

# ISRG Journal of Arts, Humanities and Social Sciences (ISRGJAHSS)



**ISRG PUBLISHERS**

Abbreviated Key Title: ISRG J Arts Humanit Soc Sci

**ISSN: 2583-7672 (Online)**

Journal homepage: <https://isrgpublishers.com/isrgjahss>

Volume – II Issue-III (May – June) 2024

Frequency: Bimonthly



## Metaphysics and Logic

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| **Received:** 17.04.2024 | **Accepted:** 21.04.2024 | **Published:** 01.05.2024

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### Abstract

*Metaphysics characterizes particular kinds of propositions, propositions that help persons in their evolution, propositions that when are though help one to progress, to feel happy, to love oneself and the others.*

*In logic one characterizes propositions as true or false. One does not consider opinions or beliefs. Nevertheless there are particular propositions that can help persons. Why not to write a logic for common thinking considering opinions and beliefs? Why not to define a logic of affirmative thinking?*

*Without doubt, to think something that makes me feel better is better than to think something that makes me feel bad. To feel love by myself is better than to hate me. The same with another person. Better to love than to hate. We present what metaphysics calls affirmations or positive ideas and we analyze them logically.*

**Keywords:** metaphysics, logic, sane, affirmative thinking.

### 1. Introduction

We present what in metaphysics are called affirmations or positive thinking and we analyze them logically. We find a new characterization for true propositions and explain why what is presented as affirmative thinking is to be true.

We analyze the mental patterns of metaphysics, its relation with implication, equivalence and negation. Books of metaphysics presents affirmations that once repeated change our consciousness.

We classify affirmations in implication, equivalence, negation. We present the tables of truth of these connectives.

A true implication is a true proposition. Has a true conclusion or a false hypothesis. True hypothesis is positive thinking, false hypothesis is interpreted as I dont have this thinking. True

hypothesis and false conclusion is false implication. Is positive thinking implying negative thinking.

Equivalence is action and reaction, and negation is as follows: positive thinking is true, negative thinking is false. The negation of positive thinking is negative thinking and the negation of negative thinking is positive thinking.

I have read the books of Louise Hay (Hay, L., 93, 96, 97) and of Connie Mendez (Mendez, C. 95, 98). Both authors say that what one thinks is manifested. What happen to us are our own creations. Free means to have been created with the right to choose. We choose to think positively or negatively, and this produces what is good or bad. Good is true, bad is false.

Metaphysics means beyond the physics. The science that studies and treats what is invisible to physic senses. What we think is recorded in our subconscious and it acts as reflexes automatically. Happily, we can substitute wrong thinking by correct thinking, that produces only good conditions and circumstances. By this reason, correct thinking is to be true.

In the rest of this article we present ideas taken from metaphysics and we combine them with ideas from logic. We present About true propositions, Correspondence between true and false with good and bad. Responsibility or Guilt, to see that we are one-hundred percent responsables of our life. Then we classify our ideas in implication, equivalence and negation. We present those ideas that imply ourselves to be better, those that state we have the same rights than the others (equivalence of rights (Constitution, 97), and negation of those ideas that imply ourselves to be bad. After, we see useful questions and mantras. At the end we present ideas related with time.

## 2. About true propositions

In this work, we extend what we understand by a true proposition, considering besides the ones of propositional classical logic those that when we think them make us feel better. There are propositions one knows are true in classical logic:

- the sun shines
- rains water
- woman can be pregned, man not
- humans have a name

There are propositions that are false:

- any lie is a false proposition
- a man can be pregned
- the sun falls

There are propositions that we can not classify as true or false, by example in intuitionism there are propositions A for which we cannot prove the principle of excluded middle:  $A \vee \neg A$  [?]. Another example is three-valued logic where we have three truth values: false, undefined and true (Wikipedia).

Thinking in propositional classical logic, we can consider to be good as to be true and to be bad as to be false, 1 to be true and 0 to be false, positive thinking as true and negative thinking as false. False propositions have no proof. We dont prove false, this means we think positively.

We present the tables of truth of Propositional Classical Logic for the connectives implication, equivalence, negation. 1 is true, 0 is false. They follow what we have said before about these connectives.

<b>Implicacion</b>			
A	B	A	$\rightarrow$ B
0	0		1
0	1		1
1	0		0
1	1		1
<b>Equivalence</b>			
A	B	$A \leftrightarrow B$	
0	0		1

0	1	0
1	0	0
1	1	1
<b>Negation</b>		
A	$\neg A$	
0		1
1		0

Can be said is true what happens. Is other meaning for truth. We have to control what happens to us controlling our thinking and feelings. We cannot feel bad if our thinking is positive, and we cannot feel right with a negative thinking.

