

## **The stages of returning to the origin in mystical literature and how to achieve it, with emphasis on Rumi's perspective**

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### **Abstract**

From the perspective of mysticism, returning to the origin is an elevating movement to liberate oneself from alienation and reach the true source of humanity. According to Mawlana Jalal-ud-Din Muhammad Balkhi (Rumi), the journey of spiritual evolution gradually unfolds through two stages: *tabattul* (utter devotion) and *fana* (annihilation in God). In explaining this path, the stages of *tabattul* and *fana*, the origin and essence of humanity, separation from the source, longing, spiritual poverty, love and yearning for return, the process of spiritual journeying and traversing the stages of perfection, movement along the arc of descent and ascent, realization of existential unity (*wahdat al-wujud*), the stage of union with the Divine, and subsistence after annihilation (*baqa ba'd al-fana*)—all of which are most beautifully expressed through the allegorical tales in the *Masnavi*—are discussed. It is demonstrated that on the path where the seeker engages in self-purification and refinement, they must acquire stages and spiritual stations (*maqamat*) such as trust in God (*tawakkul*), patience (*sabr*), gratitude (*shukr*), fear and hope (*khawf wa raja*), and contraction and expansion (*qabd wa bast*), in order to reach the intended destination.

**Keywords:** *Tabattul, Fana, Arc of Descent and Ascent, Unity of Existence (Wahdat al-Wujud), Return to the Origin, Rumi.*