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THE RELATIONSHIP OF POETRY THERAPY IN THE WORLD AND HYPNOSIS WITH HISTORICAL METHODS AND IRANIAN PERSIAN LITERATURE

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Abstract

Making use of the present tense is one of the best examples of therapeutic poetry for listeners. Poetry therapy, which is accepted as a method for the spiritual development and healing of people. religion of shamans, who used poetry in their rituals and saw poetry as the guardian of the soul. up to ceremonies. With the spirit of hope and hypocrites in his poems, Hafiz is constantly due to his struggle to continue a better life, as well as his invitation to be happy and It is an incentive and a relief to try to build a new world.

It is useful to emphasize the stimulating value of literature, and especially poetry, and to write poetry by sick people. to validate and formalize the potential and the reactions of other people to their poetry, and in poetry the patient's own Pretending to have feelings and experiences are among the most valuable new discoveries of poetry psychoanalysis. This in the article, how poetry will affect people with hypnosis methods, what is the meaning of hypnosis and poetry as a concept and doctrine. He explained the relationship between these two disciplines that mutually feed each other.

Keywords: Poetry, Hypnosis, Persian Literature.

Entrance

Poetry as therapy

Evidence from ancient excavations includes papyrus among the ancient Egyptians in the 4th millennium BC. That words were written on the leaves and that they were dissolved in a special potion and given to the patient and in this way they show that they believe rapid treatment is possible. a thousand years from Jesus a long time ago, a collection of magical poems that had a therapeutic effect on the audience. It is mentioned about a boy named David, who has a special pastoral music with a combination of all of these

legends are based on the ancient magic focus of the word-poetry in the unconscious mind of the ancient man.

He shows his thought; However, in terms of historical documentation, it was first discovered in the early centuries AD. Soranus, one of the Roman psychologists, described the tragedies in his plays as depression. He prescribed it to his patients. This was the belief of the Greeks. god of poetry and music he accepted Apollo as the god of medicine and treatment at the same time, and the cure is from him. Pegasus (the winged horse flying to

Olympus) is a symbol of poetry and the flight of poetry. Mind a horse, also known as Fars al-Azeem in the constellations, and even in Sassanid times The winged horse in Hüsrev Parviz's cup indicates the influence of this legend on Eastern belief.can. (Onal, 1999: 22-31).

For centuries, the relationship between poetry and medicine has been important, and the viewpoint of thinkers has been but Benjamin Franklin in 1751 in the United States when he established the first hospital in Pennsylvania, besides his side treatments, literacy and this the systematic publication of writings in the poetry of Benjamin Rush, the father of American psychology and after seeing and prescribing music as a useful adjunct therapy, it's kind of a treat for patients. It has been used as a mental therapy. (Onal, 1999: 56-57).

"Writings-poems" are things that patients do as a creative activity in the treatment process and it was a collection of works published in a publication called Eliminator. However, poetry therapy, in the literal sense of the word, is the extensive and long term known as book therapy. Derived from a long-standing therapeutic method. Actually, book therapy or narrative the use of allegory and metaphor for the therapy or psychic treatment of the patient, poetry and the twin emerges from the stories in the continuous description of the past and the researcher is now in Persian literature. Even fundamentally. Combining the two in the history of poetry therapy Ancient there were nobility of the world. (Onal, 1999: 67).

Historica, which tries to observe the principle of wisdom in the transfer of the books according to the order from the Greek historian of his Library to Galen and his library to Marcus Aurelius, from Mesopotamian storyteller Shahrazad to Hamon, stories from poetry Modern homer in the Odyssey and the Iliad, who has not yet seen the logic of thought and contemplation, to learn allegorical therapy methods, even compared to the new and equal according to the researcher until our own Shahnameh and Mesnevi, which is a university, and MS from 1272 from then on he continued to work until reading the Qur'an at the Al-Mansour hospital in Cairo. The term book therapy was coined by Samuel Kratzer in the Atlantic Monthly in 1916. Revisiting and rereading books in three "cognitive, emotional, and personal" ways has been proposed as a basis for then therapeutic poetry became a special branch, according to the latter, "in fact, the social from the philosophy of postmodernism of the 70s and 80s, which emphasized the importance of a common language in their "Story Tellers" by John Mill Foley in 1995. The language used in the book "In Performance" is used in the theory of SPEAKER POWER in Native American literature is ending. Poetry therapy is a special and powerful method in book therapy. mental patients imagination and rhythm in motivating him, and the poetic tricks of the creative imagination. It's a unique way of using it. (Aytac, 2005: 11).

