

## PSYCHIATRY, SPIRITUALITY AND RELIGION FROM THE PERSPECTIVE OF THE PUBLIC AND GLOBAL MENTAL HEALTH

### PSYCHIATRY, SCIENCE AND RELIGION AS PARTNERS IN PROMOTION OF PUBLIC AND GLOBAL MENTAL HEALTH THROUGH SPIRITUALITY

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Our world is still divided into rival nations and religions, with confronting ethics, many examples of pathological religiosity and violent extremism, malignant nationalism, terrorism and many war conflicts across the globe producing and perpetuating huge mental health problems. Current world divided as it is, risks sliding deeper into instability, a "dark anti-Utopia" and possible the end civilization. For some, God represent a primitive concept to interpret the world or delusion while religion is "opium for people". However, healthy spirituality and sound religiosity make us more human and are essential component of individual and public and global mental health. We are basically spiritual beings of faith that gives meaning to our life and makes our life worth of living. Our positive and negative beliefs impact every dimension of our life as well as our mental health. Faith in God helps us taming our selfish brain and monkey mind as well as to change "us versus them" mentality. Ideas of God, spiritual practice and contemplation may changing our brain functions enhance cognition, creativity, wellness, compassion, altruism, communication, peace. Some the most famous scientists claim that the sensation of the mystical is the power of all true science. Psychiatry, religion and science are continually changing. Through creative dialogue and partnership as allies they could significantly contribute to the healing of our divided world as well as to promotion of compassionate society and empathic civilization.

The aim of this paper is to address "humanity's wake-up call" and stress and support mutual understanding and creative cooperation between religions, psychiatry and science for better world in promotion of public and global mental health, research, patient care and education.

**Key words:** psychiatry - religion - science - spirituality - public & global mental health - empathic civilization

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### BROTHERHOOD IN HUMANITY AND GLOBAL MENTAL HEALTH - CHRISTIAN ASPECT

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Brotherhood or fraternity is a very broad term, so its various aspects are described. These are the rhetorical, political, religious and psychological aspects of the fraternity. An interdisciplinary approach with an emphasis on communication theory, especially media ecology, is used. The author gives a short periodical historical review of the brotherhood through the various developmental phases of human consciousness. The thesis is that spiritual guidance is an extremely important element for the quality of growth and realization of brotherhood in humanity, because with every transition of consciousness there is a risk for mental health. However, scientific research shows that spirituality and spiritual development have positive effects on the psychophysical condition of humans. The paper shows that brotherhood can have positive and negative manifestations. The positive manifestation of brotherhood and spiritual friendship in today's global society has an invaluable influence on the mental health of people and provides guidelines for healthy integration and healing of the world burdened with conflicts. The development of civilization of compassion is possible through growing up and ingrowth in mystical Body of Christ through brotherhood.

**Key words:** brotherhood - mental health - Christology - spiritual guidance - media

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## FRATERNITY IN HUMANITY AND GLOBAL MENTAL HELATH - ISLAMIC PERSPECTIVE

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The aim of this paper is to give islamic perspective to the topic mentioned above. Qur'anic verses and Prophet's hadiths will be our source in defining the key words what will further guide us towards the explanation how islam affects, influences and in general contributes to the mental, spiritual, individual and global health. Considering that spiritual health is not only the absence of illness, rather it is soul contention, it is necessary to include observation of the ways for strenthening the faith, what will, consequently, lead to the spiritual well being and, in the end, towards better mental health for the individual and community in general. Since the faith is confirmed through humantiy and fraternity, the observation on the faith's influence on more human picture of mankind is inevitable. Almost every individual strives to find the answer on the question what is the purpose of his/hers life. The faith gives answer on this question and the presence of this awareness (purpose of life) strengthens mental health.

**Key words:** fraternity in faith and humanity - global mental helath - individual mental health - spirituality

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## MENTAL HEALTH AND SPIRITUALITY

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The paper deals with relation of spirituality and religion as well as its influence on mental and spiritual health. It analyzes how people use their beliefs and religion as help in restoring balance necessary for attaining mental health. The paper also points out the significance of spirituality and spiritual peace as the component of mental health and its preservation. The purpose of this paper is to show that religious people deal easier and better with dangers which can damage mental health. That is noticed through longer lifespan and rare illnesses. However, spirituality is not a guarantee that religious persons will not suffer from mental disorders which can result in mental illnesses and their consequences. Illness usually leads to distorted self-image and the environment which surrounds the patient. Being a religious person does not mean being exempt from illness, but religious persons deal easier with illness and going through the healing process.

**Key words:** health - mental health - spiritual health - belief - religion

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## A SPIRIT IS THE ONE THAT REVIVES - THE PRINCIPLES OF SPIRITUAL THERAPY

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Spiritual therapy starts with the belief that a man is an original spiritual being and the human spirit is the strongest source of his power. In fact the spirit is the most powerful and most important factor in a complete healing. Spiritual therapy respects and accepts all the help a person can receive from other types of psychotherapy, provided that those also respect the fundamental principles of theological anthropology and the basic two are: 1) the faith in God - the Creator of all that exists; and 2) the belief in the Biblical teaching that Man was created in the image of God Himself, and that he is therefore free, responsible and transcendent (open to God and absolute values) finding the meaning to his life in realizing the plan God intended for him. Spiritual therapy aims to help a person establish contact with the living God, the source of life and joy. The human spirit receives its being from God and if this connection is disturbed in any way, the person in whole will feel those harmful consequences. When a human spirit returns to God and establishes an authentic communion with Him through faith, hope and love, the person flourishes on all levels of its personality. The author analysis mental illnesses and proposes successful therapy in order for a healthy mind through the soul and its impact on the body to confirm the well-known saying: "A healthy mind in a healthy body". The basic principles of spiritual therapy brought in