

Spiritual Soul of Human

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Today, despite the welfare and technological advances, man still has not been able to achieve his ultimate calmness. There are both internal and external issues in human's world, if faced without meaning and connection to spiritual perceptions, each will be excruciating both mentally and physically, ultimately affecting his mental health by these apparently powerful little cognitive-behavioral obstacles, so that he loses the pulse of life. This is to say that spirituality leads to perceiving meaning, purpose, realizing moral values (1) and eventually guiding manners (2).

Although whatever has been done so far in the area of treatment and prevention has been able to ensure relative prosperity and well-being, it seems that shorter and less time-consuming methods can be adopted in the area of prevention and treatment. Introducing the way with spirituality truth is one of those direct brief paths of human's salvation and happiness.

The idea that health lies in soul is in fact the main subject of the relationship between health, religion, and spirituality. For Muslims, Christians, Hindus, and Catholics, from adolescence to adulthood, spirituality is a major factor in health (3).

Accordingly, since the existential texture as well as spirit of human are derived from spirituality, it is easy to use his own cells to repair the same tissue; that is, to revive, enhance, and promote the manners, speech and existential cognition of human through the path which is based on and associated with human's nature - spiritual soul of human not only can obtain the results sooner, but also yield a more solid and favorable result for human. The question which is raised here is related to the distinction between mental health and spiritual health, and when mental health is provided, why is spiritual health needed? In response to the first question, one can say that once an individual has overcome anxieties and tensions, he will be able to solve the problem, enjoy his interpersonal relationships with others and manages them; in general, he can have a degree of calmness based on reality and right-thinking approach. The person has mental health; that is, there is a relative balance in this person who can be referred to as a balanced individual. Nevertheless, from a different viewpoint, this concern is raised that in fact how the problem of anxiety, the management of relationships, and in general, the health and welfare of such people have been possible. Management of depression and anxiety is achieved in a variety of ways; for instance, adopting methods such as yoga, mind concentration, ascetic life of Indian fakirs, and behavioral skills can be examples of conflict and worry solution. Yet, are all these methods providing desirable adequate outcomes? In ensuring mental health, many methods can be used based on the level of knowledge, motivation and expectations of the individual; methods that may also provide balance. However, all human beings on the path of life want to move forward, or, in other words, they want Spiritual Transcendence. Spiritual Transcendence refers to the ability of individuals to have a subjective broad view of life, which seeks a profound sense of meaning in life (4).

The tendency toward perfectionism and idealism leads to human satisfaction in the process of time through transcendental and authentic methods. Put

another way, in the discussions about mental health, striking a balance can be seen in many forms; but when it comes to spiritual health, not only balance but also transcendence have a decisive role. Therefore, all the factors contributing to spiritual health can be both a source of human health as well as balance and a promoting factor for transcendence of his soul. This is because spirituality is considered to be an inherent and undeniable characteristic of the human soul, and it is essential to fulfill the needs and to ensure health through this fact so that the main human aspect of man is not overlooked.

The findings of scientific research indicate that during Ramadan the rate of crime and abusive behaviors is lowered; on the other hand, normal and decent behaviors rise. Researchers in recent studies have shown that fasting is a spiritual behavior that directly affects mental health.

Here, the question that arises is how can tolerance of suffering such as hunger which lasts for a long time

increase normal behavior? Firstly, the spirit of Ramadan is derived from spirituality and divinity, and the latent spiritual soul of Ramadan brings to everyone, ignorant or in the know, a relatively good development in behavior, deeds and speech, and this is why the rate of wrongdoing that is inherent among some individuals as a way of life to them falls in this month. Secondly, any behavior must have a meaning in itself in order to persuade the audience to do it and repeat it. Giving meaning to all Ramadan rituals, including hunger and thirst, improves the resilience of the human being, which itself is a factor contributing to mental health. In fact, tolerating hunger and thirst becomes a purposeful behavior that is devoid of any annoyance and is an introduction to existential transcendence; that is, after hours of suffering hunger and thirst, factors such as patience, forgiveness, charity, and sacrifice will be vividly manifested both in human's face and his manners.

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