientific research.

RESULT AND DISCUSSION

Understanding Hypnosis

Hypnosis is a phenomenon that often elicits mixed reactions. Some people think positive, some think negative, even call it haram. The discussion about hypnosis until now is still about empirical review only and not based on special research such as a laboratory with many parameters involved in experiments. That is why the definition of hypnosis is always present in different forms such as some of the following definitions:

1. Hypnosis is a state of the soul in which the unconscious accepts the suggestions given to it easily and carries out the suggestions with a power that exceeds the power of the soul in the conscious moment.

2. Hypnosis is a condition of changing the workings of the critical conscious to be less active and more open to change, where the power of hypnosis lies in the willingness of the mind to accept suggestions during altered states of consciousness to get rid of restrictions and concentrate energy on new ways of thinking and behavior.
3. Hypnosis a state viewed from the side of physiology as a "science of the functioning of the body" that is no different from the usual state of sleep. As for the phenomena that occur when hypnotized is back to the imagination and the subconscious over the influence of suggestions given, and over the orders given.
4. Hypnosis is a natural process, and hypnosis is only one word that describes the means by which one can systematically bring an individual to an altered state of consciousness. The individual is constantly shifting consciousness in every moment.
5. Hypnosis is a sleep-like condition but the EEG pattern does not indicate a sleep condition. The hypnotized person passively receives instructions from the hypnotist and the planning function in him is reduced. The attention becomes very selective, the hypnotized individual may be able to hear only one sound. and can do things that are suggested. Post-hypnotic behavior can be observed.
6. Hypnosis is actually the science of communication or the ability to speak.
7.
 - a. Hypnosis is role playing (like doing a game to the subject who is hypnotized to do it or like doing it).
 - b. Hypnosis is an altered state of consciousness (trance).
 - c. Hypnosis is interactional outcomes (a result of meaningful interaction between the hypnotist (hypnotist) and the client (subject / hypnotized person) in terms of mutual response to each other.
 - d. Hypnosis is bypass critical factor to subconscious

So the essence of the notion of hypnosis is interpreted based on some of the definitions above, the author makes an outline of the definition of hypnosis. This is done to facilitate the translation of the meaning of the word hypnosis. The basic definition of hypnosis is:

“A persuasive mechanism that is carried out, whether intentionally or not, which makes it easier for a person (subject) to enter a hypnotic state (trance/ sleep-like condition), in order to suggestively receive data induction into the subconscious mind and be able to think, feel and act in accordance with the implanted suggestion.”

Hypnosis, conscious mind and subconscious mind.

The relationship between hypnosis, the conscious mind and the unconscious is something inseparable. Any hypnosis involves both conscious and subconscious. From time immemorial hypnotic sleep trials were conducted through the power of the unconscious. People who sleep due to hypnosis feel great pleasure, soul relaxation, tranquility, and happiness as well as some health benefits such as the following:

1. Attaining a phase of mental clarity and liberation from the bonds of conscious thought.
2. The ability of the subconscious mind in the fight against many physical ailments.
3. The ability of the soul to adjust to the suffering of the body that accompanies some diseases.
4. Mastery by the subconscious mind, so that the soul can recover from some psychic warfare and mental disorders, such as obsessions, also some psychosomatic diseases, such as asthma and colon nerves, even behavioral disorders, such as: introvert (closed in and preoccupied with oneself) or shyness (out of place), and so on.

People who fall asleep with hypnosis can hear sounds, smell smells, and decide on actions. At that time he was holding on to the subconscious mind, not the conscious mind. The hypnotist fully guides the psyche and subconscious of the subject. In this condition, the subject is very obedient to the hypnotist.

The conscious mind is a mind that uses common sense or rational logic. Hence through this function of the mind, we consciously think logically and analytically to consider something, such as calculating, supervising, evaluating etc. Another case with the subconscious mind which is the mind that serves as a storage place for long-term memory, emotions, habits, intuition, creativity and personality. The subconscious mind does not work analytically and deliberately, but tends to have an automatic mechanism of action in receiving immediately all kinds of information and doing all kinds of instructions given to it.

