

Philosophical Counselors as Soul Doctors

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Abstract

Philosophical counseling has roots in both ancient Greek and ancient Asian philosophies, but today it is a relatively newly emerging phenomenon in the West, so many have either never even heard of it, or, if they have, they are unclear about how it resembles and differs from other forms of talking therapies and related self-help modalities. Here, I focus on some of the major similarities and differences between philosophical counselors, psychiatrists, psychotherapists, life coaches, and gurus. I identify and assess some of the disparities in credentialing for each, the sorts of issues that direct individuals to contact them and for which each has greater expertise, and the many overlapping issues which any or all of them may be competent to address. I argue that most of these issues may be best addressed by philosophical counselors.

Keywords: *psychotherapy, gurus, life coaches, philosophical counselors, soul doctors*

Philosophical Counselling: An Indian Perspective

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Abstract

Philosophy is often discounted as impractical and inequitably labelled as unpragmatic, but we cannot deny that it is the underpinning sustenance of all aspects of life. Everyone bases all their actions on their belief system which in turn formulates their identity, sense of morals and duties. Today, when we witness that the world is in a state of utter unrest, it will be helpful to seek remedy from Indian Philosophy along with its cultural traditions which aim at the holistic development of an individual and promotes universal brotherhood. India's spiritual wisdom is a source of guidance for anyone who wants to reach a mentally calm and spiritually satisfied state, which will not waver by the perplexities of life. The issues / objectives which shall be addressed in this paper are as follows:

1. How Philosophical Counselling is important and should be given in nascent stage of one's life, when the young minds are cultivated and taught the meaning of life.
2. What is the purpose of life and how can one achieve it?
3. Reflection on duties towards oneself and the others.
4. What is the influence of ego (*ahamkāra*) in self- reflection?
5. Analysis on the formation of one's belief-system.

Keywords: *Philosophical Counselling, Self-reflection, Self-contrive, Moral dilemma, Belief-system, wellbeing, Bhagvad Gītā.*

Pragmatic Truth as a Means of Alleviating Suffering

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Abstract

So much human suffering is self-imposed. One important aspect of philosophical practice is helping clients see how they cause their own suffering and to show them how to stop doing so. Perhaps the most fertile ground for the arising of suffering is our beliefs about reality. The folk theory of truth accords with the standard correspondence theory of truth, and is thus what our clients adhere to. This way of looking at truth and knowledge leads to much suffering because it implies a direct relationship between statements/beliefs and reality. A more beneficial way of looking at truth is in a pragmatic way: as that which works, and not as beliefs that reflect how things “really” are.

Keywords: *Pragmatism, Attachment, James, Locke, Cognitive Science, Lakoff*

Rasa Sadhana as a tool for Rational Emotive Therapy

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Abstract

Rational-Emotive Therapy (RET), as developed by Albert Ellis, is based on the idea that Cognitive, Affective (Emotional) and Behavioral processes can be manipulated to reduce the effects of irrational beliefs and goals, which one sets upon themselves. Ellis' hypothesis moves from understanding how one's thoughts contribute to emotional and behavioral disturbances, while the Tantric traditions employ the understanding that the physical and mental disturbances originate from the imbalance in the emotions. Rasa Sadhana, as Peter Marchand notes ... is a tantric method of fasting on one's emotions. It helps one to overcome negative emotions so as to pursue better physical, mental and spiritual health. This paper explores the possibility of Rasa Sadhana as an intermediary step in RET to understand one's emotions in a better light, in helping the individual avoid the consequences of the negative emotions.

Keywords: *Rasa Sadhana, Rational Emotive Therapy, Tantric Therapy, Ayurvedic Psychology, Fasting on Emotions, Yoga*