



## CALL FOR SUBMISSIONS

### Heartfulness

*Islamic Mindfulness, Meditation,  
and other Psycho-Spiritual Practices*

**Carrie M. York, PhD**

Key Words:

Islamic Mindfulness, Islamic Meditation, Spiritual Practices, Spirituality and Health,  
Islamic Psychology

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Mindfulness, meditation, yoga, prayer, and other spiritual practices for health and wellbeing have become ubiquitous in the west. In the past thirty years, an overwhelming amount of theoretical and applied research has explored the impact that these and other spiritual practices have had on a plethora of variables including stress, anxiety, depression, virtue development and even cancer. The evidence suggests that spiritual practices help people in myriad ways.

Until now, the religious traditions taking up the bulk of real estate in the ‘health and spirituality’ movement have been Buddhism, as in the case of mindfulness and meditation, Hinduism, as in the case of yoga, and Christianity as in the case of prayer. A glaring absence is the second largest religious tradition in the world – Islam – yet it is full of such practices waiting to be explored.

The objective of this book, therefore, is to examine, in one cohesive volume, mindfulness, meditation, prayer, and other Islamic spiritual practices within the context of health and wellbeing. Health and wellbeing are broad and could include medicine, complementary and alternative medicine, psychology, mental health, and more. Papers should take a multidisciplinary approach, engaging both Islamic and the health and wellness discourses in which it is positioned. We are also open to receiving theoretical papers but they should provide discussion of potential ways such theory could be applied within a health and wellness context.

Examples of chapters we are interested in receiving include but are not limited to the following:

- Specific practices or concepts rooted in the Islamic tradition that are meditative, mindful, or contemplative in orientation. Examples could include *muraqaba*, *muhasaba*, *taffakur*, *khusoo*, *khalwa*, *hudhoor*, etc. Discussion could focus on the use of these within a variety of health or wellness contexts.
- Philosophical papers on the distinction of Islamic meditative or mindful practices from such practices in other traditions.
- Specific prayer practices such as *salat*, *dua*, *istikhara*, and others, also within a health and wellbeing context.

- Other Islamic spiritual practices used with various health or wellbeing variables. Can be philosophical, historical, or contemporary approaches.
- Contemporary or integrative models, frameworks, or approaches to wellness.
- Other Islamic practices used for health, wellbeing, or healing, including specific variables.
- Islamic spiritual practices and non-Muslims.

## Submission Directions

Please submit an abstract of what the proposed full chapter would cover as well as a professional bio of the chapter authors. We ask that submission be made on **January 3<sup>rd</sup>, 2022 ONLY**. Authors should submit the requested details via email and with “Heartfulness” in the subject line to: [info@alkaraminstitute.org](mailto:info@alkaraminstitute.org)

## Timeline

Abstract submission date	January 3 <sup>rd</sup> , 2022
Response deadline	February 3 <sup>rd</sup> , 2022
Full chapters due	May 3 <sup>rd</sup> , 2022
Revisions	Summer 2022
Manuscript completion deadline	October 1 <sup>st</sup> , 2022

## About the Editor

Carrie M. York, PhD is president of the Alkaram Institute – a 501c3 nonprofit research and educational institution dedicated to advancing Islamic psychology to benefit society and improve lives and whose longer-term goal is to become the first Muslim graduate school of psychology in the United States. Her areas of interest include Islamic psychology and psychotherapy, virtues and character development, and Islamic spirituality. She is an associate editor for *Spirituality in Clinical Practice*® – a peer-reviewed scientific journal published by the American Psychological Association and has published a number of journal articles, books chapters, as well as three books: *Mental Health and Psychological Practice in the United Arab Emirates* (2015), *Islamically Integrated Psychotherapy: Uniting Faith and Professional Practice* (2018), and a children’s character development book *Maya and the Seven Limbs* (2020).

## About the Publisher

The Alkaram Institute is a 501c3 nonprofit research and educational institution dedicated to advancing Islamic psychology to benefit society and improve lives and whose longer-term goal is to become the first Muslim graduate school of psychology in the United States. It’s new publication wing – Alkaram Press – publishes books on Islamic psychology, spirituality, mental health, wellness, and healing. For more information visit: [www.alkaraminstitute.org](http://www.alkaraminstitute.org)