University of Pennsylvania librarians first used this method for the comfort and convenience of patients used as the selection and optimal use of literary books for the spiritual cure and they suggested. categorized according to predicted selections and work classification, and mostly psychological informational education books (Carl Mannings' The Human Mind book) and later fictional novels and their special encouraging and frightening Books with characters replaced these books and were useful. (Habip, 2012: 22).

Recognizing the Power of Modern Medicine and Poetry

With the emergence of post-modernist theories in art and literature and the reflection of orthodoxy to other sciences, the big names of the medical world have also accepted the important relationship between art and treatment. Freud wrote: "It is not me who is a poet, discovering the unconscious!" Great theorists such as Adler, Jung, and Ariti also confirmed that poets drew the paths that science would follow from now on In the sixties, with the completion of group therapy, therapists quickly gained the influence of poetry therapy as an important tool, and poetry therapy is growing rapidly in various fields: rehabilitation, education, library science, creative arts. (Alper, 2012: 19-20).

The Psychoanalytic Medicine of Poetry

Emphasizing the stimulating value of literature, and especially poetry, and validating and formalizing the beneficial potential of writing poetry by sick people and their reactions to other people's poetry, and pretending to have the patient's own feelings and experiences in poetry, are among the most valuable new findings of poetry psychoanalysis. "Jacob L. Moreno" was the creator of the "psychodrama" method. "If you came to my bed as a doctor / The pleasure of sickness in two worlds

I do not taste - Saadi"

Poetry is the product of an artistic creation. Writing poetry is like going into a happy trance. The shared experiences of the poem help to establish a connection between the poet and the audience. Poetry is the embodiment. The coherence of an uncertain and foggy situation in the form of individual words and sounds.

Reading the poem creates an unconscious analysis in the patient's mind. The soul of the audience, thirsty to hear wisdom indirectly through metaphors and symbols of ecstasy. The sameness of the audience with the poem doubles its therapeutic effect. Poetry can experience the psychological unity that emerges as a result of the integration of one's troubles with the visualization of the poem. If the poem takes place in a particularly dramatic situation, and in special cases the spectator-patient himself participates in the process of this drama, it will find such a consistent connection with his neurosis that the psychological emanating from this poem will reflections accelerate the drama treatment process. In later theories of poetry therapy, poetry and all its forms are used according to the needs of the audience—the patient. Regardless of age and social status, this patient can achieve a positive result by applying the combined methods of art therapy and emphasizing poetry that can create the necessary content to change the situation. (Freud, 2004: 85).

Expression of proverbs, short poems, content analysis, short sentences are the most heard methods of poetry therapy. If the psychotherapist has invited the audience to an enjoyable mental challenge, and usually in group therapy, the phonetic rhythm of classical poems is a common practice in the language of poetry. The wisdom is that in the current methods of poetry therapy, not only more integrated and specialized treatment methods, but also the combination of poems with content analysis by the therapist and the use of other capacities. Like poetry: dyslexia and uncertainty and much polyphony and a special place found in the assimilation of the unconscious mind of man Considering that human knowledge is increasing day by day, it can be used in auxiliary methods of psychoanalysis such as hypnosis. Found a

more prominent place in the avant-garde branches of modern poetry (Erickson's hypnosis). The NEPAL method (Lifestyle with Literary Taste) is the author's direction. (Freud, 1996: 44).

Therapeutic Poetry and History of Literature in Iran

Classical Iranian poetry, i.e. poetry mixed with stories (poem poetry), is so deeply embedded in Iran's collective unconscious that historical analysts and sociologists who are interested in the psychological analysis of history, who deal with and live Iranian life in poetry, Historical neuroses who have embraced their own utopian world. Iran, which is suffering in historical wars, plunders, worldly and natural pains.

