

How Does Humanology Help Us Identify Spiritual Problems?

What Criteria Can We Use to Identify Spiritual Problems?

In your opinion, what is the most important criterion we can use to identify spiritual problems or determine the spiritual health of a person? If your answer is knowing our true self or humanology, then you are correct. To further clarify this point, let us give an example to get to the answer. If we know our true self correctly, we are like some who consults the user manual of a device before using it. If we notice a problem in its operation, using the same manual will be a great help to fix the problem.

Have you ever heard about diseases and their symptoms, especially those that quietly enter people's lives and disturb their normal daily life, and wondered, "Am I healthy?" Does anything threaten my health? And have you taken any action to determine your health condition following these questions? In general, how can we be sure of our well-being?

Not only our bodies, but every living being, and even tools need to be continuously checked to stay in good condition and remain useful—in essence, everything requires upkeep. That is, do our body parts or the parts of a tool work properly? If not, what signs should we pay attention to in order to identify the problem? It is right here where our mind looks for a criterion or standard to detect faults. Our spiritual dimension, like the whole system of existence, needs this constant examination, and of course, it needs to have a reliable standard to identify spiritual problems.

In this lesson, we will explore how humanology helps us determine our overall well-being and identify spiritual problems.

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As we mentioned earlier, for assessing and making sure that our physical health is in good condition, there are various criteria, such as ultrasound reports, blood tests, and physical symptoms, each giving us information about our health condition. Similarly, there are also criteria to check spiritual health or identify spiritual problems. As the first step, we must know these criteria. To do this, we must make friends with our inner self and constantly check our spiritual state. Just as neglecting our body can lead to illness and even death, it is also crucial to spend time on our spiritual well-being.

There is an important criterion which helps us identify spiritual problems and maintain our spiritual health: Do we lose our spiritual balance and tranquility with the slightest trouble? Often, conditions such as depression, anxiety, and anger can indicate spiritual illness and imbalance. These criteria, or rather, warnings often show the unhealthy state of the soul, but they are usually overlooked because of their repetitive nature. Of course, the reason for ignoring these warnings is not only because they are repeated; there is another more crucial reason.

Unfortunately, many people do not really consider themselves human! Surprising, isn't it? Is it possible to be human but not consider yourself human? Yes, it is. When some of us define our feelings, understanding, knowledge, and in short, our whole essence, only based on the established laws, norms, and conventional customs of this world, we are no longer human in the true sense. Take for example someone

who is financially poor and considers himself a poor person and not a human being, or a person who is the head of a group and identifies himself by his job title, not as a human being. There are many other instances which might hold true for us. When we define ourselves in this way, the health and illness of our soul will depend on the positions and ranks of this world. This is where we are no longer friends with our true self, and it is meaningless for us to identify spiritual problems. That is because our criterion for happiness and well-being is miles away from the main criterion for achieving happiness and peace, which is the balance of the soul.

By reflecting on these lines, we can understand how to identify spiritual problems using humanology and how much having a human view of ourselves can make the path to achieve spiritual balance smooth and of course pleasant.

In this lesson, we discussed that we can use different criteria to identify spiritual problems as well as our physical health; these criteria helps us determine our health condition in each aspect. We also stated that our soul needs continuous care to achieve balance, and the most crucial step in this regard is to pay attention to the warnings of the soul. These warnings usually manifest themselves in the form of anxiety, depression, and similar signs. We also pointed out that knowing and being a friend to our true self and seeing ourselves as a human being make it easy for us to identify spiritual problems.

If you have any view or comments on how to identify spiritual problems, please feel free to share them with us in the comments section.