

*Index*

- anxiety, 1, 4–5, 10, 30, 35–36, 40–42, 77, 89
- attachment, 5
- attunement, 3–5
- authenticity, 35
- automaticity, 33, 37
- Avicenna, 71
- brain, 11, 17–18, 48, 55, 67, 101, 106
- Chomsky, 14
- cognitive behavioral therapy, 11
- conflicts, 8–9, 24–26, 35, 37, 40–42, 52, 90
- connectedness, 4, 31, 36, 57–58, 77–80, 83, 90, 93
- context, 40, 105
- critical, 7, 26, 46–47, 50, 53, 104
- culture, 18, 21, 39, 47, 50, 56, 60, 81, 90
- Darwinian, 8, 16, 18, 21, 50–51
- deterministic, 7
- Einstein, 7, 10, 12
- emotions, 4–5, 11, 30–31, 33–36, 64, 92
- essence, 8, 10, 14, 24, 37, 39, 48, 64, 66, 73, 81, 85, 87
- existence, 8, 13, 16, 20–22, 27, 57, 59, 66, 70, 75, 80, 83, 86
- Frankl, 60, 66, 101
- freedom, 14, 20, 51, 57
- Freud, 6–7, 9–10, 65, 101
- global, 12, 26, 75, 90, 94, 106, 112
- God, 10, 15, 58, 64, 67, 72, 77–80, 82, 84–87, 89–90, 92
- Habermas, 44, 50, 61
- Hakimi, 72–73, 76–79, 81–82, 86–87, 90, 103
- heart, 2–3, 28, 66–70, 81, 84–91, 93
- heartfulness, 2–3, 62, 77, 85, 87, 91–94
- hegemony, 8, 17, 20, 47, 73, 75, 81, 94
- Heidegger, 61, 103
- human being, 8, 13, 15, 20, 52, 55, 78, 82–83, 88
- human beings, 2, 7–13, 15–17, 22, 48–49, 51–52, 55, 57, 59, 69, 71, 74–79, 81–83, 86
- humanitarian, 18
- humanness, 2, 8, 12–13, 15–16, 21, 55–56, 59, 68, 86, 93–94
- imagination, 69, 110
- Imam Moosa Kazem, 86
- Imam Sadegh, 76, 78, 87
- immaterial, 16, 59, 83
- imperialist, 17
- inner peace, 17, 21, 55, 83
- innerness, 2, 18–19, 21–23, 55, 57, 59–60, 93–94
- intellectual, 13, 15, 51, 57, 67, 71–73, 84, 94
- Islamic, 70–91, 103, 112
- Jafari, 76–78, 81, 87, 104
- Kabat-Zinn, 28
- Khaje Nasseereddine, 71
- Kierkegaard, 19–20, 41, 56–58
- Langer, 18–19, 30–35, 37–40, 45–46, 57, 63, 99, 101, 106, 110
- Langerian mindfulness, 28
- life, 1, 4, 6–8, 10, 14, 16, 18, 25, 31–32, 35, 38, 42, 44, 47, 51, 56–60, 63, 65, 68, 71, 76, 78, 83, 85, 87, 89, 104, 106
- love, 3, 5, 41, 64–65, 68, 70, 81–83, 91, 97
- Marxist, 13
- material, 9, 11–12, 16, 19, 21, 55, 59, 61, 75–76, 79, 83
- materialist, 9, 12, 15–17, 61, 66, 78, 91

