

A Study of Instances of Spiritual Self-Care in *Masnavi Manavi*

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Abstract

Modern human life is replete with stress, anxiety, and mental and psychological tensions. This problem causes humans to remain distant from their ultimate goal, which is to deepen the meaning of life. Spiritual needs and deficiencies can lead to various mental and physical illnesses in humans. Therefore, the priority for modern humans should be to find a path to salvation and to address spiritual deficiencies in order to attain comfort and tranquility amidst life's inevitable challenges. Spiritual self-care encompasses a set of activities and behaviors that, by connecting us to the higher source of existence, God, improve our inner states and ensure our physical health. This subject is one of our intellectual and cultural priorities, which also holds a special place in the realm of literature. Iranian poets have emphasized the importance of this issue within their works and writings. With his sublime thoughts in the didactic and ethical book, *Masnavi Manavi*, Rumi has intelligently guided modern humans to find their life's path amidst common problems. This article seeks to examine the *Masnavi Manavi* to identify the components of spiritual self-care and, from Rumi's perspective, discuss the fruits and results of this subject.

Keywords: Spiritual Self-Care, Spiritual Behaviors, *Masnavi Manavi*, Rumi.

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