

**ALTERED STATE OF CONSCIOUSNESS
IN KAROMAHAN PERFORMANCE**
(A Case Study in *Pondok Pesantren Rohmatul Ummah
Assalafy Jekulo Kudus*)

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2014**



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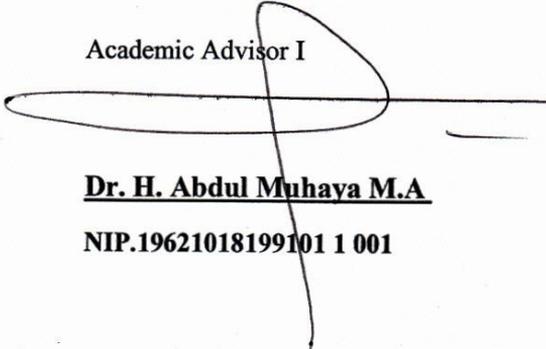
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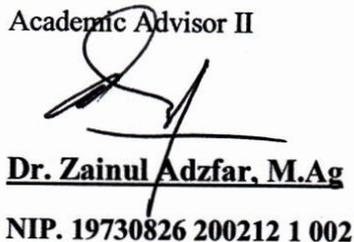
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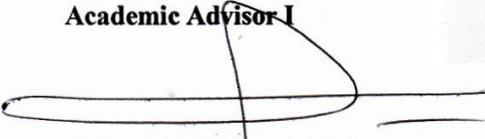


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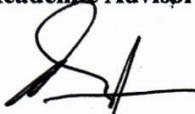
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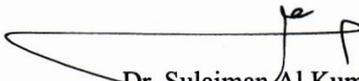
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MOTTO
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وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مِنْ أَمْرِهِ يُسْرًا
وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ
وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ ءَامَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِنَ السَّمَاءِ وَالْأَرْضِ

DEDICATION

This mini thesis is deicated to:

My beloved father Suwindi and mother Sarpiyah,
My beloved families Saifuz zuhri, Hasanatul islamiyah, Ahyat
umar rifa'i

My special Advisors teachers ustadz Muhaya and Zainul adzfar
and all of my excelent lectures,

My beloved Zahrotuzzuhurin nadwah

My friends in FUPK and ushuludin faculty especially
Muhammad Yasin, Ahmad munji, Sugiono and Ahmad Ainur
rofiq

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Glory to Allah, who created all, to man He gave special place in His creation. He honored man to be His agent, and to that end, endued him with understanding, purified his affections and gave him spiritual insight. So that man should understand nature, understand himself, and know God through His wondrous Signs. Glory Him in truth, reverence, and unity. The Glorious God who sent Muhammad (peace always be upon him) as Messenger, preaching and working in the dim twilight of history. He stood for all humanity, orphans, women, and slaves, whom the world neglected or oppressed. And he comes to me, bringing the light to lighten the shadow, disclosing the cover of my indecision and inspiring me with his love to keep struggling, to win God's gifts.

This final assignment entitled ALTERED STATE OF CONSCIOUSNESS IN *KAROMAHAN* PERFORMANCE (A Case Study in *Pondok Pesantren Rohmatul Ummah Assalafy Jekulo Kudus*) will not be finished if not with the help and encouragement of those who always take their time to help me accomplishing this final task. Likewise, nothing I can convey except the thanks coming sincerely from the deepest of my heart for their contributions to give moral and material assistance. I dedicate my special regards to:

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Semarang, 17 November 2014

The Writer

Zalil Wahab
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TRANSLITERATION

viii

English transliteration system
International versionⁱ

| Arabic | Written | Arabic | Written |
|--------|-----------|--------|-----------|
| ب | B | ط | ṭ |
| ت | T | ظ | ẓ |
| ث | th | ع | ‘ |
| ج | j | غ | gh |
| ح | ḥ | ف | f |
| خ | kh | ق | q |
| د | d | ك | k |
| ذ | dh | ل | l |
| ر | r | م | m |
| ز | z | ن | n |
| س | s | و | w |
| ش | sh | ه | h |
| ص | ṣ | ء | ’ |
| ض | ḍ | ي | y |

ⁱ Tim penyusun skripsi, *Pedoman Penulisan Skripsi Fakultas Ushuluddin*, (Semarang : Fakultas Ushuluddin 2013) P. 142 - 144

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ABSTRACT

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Key word: Altered state of consciousness, *karomahan* performance

Karomahan is one of kind of psi phenomenon. It has been held in *Pondok Pesantren Rohmatul Ummah Assalafy* Jekulo Kudus and became one of the *ilmu hikmah* that is studied. Usually, this performance practiced on 1st night of *syuro*. This performance involved all of student (*murid*) when be held, as short description this performance is contest of spirit (*khodam*). This phenomenon was believed as performance of spirit (*khodam*), for example, practitioner behave like animal, usually like lion or tiger and he is able to be what he want. Practitioner also was believed had psi power as prerequisite to do *karomahan* performance.

