

## José Marti Psychologist

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### Opinion

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### Opinion

Exactly 165 years ago, in the town of San Cristóbal de La Habana, a traveling star is housed in the body and spirit of a beautiful child, which posterity would know as José Julián Martí Pérez (1853-1895), «immense Cuban that, according to Dr. Eusebio Leal Spengler, a historian of Havana, he wrote about how much his sensitivity touched»

Therefore, the thriving psychological science, cultivated in our midst by the venerable Father Felix Varela (1788-1853), did not go unnoticed by a thinker of the exceptional stature of the Apostle.

When the Master began to venture into the fields of poetry, literature and journalism, Psychology had broken its filial link with Philosophy (scio mater) and had become the science of the spirit.

To understand why the founder of the Patria newspaper identifies Psychology with the science of the spirit, it would be necessary to specify the fact that this discipline studies the laws, categories and principles on which the psychic and spiritual life of *Homo sapiens* is structured.

Spirituality is the set of actions that the person performs and that give full meaning to his life, and is

directly related to the world of values, fundamental pillars of universal culture and the driving force of the integral development of the human being.

With respect to the unity of body, mind and spirit proclaimed by the most universal of Cubans, Cintio Vitier (1921-2009) warns that «in all his literary and journalistic work there is that continuous reference to the fact that the needs of the body and of the soul, the values of reason and hope, compensate, articulate and balance».

At the time when Martí ventures into the field of the science of the spirit, Psychology begins to build a system of laws, categories and principles on which that branch of human knowledge is structured.

The clear intelligence of José Martí not only perceives that the elaboration of that theoretical and doctrinal body is in the process of development, but also makes important conceptual and methodological contributions to the recently-launched scientific-humanist discipline par excellence:

The philosophical-anthropogenic concept of man, the integral formation that he must receive throughout his life, as well as the dialectical unity between the cognitive, the affective and the spiritual, constitute - without any doubt - the Martian legacy to the development of the Cuban psychology.