

# Effective Communication of Praying in Mental Health from Islam Perspective

Dr. Masoumeh Samadi<sup>1</sup>, Farzaneh Rahmani<sup>2</sup>

1- Islamic Azad University, Central Tehran Branch, Department of Management and Educational Planning, Tehran, Iran

2- Islamic Azad University, Central Tehran Branch, Department of Management and Educational Planning, Tehran, Iran

---

## **Abstract**

*Human being is reality composed of body and soul and every human as it is bound to body health, must be kept mental and spirit intact. Islamic teachings have been given great importance to the mental and physical health. The purpose of this study was to answer the question praying; from the Quran perspective has any impact on mental health? To achieve this goal, different books of both real and virtual library are used and the method of descriptive-analytical arguments has been presented. What as research findings can be presented is a character "normal" with way of thinking in creation and universe and therefore faith in the unseen, against the creator is loyal and obedient. With the virtues and moral property, family and social relationships with others is good and issues related to professional active and serious life seek to lawful income and having a place of fear and Raja, strength, health, cleanliness and purity of soul. In the Qur'an, mention cause link to eternal and imperishable source of the existence and a reminder of the greatness of His power and His blessings and fear of punishment and hope of reward and love in satisfaction and union with God. Mention in form of organs such as prayer and recitation of the Quran and thanksgiving and forgiveness causes all these features and criteria have been made in humans and human that have these characteristics in terms of physical and mental is balance and have "mental health".*

**Keywords:** *Mention, mental health, faith, prayer, thanksgiving, forgiveness, communication, effective communication,*

---

## **Introduction**

Today, it is believed that the progress of industry science and technology statistics of mental illness is increased and more than ever, we see the problems and difficulties that affect the human's body and spirit and it is difficult for the human to adjust and adapt to its environment.

Although it is said that no one is immune to mental health problems and this risk may threaten anyone but must accept the undeniable fact if people raise their mental capacity and strength their heart and their resistance, they can learn approach to confront with the problem and assist with the prevention of mental illness.

One of the issues that have been allocated a large portion of the intellectual efforts of scholars, philosophers, sociologists and psychologists, is the investigation of the role of religion in general or some particular devotion to the "mental health" and anxious, depressed people and crisis times, more than any other time found themselves in

---

1- Assistant professor

2. M.A. Student, Corresponding author

fundamental questions about this. Investigations know avoid of spirituality and God aversion as the reasons of much appearance of conflicts and mental disorders.

Discussion of human health is a very important issue that some may consider it appropriate to the object, however, based on the theory of theologians, human is reality composed of body and soul and human as required by the body health, and must be kept the soul intact. Fortunately Islamic teachings have been given important for the health of body and soul of man. God in the Quran, with a strong emphasis, the only way of salvation and human prosperity is in the "purification" and refinement of the human spirit knows "salvation made her clean "It is clear that whoever made it was certainly successful, and those infected will lose its construction."

And in the Hadith and Islamic traditions lot contexts can be found in this regard including the story of Imam Ali (AS) said: health is one of the great Allah's blessings and favors, like every other, has not lost, and is not appreciated. And said: Be aware poverty is one of the worst and worse than that is body and heart disease. Know that the piety of heart is reason of body health( heart illness means debauchery and perversion of faith)".

In this paper, know the words and spirit as synonymous, we are intended define mental health and express criteria of mental illness and health investigate carefully "the impact of praying in the mental health from Islam perspective".

**Statement of problem, aims and methods:** The main problem of this study is to answer the question, praying; from the Quran perspective has any impact on mental health? To achieve this goal, different books of both real and virtual library are used and the method of descriptive-analytical arguments has been presented.

### **Definition of Mental Health**

So far, various definitions of "mental health" provided that all have emphasized the importance of integrity of characters.

1. Some knows mental health as "a balance between the members and the environment to achieve self-actualization".

2. Some interprets mental health as status of psychological maturity that the "maximum effectiveness and satisfaction derived from personal and social conflict, including emotions and positive attitudes towards themselves and others."

3. Mental health means mind healthy and to show positive status and mental health which can create dynamic, aid progress and the individual, national, and international development, when it became known as mental health, to achieve the goal of this action is to develop personal and social returns.

5. World Health Organization has defined it as "mental health fall within the general concept of health and health means the full ability to play social, mental and physical roles, health is not just the absence of illness or retardation".

According to this definition, a person who could have a good fit with their environment (family, colleagues, neighbors and the general public) in terms of mental health will be "normal".

