

## **How Do Muslims Show Compassion during Challenging Times: A Psycho-Spiritual Analysis of Compassion?**

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Compassion is considered a powerful and instinctual emotion. It is a common central thread among many diverse religions and worldviews. There is a growing interest amongst neuro-psychologists around compassion and how it can be cultivated through training. However, there is a lack of research on the spiritual aspect of compassion despite being endorsed as a principle in human-to-human treatment regardless of who the two humans are, where they come from, or what religion they are affiliated with. In response, this study proposes to investigate how Muslims show compassion during challenging times from a Psycho-spiritual perspective. It will also explore what kind of spiritual motivation and practices play a role in displaying active compassion among Muslims and whether their compassion is transformed into action while navigating through challenging times. The study is qualitative in nature because it is instrumental in discovering how people give meaning to events that they experience. Specifically, focusing on grounded theory method to provide explanation or theories behind people's perceptions, thoughts and emotions around compassion. Cognitive Behaviour Therapy (CBT) will be used as the main theoretical framework for this study given that it is grounded in scientific evidence and has similarities that co-exist between neuro-psychology and Islamic spirituality. Following consolidation of existing literature and research data in the field of neuro-psychology and Islamic spirituality as well as the results from this study, the researcher will explore how Muslims show compassion during challenging times.

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