

## **Ibn Arabi and the Architecture of the Inner: An Analysis of the Effect of Ibn Arabi's Mysticism on Enhancing Spiritual Health**

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### **Introduction**

Health is a multidimensional concept whose definition varies across different societies. This paper explores Ibn 'Arabī's theories as foundational principles of spiritual health and examines their relationship with the indicators of spiritual well-being. The study argues that Ibn 'Arabī's doctrines can serve as valuable resources for enhancing spiritual health and providing meaning and purpose to human life. Several studies have previously investigated the relationship between health and spirituality. Historically, one can refer to the works of Abolghasemi and Zandi in their article "Explaining How Spiritual Health Influences Other Dimensions of Health", as well as Meshki's paper "The Anthropological Foundations of Spiritual Health from the Perspective of Islamic Philosophy and Mysticism in Light of Qur'anic Verses." Additionally, in the *Anvār-e Ma'refat* journal, Alimardi and his colleagues published an article entitled "Psychological Components of Spiritual Health in Mystical Teachings with Emphasis on Ibn 'Arabī's Thought," and the Kuwaiti scholar Isma'il Lala has also written several papers on this subject.

In the present research, an attempt is made to facilitate the path toward spiritual health by employing Ibn 'Arabī's doctrines of the Unity of Being (*waḥdat al-wujūd*), the Perfect Man (*al-insān al-kāmil*), and his ontology as the underlying bases of spiritual well-being. This approach ultimately aims to promote inner tranquility and reduce existential anxiety in individuals.

### **Foundations of Spiritual Health in Ibn 'Arabī's Thought**

Spiritual well-being is an inalienable dimension of human health, which, owing to the inherent limitations of human epistemology, can only be fully attained through communion with the Almighty God. This research endeavors to examine Ibn

‘Arabī’s philosophical and mystical thought concerning the three principal components of spiritual health indicators: God, explored through the theory of the Unity of Being and his theological perspectives; the human being, addressed via the doctrine of the Perfect Man and his anthropology; and nature, situated within Ibn ‘Arabī’s broader ontology.

1. *God in the Theory of the Unity of Being:*

Ibn ‘Arabī posits that the singular, veritable existent is One, and that multiplicity lacks intrinsic reality or originality.

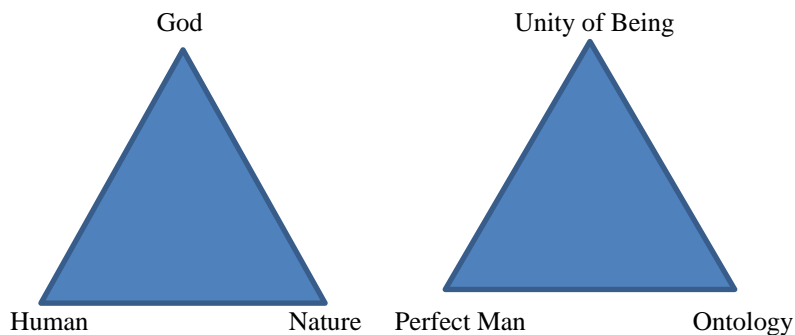
2. *Human in the Theory of the Perfect Man:*

In Ibn ‘Arabī’s mystical framework, the human being stands as the central nexus of spiritual health indicators, around whom all aspects of existence revolve. He asserts that the Perfect Man (al-Insān al-Kāmil) is one in whom all human potentialities have been actualized. This individual is a manifestation of the Divine Names, the ‘illah ghā’iyyah (ultimate cause), the reason for the universe’s creation, and the means of its subsistence.

3. *Nature in Ontology:*

Within Islamic mysticism, the ‘ālam al-nāsūt (the material world or nature) is one of the Ḥaḍarāt al-Khams (the Five Divine Presences), regarded as a manifestation of the Divine Essence. The Sheikh (al-Shaykh) posits that the motivation for the world’s creation by God is expressed in the Hadith Kanz Makhfī (Hadith of the Hidden Treasure).

Indeed, these theories are so interwoven that it is impossible to draw definitive boundaries between them.



**Conclusion**

Given Ibn ‘Arabī’s distinct perspective on humanity, his mystical theories can be leveraged for the attainment of spiritual health. Consequently, the pathways for cultivating a spiritually-oriented personality and the means of achieving spiritual well-being can be explored within the framework of his school of thought.

**Keywords:** Spiritual Health, Ibn Arabi, Perfect Man, Unity of Being, Ontology.