The person with mental balance will be satisfactory behavior, will be resolved conflicts

with the inside and the outside world and will be resistance against inevitable frustrations of life.

And if anyone can do these things not mutually and with their environment encounters in an inappropriate and unexpected manner, would be considered mentally ill, because facing the danger and show unresolved conflict in the form of mild behavioral disorders. In a broader scope, mental health is experts to the spiritual and material factors that cause motivations and mental health and positive statues and behavior moderation, by which value mechanism about spiritual and material mobility and advancement of human in all fields is provided.

### **Definition of Effective Communication**

Communication (from Latin *commūnicāre*, meaning "to share"<sup>[1]</sup>) is the purposeful activity of information exchange between two or more participants in order to convey or receive the intended meanings through a shared system of signs and semiotic rules.

Communication takes place inside and between three main subject categories: human beings, living organisms in general and communication-enabled devices (for example sensor networks and control systems). Communication in living organisms (studied in the field of biosemiotics) often occurs through visual, auditory, or biochemical means. Human communication is unique for its extensive use of language.

Effective communication occurs when a desired thought is the result of intentional or unintentional information sharing, which is interpreted between multiple entities and acted on in a desired way. This effect also ensures that messages are not distorted during the communication process. Effective communication should generate the desired effect and maintain the effect, with the potential to increase the effect of the message. Therefore, effective communication serves the purpose for which it was planned or designed. Possible purposes might be to elicit change, generate action, create understanding, inform or communicate a certain idea or point of view. When the desired effect is not achieved, factors such as barriers to communication are explored, with the intention being to discover how the communication has been ineffective.

### **Discussions**

Mental health issues have long been considered, the origins of this topic can be found in the Quran and Hadith of Ahl al-Bayt (AS). Quran healing and expressed plans for coping with stress and mental health of the people and also a great tradition in this matter to the attention of many researchers are that mental health. Muslim physicians who were borrowed medical sciences from the school of Hippocrates and Galen, according to the teachings of the Koran, according to their mental health. Including Ali Ben Rabn Tabari (192 247 AH) is one of the first person who prepared the book "Ferdous Al-Hakameh" in seven volumes, and explained most important medical issues and mental health.

Then Muhammad ibn Zakariya Razi (251 313 BC) wrote "Al-Nofos medicine or spiritual medicine" that is one of the most ancient work of Mental Health. This book continued in ups and downs and in the contrary crystallized in the form of dissertations, journal articles and scientific and the publication of empirical research and scientific conferences.

Western psychologists in the present era done extensive research on the relationship between religion and mental health, and have achieved positive results, such as worship, religious practice, bring a safety shield against pathogens, moreover, studies have shown that religious live longer, their immune system is stronger, less than secular in hospitals, and in doing physical activities are sustainable. Praying and recognition again has most important role in treatment and in studies that have been done in the case of suicide, concluded that religious beliefs help to resolve and adjusted this problem.

### **The criteria of health and mental illness from Islam perspective**

In sharp contrast to the more psychologist and ignore spiritual aspects human try to know the human aspects that can test in the lab! Islam in the study of human personality, considered body and soul together and generally, it could be said that the normal character of Islam, is the character body and soul is balanced and satisfy the needs of each. Human with normal personality, the body and healthy and strong is important and its needs to the extent that Islamic law is valid, will meet.

### **The normal personality traits**

In general, the normal personality traits or interpretation of Islam, "excellent human" with healthy spirit and mental, can be summarized in the following key areas of the public:

- In term of intellectual and cognitive; thinking of existence and creation, seeking knowledge and follow not the suspicions of his features.

In term of faith the belief in the unseen faith in God, the Prophet PBUH, scriptures, angels, heaven and hell Armageddon

- In rituals, loyal and obedient and submissive to his Creator in practice, such as prayer, Fasting, Zakat, Hajj, Jihad in Allah's way of life and property, God, trying to trust in God from trough to peak humiliation that same closeness to God is infinite and self-harm and with the proximity, creating a divine moral find if not slip out of remorse or repentance for forgiveness of God.

- The virtues and moral property, tolerant, honest, just, honest, clean fuel, humble, and self-esteem, delivers, hard to get right, will power, rule and dominate the air and wayward passions of the soul and not his moral features.

- In virtues and moral property: is tolerant, honest, trust, honest, clean fuel, humble, and self-esteem, deliver, hard to get right, power of will, rule and dominate the air and wayward passions of the soul and not his moral features.

