

## Health in Metaphysics Perfective

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### Abstract

*This research discusses health from a metaphysical perspective. The method used in this research is qualitative research design. The results of this study indicate that by studying health from a metaphysical perspective, it opens the curtain that unfurls the secrets of the soul, spirit and other spiritual tools, thereby encouraging us to study metaphysics so that we become healthy people physically and mentally who are able to incarnate justice, prosperity life of a nation and state, as well as being able to provide prosperity in this world and the hereafter.*

### Keywords

Health; Methaphysics;  
perfective



### I. Introduction

Several centuries ago, human life was close to nature, rational nature was a way of thinking that was put aside. Human life is influenced by a culture based on the occult, which still tends to think using prayer, magic, and spells. In modern culture and globalization or nowadays people tend to make rational calculations when they have to make an important decision. Human Resources is the most important component in a company or organization to run the business it does. Organization must have a goal to be achieved by the organizational members (Niati et al., 2021). Development is a change towards improvement. Changes towards improvement require the mobilization of all human resources and reason to realize what is aspired (Shah et al, 2020). The development of human resources is a process of changing the human resources who belong to an organization, from one situation to another, which is better to prepare a future responsibility in achieving organizational goals (Werdhiastutie et al, 2020).

The human lifestyle leads to an academic profession that is integrated with powerful communication media. So that we live in the real world, but in fact humans live more in cyberspace, and humans cannot live without a set of logical and reasoned beliefs, in other words, we are increasingly busy with global communication media. So that humans will neglect to remember God and forget what God's purpose in creating humans. This is what the thinker and metaphysicist M. Iqbal says "most people forget to invite God to be a co-waker (co waker)".

The progress and sophistication of communication and information systems, makes social media from various sources in the global world so fast. Everything, both in the form of scientific information and in the form of anything that is needed, can be found on media that provides information on the internet. There are good and even bad ones that can shape human character to change instantly. This is because there are many sources that distract people from God, so that people's opinions about religion are now rapidly shifting and turning into culture, which is influenced by social media. So that the religion revealed by God which should be so great and noble will become powerless to most of the followers of religion in this world.

Modernization and globalization is a process of change towards a more advanced direction in all aspects. socio-demographic, socio-political, social organizational structure,

science and technology, communication technology, music, lifestyle, culture, medical science and others which are interpreted as something new, up to date, or the Now era. So that the concepts of modernization and globalization can also reach all multi-dimensional aspects, including those that are developing throughout the universe that are entering millennialization and some even say that as the end of the era of modern life and globalization, the phenomenon is still limited to the interests of living in the world. However, it can shift humans from the divine life, which is actually the nature of their existence as human beings as expressed by all religions.

In a complete human being, there are actually other sources of experience that are above the normal level of experience, such as the subconscious, the conscious, and the metaphysical realm above the conscious. Metaphysics is in humans as a reality that can actually be reached by perception and thought. Self-reality can be found by metaphysical methods, because humans themselves are objects of metaphysics. From the self-reality produced by this metaphysical intuition, humans can become an unattainable reality.

By studying metaphysics the ability of the soul to be able to adapt quickly and precisely to a new situation, must be developed. The human soul must be filled with good and correct values, so that the formation of its character can be in accordance with the current conditions, to be able to overcome situations that take place quickly with exposure to various temptations of science and technology and social media which greatly distract the human soul from remembering God, even humans shifted with the flow of life in this mortal world.

The essence of the material world is the so-called self (physical) which in this case interacts with the metaphysical soul. It can be called like that, because the human physique is brought to life, by metaphysical things. So that the physical which is facilitated by God with ears to hear, eyes to see, and brain to think can do free activities. And with the awareness of his soul, humans carry out activities in a style that is usually called character, which is constantly changing constantly and freely. There is activity, action, there is constant movement activity. So the essence of life is action and movement itself. Psychology has shown us that there are three realms of consciousness, namely the first, the unconscious, the second the conscious and the third the realms above the conscious. Therefore, in proving the truth, Wisdom Muta' aliyah uses real and logical arguments, namely a concept is considered correct if it can be accepted rationally. Unfortunately for some scientists who have not studied, and understand more about metaphysics, are less accepting of the series related to metaphysics. When called metaphysics, they immediately pony, things like, heresy, magic, mystical, crazy, heretical. Intuition that cannot be proven over and over again, and so on. Whereas man himself is absolutely a part of metaphysics, and man is a subject and object of metaphysics, meaning that his body is part of physics and his spirit is part of the Meta (unseen).

