

# STUDY OF THE PROCESS OF CALLING GOD'S NAME FROM SCIENTIFIC GLASSES: ASPECTS OF DZIKRULLAH BY SCIENCE

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## Abstract

**Purpose of the study:** This study is an academic response to a long debate about the practice of zikrullah in the community in order to get answers scientifically.

**Methodology:** The author uses combined data in this study, qualitative data to find models of zikrullah and quantitative data through Electro Encephalo Graf to see the mechanisms and effects of zikrullah on the human brain.

**Main Findings:** The results of the study show that in zikrullah there are five main aspects, namely the aspect of breathing as a mechanism for gas exchange for metabolism in the body, the voiceless aspect as the process of presenting zikrullah energy which will be transmitted to the brain, aspects of hearing to accelerate the presence of alpha waves, aspects of remembering as mental processes affect the limbic system and the aspect of the body's pattern as a union of several energy points.

**Applications of this study:** Therefore, the authors conclude that this study is a new approach to seeing the process and expressing the significance of the zikrullah towards humans. The United Nations, especially WHO can use the results of this study to help humanity who needs a spiritual approach.

**Novelty:** Zikrullah has been practiced for more than a thousand years. The name of Allah has been mentioned throughout the history of mankind, but an explanation of the aspects of zikrullah according to the scientific perspective has not yet been completed. The attention of Islamic scientists who are still little about the mystical phenomenon causes an explanation of aspects of zikrullah according to the scientific perspective has not been completed.

**Keywords:** *Zikrullah, Sains, Brain Wave, Human Brain, Sound Wave*

## INTRODUCTION

Zikrullah according to the recommendations of the Koran is a major practice that has been practiced for more than a thousand years, the name of Allah has been mentioned throughout the history of mankind, but not much interest from scientists to reveal what is actually contained in the mystical phenomenon. Explanation of aspects of zikrullah scientifically until now has not been completed. Therefore, this study is needed in order to be known about the significance contained in the commands and practices of zikrullah for humans ([D'Angelo](#), 2005, p. 52).

The name of Allah in the scientific community is understood by examining the implications of resonance, frequency and amplitude of the name of Allah for humans, either in whole or in each letter. Scientists use scientific methods supported by technology. Therefore, the study of the name of God that uses science does not mean to reject or accept other views, but this is only a different perspective.

## LITERATURE REVIEW

Sound is able to influence the nervous system ([Strickland](#), 2001, p. 416). Whitehead managed to find a relationship between the frequency of hearing-stimulating sounds and brain waves (Alfred North Whitehead). Sound waves can stimulate nerve cells ([Stemmer & Whitaker](#), 1998, p. 550). The discovery of frequency following response phenomenon by Robert F. Hink revealed that the brain tends to adjust its frequency with the frequency of external sound stimuli ([Hink, Koder, Yamda](#), 1980, p. 36). In 1960 Joe Kamiya developed a biofeedback therapy technique to control alpha rhythms by using tones to show that the brain can produce alpha waves ([Evan & Abarbanel](#), 1999, p. 66). Then, the study of the power of the letters contained in lafaz Allah. ([D'Angelo](#), 2012). Fatimah Ibrahim from Malaysia found the influence of the prayer movement on the brain ([Ibrahim](#), 2009, p. 77). While the healing method for healing words was found by Larry Dossey ([Dossey](#), 1993, p. 17).

The author's study shows that the aspect of sitting, breathing sound, hearing and remembering God influences the subject. It can be concluded that all of the above theories support to understand aspects of zikrullah from scientific approaches. Because sound is able to control perception, hearing, memory, and speech ([Kolb & Whishaw](#), 2011, p. 5). Although scientists have known that the quality of breathing, sound, hearing and mind can be used to improve the quality of the health of the brain and the heart of a human, it has not involved zikrullah.

## METHODOLOGY

The author uses combined data in this study, qualitative data is derived from four respondents to find the zikrullah model and quantitative data from ten subjects in order to obtain zikrullah data samples obtained through Electro Encephalo Graf.