- In social relationships, by behaving well with people, forgiveness and charity, cooperation,

consciousness, unity, enjoining the good and forbidding the evil, forgiveness, sacrifice, avoiding useless things to consider and always respect the rights of others to understand, act on equity and the reform of the public, compassionate hearts to each other and makes mutual trust between individuals and all members of society, such as members of one body, and unites them together.

- In family relations: good parents and relatives, good relationship with your spouse, family head and the payment of alimony, relationship with relative, as his features.
- And in the passive, emotional dimension: loving God, fear of Allah, hope in His mercy, love and benevolence towards those people, kindness, suppression of anger and rage inhibition, not infringe the rights of others, envy connecting the intertwining strands of their self-blame, regret the sin, refrain from backbiting and slander and ridicule avoid them, including his features. And as the Prophet (pbuh) said, her heart is full of security, hope and peace, can repel evil with good, and hatred and quench your anger.
- And finally, traits such as strength, health, cleanliness and purity, she is a physical feature. [15] Such person in term of health and mental health is "normal" and healthy. Quran draws image of "perfect and excellent man" for us have the characteristics and criteria;

5. The importance of praying in mental health: many research indicates according to religious principles that can protect humans against psychological problems, due to issues of faith, prayer and relationship with God is a way human being after centuries of separation from it, other times returned toward that and its ability to fight the problems of modern life is the fruit of anxiety recognized and cannot deny the interaction between psychiatry, psychology and even in medical cases on the one hand and religion on the other. Thus, access to mental health, the way to be effective agents in the study of mental health among different factors to explain the religious teachings of spiritual factors that negotiating the mention of God is discussed.

### **Faith in God is the first step in mental health**

Monotheism and monotheism and faith and God's servants were most important aims of the prophets and in Islamic teachings, the first step and sign of mental health is "faith in God", because faith gives meaning to human's life and don't leave them alone against happiness and sweets, suffering and failure, loss and failure, and God says in the Quran: Those who believe, and whose hearts the remembrance of Allah is aware of the remembrance of Allah do hearts find rest!". At first glance at the verse, we find that anyone who believes in God, this faith in God and God is mentioned, he makes sure that the source of peace, faith, the heart and god is trying to focus on the aforementioned verse and says the only thing that causes the heart to be the same attention to God and learn to trust Him.

In the Quran mentioned Abraham that he demand God that meet demand cause heart endurance " and the Lord said to Abraham, give me time how you will dead, He said Do not you agree? He said yes, but I want to see it, I believe it to be quiet. Thus ensuring that all its heart is a state of spiritual perfection and in the light of comfort may be very great and precious things in order to grow and human excellence and prosperity inside and outside, and also by the favorable consideration of hope for the future and thus a certain pitch, the man can reach what he wants.

In books and encyclopedias on the meaning of trust words spoken: the calm, quiet get-attachment to rebel and express anxiety and to quote the late Tabatabai, confidence, and a sense of peace and quiet confidence is something in man that is confident and assured.

The meaning of anxiety expressed words such as, irritability, trembling, stir, agitation and heart palpitations and cardiac. Having confidence in this verse means stillness and ensures that the person is confident and assured. What comes from this divine guidance is that hearts have no faith in God, the blessings of peace and security will have spiritual and mental health. For anyone who believes in God, he finds his counsel and support. This is a source of spiritual encouragement and a sense of inner confidence, and that the peace and security of breathe for "believer" can be achieved,

Imam Sadiq (AS) said: "Eight character, noble and worthy men of faith, the first breath of calm and confidence in intrigue and events; Second, tolerance and patience in the face of difficulties and disasters and heavy ..." This hadith also refers to the fact that people believe in peace and tolerance invites and hence faithful and gently with intrigue and encounters a problem, and also a source of comfort in his presence and faithful relationship. Furthermore, the faithful are source of soul comfort and confidence in our psyche:

Imam Sadiq (as) said: "Believers are a source of relaxation for the mind and mental confidence, as spring water quiet a thirsty man and free the concern."

Some events in the world, such as aging and dying, could not prevent and resolve, although are things which are suffering people. Religious faith and religion in human creates resistance force and things look horrible death as a means to return to God and enjoyment of the blessings which makes eternal God, and thus, does not make them tolerable. The physical and mental illness among researchers, especially psychiatrists, the belief and faith in God and its impact on prevention and treatment of mental disorders, attention and affirmation in advance and faith and its positive role in the health of the individual and the community from some researchers perspective and west psychologists is not hidden.

