

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

**Aziz Hasanovic**

*Meshihat of Islamic Community in Croatia, Zagreb, Croatia*

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

**Iko Skoko, D. Topić Stipić, M. Tustonja & D. Stanić**

*University of Mostar, Faculty of Humanities and Social Sciences, Mostar, Bosnia and Herzegovina*

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

**Mijo Nikić**

*Faculty of Philosophy and Religious Studies, University of Zagreb, Zagreb, Croatia*

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

this text are: 1) Residing in peace with God, other creations and yourself; 2) Activate main abilities of the spirit: faith, hope and love within yourself; 3) Live in the liberating truth; 4) Accept and devise in faith the inevitable suffering; 5) Strengthen the power of the spirit through trust in God, prayer and sacramental life.

**Key words:** diseases of the spirit - spiritual therapy - faith - hope - love - God - health - sacraments

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## THE PHENOMENON OF MIRACULOUS HEALING THROUGH SUGGESTION IN THE CONTEXT OF FAITH AND MAGIC - PSYCHOLOGICAL-THEOLOGICAL APPROACH

Josip Blažević

*“Croatian Areopag” Centre for Interreligious Dialogue, Croatian Provinces of Conventual Friars, Zagreb, Croatia*

The example of the practices of three eighteenth and nineteenth century physicians, the author points out the importance of the profile of healers whose role (suggestion) in the healing process was more effective than their controversial methods. The following represents the impact mechanisms of suggestion (placebo effect) on the amazing healing phenomenon, indicating the possibility of the fatal consequences of suggestion in the context of (black) magic (nocebo effect), corroborating the facts stated. It warns of the frequent confusion of the fields of psychology and religion (the resuscitation of Mesalianism, the ancient misconception of confusing authentic spiritual experiences with psychological states), which has become the dominant feature of New Age self-help literature and psychology. It concludes with Christian miracle theology and features of Christian prayer for healing, suggesting guidelines useful for the pastoral and therapeutic work that has been derived from this research.

**Key words:** faith - magic - suggestion - miracle - healing

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## PSYCHOANALYTIC PARADIGM AND ITS MEANING FOR CHRISTIAN ANTHROPOLOGY

Sanda Smoljo-Dobrovoljski

*Catholic Faculty of Theology, University of Zagreb, Zagreb, Croatia*

This paper explores the contribution of the psychoanalytic paradigm to Christian anthropology. In three thematic units, the author explores how certain classical psychoanalytic phenomena and concepts can contribute to a better understanding of growth and development in Christian maturity.

In the first part of the article, the author interprets the instance of the unconscious within the psychic apparatus, with particular emphasis on the analysis of untapped potentials, repressed abilities, and conflicts that can obstruct growth in evangelical values.

Since the imbalanced psychic structure can affect the spiritual dimension and impede its authentic growth and development, the contribution of psychoanalytic theory, which enters into deep dynamic and motivational categories, has a significant role in pastoral activities. Therefore, the second part of the paper focuses on the differential picture of the application and understanding of the psychoanalytic model of the unconscious in the pastoral context.

In the third part, from the perspective of Christian anthropology, the author elaborates through the analysis and presentation of specific clinical cases how psychological maturation, which inevitably leads to a re-examination of motivational forces, can prepare the ground for a "dark night of the soul", after which a person, with the action of grace, can experience a qualitative leap of faith, and turn a psychological struggle into a spiritual struggle.

In the concluding part, the author emphasizes the importance of integrating the natural and the supernatural dimension, and concludes that the psychoanalytic model and Christian anthropology should not be viewed from an exclusive „or-or“ perspective, or through a model of identification, but rather that these two autonomous areas should be viewed in a dialogical and cooperative relationship.

**Key words:** psychoanalytic paradigm - Christian anthropology - psychological and spiritual struggle - dialogue - integration

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