Fig.1 Stages for generating EEG signals

## DISCUSSION

### Definition of Zikrullah

Zikrullah is remembering and mentioning the word Allah ([Renard](#), 2009, p. 198) by repeating the word Allah ([Raudvere & Stenberg](#), 1988, p. 24). Zikrullah from a scientific perspective can be described as a mechanical influence of media driven by vibrational elements. The form of zikrullah is subject to the media, like air. Zikrullah is also called vibration that travels through the air or other media that can be heard ([elektronische-art-and-music](#), 2014, p. 1). Zikrullah is a longitudinal wave that propagates through the medium ([Lerner & Lerner](#), 2004, p. 2337). Zikrullah can be explained by describing the frequency and amplitude.

Humans can hear zikrullah when the wave of zikrullah reaches the eardrum. Because zikrullah is a sound that contains meaning, then it has implications for individuals who realize that meaning. Following Richard R. Fay, zikrullah is the vibration produced by different sources in humans which are combined into one voice to deliver messages to individuals who can receive them. This process begins at the stage of the auditory receptor organ by processing peripheral code in the brain ([Popper](#), 2008, p. 1).

### Aspects of Zikrullah

The results of the study show that in zikrullah there are five main aspects, namely the aspect of sitting side by side as a form of unifying several energy points on the body, breathing aspects as a mechanism for exchanging gases for metabolism in the body, the voiceless aspect as the process of presenting zikrullah energy which will be transmitted to the brain, the listening aspect is to bring awareness to the zikrullah to accelerate the presence of alpha waves, the aspect of remembering as a mental process to present experience frees awareness of various pressures (pressure) in the limbic system. These five patterns are aspects of zikrullah which require scientific explanation.

#### 1. Body Aspect

Sit straight on both feet so as not to inhibit the flow of energy that rises from the base of the spine to the head. The palms are pressed together and placed between the two thighs. The eyes are closed when naming Allah.

##### 1.1 Sit down on the knees

This is the process of activating the energy system to get the maximum vibration effect. Starting from the stage of understanding aspects of zikrullah, place and function of letters (makhras), vibration function, breathing function, calling function, listening function and remembering function. The skin has a close relationship with the nerves in the brain. Close the palms between the thighs can increase concentration because it minimizes the stimulus from the environment. On the palm of the hand there are many sensitive nerve points. Water touches on the hands, forehead and feet are useful for increasing concentration. Compared to other parts of the body, the palms have a more sensitive relationship with the brain. Hands are expressions of brain creativity.

Table 1. Nerve Points

No	Location	Points
1	Hand	95
2	Face	84
3	Head	64
4	Ear	125
5	Leg	125

In the two palms and fingers there are several energy points, the largest point in the middle of the right and left palms. In the middle of the right hand there is grahasya and in the center of the left palm there is a hengkula that functions the same as the control of the energy points contained in the palm. These two energy points are the first to receive the energy sent by the heart. Zikrullah from mouth to ear to the brain to the heart goes on to grahasya and hengkula. Individuals whose brain remembers God constantly will send energy to their next heart into two palms. People with bad thoughts will send bad energy to the heart and into the hands. When shaking hands will meet positive or negative vibrations from the hands then to the entire fingertips. It turns out that there is a distribution of zikrullah energy from the heart to each finger segment.

## 1.2 Close your eyes

According to neuroscience, closing the eyes is the process of presenting alpha waves to get a relaxed effect on the brain. Because if the eye is open the alpha wave is not visible on the monitor.

## 2. Breath Aspect

From a scientific point of view, breathing is a fundamental activity for human survival. Airborne oxygen is needed for various metabolic responses ([Gilbert & Colton](#), 2002, p. 428). The respiratory system that delivers oxygen to the cardiovascular and muscle is useful so that the energy process continues in a sustainable manner. Breathing by following the zikrullah pattern is a process of maximizing the exchange of gases, both from the outside into the body and vice versa. The activity of zikrullah, from the aspect of breathing will still have implications for improving the quality of respiration and stamina that use large amounts of oxygen ([Bragg](#), 2002, p. 2).