"William James," also said: ((power of religion to endure the tragedy of man, do not be a moral responsibility. "

### **Effects of prying in mental health**

Human beings are needed who confronted with suffering and despair, poverty, sickness, loneliness, ignorance and neglect, guilt, and helplessness and failure in short, aging and death anxiety. He caught every time and in every place and sees the core problems of limited capacity and resources to do so. It is the property of repose and confidence and many of their plights and suffering of mental relieves so that our gracious God says: "Verily the remembrance of Allah do hearts quiet." The important point to trends and asylum always impotent man, and he does not need the ego, but man is born out of love and intimacy and friendship with his beloved eternal and true lover as well. Always remembering God and sincere and provides honest relationship with him regarding this familiarity and men are mentioned interaction. Must always remember God until he reached the rank of familiarity with each other is described as Annecy itself.

The need to link the source and the source of being and help him through the heart of prayer, continuous increase mental power and not only overcome the current problems

but that in the light of faith and prayed to God and the Divine Wisdom to achieve dramatic improvements.

The Holy Quran has commanded the believers: 'O you who believe, remember Allah and mention (in Weddell) very telling and a constant morning and evening to give praise and wipe off the essence of transcendence.' As deduced from the context of the verse as well as a "praise god every morning " The Rosary is durable and noted the time as the beginning and end of the day.

Also, in some traditions the Rosary of Hazrat Zahar (PBUH) and in the words of some commentators mentioned attributes and names of Hassani and transcendence of God is what he interpreted properly, all clear evidence as stated above, is not limited to these examples is of particular verse. One reason of praying of God is that, Islam's emphasis on continuous mentioned during worldly life, every moment may experience a variety of psychological stress, to overcome their mental powers, and then gradually reduced and pave the way for the development of psychological and sometimes physical hazardous. In addition to the works mentioned above, God is invaluable to each other, creating a normal person who has the spirit of a healthy mental, in matters of faith and worship, and social behavior and moral virtues crucial part of the business, including: Praying God is a tool of friendship with Messenger of Allah: Allah's Messenger (PBUH) said, who remember Allah much, I love her." Praying God is strengthening spirit and constructive key : Imam Ali (AS) said, continuing to remember God is key of correct. " Praying God is a blessed: Imam Ali (AS) said: Allah with sincerity with which to remember the life and salvation have to go perfect way".

Praying God leads to avoid the hypocrisy: Imam Ali (AS) said, "He who remember Allah much escape divisiveness."

Praying God leads to insight and knowledge of God is mentioned Imam Ali (AS) said, "someone whose vision is to remember Allah."

The result is that the heart of God mentioned above and spiritual outcomes are usually cool with the deepest and most tender feelings and emotions associated psychological. In the experiment scientists have long assumed to be a positive relationship between prayer, religion and psychology of religion and mental health, and more recently, empirical support for this view is provided.

### **The impact of praying on the treatment of depression**

Quran know result of stay away from the remembrance of Allah and the negligence by stating that "; and whoever turns away from my remembrance is indeed living in the world miss." Who forget God and only attempted the world what it has achieved to the extent not satisfied and to not be satisfied, and always look forward to more of it, Ali Al-Davam not fulfill the desires, and fear of parting that brought to take over it also makes mention of God and a strained relationship between man and God is not always true. If a man's relation to man's relationship with God was dark, too dark to be faithful believers strained relationship with the severity of the mental illness adds, because of loneliness and isolation in social relations is a result of the isolation and loss of friendship is "depression".

**Praying god and hope in His grace**

One of the factors that affect a person's mental health is hope. Hope you can help the plight of the individual; Zaker in the grace and mercy of God whisper man always hopes, and although the difficulties and problems that appear to take, but the hardships and adversity did not stay at his house; but the introduction of the vulva and the opening of the things he knows and believes Wisdom lies in the difficulties and hardships, and it is expedient to him. He was not trained on the man says: "man, when his Lord proves and his dear and abundant blessings on him, says the Lord has honored but as he proves in his day the Lord says He will miss him humiliated me. It's so much potential with little involvement of the hands and feet, and they lost their minds completely on both strands fall and darkness and despair, the heart shadow cast and are so confused and frustrated that people do not believe that these are the same people before. But the friends of God, like a mountain in front of difficult events such as straw standing in front of God; if you forgive the world for their hands and their feet do not get lost and the world they do not get bent brow.

Ordinary people and training them is not as bad as some of the blessings of God will be taken away in general, they are not disappointed; because they do not go anywhere else but their hope is apparent toys but humans with divine approval or due to accidental causes apparently forgotten and have returned to their simple nature has pinned its hopes on God, He will not solve the problems of toys!

