



Positive Psychology for Holistic Living

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ABSTRACT

Holistic living is the art of living in balance with us and our environment understanding and respecting that all things are interconnected is at the heart of a holistic lifestyle. Holistic living is about taking responsibility for our action and choices in the knowledge that these choices have consequences for all living things and the planet. We believe that a psychology of positive human functioning will arise, which achieves a scientific understanding and affective, interventions to build thriving individuals, families and communities, positive psychologists seek to find and nature genius and talent and to make normal life more fulfilling rather than merely treating mental illness. Positive psychology is primarily concerned with using the psychological theory research and intervention techniques to understand the positive adoptive, creative and emotionally fulfilling aspects of human behavior.

Before World War II psychology had three distinct missions: curing mental illness, making the lives of all people more productive and fulfilling and identifying and nurturing high talent the primary focus of psychology shifted to the first priority treating abnormal behavior and mental illness. During the 1950s. Humanist thinkers such as Carl Rogers, Erich Fromm and Abraham Maslow helped renew interest in the other two areas by developing theories that focused on happiness and the positive aspects of human nature.

Holistic Psychology illumines our search for health and healing. Its concepts principles, processes, and techniques help us to reach our goal. It also provides a conceptual framework suitable for the health care of future.

KEYWORDS

Vitamins, Nutrition, Periodontitis

Holistic Psychology is a new awakening. It sweeps aside the one-dimensional picture of standard psychology and reveals our true nature- multidimensional. Yet unitary. It brings about a theoretical and practical integration that includes all aspects of the person. Physical mental and spiritual within a physical and social context. Thus it reorients us to the essence of our human nature, and of our personal identity. It paints the picture of us in proper perspective a picture of the whole person, the unique person, the person with will and consciousness, with potential for transformation and transcendence. Holistic psychology builds on what has gone before. Like Gestalt psychology. It insists on the integrity of the whole. Like humanist Psychology. It emphasizes realizing our full human potential. Along with psychosynthesis and transpersonal psychology. It explicitly addresses the transcendental and the spiritual. It taps diverse sources to adopt and elaborate techniques, incorporating them in its methodology of personal change transformation and healing.

The term holistic refers to a therapy that addresses the whole person- body, mind and spirit. From a holistic perspective psychological health is directly related to the health of the body and the vibrancy of the spirit. The whole person experiences psychological symptoms and those symptoms are both created and sustained in the body and spirit and brought to life as mental and emotional experiences.

From a holistic perspective, the whole person is seen as being part of a larger whole and is connected to deep sources of inner wellness that are continually nurtured and supported by the earth and the field of spiritual life around us. Thus the whole person is in relationship to an even greater whole that is wise and creative. A holistic approach allows us to come in touch with that relationship, as a source of health, well-being and deep meaning.

Positive Psychology:

Positive psychology is one of the newest branches of psychology to emerge. This particular area of psychology focuses on how to help human beings prosper and lead healthy, happy, lives today more and more people are searching for information on how they can become more people are searching for information on how they can become more fulfilled and achieve their full potential. Social and emotional well-being

forms part of the holistic view of health. Self is the most essential and unique quality of human beings self which they consider as a functioning whole. It is in the words of Carl Rogers on organized consistent set of perceptions and beliefs about oneself. It includes an awareness of the person I am and could be. It directs our behavior in all the consciously chosen aspects of our lives and is fundamentally motivated towards achieving self actualization. Positive psychology is centered on helping people become happier. In order to understand the field of positive. Psychology positive psychology is centered on helping people become happier.

Aboriginal and Torres Strait Islander health is viewed in a holistic context that encompasses mental health, and physical cultural and spiritual health. Land family and spirituality are central to well-being. It must be recognized that Aboriginal and Torres Strait Islander peoples have great strengths creativity and endurance and a deep understanding of the relationship between human being and their environment. The centrality of Aboriginal and Torres Strait Islander family and kinship must be recognized as well as broader concepts of family and the bond of reciprocal affection, responsibility and caring. Social and emotional well-being problems cover a broad range of problems that can result from unresolved grief and loss trauma and abuse, domestic violence, removal from family substance misuse family breakdown, cultural dislocation racism and discrimination and social disadvantage.

Holistic living a model for health and healing:

Holistic psychology illumines our search for health and healing. Its concepts principles processes and techniques help us to reach our goal. It also provides a conceptual framework suitable for the health care of the future. The search for health and healing is but one aspect of the search for personal transformation and self-mastery- the search for our real self spirit is the source of health and healing. Attunement to spirit allows energy to flow freely through all aspects of our being spiritual mental, emotional and physical. Holistic psychology reorients us to the essence of our human nature, and of our personal identity. It paints the picture of us in proper perspective - a picture of the whole person, the unique person with will and consciousness, with potential for transformation and transcendence.

