

Health of Soul, its necessity and importance

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Abstract

Background and Objective: Health literally means keeping and being healthy; in scientific terms, it means preventing diseases, promoting life, preserving and protecting human health. In these definitions, it seems that the health of the soul, which is one of the most important areas, has been neglected. Therefore, the purpose of this study was to determine the nature of the human soul, and how to achieve prosperous factors as well as how to avoid and prevent the destructive factors of the soul.

Method: This analytical study was carried out as library research, using religious sources and reviewing the verses and quotations of the Imams in Islamic texts and studies by the scientists. Accordingly, the existence of the truth of the soul was first proved by rational and evidentiary arguments. Then, utilizing intuition and logic, its significance was confirmed so that it would be necessary to pay attention to this fact and its health. All ethical issues were considered in this study and the researchers declared no conflict of interests.

Results: Neglecting the health of soul beside contaminating it certainly causes the soul's truth to be subjected to spiritual death. Human's connections with his actions including physical acts such as nutrition play a transcendent role like that of spiritual acts such as beliefs and credos. According to the viewpoint of the Amir al-Mu'menān (AS), the human body has six states: sometimes it is alive and sometimes dead, it is healthy and sometimes sick, and sometimes sleeping and sometimes awake. The human soul also has the same six modes.

Conclusion: Not observing the health of soul will have negative consequences such as mental and spiritual illnesses for the individual and society. Moreover, it results in the loss of eternal prosperity and the prevalence of crime and betrayal in human society.

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Summary

Background and Objective: Health literally means keeping and being healthy (1); and in scientific terms means preventing diseases, prolonging life, raising the level of health and ability of humans (2). The main purpose of health in this research is the soul's health. Given the fact that health is the science of superior life and human health, and from another angle, treatment for the individuals and society imposes not only high economic costs but also many physical, psychological

and family problems. Therefore, in the constitution of the Islamic Republic of Iran, several principles have addressed it.

In the health of soul, we aim to shed light on health by recognizing the soul and its proof, and its connection with the body and human actions.

Method: This study adopts a descriptive and library approach, with references to religious sources, as well as the study of the verses and quotations of the Imams (PBUT) in Islamic texts or by using scholars' research. First, the existence of the soul was proved. Then, its meaning was addressed so that it would be necessary to

pay attention to it and its health, with emphasis on the noble words of Imam Ali (AS).

Results: A) Existence of Soul

An important topic in the soul's health is self-esteem. There is a long history in believing in a dimension other than the material one, and has long been considered by scholars and philosophers. Socrates, from example, refers to the separation of the soul from the body (3). Islamic philosophers like Avicenna, Sheikh Ishraq and Mulla Sadra also emphasized the two areas of humanity in their works (4-6). In contrast to this view, a group believes in the integrity of mankind, not believing in the next material body (7).

To prove the spirit, there are many rational and cited reasons along with empirical and intuitive evidence reinforcing this argument:

Rational reasons

One of the authors lists about twelve rational reasons in this area (8). The proof of "constant me", "adaptation of major to minor", and "the inseparable understanding of me" are among them.

One of the most important compelling arguments on the existence of the soul is based on the proof of the "unity of identity", or the "constant me". All human beings find their 'self' unique. Despite changes in the body cells, the change in some of the physical and psychological characteristics, and even the loss of some organs, there is no difference in what they call "I". This fact received by the presence of knowledge indicates that a single reality unifies all stages of human life and, despite the massive changes in the human body, always holds true (9-11).

Cited Reasons

The Quran

For example, in verse 11 of the Surah Sojdeh, the sign of the existence of the soul is implied; the angel of death takes the human soul-death happens- and takes it to the Allah. This is the soul and the body remains with the family.

Quotations

Many narratives imply the existence of a reality called the soul (12), including Prophet Muhammad (PBUH): You haven't been created to be mortal, but created to stay (13-16). According to this narration, man has an eternal reality for which there is no perish and is alive forever; and this eternal dimension is certainly not his body, because the object is destroyed. Therefore, this hadith refers to another dimension of human existence, which is a nonmaterial dimension, immortal and eternal.

Empirical evidence

In addition to rational and cited evidence, there is also empirical evidence on the proof of the soul. "A near-death experience or autoscapy" (17), "Away Awareness" (18-20), "summoning the spirits of the dead" (21) and a true dream are among such evidence.

B) Whatness of soul

A pile of research about the nature of the soul has been provided in various sources of religious teachings as well as verses and narrations.

Soul as the true identity of human; it is an eternal being

that does not end with death, and the beginning of human life is also the origin of power and intelligence, so that man is capable of feeling, movement and freedom (22). The soul, on the one hand, is the truth that governs the body's parts and acts in human beings, not being instrumental; and on the other hand, it is a supernatural truth whose structure and activity is not the structure and the activity of the universe of material, although it is related to the material world, but it is not made of material (23). Therefore, it can be said that the soul is the truth has life and understanding and it does not refer to unconscious beings (24).

C) The health of soul; its necessity with emphasis on the viewpoint of the Amir al-Mu'minān (AS)

As neglecting body health threatens its health, neglecting the health of soul also puts it at risk.

Imam Ali (AS) has considered the soul more by knowing the factors of death, life, health and its illness as well as its sleep and being awake, and the place and importance of the health of the soul and the consequences when it is disregarded and the role of observance of soul's health in the lasting and eternal health of it (15). He has stated: «The body has six conditions of health and disease; death and life; sleep and being awake; the soul being its life and knowledge; death being ignorance; illness being doubt; authenticity being certainty and vigilance being its conservation».

According to Imam's words, the human body has six modes: health and disease, death and life; and sleep and awakening. The human soul has the same six modes: the life of the soul is his knowledge, and his death is due to ignorance; his sickness depends on his certainty as to his doubt and well-being, as well as the sleep of the soul, the fault of neglect, and his awakening keeping and remembering.

Conclusion: Dismissing the health of soul poses many negative consequences including: 1. The emergence of individual and social diseases and sins, 2. The destruction of the individual and the society, 3. Deprivation of eternal prosperity, and 4. the prevalence of crime and betrayal in society and the world.

If the spirit of health is met with all its dimensions along with its eternal truth, a fundamental and basic step has been taken toward transcendence just as the dismissing the soul's health puts it at risk of collapse.

According to the words of Imam Ali (AS), what causes the spiritual life and spiritual nourishment of the soul, and therefore its health, is knowledge, the reminder and awakening of the soul; and certainty. And what jeopardizes this health is ignorance, negligence, and doubt in the human soul.

Ethical Considerations

Compliance with ethical guidelines

In conducting this research, there was no need to follow the ethical guidelines.

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Conflict of interest

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