**Neglect the remembrance of Allah and the ravages of life**

The Holy Quran says: "And remember Allah took a shine to raise the devil and is a friend of devil and a permanent settlement, and the devils are always ignorant of God's people and to prevent straying from the path of Allah subdued and think that they are guided". When one actually mentioned in his heart that God has a place for continuous learning and such a person from carnal desires and temptations of the devil will be safe but as soon as they learn of God, the compassionate, the devil take her consort has coincided then he took the way to the door to go astray but he continues to think that the main way and unaware that this is not the end of the resort.

However, if they recognize as their Lord and to remember him and he did not forget, certainty that the Lord is your life that is not mixed with death, and a kingdom that cannot be declining, and bliss and joy and elation and dignity that does not scale to determine its size or to come to his end, and the certainty that the world is allowed between the life and the life of this world to the hereafter is more doit, he knows if he will be content with what god and fate, and livelihood whatever he was spacious and the cause of mental health and vitality and refreshing him. As the late Allameh Tabatabai said: "The method and conditions as are necessary for us at all, of slavery, in other words, God is, according to the Book and the Sunnah and the way it is, indeed, remember God and act like homework".

Very interesting point that here seems important God is left with no way of human hopelessness, the permissible error and human life becomes caught in a trap of his own



lust, which offers open plan and if was not disappointed, your error of evil obsession with the verb but when he captured the temptations of the devil that you do not sin and remember that Allah is Compassionate and owner of forgiveness, come out of the bondage of Satan's temptation and thereby attain the path of divine guidance. Our prayers for the negligence of human books, recitals and prayers specific to one in the morning and afternoon and evening, before and after sleep, when to eat and when illness or cure in the hours, days and ... even when work and efforts in dealing with the enemy, and the joy in anger and the decision to do something and it will tell ... remember God is always in your heart. Some of these requirements are then assigned; for example, some prayers and worship and prayer, and some do not have a specific time and is recommended for a while. This last mentioned right, people will not be caught in the trap of mental illness and neglect all the teachings and lessons in manners and customs infallibles for it that man is constantly in touch with God and the path to the divine mercy and the consequences of neglect and abuse in the escape. If a good man to know God, he will be remembered permanently. As a result, he does not neglect. Here are some of the most important organs in remembrance of its role in the mental health focus:

### **Prayer is best way to remember God**

One of the most noteworthy that is praying and can have the most important role in coping with mental disorders is prayer. Prayer is the pillar of religion is the best and most steadfast man program, prayer to God in secret deals with human needs and prayer is to get rid of loneliness, hopelessness of his soul is seen in the sky, going so strong steps toward life. Prayer is an intimate relationship between man and God is saying to closeness to God, to comfort the hearts of anxious and tired and inner joy and lovely.

Holy Quran referred prayer as mentioned God, and says: "Establish worship, to always remember me." Man wake up sleeping in the morning, a dream that has alienated him from the things of this world, we will schedule to start. First of all prayer goes to the heart of their lives by remembering God gives joy, he takes the power and virtue, with sincerity, honesty and ready to try it. Open daily tasks were drowned when a few hours later and it may be separation between him and God did remember, suddenly hears the voice of the Muezzin "Allah is the best of everything, Superior to that described ... go to prayer "to the prayer goes against God and need to secret twists, if dust and neglect sitting on his heart, He will wash it here God says in the instructions at the beginning of the revelation to Moses was up prayer to remember me.

Interestingly, this verse says: was up prayer to remember me, but in verse 28 of Surah Raad says remembrance of Allah do hearts find a source of confidence and peace) says in Surah Fajr, back to your Lord , while both you and he approves of you to please him, as servants awareness, and let step. "[40] Putting together these three verses, we know well the prayers of God's people to learn, Sure remember God gives him breath, and breathe sure he brings to the position of special servants of Eden.

### **Prayer**

Conscious people know that praying, trust in Him and pray to feel better and to be more successful. Prayer is the key man to adopt a process that best fits his heart open and shed the light of truth to it since the community and society is composed of individuals, sure, as long as the person is a suspect in a healthy society in general, to achieve a healthy society, is unattainable. It includes solutions essential to a healthy society, succulent and anxiety without resorting to God's eternal source from which to learn to pray. But really, how can prayer be our physical and mental health? And impact on the community's prayer?