### 2.1 Zikrullah Breathing

Zikrullah will not happen without breath. Proper breathing can minimize hesitation, fear and panic. By maintaining daily zikrullah, it means that it has supported the quality of breathing that can help increase oxygen demand for the body ([Wolfelt](#), 2009, p. 86). Humans will experience a variety of serious health problems if the body tissues experience a deficiency or blockage in the oxygen pathway as in the case of heart problems or appendicitis ([Nilsson](#), 2010, p. 6). Developing the right breathing techniques such as zikrullah will dramatically improve self-quality ([Vendra](#), 2004, p. 8).

The breathing used during zikrullah is a twist and blow. Air enters and exits through the mouth rhythmically without stopping, both breathing out and incoming breath. The breathing apparatus using the twist and blow method is not only used by athletes, but also how breathing is recommended by Alexa as a respiratory expert ([Fleckenstein](#), 2007). Arabic alphabet arrangement. Deep breathing can help the body to replenish oxygen and energy to support the body to heal and renew energy ([Dossey](#), 2005, p. 556).

Scientists have discovered the positive and negative effects of gases on the brain ([D'Angelo](#), 2005: 7). The first scientist who used oxygen for therapy was Thomas Beddoes. Beddoes founded the gas therapy institute in Bristol in 1798 in collaboration with Humphry Davy, a young chemist ([Lane](#), 2002, p. 18). Because oxygen is proven to be indispensable for both living organisms and combustion. Thomas Beddoes, James Watt and Robert John Thornton believe that oxygen can be used as a therapy to cure various diseases ([Gilbert & Colton](#), 2002, p. 15).

When looking more deeply at respiratory problems, it was found that sufficient amounts of oxygen can kill all germs, bacteria and viruses. This is not a new problem, Otto Warburg received the Nobel prize in 1931 when he succeeded in proving that cancer cannot develop in an environment with high oxygen levels. Even the majority of heart and number attacks are caused by lack of oxygen ([White](#), 119). Not many know that almost every disease experienced by humans has been cured by breathing properly ([Dossey](#), 2000, p. 22).

Correct breathing is the basis of a strong and healthy sound. Breathing with zikrullah can enrich oxygen for respiration, metabolism and brain activity ([Fleckenstein](#) 2007, p. 42). Therefore, stopping spending time and increasing zikrullah to increase oxygen in the body is an action that is useful for one's own good ([Dossey](#), 2000, p. 22). Always breathe in and out which is controlled from the stomach as much as saying the letter A in the word Allah and not on the chest. Such a way of recitation can bring faster oxygen into the body that provides relief in breathing and suppresses anxiety ([Fleckenstein](#) 2007, p. 107). Oxygen deprivation in the breath can cause damage to the spreading nervous system.

The lungs provide oxygen quickly and the heart pumps oxygen to every place in the body through the blood. The heart starts beating long before humans are born, when humans are still in an embryonic state and have not stopped until now ([Fleckenstein](#), 2007: 107). For a mother who is pregnant, if doing zikrullah activity means doing hearing therapy to the fetus in the womb because the first sound that humans hear is the sound of their mother's heartbeat. Likewise with oxygen therapy, because zikrullah is the change of oxygen and the baby breathes through the umbilical cord, then when the mother remembers will improve the quality of oxygen in the baby's cells which causes the baby to be born better quality.

### 2.2 Zikrullah and Respiration

The breathing that pushes the zikrullah can move, from inside the throat cavity to the outside. Breath entering different functions with outward breath. During zikrullah, there is a significant activity, namely respiration. In this breathing process, there are various great benefits for people who do zikrullah, because they include O<sub>2</sub> for the sake of respiration and release CO<sub>2</sub> as a gas that is not needed by the human body ([Stewart](#), 2010, p. 10). The quality of breathing during zikrullah is different from breathing outside of zikrullah. Therefore, an analysis of zikrullah requires discussion about the content of the incoming air, as well as the content of the air coming out.

**Table 2. The Gas Composition (Stewart, 2010)**

Gas in	Percentage	Gas out	Percentage
Nitrogen	78.62%	Nitrogen	74.90%
Oksigen	20.84%	Oksigen	16.60%

Karbon	00.04%	Karbon	5.30%
Argon			
etc	00.50%	etc	2.20%

For survival, many body functions support this goal, but breathing is the main savior of life. Therefore, practicing one method that is appropriate for respiration is important. The main challenge is a respiratory disorder that is largely due to disturbances in thoughts, feelings, negative experiences, and also as a result of biomechanical and biochemical factors ([Chaitow](#), 2002, p. 11).