Holistic treatment:-

A Holistic psychology offers treatment that includes talk- therapy. Self- awareness, insight into psychological patterns, Verbal and emotional expression and also includes healing that addresses the body. Such as nutritional awareness, herbal, homeopathic knowledge, body awareness, Yoga and gong movement, integrated with meditation and deep relaxation to bring awareness of one's spiritual life energy aliveness and essence. Emotional and mental experiences are thus understood as integral to physical and spiritual functioning; just as a wave is not separate from essence of water Holistic psychology is thus and integrated approach that addresses psychological wellness through connecting to and promoting the health of the body and spirit, while integrating traditional psychological therapies. Tapping into the healthy resources of the body and spirit opens a pathway to

Discovery of a vibrant inner medicine that can heal, balance, and transform psychological suffering. The definition of the New Holistic Psychology contrasts sharply with the Current - mental health psychology.

Here is a reliable, well thought out definition of holistic psychology provide by a holistic psychologist. Dr. Doris Jeanette. She has been a licensed psychologist for 36 years working directly with clients.

The Current Traditional Psychology	The New Holistic Psychology
<ul style="list-style-type: none"> • Purpose: To adjust individual to fit them into a culture, system are technique. 	<ul style="list-style-type: none"> - Purpose: To actualize the real self by empowering individuals to be true to the authentic self.
<ul style="list-style-type: none"> • Psychotherapy model is used 	<ul style="list-style-type: none"> - Transformation model is used
<ul style="list-style-type: none"> • Unhealthiness is defined by judgmental beliefs. Labels, with a white male bias, are used to define people and keep them sick 	<ul style="list-style-type: none"> - Unhealthiness is defined by lack of vital energy flowing through the cells, body and mind. This can be changed.
<ul style="list-style-type: none"> • The goal is to control behavior thoughts and emotions 	<ul style="list-style-type: none"> - The goal is to find and use natural strengths.
<ul style="list-style-type: none"> • Technique-based 	<ul style="list-style-type: none"> - Process - based
<ul style="list-style-type: none"> • No awareness of energy 	<ul style="list-style-type: none"> - Awareness of energy is used to empower people.
<ul style="list-style-type: none"> • Thinking is dominate 	<ul style="list-style-type: none"> - Feeling is equal to thinking
<ul style="list-style-type: none"> • Talks about problems, blocks, chemistry and symptoms. 	<ul style="list-style-type: none"> - Directly affects the unhealthy energy in the mind - body so it moves toward health

Living healthily should after all be easy! Without health you will not be able to live to your fullest potential in any area without a sound and vigorous mind and body. You cannot fully enjoy your wealth, relationship or spiritual growth. So holistic wellness and health living is a major focus of our site.

Positive psychology often is passed off as pop psychology. The actual theory behind positive psychology was defined in 1998 by Martin Seligman and Minaly (Sikszentimihalyi and looks at all aspects of a person's psychology. It does not discount traditional psychology nor supersede it, rather then viewing psychology purely as a treatment for the malign; however it looks at the positive.

Positive psychology has always been interested in where people's lives have gone wrong and what has resulted because of it. Positive psychology study people whose lives are positive and try to learn from them, in order to help other achieve this state of happiness. Positive thinking is one aspect of positive psychology. Surrounding yourself with a great lifestyle and material goods may seem to lead to happiness but how you really feel is governed by what goes on inside your head. When you go out of your way to think positively. You actually purge yourself of negative self- talk.

"Holism refers to any approach that emphasis the whole rather than constituent part". 'The whole is greater than the sum of its parts is the idea that natural systems. (Physical, biological, chemical, social, economic mental, linguistic etc.) Holism living is meaningful and useful to everyman Holistic psychology is alive- it is an acknowledgement of the complexity, fluidity, and interplay of knowing, that which is known, and the continuously unfolding and interdependent relationship the two. Holistic living offers a way to balance your life in all areas - health, relationships, spirituality and finances- to achieve a happier, healthier and more fulfilling lifestyle. More romance, financial security a healthier body and spiritual connection to the world are just some of the benefits of holistic living.

The concept of holistic living is not a new cone. Holistic lifestyle goes beyond the approach of just healing the body and spirit naturally. It is conscious living, conscious choices for a healthier environment, Holistic living takes it a step beyond healing the body, mind and spirit when approaching life with a holistic view, a person continues to live holistically even after the healing has taken place. Holistic psychology focuses on the central issues of human existence and experience; such as happiness- How can we experience life as meaningful, productive, and joyful? - How is loving different from being in love? Holistic Psychology offers a fresh perspective on the "fact" of Standard Psychology.

Over the last ten years or so, general interest in positive psychology for holistic living has grown tremendously. Today, more and more people are searching for information on how they can become more fulfilled and achieve their full potential. Holistic living helps to everyman for living healthy life living healthily should after all be easy!

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