

Knowing the strategies and determining the ethical and mystical guidelines in creating mental peace and maintaining the family system

Momenizadeh M.,¹ Fathollahi A.,^{*2} Falsafi H.³

Abstract

Introduction: Family is the basis of society, the first building block of human collective life, the building block of society and the main focus of preserving and promoting traditions, norms and social values. And the emergence of human emotions is the focus of the family.

The early and late mystics were aware of the importance and constructive role of the family. They have learned family rules, manners and ethics to the extent necessary and sufficient from religious, ethical and mystical sources and have acquired the necessary skills. This research aims to express the role of the components of practical mysticism in the systematization of the family center and with a descriptive method and a library study, it shows that the people of Seluk, while respecting the sanctity of the family members, including their spouses and children, in paying attention and providing They have paid special attention to their mental health and happiness.

Conclusion: The mystics are diligent in establishing a cordial relationship with everyone, especially with minors, and play a role in playing and talking with children like themselves.

Key words: family, orderliness, mental peace, understanding of strategies and instructions

Citation: Momenizadeh M., Fathollahi A., Falsafi H. Knowing the strategies and determining the ethical and mystical guidelines in creating mental peace and maintaining the family system, Family and health, 1400; 11(1): 177-189

¹ - Student of Doctor of Religions and Irfans of Islamic Azad University, Khorram Abad branch.

² - Associate Professor, Department of Religions and Mysticism, Islamic Azad University, Khorramabad Branch, Khorramabad, Iran, Corresponding author, Email: alamdaralamshirazad@gmail.com

³ - Assistant Professor, Department of Islamic Philosophy and Wisdom, Islamic Azad University, Khorramabad Branch, Khorramabad, Iran