

RESEARCH ARTICLE

Healing Emotions Through Philosophical Thinking

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Abstract:

Manifesting in diverse forms, mental and emotional health problems within the contemporary society have proven challenging to current biomedical healing practice and thereby remain a significant threat to individuals' welfare. Considering the complexity of human emotions, ailing members of the society remain susceptible to adverse health implications accountable to poor emotional wellbeing. Spawning across diverse cultures with further support from narrative and explorative philosophies, the presence of body, spirit, and mind remains acknowledged as a fundamental foundation of human beings. The study adopts a theoretical approach to research and subjects base eligible base literature to the Creswell data spiral for addressing the primary research problems. Through a concrete inclusion criterion, a total of 46 studies and corporate reports are explicitly explored within the exploration. The organization of information under themes indicates the imperative role of a myriad of holistic healing approaches in appraising the emotional and psychological welfare of individuals. Findings indicate that the adoption of philosophical reasoning remains critical in capacitating of hurt individuals to use their natural body resources in healing. Philosophical perspective allows for inner integration, balance and synchrony with nature such that the healing process emanates from within and further accentuates to natural healing. In essence, the integration of the mind, body and spirit holds the capacity to appraise the natural healing process in the quest to improve an individual's welfare. Future explorations should concern with the integration of the holistic approaches within the contemporary medical practice for proximal health benefits.

Keywords: Wellbeing, Philosophical thinking, Emotions, Holistic approach

Introduction

Although a broad spectrum of medical science practices has proven fruitful in addressing the healthcare issues of the contemporary society, issues emanating from the emotional, psychological and behavioural domains remain insufficiently addressed following their complexity. The system-wide implementation of scientific medicine followed the addressing of diseases and healthcare issues through the healing of the biological molecular-level causes of the problem. While a major number of ailments remain attributed to rudimentary factors that can be explained and addressed at the cellular level, the human emotional and psychological capacities account for ailments identified with depression, hurt feelings, traumas among other serious health problems within the contemporary society. Overemphasis on the adoption of the conventional medical practices in healing individuals with both physical and emotional has over time decelerated the application of philosophies of mind, body, and spirit in healing individuals in the society with traumas, depression, old age loneliness among other diverse emotional and psychological disorders. The holistic approach towards healing emotions and feelings of fear or anxiety forms the basal concept where the healing of an individual occurs at the level of the whole organism rather than the typical cellular level. Through conceptualizing the mind, body, and spirit as integral to the entire organism, the philosophy of mind holds an integral role in the treating of emotional and psychological issues within medical practice. The aging population experiencing social isolation remain under the subjection of varied forms of loneliness and depression which significantly affect their mental and emotional domains. In principle, experiences identified with loneliness or social isolation invoke adverse emotions which significantly influence the current welfare of victimised individuals as well as recuperation from emotional distress and associated impacts (Perissinotto, 2012). Provision of drugs vaguely addresses the problem as mental, social or emotional ailments require dynamic therapies and philosophies to heal. In this regard, the effective implementation of philosophies of the mind, body, and spirit hold an integral role in the bridging of the gap existing in the medical therapeutic practice of healing emotions and feelings of loneliness, depression or anxiety.

Research Methods

While the study seeks to address the primary research problems, a theoretical approach to research is adopted which encapsulates the collection of literature and examination in a bid to elicit resourceful information for answering the research questions. From a broader perspective, the study primary deals with theoretical information existing within the present base of literature and thereby opts to acquire research findings from the synthesis of underlying information.

Further, the adopted research methods follow to collect and organise data necessary for the testing of the hypothesis drawn from the study. As a tool of research, the theoretical approach adopted explicitly exposes the present research to an expansive body of knowledge and research information pertaining to the research focus. Considering the imperative role of secondary data to the study

methodology, the adopted research design forms a framework under which the study gathers relevant secondary data eligible for the assessment within the study based on the research focus. In this case, the secondary data encompasses research studies, journal articles, books, reports among other credible material that can be reviewed. The theoretical framework provides a concrete rationale for the collection, organization, and synthesis of information from eligible literature for inclusion within the present research study. The design works effectively for research studies which seek to appraise literature through the examination of research value, the propagated ideas where the synthesis of information generates resourceful information for the posed research questions. While the theoretical approach supports the qualitative exploration of information, the tools for qualitative examination promote the acquisition of relevant information to the research questions. Further, the research methods allow for the provision of research tools and procedures for collecting and analysing research data which provides a basis for discussions and the proposition of conclusions (Walliman, 2011). The present study adopts a critical research design framework which appraises the meta-analysis of theoretical information within the current corpus of literature. While seeking to synthesize information from eligible information within the base of literature, the research design follows to collect, organise and thereby analyse qualitative data based on the research focus. Critical data collection methods remain integral in collection and review of eligibility of qualitative data within the present exploration. Fundamentally, the research approach and methods provide extensive information to the study following the exposure to large amounts of secondary data thereby allowing for effective addressing of primary research problems. Although the research design adopts a meta-analysis approach reviews design, the heterogeneity, and associations between variables as in meta-analysis are explored through the data analysis procedure which aligns with a theoretical approach to research.

