

## **SUFI RAQS AND MUSIC GRANT ECSTATIC TO SOCIALLY GLUM PEOPLE**

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### **ABSTRACT**

*In Sufism Sama is related to sufi music and raqs is related to ecstatic movement of body and head as well this state also known as dancing. in Sufism listening sufi music and dancing is relate to sufi practices. When people socially depressed from society they feel isolation after that they search the enlightened path which connect their soul with God which gives them satisfaction and courage to face the society and remove their harsh feelings about life. The tie of these both terms invite them to protect himself from isolation, social pressure and evil spirits which disturb their social life. in this research interviews are conducted from 6 respondent which were the part of sufi practices. These interviews show that Sufi music and Sufiraqs were the major source of peace and courage towards people to maintain their social life and to connect them with divine love.*

**KEYWORDS:** *Sufi Music, Dance, Practices, Sufism, Spiritual Peace*

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