Examples of afirmative thinking are: we have to control what happens in our life. We have right to be all that we want. My life is fabulous, is full of love. I control my life. The love of my life begins with myself. I deserve love and respect.

When we want to solve a goal we think in it and in how to solve it. If we think in an opposite idea, we cannot achieve our goal. So we have to think what we want to happen for what we need to control our thinking. We have to change our goals and our thinking when we need something new.

We can accept any idea in which we think or reject it for being bad. I can consider as true propositions those propositions that does not make damage to the others, and as false the ones that implies to feel bad with oneself or the others.

We can choose what to think. I'm logician so I choose to accept those propositions that I can prove logically plus those that make me feel right, that help me to progress. There are propositions that we have reason to think, by example the laws of our country. Laws state the rights of people. We have reason respecting laws. There are laws that state the rights of the people. By example to have work (Constitution, 97).

To think possitively about myself and the others is not bad, I don't make damage to me nor to the others. I have reason thinking in this way, if I have no reason I cannot think. By this I define as true propositions the ones that I have reason to think.

We have to respect the others, because action and reaction is true. This is said in many books of metaphysics and was formulated in physics by Newton. Is an axiom of the planet that is true. If I don't respect the others I don't respect myself.

Why we have to forgive the others?. I interpret this as to forgive myself. Is said in the pray Pater Noster: forgive ourselves as we forgive the others. Is also action and reaction.

If we think we are responsible of all that happens in our life, we don't make the others responsible and we don't depend on them. Is to define our lifes ourselves without depending on the others. Says Louise Hay: choose positive thinking and belief. We think our intentions, we feel our intentions.

The power we search is inside us. We have to love ourselves as we are. Love by oneself sanes any illness and solves any problem. Helps ourselves to be responsables for our life, to be in charge of our life. If we love, we don't make damage to ourselves nor to the others. To love is an option we can choose.

To get health, good relationships, good work, we have first to think it is possible. In other case we can not get 3 them. We have to be willing to free guidelines and habits that create situations that we don't wish.

In her book (Hay, L. 96), Louise Hay names a Universal Power, called God, whose objective is goodness, love, freedom, understanding and comprehension. We choose if we employ wisely or mistakenly the power we own.

What I choose to trust becomes my truth. If it is logically true I accept it. If is a thinking of the type "I love myself" or "I don't love myself" I choose what I want to think. If we are not responsible for our beliefs we cannot control the circumstances. Whatever the problem, comes from mental patterns and these can be changed.

### 3. Correspondences

We see we can establish correspondences between true and false with good and bad, yes or no, affirmative and negative, faith and fear. This gives a way of relating logic with metaphysics.

If we are good, we feel good and we are sane. Is to be true. If we are bad, we feel bad and we are insane. Is to be false.

We say yes to what is true and no to what is false. We say is better positive thinking than negative. Fear and faith are opposite. Fear is negative and faith is positive. Fear is faith in bad, the conviction that will happen something bad. Faith is the conviction that will happen something good.

Has said Jesuschrist: "the truth will make you free", and logic is truth (Bible 94, Van Dalen, D. 1990). Is true different from false. Not is negation. "You will not bear false testimony" (Bible, 94).

### 4. Responsibility or Guilt

With our thinking and feelings we contribute to create good or bad situations in our life. Our thinking create our feelings and we live in agreement with them. To be responsables gives us the power to make changes in our life. If we choose the rol of victims we feel impotent. If we make ourselves responsables we don't loose the time blaming the others. If we learn from our problems and illness, if we see them as oportunities to think how to change our lifes we are making ourselves responsables and responsibilities are power.

To be responsables is to react in front of a situation, to have the power to change, is to ask ourselves: what can I do to change a situation? what can I do to make this different?

All the events that have happen to ourselves in our life have been created by our thinking and beliefs. We have not to feel shamed by our past. We have not to punish ourselves by this. We have to accept the present and create our future.

Matters what we choose to think, believe and say in present. The power is in the present. Is not your mind who has the control, is yourself who governs your mind. Life is waiting you to open to it and feel worthy of all that it has reserved for you.

The knowledge and wisdom of all the Universe are available to be used as you want. Life is there to support you. Feel sure your interior power is at your disposition. We have all the right to have our own way of thinking.

I can see my mental patterns and choose to make changes. I deny what is bad. I see my life in a new, different way. We have to be disposed to change. For things to change we must change within

ourselves, our way of thinking, of talking, of expressing. Is not necessary to angry with myself to be free and change. Deny resistance to change. Insist. Be disposed to free old, not useful thinking. Self-critic intensifies postponement.

