



## Devotional Paths to the Divine

Q1. What were the major beliefs and practices of the Sufis?

Ans. Major beliefs and practices of the Sufis

- i. Sufis were Muslim mystics. They rejected outward religiosity and emphasised love and devotion to God and compassion towards all fellow human beings.
- ii. The Sufis often rejected the elaborate rituals and codes of behavior demanded by Muslim religious scholars.
- iii. They sought union with God much as a lover seeks his beloved with a disregard for the world. Sufis too believed that the heart can be trained to look at the world in a different way.
- iv. They developed elaborate methods of training using zikr (chanting of a name or sacred formula), contemplation, sama (singing), raqs (dancing), discussion of parables, breath control, etc. under the guidance of a master or pir.