Without oxygen, the muscles cannot move. The stomach is unable to break down food. The brain cannot think. Oxygen is not the only one in the air, but all humans, their lives depend on oxygen ([Stewart](#), 2010, p. 9). If activity increases, it requires an increased amount of oxygen too (Barbara Montgomery Dossey, 2000, p. 481). The most dangerous disorder is damage to the posterior region of the cerebral hemisphere, involving occipital, parietal, or temporal. This damage is often affected by cerebral anoxia, where lack of oxygen to the brain results in neuronal death ([Lewis](#), 2004, p. 49).

Useful respiration for the body, found that:

1. Obtain a gas exchange that involves the removal of oxygen (O<sub>2</sub>), removal of carbon dioxide (CO<sub>2</sub>)
2. Improve cell function and facilitate the work of the brain, organs and tendons
3. Comfortable when talking
4. Helps in the movement of body fluids (lymph and blood)
5. Helps always move the spine
6. Improve digestive function through diaphragmatic function

Any changes in respiratory function can have a negative effect on organ functions ([Chaitow](#), 2002, p. 5). Heart attacks, cancer, strokes, asthma and even almost every disease experienced by humans can become worse or better depending on the quality of a person's respiration ([White](#), 2007).

### 2.3 Oxygen Functions for the Brain

The brain is very sensitive to oxygen supply deficiencies. The main reason is because the brain uses enough energy in the human body, especially related to electrical activity in the brain. The brain needs oxygen to support various activities. Without getting enough oxygen, the brain cannot do the activity completely. Therefore, breathing method has a close connection with oxygen delivery to the brain.

The human brain obtains energy by breathing and depends entirely on oxygen for life. Without enough oxygen for a few minutes, the brain can feel panic or suffer damage. The metabolic process to produce energy in humans also depends on the amount of oxygen available in the body ([Decker](#), 2012, p. 1). The brain runs activities continuously and never breaks. For this reason, the brain needs oxygen which is the most proportional to other body organs. The first organ brain that suffers if the supply of oxygen in the body decreases because the organ's brain uses the most energy compared to other organs ([Nilsson](#), 2010, p. 6). The issue of breathing quality management cannot occur if there is no single effort from human beings themselves. By doing zikrullah diligently, it can improve the quality of breathing because more oxygen enters the body ([Fleckenstein](#), 2007, p. 107).

Starting breathing at the center or in terms of yoga called Hara can give effect to the abdominal muscles. Oxygen in the breath will spread and calm all parts of the body that are tense. That is why oxygen supply in zikrullah activities can increase the feeling of relaxation in those who practice zikrullah ([Rubin](#), 2006, p. 135).

### 3. Sound Aspects

Sound as the core of zikrullah can be explained through the basic concept of vibration. From a physics approach, sounds between 20 to 20,000 Hz are energy that can be heard. Voice is an activity to release energy to the environment. Every human being has a distinctive voice. These sounds are in accordance with the physiological system in every human being. The study of the zikrullah demands to conduct a study of sound. Therefore, the view of science about sound must be stated here. The function of energy sounds to deliver various information to the brain in order to get a response. According to the view of science, the infinite nature is born from the sound vibration that never stops. Such an opinion considers that all positive and negative thought patterns sent continuously around humans will have an effect. This means that the sound can heal, so the voice also has the power to destroy when wrong is applied.

#### 3.1 Calling the Name of God

When the name of Allah is called, the wave of zikrullah propagates through the medium of air in the form of sound waves. The vibration of the zikrullah pushes the surrounding air molecules to hit other air molecules. The collision is the cause for the zikrullah wave can move position until it is heard in the ear. In the process of hearing there is a complex and complex delivery event, although there are various sound waves in the ocean of molecules that spread around humans, but the human hearing system is able to capture the zikrullah waves that carry special messages ([Strickland](#), 2001, p. 258).