### 5. Implication

If we are thinking in what happens to us as persons, we can apply this new logic. We can see our thinking as implying ourselves. We are applying this idea to aspects of common life.

If I want something to happen I have to prove it. If I want a better work I can combine different methods. There are things I have to do, by example *send my curriculum to the places where I can like to work*. And I can complement this with positive thinking. Is thinking the work will be given to me. And to think in this way implies to have ideas that can help to get the work. But there are other ideas that help to get the work. By example to *think I'm satisfied with my current work* k can also serve because this implies to not loose the patience while I wait for the new work to be find. This thinking has to be interleaved with the other in the process of getting the new work.

What I imply the others to think about me implies myself. And I construct what the others think about myself, with my actions and the way I'm with them.

What implies this way of thinking? To love ourselves implies to be true. We progress, we feel right, we don't make damage to us. We make ourselves responsible from our acts and we search the solution to our problems ourselves. Choose what you want to think. What we feel is important, implies our actions. We can loose the control if we feel bad. Positive thinking helps to think right because we feel right with ourselves. Our thinking and our actions imply the way we feel. If we have the feeling *I'm a bad person*, we feel hate for ourselves. If I don't have the thinking I don't have the feeling, and thinking can be changed.

As long as we learn to love ourselves and to trust in our superior power we turn ourselves in cocreators of a lovely world. Love to ourselves makes us to change from victims to winners and attracts wonderful experiences. If we are in armony with ourselves, we feel right with ourselves, we love ourselves, we do what we like, we are in armony with the planet and the other persons, our experience is a step to new knowledge and oportunities.

We have the power to change our life if we are disposed to change the thinking and habits that tie ourselves to our past.

Begin trusting we deserve all the right things the life has to offer to ourselves. With the end of reprogramming false or negative beliefs we need to know ourselves, to trust in ourselves and to accept ourselves. Some of this thinking is: I'm valuable, I deserve, I love myself, I allow myself to feel realized. Positive thinking is like seed in the land, is necessary time to get a plant. Requires time and practice.

When we love ourselves, we accept ourselves, we approve ourselves as we are, all is right in our life. Approval and acceptance creates positive changes in our life. To love oneself begins by not criticizing by any reason. To be comprehensive and kind with ourselves helps to change.

We have to expand and go deep in our understanding of life. Life consists in experiences of dignity, love. We have to develop them. Every body respects whom respects herself. We have to learn to appreciate our lifes and capacities and the ones of the others.

Choose positive thinkings and beliefs. Our beliefs are too powerful and give form to our experiences and our life.

Exists a connexion body-mind. Mind transmits the thinking to the cells of our body. In this way we can sane or ill ourselves. When our respect, dignity, self-esteem are strong we sane ourselves.

Give a new direction to your life with beliefs that support and hold up your life. Learn and grow. Trust your future will be better.

## 6. Equivalence

By the principle of action and reaction, we don't love ourselves if we don't love the others. Happen to us what we do to the others. We have all the same rights. Also, the others love ourselves if we feel love for us. Because we feel love for us if we are good persons and for this we are good with the others.

The more we forgive the others, more disposed we are to forgive ourselves. This is very important. If we forgive ourselves more we trust in us. When we trust in ourselves we begin to take care and love us. We grow spiritually.

When we have an idea or pronounce a word, they are transformed in a law that returns to us in our experiences. Our thinking "creates". What we give in form of words returns to us in way of experience. "Do to the others what you want to happen to you". What we do return to us.

Our power comes from making ourselves responsables of our life. Our thinking determines our future. If we feel compasion for ourselves we perpetuate autocompasion experiences.

I can't forgive myself until I forgive the others. I can't free myself until I free the others. To be responsible of our life we have to be responsables of what we say. The words and frases that we say are implicated by our thinking and what we think is implicated by what we say. Once we know the powerful which is our thinking and the words we say, is necessary to reeducate our way of thinking and talking, practicing positive ways of doing it to get powerful results. Each time we think or say a word we are making an affirmation. An affirmation is a departure point. Opens the path to change. Is a way of saying to ourselves "I assume the responsibility". When I say "make an affirmation" I mean to choose propositions that contribute to eliminate something in our life or to create something new and this has to be done in a positive way.

We are not alone in the planet, we are with the others, then what happens to the others happens implicitly to us or can happen as reaction.

## 7. Negation

Decide to stop thinking in a negative form. Negate the negation. By classical logic is equivalent to not negate. After we see this process we can stop negating and stop thinking in a negative way.