Discussion and Interpretation of Findings

Research Question One

To effectively address health issues emanating from the emotional and mental domains of the ailing members of the society, holistic approaches and techniques appraising the health capacity through mind-body and spirit framework remain essential and integral to healing these emotional and psychological issues. However, while there exists a clear distinction between diverse emotional and mental health problems across ailing individuals, philosophical thinking and reasoning imminently fosters reasoning behind the actual and virtual sources of these problems and thereby addressing them. Fundamentally, paramedic suffering from post-traumatic stress (PTSD) requires a reasoning approach unique to their problem which implies different holistic approach when compared to an individual suffering from emotional hurt feelings from loss. For individuals suffering from both acute and chronic emotional and mental health problems, the adoption of philosophical thinking manifests as the underlying regimen of thought and question which enables an individual to establish a basis for recollecting their natural resources and embracing the healing process. Findings established from the analysis provide resourceful information regarding the healing of emotional

and mental problems and further reiterate present healing practices adopting naturalism of the world, thought and being.

Research Question Two

The research problem queries the manifestation of mind philosophy in healing and human realization through the holistic process. Based on the body's capacity, manipulative therapies follow to adjust balance of pressure, weight and body positioning through manipulative actions. Through active implementation of these manipulative techniques, broad interventions prove critical to appraisal of wellbeing including, osteopathic manipulative such as meditation practices, yoga, hypnosis, guided imagery and breathing exercises and symbolism are some of the holistic approaches undertaken in order to achieve healing along with a human realization. Mind-body therapies remain grounded on theoretical evidence but actively apply the body to incite emotional and mental states of well-being. There is expanding proof about the viability of mind-body treatments from clinical preliminaries studies and meta-analysis. Mind-body treatments have been observed to be viable in preoperative uneasiness, intense and incessant agony disorders, manifestations related with chemotherapy and radiation, dejection, interminable psychological sicknesses, post-horrendous pressure issue, and addictions. There is primer logical proof, just as solid narrative and clinical proof, that these treatments might be helpful to improve resistant capacity, adjust cardiovascular changes related with coronary course infection, diminish recuperation time from surgeries and reduction neurological manifestations related with Parkinson's infection. However, systematic reviews about these treatments have discovered that the greater part of the proof is feeble, that reviews are frequently ineffectively planned and that the adopted sample sizes are significantly small. Consequently, progressing research about mind-body treatments is a focal point of various foundations with an objective to more readily comprehend the impacts of these treatments on ailment results, management of associated side effect, personal satisfaction and patient strength. Yoga and other mind-body healing techniques present a lot of promise in the field of holistic healing since they utilise the individual's mental resolve, mental strength and help improve their current condition even though it takes quite a bit of patience and a rather strong belief system, the reward is definitely worth it.

Research Question Three

The research problem queried the factors warranting the adoption of philosophical thinking in healing emotions and mental health problems. Human emotional and mental complexity In an attempt to address the human emotional and mental complexity studies have taken place in order to understand the complex nature of human emotion as well as mental well being of human beings. Evidence backing that in a very clear manner that biological, social and psychological factors which are required to establish regeneration of proper well-being through natural approaches. From a biological point of view, the processes of bodybuilding and repair almost always serve as the replacement of worn out tissues for physiological healing. Healing of emotional wounds is the subjection of sociopsychological ways which influence the nature and evolution of the health

problems of the patients within medical kind of set up. The analysis highlights the universal concept of the mind and its connection to the consciousness of an individual. A mind is a powerful tool and it extends across the entire being into a consciousness which always remains open to the diverse resource. Studies suggest the capacity of the human mind to exist as a field of energy organizing the body and itself to function as pure consciousness (Hedge, 2015) of how the complexity of emotions experienced by humans philosophical thinking holds the capacity of the mind to harness the power of the body to ensure the physiological and emotional healing process. Some of the findings have been used to identify effects associated with mind-body interactions at the level where consciousness significantly helps the healing process in the body. The local manifestation of the consciousness within the local perspective identifies with physiological characteristics and the natural laws of physics whereas the non-local characterization of consciousness remains difficult to describe or quantify (Dossey, 1995). Basically invoking the capacity to think allows for the generation of hope and acceptance which attributes to the pure peace and integration towards addressing the current health problem. In this regards, the contextual analysis highlights a case study. Victor Frankl, a therapist who composed his encounters in a Nazi death camp, expressed: "Man isn't wrecked by suffering or pain; he is destroyed by enduring without a significance" (Frankl, 1984). Some of the constraints medical practitioners come face to face within the medical practice is how to help individuals realise their importance and take hold during suffering. Medical ethicists advocate the institutionalization of religion and spiritual capacity as the premise of importance and reason for some individuals. Generally, patients undergo both emotional and mental turmoil which forms a basis for existential inquiries due to perception of the lack of power. Individuals need to be aided especially when circumstances are deplorable so as to bring about the significance of life and keep living as opposed to just existing because even in anguish individuals need to believe that all will be well and that the anguish will at one point come to an end.