The mention of letters A and LL must be clear. The push of the letter H from the larynx must be powered to maximize CO<sub>2</sub> removal. Zikrullah waves from the brain continue to propagate towards the heart causing a vibration effect (wajilad) on the



organ. The vibration effect can be a feeling of warm, cold, cool, calm or peaceful. David R Hawkins, including scientists who developed a study of the effects of vibration on humans. Hawkins revealed that there are two vibrational groups, namely Force vibration and Power Vibration. Vibration Force is a vibration with a low energy level that is not empowering like despair, sadness, disappointment, anger. Vibration Power, on the other hand, is a vibration with a high energy level that makes life more empowered and more fortunate such as self-confidence, happiness and gratitude. Zikrullah is the best way to bring vibrational effects to the brain and the human heart to be in the vibration of power.

When the zikrullah wave reaches the brain, zikrullah will change the state of the brain waves released by one's nerve cells as shown by the results of the study. Robert F. Hink found that in the brain there is a natural phenomenon called the concept of frequency following response ([Hink, Kodero, Yamda](#), 1980, p. 36), which is a condition in which the brain tends to adjust its frequency with frequency of sound stimuli received by the brain through the ears. That means that zikrullah can also be used to regulate brain waves. Brain waves will determine creative mental state, joy, sadness, stress, anxiety, or depression. Studies conducted by Alfred Tomatis found that sound affects brain waves. He found relevance between the frequency of hearing-stimulating sounds from the labyrinth of the ear to the balance control of the nervous system of the body ([Whitehead](#), 1948).

### 3.2 Hearing Aspects

Humans also hear and feel sound through the skin and conduction of bones, senses of sight, smell, touch, and taste which enable humans to experience various vibrations more widely and not only vibrations captured by hearing. It can be seen that humans are sensitive to sound, but many people still do not know this ([Dossey](#), 2004, p. 193).

Hearing is the process of converting zikrullah from sound waves in the cochlea into electrical impulses to be sent to the brain. From the brain then emitted into electromagnetic waves that can propagate without the medium. Zikrullah waves that enter through the ear after arriving at the eardrum (eardrum), then sent to hair cells that convert mechanical vibrations to electrical signals, which in turn moves 30,000 auditory nerve fibers. The auditory nerve then carries the zikrullah signal to the brainstem (brainstem). From there, nerve fibers send zikrullah impulses to the auditory cortex (auditory cortex), a part of the brain that functions to understand zikrullah ([The Society for Neuroscience \(SfN\)](#), 21).

Zikrullah waves sent continuously to the brain can stimulate nerve cells to experience new things ([Stemmer & Whitaker](#), 1998, p. 550). Likewise, if in the memory of the listener is stored data about God in accordance with the Koran, then when he hears the name of Allah is called, the memory system will respond according to the quality of the listener's memory of the name of Allah. The implications of God's name for the structure of one's soul differ from one another, following the impressions and experiences stored in his memory of God. If in the listener's memory enough data is stored, both in the argument and experience of God, then the perception will bring a positive positive influence on mentality, but if the impression stored in his memory is not related to the divine experience of God, then the influence of God's name on his mentality will be different.

## 4. Remembering Aspects

Control and remember are the main functions of the brain. The brain never breaks, even though humans are sleeping. In parts of the brain there are various distinctive functions to regulate the body's mechanisms and human behavior. The brain is the place for a number of mental abilities. Perform vital functions controlling heart rate, body temperature, breathing, language ability, awareness and emotions ([Ibrahim](#), 2009, p. 71). These changes occur because the brain is not a static body element. Therefore, changes in the brain can occur through the intervention of systematic mental training, so that they are free from perceptual and emotional pressures.

Remembering God is the vvvvmost unique way of working the brain because the brain remembers something that is not the same as anything. These activities present a multi-dimensional effect on the brain. Remembering Allah, an activity that causes the brain to be free from various perceptions and assumptions. Such activity will stimulate the presence of alpha waves in the brain. The presence of alpha waves in the brain stimulates the presence of endorphine which causes the brain to feel calm.

The brain works by using circuit principles ([Malsburg, Phillips & Singer](#), 2010, p. 13), not partially. This principle will only form if he is stimulated continuously through the mechanism of brain plasticity. A function can occur because all parts of the brain work in a circuit. Each part contributes to forming harmonization. The formation of spiritual functions such as mystical feeling, peace and comfort can occur because all parts of the brain provide support to the spiritual circuit in harmony. Therefore, even though there are brain cells to access the presence of consciousness about God, if the circuit is not formed, then the presence of consciousness does not have a strong mental effect. The brain is not able to understand the scattered data, has not formed a knowledge system ([Muhammad](#), 2010, p. 47).