Is not necessary to fight against your thinking. See it and left it back.

In case of doubt we can question ourselves: is this inspired by love to myself? is appropriate for myself now? Is possible that after some time we take another decision if was not the better.

If we direct our way of talking, listening what we say and not allowing to come out of our mouth negative words, we can give "form" to our thinking. Talked words has too much power, are the foundations of what we create in our life. Blame words does not

provide freedom. Instead of talking of negative facts talk of positive experiences.

We can change "I have to" by "I choose". We can change "not to forget" by "remember". We can negate to curse, to blame. We can begin the day in a positive, happy, wonderful way instead of bad-tempered, critic, unworthy way.

We can choose to free ourselves and the others from critique and judgement. We can negate the solitary state, derogatory feelings, poverty, and illness. We can renounce to negative concepts and assert we deserve love, health and we attract all that we need to be sane.

If you have yet some habit that you haven't liberated, ask yourself for what serves. What you win with it? If you don't know the answer, ask the question in other way. What happens if I don't have this habit? Usually the answer is: my life would be better.

When something goes wrong in my life I negate it, I think: all is right in my life, I know all is perfect. I'm learning, is a lesson, an experience, I will overcome it. I do all that I can to calm down, to have a clear mind, to think rationally about what happens and I work on it.

We can need time. Things that in a beginning seem disasters are not so bad afterwards. Every event is an experience that teaches us. To change our negative thinking is very important. Critics does not serve. We have to approve ourselves as we are now. If we have done something we will regret better to stop doing it. Faults are a heavy charge and makes us feel inferior.

Negative feelings are: fear, fault, habits, autocompasion. Change they by positive feelings: love, patience, self-acceptance, forgiveness.

Things we have to do to love ourselves: not to criticize, adapt ourselves, advance, discover new skills, our individuality, value ourselves. Stop scaring us, calm us.

Fear thinkings are negative. We have to be kind, loving and patients with ourselves. Impatience is resistance to learn. Is to wish the answer without learning the lesson or without giving the necessary steps. Is normal to make mistakes when one is learning, mistakes are our steps, are our teachers. Be lovely with your mind. Don't hate yourself by having negative thinking, learn from them.

Criticize depresses our spirit, praise helps it. Helps to say to ourselves we are wonderful persons. Insist on this, encourages and support us to do new things. Trust we deserve the best. To love ourselves means to support us.

Competitiveness and comparison are two important obstacles to our creativity. We are unique persons different from the others. Why to compare and compete? Competition makes us to feel superior or inferior. In any case we are undervaluing the others or ourselves.

When we say: I can't, will not result, I don't have enough money, what will think the neighbour? we limit ourselves. Is necessary to clear and order our mind, to left place to new possibilities, to open our consciousness to a new way of thinking.

If you are not disposed to forgive you this limits your growth. Forgiveness allows to correct something wrong in your spirit, comprehend instead of resentment, to feel compasion instead of hate. Consider your problems as oportunities to grow.

Each time you use your consciousness in a positive way you find and meet other persons that are doing the same. Each time you use it negatively you communicate with negativity. Each time you visualize goodness for yourself, you do the same with the others.

I forgive myself if I have made mistakes. Not to regret of things that we don't want. To have positive thinking. Don't fight against negative feeling. Has to disappear without effort.

Change negative thinking of facts that you don't want by positive thinking of ones that you want. If something does not work, recognize the mistake and try it in other way until it is correct. Only trying one and another can we learn new things to make it natural in us.

When our sense of dignity is strong we don't accept to be treated with inferiority nor abused.

To recognize our negative belief, to take awareness helps to change. To criticize is useless. Does not carry to nothing positive. Don't criticize yourself nor the others.

## 8. Useful questions

To change our mental patterns we have to be aware of them. One possibility is to ask ourselves what we are thinking. The following questions can be repeated interleaved with our thinking:

- What I need to think to feel better?
- I'm thinking what I wish to be true for me?
- Which benefit I get from this experience?
- How is related what is happening to me with what I think?

If it's a thought of worry, anger, offense or revenge better discard or deny it. When exists a problem, there is something we need to know. If I suffer pain in some part of my body, I can ask

- What is happening here?
- What I'm feeling?
- My thinking ill me or makes me feel right?

Other useful questions are:

- How do I create situations that make me feel better?
- What I need to solve in this moment?
- What I do to solve it?
- Are there some bad feelings in my life?
- How do I change them?
- I'm disposed to allow this belief to go?

We can need to question in which aspects of our life we need to continue working.

- What more we need?
- We are happy?
- We feel realized?
- We feel sure?
- We feel at save?