The ascetic mind sought solace in poetry and poetry. His assertiveness and historical isolation are evident in the Extreme hand-to-hand combat of the rebel forces and their effect on their social psyche. In such a case, neither the father-society nor the virtuous it cannot transmit the evolved culture, nor does the child-citizen want to receive that culture. As a result, cultural and artistic heritages of hundreds of years are deprived of transmission and each generation is forced to experience the existing situation independently. His poem, "Imagination, Hope and Desire" its absence is the unconscious Iranian consolation. Ancient Therapists of great poets such as Mevlana or Hafiz used similes or metaphors to psychologically Influence the audience using the same method as today's therapists; With the difference that the reason is from an unconscious and historical-social-psychological experimental process of self-development, and this need has a different color and taste and different reasons in the West. They have the idea of "listening to poetry". "Feeling good" in their minds, both right and wrong. (Hafiz, 2018:70)

Iranian preachers, orators, scholars, and poets have used this method until now, and perhaps the prepared Iranian mind—at least two generations ago was accepting it anonymously and anonymously. On the other hand, in the Qajar period and with the reintroduction of music into poetry, combining the two at Hazardistan's throat became a common method, involving three of all western methods. Poetry, music and performance. The collective excitement and exuberance that emanated from poetry and music gatherings, and the interest most Iranians have in it, was and still is a clear emphasis on the continuation of the collective unconscious approach to internal references and psychological subtlety. (Hafiz, 2016:20)

Recent New Research

In the 50th year, the first examples of the research of Iranian psychologists and authors were published in journals such as Sokhran, and Dr. Parviz Farvardin's From Poetry to Poetry Therapy is the first book to emerge from such research. This approach seems to be getting more attention by psychology professors than by the authors, because it's difficult to delve into such a specific topic methods require mastery. Professors Jalal Narimani, Ahmad Pedram, Morteza Jabari, and Tenni Chand, other psychology researchers, have tested this field of therapy in various laboratories and universities and have published their results in books by the same name. Very few books that have not reached the number of fingers in nearly forty years. The main pathology of these books is the selection and arrangement of weak examples of these works, or the enjoyable and distant ones, with the consensus of all the books on poetry therapy and folktale therapy written by a

small number of eminent psychologists in the literary category. from the poetic standard, weak one of its points. (Emre, 2005).

Practical Ways and National Heterogeneities

Because the combined methods of poetry therapy and story therapy, and music therapy and book therapy, have the possibility of realization and inference, and therapy is one of the most important byproducts of writing poetry or story or analyzing it by the therapist in a therapy discussion. Considered one of its presuppositions - a presupposition based on the social, cultural and artistic education of society the possibility of continuing the old path and realizing new paths brings with it difficulties. (Adler, 2012: 99-130).

One of the biggest problems of education and later higher education and free cultural and literary institutions in Iran is that students at different levels are not properly taught to write (writing memoirs, stories, poems) and even creativity is not given importance.

Compared to the field of literature. In other words, the splendor of our official literature, with Shams Qays Razi's general definition in Al-Mu'jam that "poetry must be rhymed and punctuated," has placed a strange limitation on the dominance of rigid dogmatic thought. about literary creations for the general audience. The hegemonic literary tradition of the past set a standard for writing, and to abandon this framework is an unforgivable sin to this day. Perhaps the battle between ancient poetry and seminal poetry, and the negative confrontation of literary classics with today's free poetry, were somehow unaffected by these decisions. In short: Our education system does not see artistic creativity as a place for unconscious projections due to the lack of attention to the educational approach, the only trial lesson left from the generation of creative educators is the seasonality of certification and education systems suffered by the change. (Chiris, 2016: 45).

Our strict and legal definitions such as poetry, story, memoir, and the examples in the approval of the works have become almost an escape for those who love writing, namely poetry, story and the necessity of its grading and literary elegance and thickness, so that at the end of the study period, the student's simple and considered to have an objective point of view. continues to use the concept of writing, which is included in the general definitions of poems, stories and diaries, as a factor in improving the mental state of his life, and a certain education is required to be a person attributed to poetry and fiction. While this correct education and laxity in literary definitions in the West make stories possible, for example, the psychotherapist may expect companionship from the audience-patient in the storytelling process. In this context, the following two suggestions are needed for the country's education system:

- 1-Creative literature education at all levels of education as a contemporary lifestyle (poem writing - story writing - memoir writing)
- 2- Reviewing the general definitions of poetry and stories and written works according to the social and personal awareness levels of the people in the society. (Jung, 1997: 33).

