




## Representation of poetry therapy in Khayyam's quatrains

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### Introduction

Many words have been said about Khayyam's character, thoughts, and beliefs. To better understand Khayyam, one should take a deep look at the context of words and concepts that Khayyam used in a poetic context. In harmony with the thoughts of many sages about the impermanence of existence and the conditions of human life in this world, Khayyam speaks of living happily and enjoying life. This way of thinking and his suggestions are very close to the basic concepts and goals of poetry therapy.

### Methodology

This research analyzes Khayyam's quatrains from the perspective of general principles and poetry therapy techniques using the thematic content analysis method, which is one of the qualitative content analysis methods.

### Discussion and Results

Representation of poetry therapy in Khayyam's quatrains; What Khayyam says in his quatrains is a reflection of the amazing world of his mind and his questioning existence about existence, God, and man. These subjects have been raised in the minds of all people in the past. Since these questions arise from the hidden world of all people, they empathize with them everywhere on the planet. The most important techniques of Khayyam's quatrains from the perspective of poetry therapy are:

- Finding meaning in the present and forgetting the painful past and the future that makes people anxious and prevents them from useful work and effort.
- Accepting the impermanence of life and valuing and using every moment of life
- Showing the transience of the world in recommending staying away from unethical behavior and paying attention to goodness and virtues
- Cognitive therapy influences the minds of the audience and makes changes in them
- Reflection on the paradoxes of existence

- Rhythmic and harmonious coordination in Khayyam's quatrains, structural and musical aspect of poetry therapy; With appropriate and melodious use and special order of words and the use of mutual and conflicting topics, Khayyam deals with the issue of the nature of man and the world in the human mind and unconsciously opens the paths of knowledge.

- Khayyam's aesthetic view and attention to nature; Khayyam sees everything as beautiful and with all the complaints he has about the sufferings and instabilities of this world, he feels and appreciates the beauty in existence.

- Khayyam's world, the world without need and without dependence; Khayyam's world is a world without the need for many disturbing thoughts that have plagued humanity throughout history, such as loss, defects, and death. The world is freed from the thoughts of people who have imprisoned themselves and others in the narrowness of custom, ideology, and habit.

- Khayyam and his social concerns, fighting hypocrisy; Since the main task of this research is not to present psychological theories and treatment methods, it does not deal with the psychological problems caused by hypocrisy and pretense in the human psyche. At first glance and referring to objective experiences, it can be seen that hypocrisy and not being truthful causes anxiety and many psychological disorders in the person of the hypocrite and makes society sick on a wider level.

- Timelessness in Khayyam's quatrains; The important issue in Khayyam's thought is the truth of timelessness. Khayyam is timeless. He does not live in the past, or the future, and being in the present is a time that changes every moment. This timelessness is also a kind of freedom.

- In Khayyam's quatrains, wine is a remedy for liberation; This research analyzes Khayyam's quatrains from the perspective of general principles and poetry therapy techniques using the thematic content analysis method, which is one of the qualitative content analysis methods.

In many cases, Khayyam's wine is a wine that the poet, using its function and characteristics in reality, suggests a kind of liberation and oblivion to save from strictness and prejudice, and sometimes encourages the human mind to think about the deepest ontological issues and questions.

- Freedom from the boring repetitions of life; It seems that Khayyam believes that the way to get rid of the boring repetitions of existence is to reach genuine happiness, part of which is achieved by learning the skill of how to live. It is not to be caught in the circle of many dependencies and common fears, far-off wishes and despicable greed.

### **Conclusion**

This research reached the following conclusions from the examination of Khayyam's quatrains: Khayyam's creative and critical thinking and his different view of phenomena, which arose from his different way of looking

at existence and the world, are among the main goals of poetry therapy. Khayyam is deconstructive and non-normative and behaves freely and truthfully in expressing his doubts and emotions. Speaking freely and simply showing emotions is one of the important axes of poetry therapy. What can be presented as a summary is that Khayyam had the idea of human peace and happiness in mind. He is trying to change the attitude of his audience to the common issues of his time and correct many cognitive distortions. Khayyam invites people to get rid of unnecessary fears and anxieties that are caused by the unfavorable conditions of the times. In this way, he causes cognitive reconstruction in the psyche and life of people, which is an important principle in the field of cognitive-behavioral therapy.

**Keywords:** poetry therapy, Khayyam, quatrains.

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