## 9. Mantras

There are some mantras we can repeat, think, write. Are positive and imply ourselves. Some of them are:

- I am worthy to have the best of life and now lovingly I allow myself to accept it.

To change a condition:

- I am disposed to free the patterns that there are inside me that are creating this condition.

- I am disposed to forgive.
- I choose to trust each time is more easy to make changes.

We have to be disposed. Our interior knows how to do it. Finds the way. We can control our thinking by mean of the conscious election of thinking.

Other mantras:

- Is very easy for me to forgive.
- To forgive makes me feel free.
- With joy I learn to love myself.
- All is right in my world.
- I'm conscious of the answers that there are inside me.
- I'm happy and free.
- I'm completely sane.
- I'm myself.
- I'm young forever.
- I love and approve myself.
- I'm in process of positive changes.
- I experiment love anywhere I go.
- I esteem all that I do.
- I deserve the best and now I accept it.
- I trust I deserve what I wish.
- All that I need to know reveals to me.
- All that I need comes to me.
- All is right.

We have to learn to think with positive affirmations. To make declarations about how we want our life to be. To love is to approve and accept. Not to criticize at all. To approve oneself is a clue to positive change, self-acceptance.

In case of a negative thinking, left it go and approve yourself. Have no power over ourselves if we choose not to trust in them. Think in what makes you feel happy. Trust in what makes you feel right.

See what is bad in you and change it by positive affirmations. Make a list of changes you want to make and realize. To trust is to create. I trust and I create what I need and want.

- I'm disposed to change.
- I'm disposed to forget old negative beliefs.
- Day after day I better my life quality.
- I feel at save being happy and realized.
- We all have inside us knowledge, peace, love.
- The answers that I'm searching are inside me, I only have to give me time to think them.
- I'm full of happiness.

To have changes in our life the first we have to do is to take new decisions with our mind. If we change our way of thinking, the external world will react in a different way. Our thinking has to be our friend. Change it. It has to be a foundation for a new life. We can have new thinkings each day. Creative thinking, different ways to do the things. Assert what you wish in your life. Learn to trust in the life process. It is to support, direct and guide us if we allow it.

If we develop self-esteem and dignity we allow life to give all that has reserved for us. The more important relationship in our life is with ourselves. We have our own interior love. Personal realization gives us interior peace.

## 10. About time

Can be said present is future because the time passes and we are reaching future every moment. We say something is happening now and not in future because things happen in present. The power

is in present. We have to make declarations in present time. "I'm", "I have"

Love yourself as you are. Love what you do.

What we think about ourselves becomes true for us, we are one hundred percent responsables of what happens in our life, and each thinking is creating our future, is implying future.

Past has passed, we can not change it. But we can change our thinking about past. We have to free ourselves of our past and to forgive the others and ourselves. In the parable about the Prodigal Son,(The parable of the father who finds his son), the bible says God welcomes the son that was lost (Bible, 94) . Means forgives ourselves if we are repented. To feel repented helps to change.

We have to forgive the others and ourselves by the mistakes of our past. If we don't know how to forgive, the thinking on forgiving by itself begins the curation process. If we criticize ourselves by something, our mind is returning to our mistakes, we are thinking in them again and this implies its repetition.

Past has no power over ourselves. Is not necessary to angry because we have to free ourselves of some beliefs or convictions. If a thinking does nor serve we get rid of it. Guilt is a way to stay in a problem. Understanding ourselves we rise up and control our future. Past can not change. The future is formed by our current thoughts. Interior work is an ocupation for all our life and once we begin it we don't stop. Is a work that deserves to deliver our life.

To maintain our interior peace connects us with peacefull people in all the world. This peacefull sense that we begin to experiment makes the planet to improve.

Old thinking has gone, we can't do anything for them except live the experiences they caused. Future thinking is not formed yet and we don't know which is. Actual thinking, the one we are thinking now is under our complete control. You are not a helpless victim of your own thinking but the chief of your mind. To forgive ourselves and the others we have to free us from our past. Forgiveness is the answer. Present is the only moment we can experiment. If we don't flow freely in the actual moment means we are tied to the past. The path to love is forgiveness. Forgiveness disolves the resentment.

First we search small aspects of myself that I consider "good qualities". After one learns to love and approve oneself totally. Independently of our past, the environment from which we proceed, we can make changes. Is a too powerful idea, liberating. If we trust in it becomes true.

First we make the change in our mind and then life answers to us in agreement with this.

- More I realize myself, more persons love my.
- I'm a blessing for the planet.
- My future is brilliant and beauty

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