

**Proses Memahami Kawruh Jiwa Suryomentaram: Usaha Mempersiapkan Materi Skripsi yang Membawa Berkah Penyembuhan Diri**

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**Abstract**

The researcher experienced self-healing while studying *Kawruh Jiwa* Suryomentaram for the purpose of revising her undergraduate thesis. *Kawruh Jiwa* Suryomentaram is knowledge about the soul/*raos* and its nature. This research is about the dynamics of self-healing experiences that researcher has experienced and is currently experiencing. The research method is autoethnography. The research data includes life memories, diaries, medical records, psychological reports, and interview transcripts with five significant others. Data analysis according to Chang (2008) includes fracturing and connecting, zooming-in and zooming-out, as well as balancing scientific and non-scientific orientations. The results of the research show that before experiencing self-healing, the researcher tend to has difficulty accepting her conditions and after experiencing self-healing, the researcher become more able to accept her conditions. This research shows that *Kawruh Jiwa* Suryomentaram is beneficial for the psychological well-being of researcher.

**Keywords:** *Self-healing, Kawruh Jiwa* Suryomentaram, autoethnography.

**Abstrak**

Pengalaman *self-healing* tidak sengaja dialami peneliti saat mempelajari *Kawruh Jiwa* Suryomentaram untuk kepentingan revisi skripsi. *Kawruh Jiwa* Suryomentaram merupakan pengetahuan tentang jiwa/*raos* beserta sifatnya. Penelitian ini mengenai dinamika pengalaman *self-healing* yang telah dan sedang peneliti alami. Metode penelitian adalah autoetnografi. Data penelitiannya memori kehidupan, catatan harian, rekam medis, laporan HPP, dan transkrip wawancara terhadap lima *significant others*. Analisis data menurut Chang (2008) meliputi *fracturing and connecting, zooming-in and zooming-out*, serta menyeimbangkan orientasi ilmiah dan non-ilmiah. Hasil penelitian menunjukkan sebelum mengalami *self-healing*, peneliti cenderung sulit untuk menerima kondisi secara apa adanya dan setelah mengalami *self-healing*, peneliti menjadi lebih bisa menerima kondisi secara apa adanya. Penelitian ini menunjukkan bahwa *Kawruh Jiwa* Suryomentaram ternyata bermanfaat bagi kesejahteraan psikologis peneliti.

**Kata Kunci:** *Self-healing, Kawruh Jiwa* Suryomentaram, autoetnografi.