### 4.1 Effects of Zikrullah on Brain Waves

The EEG monitor shows that vibrations of zikrullah are able to present alpha waves (8 Hz-12 Hz) in the subject's brain ([Losenthal](#), 2008, p. 187). Alpha waves are waves that connect the conscious mind and the subconscious mind. Alpha waves occur during the transition of consciousness in the brain from conscious to less conscious. Therefore, alpha waves are widely

used by hypnosis experts to give suggestions. With individual alpha waves can present a feeling of relaxation with eye symptoms begin to close with drowsiness (Strickland, 2001, p. 78).

## ZIKRULLAH IN SCIENCE VIEW

The study of zikrullah from a scientific approach will help explain the implications of zikrullah extensively on mansuia. This explanation requires further discussion about the relationship between zikrullah with energy, cochlea, brain waves, neurotransmitters, CO2 in humans and zikrullah with the quality of oxygen in the body.

### 1. Allah Names

The letters A, L and AH on the word Allah have deep mystical values in various spiritual traditions. Likewise the word Allah as the dominant name of God is spoken on earth. Calling God's name will connect the nerves to the tongue to the brain. Patterned tongue movements and regularly stimulate the cerebrum. Repeating the name of God is a pattern of tongue movements that will affect neurotransmitters.

#### 1.1 Letter A on the Stomach

Doing zikrullah can bring the frequency and resonance to the environment. Letter A has embraced various main spiritual intentions from various belief systems (D'angelo, 2012: 44). In the Sanskrit spiritual tradition, the letter A in the designation AUM is a way of establishing a relationship with the Creator, the letter A is also used in the creation of the first man Adam, in a spiritual encounter also called Amin, then in Islam is found in Allah's lafaz. The letter A in the word Allah contains the power that can give effect to the person who utters the great name (D'Angelo, 2012: 13).

#### 1.2 LL letters on the tip of the tongue

The letter L touches the ceiling like 90 degrees. Formation of L as a touch of the tip of the tongue on the ceiling performs vital energy functions (D'Angelo, 2005: 51). According to the healing of the Taoist tradition, there are two energy channels in the body, each at the beginning of the perineum. The Yin channel travels up front of the body and ends at the tip of the tongue. Which is the channel moving up the back of the body to the brain before finding its end point on the palate. As a result L sound acts as a trigger to connect two energy channels and cause a circular flow of energy in the body. Sound L is very vibrating, in the word Allah there are two L. The most powerful use of L sound is in the word of God (D'Angelo, 2012, p. 13).

#### 1.3 Letter H on the base of the throat

H is connected with a pharynx in the esophagus, an important communication center in humans is a source of sound power. So many words that contain great strength and emotions begin with the sound of H. The two important organs in yourself, namely the head and heart. It is significant that the throat where H is located is the link and midpoint between the head and heart in humans (D'Angelo, 2005: 50). In the name of Allah, the letter H reads AH at the end of the title because it is accompanied by a strong urge to accompany the air out of the chest. According to sound therapists, AH vowels are very open words associated with heart vibrations. From the influence of AH's voice to heart energy, it is the biggest cause of the peaceful effect. AH has dynamic energy that moves out and in all directions, such as the motion of air particles that deliver sound. A strong urge from the chest to the throat to the mouth can remove all dirty gas in the chest.

If between the brain and heart, remember and taste, thinking and remembrance and belief are truly balanced, harmony in the structure of the human soul can be obtained. In terms of energy potential, it is directly related to enthusiasm as expressed at the goal of H's voice to stimulate the glandular system. Whereas the energy of H's voice rushes upward from the stomach giving an impact to the head area. Barbara and D'Angelo stated that God's name has the strongest power compared to other names.