So speaking of metaphysics, actually it will be directly related to all things related to the one who created the creatures and the universe. Regarding that fact, it cannot be denied because God is the creator of this universe and including all its contents, Mautia, Angels, Devils, Jinns and demons and the like are metaphysical objects. But it must be remembered, that humans are the key to the existence of a physical and metaphysical activity, and that's why humans were created by God. Man as the end of all creation, is the choice of the creator as a perfect creature to be made his caliph on earth.

Metaphysics is the highest science of all existing sciences, therefore, humans as the subject and object of metaphysics must study metaphysics. Learning metaphysics educates humans to know about themselves and their abilities and who created them, so that smart humans are grateful for what they were created for.

In the Word of God QS Assajadah, 32:9 it is said that very few people are grateful, this is because humans do not really understand what they were created for. By studying metaphysics, humans will be literate about very basic things about God and all that he created, especially human beings themselves, what, who and for what they were created. So that humans want to maximize their abilities as a form of gratitude to answer what the real purpose of humans was created by the creator, namely so that humans become superior in accepting as representatives of God or God's Caliph on this earth. His superiority is not because of his extraordinary knowledge of theoretical knowledge, but is determined by the results of its benefits for himself and the people of the world.

Science and technology is basically good, but some of it can raise doubts, obscure human existence as both subject and object. For example, Charles Darwin's theory of evolution, IVF, cloning, etc., which can cause humans to doubt their own origins. Although on the one hand the progress of science and technology has made a positive contribution to the worldly life of some humans, on the other hand some are still living in traditional and primitive conditions and some are even threatened with starvation and death.

If religious people in this world do not have the ability to align and develop between religious beliefs and advances in science and technology then the tendency of secularism will occur in humans as is happening at the present time. Science should not make humans secular, because humans are not absolute subjects. Humans must obey the rules and guidelines given by God.

Science itself is God's creation, therefore it is impossible for science to conflict with religious teachings. Science is a supplement to religious teachings for the benefit of the mission of human life on this earth, in overcoming its problems as caliph.

## II. Review of Literature

Health is one of the supporting elements for the means of the soul in carrying out activities, especially worship to God and other activities. Therefore, health plays a very urgent role. Without a person's health condition, it is naturally difficult to carry out various efforts to fulfill basic obligations. In other words, it can be concluded that health is the main capital in humans to achieve the goal of success in the world and safe in the future.

In the repertoire of religions there are two popular terminology about health, namely Ash Shihah and Al Afiat. According to one scholar that the meaning of Ash Shihah is a form of health that includes physical, physical or outward while Al Afiat is a form of health that includes the soul or mind. Islam has long ago provided clear, complete and integrated instructions about the concept of the importance of maintaining good health both physically and spiritually.

The following is the concept of maintaining physical health according to Islam, namely:

1. Maintain cleanliness from all aspects ranging from the whole body, food, clothing, shelter and environment.
2. Keeping Food. Islamic teachings always emphasize that everyone should eat good and halal food, good and halal, both in substance and in obtaining it. Allah commands us to eat food that is lawful and good as in the Word of Allah SWT in the Qur'an, which means: "And eat food that is lawful and good (thayib) from what has been provided for you and fear Allah in whom you believe." (Surat al-Maidah: 88). "O mankind, eat what is lawful and good from what is on earth, and do not follow the steps of the devil; for verily the devil is a real enemy to you" (Surat al-Baqarah: 168). This shows an

appreciation of health, because food is one of the determinants of whether a person is healthy or not.

3. Harmony maintaining regular exercise.

Sports were recommended by the Prophet Muhammad such as swimming, archery, running, horse riding, wrestling, and so on. So Muslims should not be lazy to exercise. Sport aims to make humans healthy and strong. In Islam, health is seen as the second best blessing after Faith. In addition, many acts of worship in Islam require a strong body such as prayer, fasting, pilgrimage, and jihad. In fact, Allah loves strong believers. Therefore, exercise is necessary. From Abu Hurairah RA. The Messenger of Allah (SAW) said, "A strong believer is better and more beloved to Allah than a weak believer".

### III. Result and Discussion

#### 3.1 Mental health in metaphysics

The metaphysical basis of mental abnormalities or mental health is the inability of individuals to face reality, which results in many mental conflicts in the soul so that the physical changes in behavior. Usually, mentally ill patients are individuals who are unable or intentionally unwilling to take responsibility for physical behavior for example caused by very heavy economic pressure, being disappointed in love, physical inequality and by experiences such as being subject to witchcraft, witchcraft, witchcraft, interference by Jin and Satan and other very unpleasant things, so that the soul in mental form can become afraid, low self-esteem, and so on.

The severity and severity of pain as a result of mental stress depends on the size of the disorder causing it. If the pain is not immediately removed, it will interfere with the spiritual, resulting in mental disorders in humans. In modern medical science, what is known as the science of psychomatics has been developed. This new science is also known as Integrale Geneeskunde, which is a science that aims to get to know and know more about the whole person who suffers from illness, both physically and spiritually.