Pray excuse for secret though and very beautiful experience existential encounters with God and connection to the ocean of divine grace and mercy, or need the excuse that they are very small in this area. Praying with the title can play a major role in the health of the individual and society. From this perspective the religious scholars, philosophers, mystics and many contemporary sociologists and psychologists, prayer and worship and place of spiritual growth is very tall. In the meantime, the Koran and Islamic prayers have deep contexts; some are constructive knowledge that should never be ignored. Doctrine, education, moral and intellectual Islamic prayers can skills and live better ways to teach their audience and crime and involve them in the mire of evil and misery are open.

Friendship and intimacy with God, conscious and sincere piety, a sense of self-worth and confidence, truth seeking and oppression, service to fellow human beings and the rights of others, courage problems, reduce negative emotions and stress and mental, spiritual transformation and reconstruction, all the teachings of Islam is constructive and repetitive prayers. Imam Ali (AS) are the most powerless people in prayer those who are powerless. This man in his deep, loving relationship with God and the experience of sitting and watching to see him now and always and in every case, he turned other causes include heart and the profound transformation of thought, mind and he treated her and cause incurable pain. Recently, many Western scholars in addition to the usual standard therapy, the effectiveness of prayer and treatment of mental and other drug dependence, marital problems, heart disease cardiovascular and have affirmed that they, along with the scientific treatment, patients are encouraged to pray and pray reading religious beliefs and practices of the factors in the treatment of physical and mental action.

### **Quran recitation and its impact on mental health**

Another example is praying and Quran recitation. The Qur'an repeatedly calls upon Muslims to read the Qur'an, what is possible for you to read the Quran and to customize when to be silent and listen to Quran recitation. And reciting the Quran and those among you who believe not in the Hereafter a hidden barrier -day" Quran from mental illness, mental, moral, social and thereby helps to provide mental health sometimes the Quran deals with the treatment of diseases, when the community was involved in corruption and sin ((enjoining)) and "denied" suggests, or "repentance" for sinners advises. Secondary prevention can prevent the deterioration of the patient and third of patients can reduce complications. After the sinner repents, deals clean and open to the community and will contribute to their normal lives. Some commentators on the Qur'an healing write: "There is no doubt that mental illness and physical illness; he is very similar to human morality.

Both fatal, both the physician and the need for treatment are avoidance. Both times ... What metaphor would spread to other interesting and full of meaning? Yes, life is a copy of the Quran for those who want to ignorance and pride, pride, envy and hypocrisy to challenge. To overcome weaknesses and humble version of the Quran healing and unreasonable fear, divisions and fragmentation, for those who love the world of disease, dependence on the material and the unconditional surrender of the passions suffer.

### **Conclusions**

In response the question, from the Quran perspective does praying impact on mental health? We have reached the conclusion that the Quran, great importance is given to the health of the human psyche. According to paragraph four of this Article, a normal character of intellectual and cognitive; thinking and being creative, seeking knowledge and not follow the suspicions of his features. Theologically faith is in the unseen and the rituals, loyal and obedient and submissive.

At the virtues and moral property, tolerant, honest, trust, honest, clean fuel, humble, and self-esteem, deliver, hard to get right, power, determination, sovereignty and self-mastery and self-assured air and lust for his lack of moral features.

-In social relationships, by behaving well with people, forgiveness and charity, cooperation, consciousness, unity, enjoining the good and forbidding the evil, forgiveness, sacrifice, avoiding useless things to consider and always respect the rights of others to understand, act on equity and the reform of the public, compassionate hearts to each other and makes mutual trust between individuals and all members of society, such as members of one body, and unites them together.

- And in the passive, emotional dimension: loving God, fear of Allah, hope in His mercy, love and benevolence towards those people, kindness, suppression of anger and rage inhibition, not infringe the rights of others, envy connecting the intertwining strands of their self-blame, regret the sin, refrain from backbiting and slander and ridicule avoid them, including his features. And as the Prophet (pbuh) said, her heart is full of security, hope and peace, can repel evil with good and hatred and quench your anger.

And in paragraph 5, 6 and 7 to the conclusion that God causes the source and origin of human existence by linking his heart and help him through prayer, the continuous increase your mental strength and not only overcome the current problems but that in the light of faith and prayed to God and the divine wisdom to achieve dramatic improvements. Much of mental illness and ethical issues arising from the negligence of the remembrance of God and issues are trivial and mundane details of life. In the experiment scientists have long assumed to be a positive relationship between prayer, prayer and religious beliefs and mental health, psychology, religion, and more recently, empirical support for this view is provided. In Section 8, we examine the effects noted in the treatment of depressive states whom we forget his only world attempted to obtain whatever it is constantly kept in poverty and narrowing, and he was always interested in what is not, one of the consequences of the lack of peace and failures and fears is "depression".