It was noted that AH's voice often became the voice of many religions. The L consonant is the core of vibration. Thus, the sound of L was made very prominent by the tone of two different syllables, AL and LAH. On the AL tongue rises, the tip of the tongue touches the ceiling only behind the upper teeth. In LAH the tongue is released down, resting in the normal position. Then again carry out the zikrullah with a voice that is charged with energy. According to the rhythm, AL is one tap and LAH is two tap, with a little pressure on LAH. A typical rhythmic rhythm to pronounce the name of GOD can be explained as follows (D'Angelo, 2005, p. 52).

**Table 3. The Rhythm of Lafaz Allah (D'Angelo, 2005)**

AL	LAH	AL	LAH	AL	LAH
1	2	1	2	1	2
♪	♪	♪	♪	♪	♪

### 2. Sound Study

Modern science sees sound including zikrullah as an amazing natural phenomenon. Sound benefits contained in infrasonic, audiosonic and ultrasonic have been successfully developed in the fields of marketing, medical, entertainment and military

technology (Fundukian & Wilson, 2007, p. 719). Zikrullah belongs to audiosonics which can be developed in the medical field. Visually, the sound is represented as a wave. Sound waves are mechanical waves that can move through air, liquids and other gases. Without a medium, there will be no sound waves (Hainen, 2005, p. 9).

One form of sound therapy that is not applied through hearing is called cymatic therapy. The therapy uses a device that can send sound waves into the body through the skin. This process is said to introduce a healing environment in the body. This process may be known as cymat herapy, which is a trademark name for an organization that sells tools and provides cymatic training services (Fundukian, 2009, p. 649).

The common interest to resolve vibrational disturbances is increasing. Since 60 years ago, scientists have studied the relationship of sound with psychoanalysis. They managed to find an emotional connection with the amygdala which made scientists believe that sound was closely related to psychoanalysis. Sound technology is also used on ultrasonography to see disorders of the skeleton of human bones (Davies & Richards, 2002, p. 17).

## 2.1 Significance of Sound Energy

This energy is a type of mechanical energy that is easily known through ear hearing. The use of sound energy continues to grow for the benefits of humans. Following the scientific theory, each vibration can produce energy in the form of waves. Measurement and influence of sound waves, whether pleasant or not on the brain, has received widespread attention among neuroscientists.

Sound pollution can cause mental health, stress, hearing or high blood pressure. Sound as an audible energy turns out to have therapeutic properties. Waves will bring energy, both those that can be seen or not. Waves that can be seen are like ocean waves and waves that cannot be seen as a sound wave. The greater the sound, the greater the energy produced (Hainen, 2005, p. 6). Wave amplitude is related to the energy carried by the wave. Strong sound waves have a greater amplitude compared to weak sound waves (Dossey, 2000, p. 118) when dreaming the quality and quantity of alpha waves is very good.

## 2.2 Vibrational Healing

Humans as organisms consist of a series of multi-dimensional fine energy systems that interact. If the energy system is not balanced, then there will be symptoms of changes in body function as a sign of medical (pathological) disorders that occur in physical, emotional, mental, and spiritual. This illustrates that unbalanced energy can be normalized again by rebalancing the fine energy points with the frequency of treatment through proper vibration. Treatment through vibration (vibrational medicine) is seen as a gift for the future of health based on Einstein's theory (Gerber, 2001, p. 495).

The Einstein paradigm applied to vibrational medicine sees humans as a network of complex energy fields that interact with the physical-cellular system. Vibrational treatment uses a special form of energy to positively influence an energy system that may be unbalanced with regard to disease conditions. By rebalancing the energy fields that help regulate cellular physiology, nurses who use Vibrational Medicine try to restore order to human functions. In the context of energy balance, zikrullah can function as a catalyst.

## CONCLUSION

When carrying out zikrullah, then there is the activity of breathing, voicing, listening, closing your eyes and remembering Allah as a mental activity. In zikrullah there are significant therapeutic elements to improve the quality of human life. Therefore, zikrullah can be called holistic therapy because all other therapeutic principles and goals are contained in zikrullah. If you breathe during zikrullah can become oxygen therapy, if you mention the name of God can be sound therapy, if you hear it can become Listening in Healing Ways, closing your eyes can be a meditation therapy. Whereas remembering God is a permanent soul therapy. According to the results of the study, zikrullah calms brain waves, thus preventing brain aging (staving off). Zikrullah helps get concentration because it resembles deep contemplation.

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