The subconscious mind is a principle and works according to the laws of belief. People need to know what trust is, why it works, and how it works. The law of the mind is the law of belief. It means believing how that way of thinking works, and trusting the belief itself. All experiences, events, circumstances and work of a person are reactions of the subconscious to his thoughts. It is not what a person believes, but what he believes in his mind that produces results.

The subconscious mind is something that influences daily actions, its power is approximately 9 (nine) times that of the conscious mind. An information before entering the subconscious mind, first filtered by the conscious mind.

At any given time, the contents of the human subconscious mind he is not aware of. Sometimes it is beneficial, sometimes it is the source of bad things.

Conditions For Hypnosis

The phenomenon of hypnosis can be distinguished in two categories; (a) observed behavior (observable behavior) and (b) subjective experience (subjective experience). Observed behavior includes phenomena such as hidden observer, non-volition, hypnotic responsiveness and hypnotic amnesia. Hypnotic amnesia is a post-hypnotic condition resulting from the Giving of suggestions, suggestions given or periods of time experienced during the hypnotic period may be forgotten by the subject. While the second phenomenon, namely subjective experience can not be explained more deeply.

The condition that is not rarely realized by humans is that every time humans are often in Environmental Hypnosis, this is evidenced by the activities carried out. For example, when watching television, listening to music and listening to lectures idolized people. With television programs, music and good lectures will arouse our emotions and focus, so that our bodies and feelings will follow the flow of the event, music or lecture that we are following, even we are not aware of the condition of the atmosphere around us and are not even able to hear the call from someone beside us.

Hypnosis is categorized as the science of the functioning of the body that does not differ from the usual state of sleep. As for the phenomena that occur when hypnotic (hypnotized/hypnotized) is back to the imagination and the subconscious over the influence of suggestions given and the commands given. The definition above shows that hypnosis is related to the sleeping person and hypnosis only affects the subconscious. As for the power of hypnosis given by the hypnotist, it can be seen in the rapid influence of hypnosis in the hypnotized person (Suyet) and the power of suggestion that comes out of him. In short hypnosis can be used to strengthen the intellect such as teaching and improvement, so also hypnosis can be used to strengthen memory, and instill confidence.

Human Subject Hypnosis

Innate human nature from birth is clean, pure, or tend to behave positively. In other words, the tendency to behave positively in humans is an actualization of the nature of faith that exists in every individual. Man's confession that God is God and only God has the right to be worshipped it happened since the human candidate was still in the form of a cell in the sulbi of his parents. So the essence of human nature is to acknowledge the oneness of Allah and

submit to him, or in other words the essence of the nature of faith that exists in every human being is faith and piety to Allah swt.

Humans are one of the biological creatures that have various privileges compared to other biological creatures such as animals and plants. Biological anatomy and chemical composition in the human body has several advantages as can be seen in human behavior. The potential for excellence makes Man The Ruler of the Earth (*khalîfah fî al-ardh*).

Man was created to worship God and to rule the Earth. For example, he planted crops, raised animals, built houses and so on. God said to the Angels “ ” I will create man to rule over the Earth. The Angels said, “What is man that thou hast created to govern the Earth, Our Lord? Will they not destroy the Earth and shed blood? May we always obey and sanctify you.” To the suggestion of the Angels, Allah said: “I know better against that which you do not know”.

The human being has nature and character. But in the first phase of spiritual development, nature dominates nature so that animal passions dominate the human being. In the second phase, nature managed to subdue the character so that the human being can become a full human being. That is, a balanced state of character and nature is very rare. Generally, there is always a fight between nature and nature in humans, both of which are always pointing each other.