Categories mentioned in Article 11, stating whether the organs leads to the conclusion that mention eternal and imperishable being connected to the source of a reminder of the greatness and the power and blessings of fear of punishment and hope of reward, and love to satisfy and union with God. Consequently, the difficult scenes of the creation of man power are brought comfort and wait for humans. And this is a general rule that applies to all forms of learning are listed. Whether verbal or otherwise what is the mention of the Qur'an? Among the most important organs in prayer and remembrance of God's forgiveness and prayer makes the prayer with faith in the unseen, loyal and obedient to God and engage in social relations:

With good behavior with people, generosity and kindness, cooperation, work ethic, solidarity, enjoining the good and forbidding the evil, forgiveness and sacrifice, to avoid useless work,

Punctual and regular, clothing and place of prayer and ablution water conditions always respect the rights of others and refrain from tyranny and usurpation. People are friendly and benevolent towards them, kind, down to restrain anger and wrath, not infringe the rights of others, envy Connecting the intertwining strands of the other attributes and to pass his prayer in family relationships: parents and children and relatives Hassan good relationship with his wife, to consider. Tolerant, honest, just, honest, clean fuel, humble and self-esteem, deliver, hard to get right, power, determination, sovereignty and self-mastery and self-assured air and lust for his lack of moral features. God, fear of Allah, hope in His mercy, self-blame, regret the sin, refrain from backbiting and slander and ridicule avoid them, among its features. Finally, traits such as strength, health, cleanliness and purity of ablution, where necessary and desirable, he is a physical feature. These features and the criteria that the Qur'an draws us in prayer for the people have these characteristics in terms of human mental and emotional balance and mental health is important.

Educational doctrines, moral and intellectual Islamic prayers can learn skills and techniques to the audience and make them live better foul and involve a morass of crime and misery is open. Friendship and intimacy with God, religion conscious and sincere feelings of self-worth and self-esteem, prospecting rights and oppression, serving mankind and the rights of others, courage of problems, negative emotions and stress reduction and mental, spiritual transformation and reconstruction, all the teachings of Islam is constructive and repetitive prayers. Therefore, in addition to scientific treatment, patients are encouraged to pray and pray reading and religious beliefs and practices of the factors in the treatment of physical and mental action. Quran healing and the healing of heart crystallization takes two forms:

The first is clearing mental illness, moral and social. The second patient with orders turns back. Recite verses with such reflection is caused mental health of the soul. Some empirical study of the Qur'an and the calming effect of the more obvious and the Koran call for reducing anxiety and mental health have been made clearer. Thanksgiving makes you grateful, thought to be safe both in thought and in the realm of emotions, feelings, behavior, the spirit of thanksgiving to express them and interact with the human spirit is more subtle and healthier, and the spirit of thanksgiving and gratitude to him is greater.

Repentance will rise to calm anxiety and concern for one's sins and mistakes it destroys. The gate to the world of purity and serenity of Repentance means to get rid of the guilt. And to return to his spiritual position he loses feeling joy and peace of mind that this spirit has a significant impact on the health of his soul.