*Index*

117

- materialistic, 10–11, 17, 19, 21, 47, 55, 59, 61, 76, 83, 89, 94  
 meaning, 3, 8, 16, 19, 37, 39, 45, 51, 57, 59–60, 65–68, 78, 86, 93  
 mind, 2, 4, 6, 11, 21, 23, 26, 28–32, 34–36, 40–42, 56, 59, 62–63, 66–68, 70, 86, 93, 99  
 mindfulness, 28–35, 37, 40, 70, 86, 88–89, 99, 101, 103, 115  
 mindless, 31–35, 39, 54, 89, 93  
 mindlessness, 31–32, 34–35, 40  
 monotheism, 77, 80  
 Muslim, 71–72, 77, 80–81, 90  
 nature, 2–3, 7–13, 15–17, 19, 23, 30, 36, 39, 42, 47–50, 52–53, 55–56, 59–63, 66, 70–71, 75, 79–80, 84, 86–87, 91, 104, 110  
 neurotransmitter, 11  
 objectivity, 18–19, 33  
 ontology, 15–16, 56, 73  
 paradigms, 3, 12–13, 17, 53  
 peace, 1–2, 4–10, 14, 17–19, 21, 23–26, 28–31, 35–37, 42, 44–45, 48–49, 51, 53, 55, 60, 62, 73, 75–81, 83–84, 87–91, 93–94  
 perspective, 1–2, 4–12, 16–17, 23–24, 28, 31–34, 37–38, 40–42, 46–51, 55, 59, 73–76, 78–81, 83–85, 87–91  
 philosophical, 8, 14–15, 21, 48, 53, 59, 61, 71–72, 77  
 physical, 10–11, 16, 21, 41, 50, 57, 60, 66, 70, 79, 83, 88, 99–100, 104, 111  
 polarized mind, 41–43  
 political, 8, 14, 26, 47, 52, 54–55, 60, 68, 74, 95  
 positivism, 15, 46–47, 50, 59  
 possibility, 6, 8–11, 13, 16, 19, 21–22, 29, 31, 33–36, 39, 41, 48, 50, 57–59, 66, 69, 72, 75–76, 94, 101, 106  
 postmodernist, 13  
 power, 1, 3, 8, 10, 17, 30, 33–36, 39, 45, 48, 52–55, 57–58, 60–61, 65, 79, 84, 88–89, 91, 94–95, 99, 106  
 presence, 3–4, 21–22, 28, 36, 42–43, 45–48, 58, 70, 74–75, 85, 89, 94, 103  
 Prophet Mohammad, 71–73, 75, 82, 89  
 psychoanalysis, 9, 13, 23, 52, 64  
 psychoanalytical, 4, 10, 23  
 psychological, 4–6, 9, 11–12, 15, 17–18, 21, 24–26, 35, 39, 41–42, 44, 48–53, 55–56, 61–62, 64, 68, 74–78, 81, 83–85, 87–88, 90, 110–111  
 psychology, 2–3, 13, 15, 17–18, 20–22, 25, 39, 41, 45–56, 59, 67–68, 73, 75, 77, 80–82, 84–85, 95, 99, 101, 103, 105, 107, 109–111, 113–114  
 psychopharmacologic, 11  
 Qalb, 85, 88, 90  
 Quran, 71–73, 77–80, 82, 86–87, 89–90  
 reductionism, 12–13, 16, 18–19, 52, 61, 68  
 relationships, 4–5, 8, 10, 32, 34, 53, 74, 77, 79  
 religious experience, 13  
 Rumi, 70, 76, 81, 89  
 Sardello, 66, 69, 111  
 scientific, 12–14, 17–19, 21, 32–33, 39, 44–46, 48–50, 52, 56, 59, 61, 63, 73, 105, 114  
 self, 5, 12, 15, 17, 20, 22–24, 37, 40, 42, 53, 55–58, 60–61, 64, 66–67, 70, 72, 75–79, 82–84, 87–88, 90, 97, 99, 101, 103–104, 110  
 Sheikh Alla Addin Toosee, 72  
 social cognition, 7, 100  
 soul, 21–23, 48, 65, 67–69, 71, 73, 84–89, 93–94  
 spiritual, 67, 84  
 Sternberg, 62–63  
 subjective experiences, 30  
 supremacy, 8, 16–17, 34  
 tension, 3–4, 6, 11, 13, 18, 21, 25, 28, 30, 32, 34–36, 38–41, 44, 90  
 theory, 6, 21, 50, 56, 63, 96, 103, 105, 113  
 unconscious, 7, 9–10, 33, 40, 60  
 Vaillant, 63–65, 91  
 values, 14–15, 20, 26, 34, 40, 57, 60, 64, 73, 77–79, 83, 94  
 violence, 7, 10–12, 24–25, 49, 82, 90, 97  
 war, 5, 8–9, 21, 24–26, 37, 42, 45–46, 62, 82  
 wellness, 1, 5–6, 14, 18, 31, 37–38, 53, 59, 66, 94, 108  
 Western, 2, 9–11, 13–16, 18, 20, 23–24, 28–29, 44–45, 47, 53, 55–56, 61, 70, 75, 81  
 wisdom, 43, 59–60, 70, 76–77, 81–83, 85–89, 104  
 Wittgenstein, 45  
 world order, 27  
 Zeigarnik effect, 5