The discovery of this new science is different from the previous sciences, because the diseases that exist in the external (infection, bacteria, etc.) is due to the absence of harmony or balance between the body and the spirit. If there is no balance between the physical and the spiritual, a person will cause obstacles to mental activity, so that his mentality becomes less effective.

The fact often happens, someone who has the will, purpose or ideals and a plan that has been prepared carefully and with great effort, suddenly reality shows failure, which was hoped for, aspired to not materialized, even far from what was originally thought.

This kind of failure will cause serious mental stress. The onset of mental disorders sometimes causes it to escalate into acute mental disorders, which can cause mental stresses, which will eventually become insane. If not treated immediately, it will cause tension in the physical muscles which in turn will damage the tools in other body parts. If the tension or spasm of the organs of the body lasts for a long time without realizing it will cause pressure on the arteries which in turn will also raise blood pressure. This is what will then cause high blood pressure even some diseases such as nerves, gland diseases,

Diseases caused by such mental stress are generally very difficult to cure with drugs made of chemical or natural materials. Of course, this mental illness can only be treated by metaphysical means and spiritual medicine. Examination of this type of patient requires a thorough examination (integral) or the mutual influence of the physical (physical) and mental (spiritual) of the patient.

Through the examination it will be concluded that in essence the physical part of the sick is very dependent and influenced by the personality of the sufferer. It can also occur due to the influence of the surrounding environment, for example: due to economic pressure, conflicts between families, between comrades in arms (office), ambition to gain position, always expecting praise, sexual disturbances and surrounding influences that cause mental and spiritual conflicts that will cause illness physical.

Modern psychology provides accurate evidence of the truth that the main treatment in the science of Psychomatics is religious ethics (Religious Ethiek). The emergence of emotions, envy, jealousy, greed, greed, greed, disrespect, asking to be worshiped, crazy for rank and fighting for position, miserliness and all kinds of emotions of disobedience are the source and origin of all kinds of mental illnesses that will cause physical and behavioral diseases. Physical ailments that appear, cannot be cured by ordinary drugs before the metaphysical mental illness that causes them is not treated first.

Treatment of metaphysical mental illness can only be done with or by metaphysicians as well. The form of treatment for this spiritual disease is to carry out all religious teachings and commands. Through religious ethics, all kinds of disobedient emotions are assimilated to cause a spiritual process of relay, which makes the evil emotions turn into emotions that are subservient to values, sincere, holy in the form of an invitation to righteous deeds that will bring benefit to oneself themselves, society, state and nation. With this information, it is clear that metaphysics is the main factor in producing human beings who have physical and spiritual order or morals.

### **3.2 Healing Of Disease in Metaphysical Perspective**

Healing disease from a metaphysical perspective aims to treat the soul through various things that work on various elements in the human soul. This method integrates the dimensions that exist in the unity of the soul such as sight, hearing, reason and mind, mental, emotional, and spiritual, with the aim of improving balance, wholeness, and unity in the physical and metaphysical world of the healed self.

Healing of metaphysical diseases is mostly done by some metaphysical practitioners, to see which healing of metaphysical diseases is usually done by bringing to true Sufi practitioners, one must understand all aspects of oneself. Both mentally, physically, emotionally, and spiritually. If those who suffer from illness do not understand these aspects of themselves, they are usually treated by coming to a Sufi teacher to ask for prayer. And from the prayer of the Sufi teacher, healing is obtained which is often referred to as metaphysical perspective healing.

Prayer means connecting with the almighty God, with all your heart, mind, body, and soul, calling, wanting, and getting closer to God. In prayer, we also find the deepest hopes and fears that rise in the soul. To get this atmosphere, "Meditation" is usually done, which in Sufi terms is called iktikaf.

Iktikaf or suluk is the way we learn and control our mental and emotional bodies and find our true selves," by doing as much dhikr, led and directed by a Mursyd teacher whose grave in Sufism is called "Arwahul Mukaddasyah".

Dhikr literally means remembering, by first mentioning the name of God. Zikr is the first step in getting closer to the creator. Usually, Sufis repeat monotheistic phrases such as, Allah-Allah or la ilaha illa Allah (there is no god but Allah) or Allah Hu (He is the One), and the benefits of this remembrance make the soul and heart calm.

## IV. Conclusion

By studying health in this metaphysical perspective, it opens the curtain that unfurls the secrets of the soul, soul and other spiritual tools, thus giving us impetus to study metaphysics so that we become physically and mentally healthy people who are able to incarnate justice, the prosperity of a nation and state also able to provide prosperity in this world and the hereafter.

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