## References

1. The Holy Qur'an, translated by Mehdi Mohyeddin Elahi Ghomshei, printing and publishing of Immortals
2. Fatah Abu Abdul Wahid, adviser Ghazi al-Sayed Hashim Ghurar al-Hikam wa Durar al-Kalim translation of messenger neighborhoods
3. Ibn Abi al-Hadid, as Nahj, Beirut, Darahya' Altras Arabi, the second in 2006, 1965.
4. Hosseini, Seyed Abolghasem, mental health (Preliminary Survey Principles Mental Health, Mental Health Planning in Islam), the sacred threshold Razavi, second edition, 2000.
5. Hosseini Abolghasem, mental health Principles, sacred threshold Razavi, second edition, 2000.
6. Hosseini mountains, Sydashaq, at the Quran to stress, young minds Press Association, Fifth Edition, 2007
7. Jomehpoor, Hamid: the role of religious beliefs in mental health, monthly training, Ministry of Education, April 81, p. 77.
8. Al-Raghib al-Isfahani, Almfrdat fi Gharib al-book publishing, 2nd edition 1404 AH
9. Shrqavy, Hassan Mohamed, a step beyond psychology and mental health ethics in Islam or Islam, translated by Mohammad Bagher warrant, Tehran, Islamic Culture Publishing Office, 1987
10. Sanei, SS, and mental calm, deliberate Sepasi, second edition, 2002
11. Sanei, Mehdi, mental health, and Islam, Qom: Garden Book, 2002, the first
12. Tabarsi commentary Bayan Assembly, Beirut, restoring Turath al, 1986
13. Tabatabai, Allama Muhammad Hussain, Tafsir al-Mizan, translated by Mohammad Bagher Mousavi, Islamic Sepasi Office, issue 11, Summer 78,
14. Klein, Mohammad Ibn Yaqub, Principles enough, vol 1. Tehran: Maktbh Alsdvq (2002 AH. AH)
15. Goldstein Goldstein, K, brief psychiatric, psychological and behavioral sciences, clinical medicine
16. Ganji, Hamza, Mental Health, Tehran, Arasbaran, 1997.
17. Makarem Shirazi, N. (in collaboration with a group of Nysndgan), detailed examples, published 23 books of Al, Tehran, 2001 Š.
18. parliament, Mohammad Bagher, Bha of Lights, Third Edition, the restoration of Al Turath, Beirut, 1403 AH
19. Mostafavi. Hasan al-Karim Inspection of words, volume Rab, Tehran: Translation and Publication Board, 1981 AD.
20. Maleki Tabrizi, Javad ibn Shafi, secrets Alslvh translation R. Rjbzadh. Tehran: Message of Freedom, 1993.
21. William James, religion and psychology, translated by M. Cain, firms translate and publish books, 1977.
23. Harold Kaplan and Benjamin Sadok, brief psychiatric, psychological and behavioral sciences, clinical medicine, translated Nusratullah Porafakary, Tehran, A., 1994.
24. Vram ibn Abu Firas Hamdan bin Sheikh Abvalhsyn punishment Alkhvatr, as set
25. The scope of the journal, director, Mohammad Jafar Gilani under the editorial boards of 46
26. Journal, the Journal of Psychiatry and Clinical Psychology, Third Year, Supplement No. 9-10, the summer and fall of 1997.
27. Purification medicine and medical magazine, No. 29, Summer 1998 n.
28. Journal of the area, the 17 - 18. (a hundred papers, research projects and theses in relation to medical science and religion (especially mental health) has been introduced.

29. Journal - Islamic University, No. 4, 1998 n.
- Among the books:
30. Islam and Mental Health, Proceedings of the International Conference on the Role of Religion in Mental Health, 2003 n.
31. Fundamentals of Mental Health, Dr A. Hosseini, 1995, p.
32. Rezaei Esfahani, Mohammad Ali, the paper quoted the Koran and Mental Health: Pat Currie, 1997 and Kaplan, Marquez, Marc, 1997
33. ibid J. Lo, Alice (J. B Ellis) and PC Smith (PC Smith) in 1991
34. As Erich Fromm, (Fromm, E), the famous psychoanalyst, failure and inability to understand the psychology of a new human right, caused by a lack of attention to the study of the human mind knows.
35. The Holy Prophet said: "Whoever controls his anger - as it is able to exercise - quench, God makes his heart full of faith and security."
36. Step beyond psychology and mental health ethics of Islam or Islam, translated by Mohammad Bagher warrant, p. 285
37. Raad chapter, verse 28
38. Surah Baqarah verse 260
39. Tafsir al-Mizan following verse 260
40. Bayan Assembly, vol 11, p 481
41. Kafi, vol. 2, p. 47
42. Kafi, vol. 3, p. 24]
43. William James, religion and mental Page 178
44. Raad chapter, verse 28
45. Ahzab verse 41
46. Bihar al-Anwar vol 93, p 160
47. Ibid., Vol 77, p. 47
48. Ibid., Vol. 78, p. 39
49. Alkhvatr punishment, p. 7
50. Gharar Hekam
51. The role of religious beliefs in mental health, p. 77.
52. Verse 124 of Surah Taha
53. Translation of Tafsir al-Mizan, Volume 14, page 315
54. Verses 15-16 of Surah Fajr
55. Tafsir al-Mizan, vol 13, p 198
56. Verses 36-38 of Surah Az-Zukhruf
57. Translation of Tafsir al-Mizan, Volume 18, page 152
58. Ibid
59. Fater chapter, verse 14
60. Verses 27-30 of Surah Fajr
61. Rezaei Esfahani, Mohammad Ali, paper Quran and mental health <http://quransc.com> site
- 62- [www.hawzah.net/Per/Magazine](http://www.hawzah.net/Per/Magazine). Chauhan, S.S., Mental Hygiene. New Delhi AliedPublishers. 1991