Heterogeneity across health issues

The findings clearly show the cultural diversity across mental problems within society which brings about the need for a good solution towards this problem. Solutions that do not favor or seem to uplift a particular culture. The answers to problems should be tailored to fit all the diverse cultures regardless of ethnicity and color. The adoption of holistic healing approaches may seek to incorporate naturalism in order to understand the unique problems of these patients thus going at it and tackling the issue with mind-body techniques as opposed to regular medication and chemical based kinds of treatments. Peoples traditions and beliefs may hinder or influences the perception understanding of illness and as a result significantly shapes the behaviour and response towards treatment (Gopalkrishnan, 2014) and as a result, health practitioners should have within their skill set ways to avoid cultural bias. They highlight the influence of the traditions on the coping patterns and capacity of individuals to their mental and emotional problems thereby forms a basis for the appraisal of emotional welfare. Cultural differences which may take place within different patients identify with coping characteristics, treatment-seeking styles, cultural background, racism, bias and stereotyping, gender, family dynamics, stigma, and discrimination. Basically, these factors give rise to the need to employ reasoning within healing approaches

in a bid to uniquely address the health issues within contemporary society. Different healing methods should be tried and tested so as to address emotional and mental problems evolving from diverse cultural settings (Gopalkrishnan and Babacan, 2015; Gopalkrishnan, 2014). Culture and traditions may sometimes get in the way of medical breakthrough and in this case healing. Medical practitioners should devise ways to work with the favorable traditions that will not hinder healing but they should also be able to adapt and work around cultural traditions that would pose a significant threat to the healing process in the patients involved.

Implications for Professional Practice

Although the conventional healing practices within the contemporary medical settings remain prominent in healing typical health issues, the adoption of holistic approaches to healing remains integral to addressing of health issues emanating from the mental and emotional domains. Drawing from the sciences of the mind, and moral psychology based on a holistic approach, the practice of philosophical reasoning explores the naturalism the philosophy of the mind in the quest to illuminate the philosophical queries regarding human emotions. Further, Considering the complexity of emotions experienced by humans motivated by multiple diverse factors, healing the emotional wounds warrants the application of dynamic approaches and medical therapies to appraise human actualization and general welfare. Philosophical thinking holds the capacity of the mind to harness the power of the spirit and body to facilitate the physiological and emotional healing process. In essence, applying the philosophy of the mind in healing the emotional calls for the implementation of diverse philosophies which have over time been tailored to address specific healing issues in human beings. While professional medical practice identifies evidence-based treatment models based on rudimentary healing of tissues and cells, the modern medical practice requires the adoption of the holistic approach to healing as the typical approach remains ineffective when dealing with emotional and mental health issues. Further, the practice should adopt the application of these approaches alongside the provision of scientific medical treatment in the bid to effectively address these issues. Professional practice pertaining to the treatments remains integrally connected with the holistic approach in terms of emotional and mental domains of the patient even within medical settings. Generally, while the mind appraises healing, the contemporary medical practice should treat patients accordingly in a bid to invoke the inner ability to support the healing process done through normal treatment. In this manner, patients suffering from mental issues including post-traumatic stress receive both interventions with, however, the holistic approach being feeble. In essence, the holistic healing process lightly manifests within medical settings through the patient mind and spiritual capacity. To establish proximal health benefits, doctors, nurses, and other health practitioners should endorse the patient's self-esteem and capacity to supplement the healing effect of drugs thereby appraising the healing of this emotional and mental distress.

Conclusion

Broadly, the concept of mind, body, and spirit as an integral part of human existence has been accepted and adopted for thousands of years among diverse indigenous cultures and has further been appraised by both native and experiential dialogues. While the healing process in humans encapsulates both the appraisal of innate emotions related to the overall well-being and the biological healing which occurs at the molecular and cellular level as part of physiological healing, holistic approach to healing remains effective in addressing health problems emanating from the emotional and mental health domains. In essence, the holistic approach concerns with the inner self, integration of natural resources, cohesion of inner energies and the appraisal of the mind such that it improves the natural healing process in turn. Pioneers and practitioners in the holistic medicine field have over time developed diverse holistic approaches where some have proved successful in addressing health and wellness issues. From a broader perspective, a myriad of holistic approaches can be adopted in healing diverse mental and emotional health problems which necessitates the adoption of philosophical reasoning in the ultimate aim to incite mind to capacitate an individual for recuperation.

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