

Alternative Frameworks for fragmented consciousness and psychosis

a) Sufi Mysticism

- treats nafs - (نَفْس)
- the ego or lower self as fragmented / in need of purification
- multiple selves within a person - { base urges - divine inspiration }

Nafs al-Ammārah (النَّفْسُ الْأَمَّارَةُ)

- commanding self - urges, impulsivity, chaos

concept of veil / *hijāb* /
(حِجَاب)

- ~ metaphysical barrier between this world and true reality (*ḥaqīqa*)
- ~ in altered states (dhikr, sufiy, asceticism), the veil thins, the self is exposed to divine / chaotic truths