If a human being has been successfully mastered by his character or nature, then all his speech and behavior will automatically reflect one of these aspects, namely character or nature, at that very moment. When man is able to escape from the situation of struggle between nature and nature in him, then the man will reach the second phase, in which nature becomes dominant, the man will again find his identity as the most perfect creature of God.

Man has a soul and a body. The soul is very distinct and independent from the body because from the beginning of life, it can leave the body during sleep, during fainting, and so forth. The soul cannot exist in the body without causing death. But life will weaken during the absence of this soul, and will end if the soul does not return to fill the body. It is in death that the otherness and independence of the soul are most clearly seen. When the body ceases to exist, when there is no more blood and flesh and bones left, the soul remains, she has an autonomous existence within a separate and special World.

Centuries earlier, scholars had argued that humans have two brains just as humans have two kidneys, two auricles and two eyes. When treating stroke patients, where some part of their brain was damaged, interesting clues were found that the left brain regulates sequential problems, mathematics and logic-related matters, while the right brain is associated with creativity. The left brain is more literal, while the right brain prefers metaphorical interpretations. Both parts of the brain have different functions, the left part is also related to language.

The thought of which brain is dominant is already used a lot in business. Ned Herman while working at General Electric interpreted this at work and explored that everyone has an innate tilt towards the left brain or the right brain. The left brain makes judgments and is based on intelligence. The left brain likes to do one thing at a time. The right brain is the source of intuition and imagination. The right brain loves to play and likes to make thinking jumps. The right brain enjoys creating new patterns and situations.

Table 1. Parts Of The Brain.

LEFT BRAIN	RIGHT BRAIN
Logical, mathematical analytical, problem solver, focused on facts.	Imaginative, unifying, artistic, seeing, seeing as a whole, theoretical, focused on the imaginary .
Restrained, conservative, Planner, Organizer, administrator, focused on the process.	Likes to relate to others, tends to show emotional outbursts, loves music, spiritual, enjoys talking, focused on feelings.

Man is formed of mind, physique, emotions, and spirit. The human mind works in two modes, conscious mode and subconscious mode. The conscious mind is the normal mind when awake. Humans use the conscious mind when humans talk to other people. The conscious mind is allocated only to handle the activities that are happening at the moment, so that the processes that occur can be done more efficiently. With regard to the proportions, the conscious mind has a not large proportion of the overall mind. While the capacity of the subconscious mind is greater than the capacity of the conscious mind. The sub-conscious mind is the state of mind just below the conscious mind. The subconscious mind stores various experiences and understandings that humans have accumulated from the past.

The conscious mind works in a different way than the subconscious mind. Generally, humans use a top-down approach when using their conscious mind. While humans learn naturally using a bottom-up approach, which is to take a lot of information subconsciously and make a selection. Information that has a degree of importance is sent to the conscious mind. One way to actively engage the subconscious mind is to give yourself as much access as possible to a variety of interesting activities and allow yourself to learn whatever you want to learn.

The inner or subconscious mind is a principle and works according to the laws of belief. The inner law is the law of trust. It means believing how the inner workings, and trusting the belief itself. All human experiences, events, circumstances and work are reactions of the human subconscious to his thoughts. It is not the things that man believes, but the belief in his own inner self that brings results. If Man stops believing in false beliefs, opinions, superstitions, and fears of man, then followed by beginning to believe in the truth (the Qur'an), then man will move towards God.

CONCLUSION

Humans are subject to Hypnosis in the Qur'an because the nature of human nature since birth is clean, holy, or tend to behave positively. In other words, the tendency to behave positively in humans is an actualization of the nature of faith that exists in every individual. Man's confession that God is God and only God has the right to be worshipped it happened since the human candidate was still in the form of a cell in the sulbi of his parents. So the essence of human nature is to acknowledge the oneness of Allah and submit to him, or in other words the essence of the nature of faith that exists in every human being is faith and piety to Allah swt.

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