Literary Inductive Style and Hypnosis Writing

The story writing based on the principles of Iranian Islamic Sufism and the inductive style in poetry by a number of young people who are interested in the path of Sufism and its deep epistemological-internal roots, also announce the publication and existence of Tamat's "Story-Poetry" collection. While this style is a rebellion

against the common literary order that ruled Iran, which resembles a beautiful ancient palace and does not respond to the literary needs of the younger generation and the contemporary period, on the other hand, it is a new attitude, mind, language and spirit in the field of poetry and fiction. is the relationship between (Jung, 1997: 323).

Methodology:

Example

Diana's decency and chastity stole my heart so much. We had a camp in a few days and this was the best opportunity to talk and be close to him. Camp day came but I don't know why it didn't happen. My tongue was locked and my legs were shaking.

Diana was different from all the girls. humility; fineness; I am impressed by her high understanding and special beauty. While my other classmates were talking to him; suffocation; Jealousy and intense sadness filled me. But I couldn't play it. Others had kidnapped him and I was helpless. When I got home, I was dying of a strange feeling. But again, I made my decision. The next day I went to university again. Diana was there too. I joined my classmates. But this time, my friends' greasy and soft tongue put me in a corner of isolation and kidnapped Diana.

I dropped out of college in a frenzy. I was in a state of madness and suffocation from the intensity of his sadness and love. I was distracted and never noticed my surroundings. I got on the bus. I was so upset that everyone noticed. I leaned back in the chair and closed my eyes. A severe pain constricts my throat and heart. As if I was one step away from the madness. I put my head in my hands. I have entered the realm of madness again. The realm of madness was the name I gave to the strange and frantic feeling that came over me from time to time. I was so immersed that I couldn't go back. It was as if I was expanding from within. An expansion into the scope of the whole being. It was like I was going to explode from the inside. A deep and dangerous intellectual chasm filled with sadness. To the vastness of space and the fear of space black holes. I suddenly felt inside. It was much more intense and serious than previous times. It was absolute silence. (Aytac, 2009: 176).

Full vacuum Nothing, Nothing. Literally nothing. I felt the absence and absence with the depth of my being. If I went any further, I would go crazy. This time I don't know why; depth; The fear and depth of this absence was greater. Suddenly, in this absence, an invisible but pleasant current flowed everywhere. I knew it was love. In this absence and in my being combined with this absence, a crazy, powerful and suffocating love was flowing everywhere. Hard love and deadly sadness. my heart hurt. I put my hand on my heart and everything disappeared. Hatfi said: "Do you know what it is?" I said no" The first moment was creation. And that love came from nature. Beauty looked at itself, it was so beautiful that she fell in love with herself and fell in love with this love. It was called existence. And when you fall in love, repeat creation. You're not in love with someone." It is God who looks at himself in the presence of others and falls in love with you. It's not you, he's the one who fell in love with her.

Results:

Creating an Undefined Situation (Written Hypnotism)

The author can use techniques; Creating different moods in the story directly in the reader. Until now, the only way to convey the mood from the hero of the story to the reader has been to describe

the mood in the story. In this way, the author directly described the same situation and the reader visualized it. But now it is possible to use initiatives that create mood in the reader directly; So the reader will be in a position. In this school, the work becomes a meta-mental tool capable of conquering the mind; It's a hypnotizing machine.

Conclusion

There is a certain harmony between the external world and the mental world. A body is in one of the realms and not in the other; That subject is incomprehensible. If you run and your mind understands running, it's because running is a reality in your mind that understands physical running. This school tries to work as a photograph. without physical and external facts; Exploring the audience's mental realities through poetry and prose. In this work, the audience is something beyond the reader and becomes the hero of the story; With all his worries. In this direction, main and secondary techniques can be used. The main techniques related to the spiritual power of the author; To prepare it and to remove the distance between the soul of the language and the soul of the person. In this approach, the writer must go through a series of behaviors in language and letters and gain the power to write hypnosis.

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