This study is field research and tries to answer what is *karomahan*, and what kind of feeling and experience in this performance. The writer will describe what is *karomahan* according to data of observation and interview. Based on this data, the researcher will analyze and indentify scientifically what actually happen in this performance, and what is the correlation with altered state of consciousness, is that true or fake performance. Furthermore, researcher want to explaine what is benefit of *karomahan* scientifically. The last writer draws several conclusions related to the focus of study.

Based on data, *karomahan* can be described as *khodam* performance, but in modern term *karomahan* is performance of consciousness change (change of normal consciousness into altered state of consciousness) where practitioner can access the consciousness (character) what be intended. This research answer

khodam phenomenon scientifically and explain it clearly. This performance give the experience to the practitioner. This is called as altered state of consciousness experience. This experience appropriate to general characteristic of altered state experience. *Karomahan* experience can be clasified into nine feeling or experience, there are strong believe in the beginning, heavy and dizzy in the first induction, change body image, forgot time, sense of ineffable, change in meaning or significance, change emotional expression and the last is tired after performance. The main function of *karomahan* is change of consciusness from normal state to altered state of consciousness. This function affect to meaning of perception. So, people can be meaningful of life.

CHAPTER I

INTRODUCTION

A. Background

Psychology in general is the science of consciousness. Every science in psychology is always in contact with consciousness either directly or indirectly. Human being tried to correlate their behavioral experience with the awareness within, they also tried to connect consciousness to one another. Human consciousness is always connected with their environment even though they do not realize it.ⁱⁱ

Further discussion about consciousness, there is other side of normal consciousness as known by ASC (altered state of consciousness).ⁱⁱⁱ Come in with ASCs our present science of psychology growt to understand human experience such as human consciousness when trance, hypnotic, mindfulness, dreaming, drugs intoxication, shamanic experience, spirit

ⁱⁱ Charlest t tart, *Transpersonal Psychologies*. Harper & Row publisher, New York, 1977. Page 3.

ⁱⁱⁱ Charlest t tart explained normal state of consciousness is the one in which he spends the major part of his waking hours. Normal state of consciousness and mind are quite similar and similar to all other normal men that is almost a universal assumption and one of questionable validity. An altered state of consciousness is feels a qualitative shift in his pattern of mental functioning, that he feels not just a quantitative shift (more or less alert, more or less visual imagery, sharper or duller, etc.), but also that some quality or qualities of his mental processes are different.

possession, etc. this theory placed in fourth force (transpersonal psychology).^{iv}

Transpersonal psychology is concerned with the study of humanity's highest potential, and with the recognition, understanding, and realization of unitive, spiritual and transcendent states of consciousness.^v

ASCs also noticed by individual deviation mental states of subjective experience or psychological functioning, from the cognitive norms of that individual during waking, alert consciousness. Generally, ASCs can be produced by any agent which interferes with normal flow of sensory stimuli, the normal outflow of motor impulses, the normal 'emotional tone' or the normal flow and organisation of cognitive processes. Specific activities which can cause such irregularities include sensory deprivation (sleeplessness or fasting), meditation, intensive and prolonged dancing, repetitive movement (particularly when

^{iv} There are fourth force theory in psychologi: positivistic or behavioristic theory ("first force"), classical psychoanalytic theory ("second force"), humanistic psychology ("third force"), Transpersonal Psychology ("fourth force")

^v Alternative Journal of Nursing July 2006, Issue 11, page 2.

combined with rhythmic sound, light flicker or fatigue) and the consumption of psychoactive (mind-altering) substances.^{vi}

ASCs can be produced through a variety of methods and can appear in almost any context. Inducing the transition to an ASC is a three-step process, based on two psychological and physiological operations. The process is what happens internally; the operations are the particular things you do to yourself, or someone does to you, to make the induction process happen. In the following pages the steps of the process are described sequentially and the operations are described sequentially, but note that the same action may function as both kinds of induction operation simultaneously^{vii}

The first induction operation is *disrupting forces* in order to disrupt the stabilization of your normal consciousness, to interfere with the loading, positive and negative feedback, and limiting processes/structures that keep your psychological structures operating within their ordinary range. Several stabilization processes must be disrupted. Stabilization processes can be disrupted directly when they can be identified, or indirectly by pushing some psychological functions to and

^{vi} David collard, *Altered States of Consciousness and Ritual in Late Bronze Age Cyprus, thesis*, University of Nottingham, t.th. page 24-25.

^{vii} Charles T tart, *State Of Consciousness*, Dutton publisher, New York, 1983. Page 71.

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