

Spirituality - A Healing Technique in 21st century

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Abstract

India is a developing country, with a globalised economy, where people have transformed to a materialistic being. Earning high and living a lavish life is the only motive. Living for materialistic things, where organizations are demanding more, people sacrifice their health, family and social leisure resulting in conflicts. There arises a need to determine how handle such conflicts. These decisions must come from deep inside an individual value system which is based on strong and enduring principles. When people follow the path of spirituality taking such decisions becomes easier and they lead a stress free life heading towards a balanced work-life. This is the motive to take this topic as my research to help people release stress practicing spirituality and achieve a balanced work-life.

In this research paper, we have tried to find out how following the path of spirituality can heal an Individual from various stress and Also motivating themselves for a successful life.

Key words: *Spirituality, Meditation, Stress, Self-Awareness, Work-Life etc.*

Introduction

Spirituality is connecting to the soul or cosmos. It is detaching yourself from the feeling of hatred, greed, jealousy, ego and attaching to the cosmos. Spirituality is obtained by meditating and meditation is only possible when you stay calm with what you have. Meditation leads to satisfaction with what you have, find meaning in life and purpose of your existence.

Spirituality and religiosity is considered to be the same but it is two different construct. Being religious is association with God, belief of his presence, membership in temples but being spiritual is connecting with **the highest feeling with the soul inside or others**. It is risen above the materialistic and unite with the cosmos.

In an era of 21st century, in a country like India which is heading towards digitalization, people have starting considering themselves as a machine who produce as per the direction of the employer under whom they are working. People now use technical equipment's for every purpose.

They communicate with each other using such devices; they want nothing but electronic device with which they perform task of their choice. Children play with that forgetting the older times when children used to move outside their house and spend time with each other which builds a very strong relation amongst them that lasted for ever. People used to stand by one another in every situation and time. Now all these values are vanishing.

India is a country given birth to many values –spiritual values. It is a place given birth to many saints, who enriched people to follow a path of spirituality. They have leaded their lives in a way setting examples for others to follow the same. They are people, who have nothing, who don't wear shoes in their legs, don't have a roof on their head, don't have accounts in banks, still give and distribute to entire world. They spread happiness and motivation among people giving a valuable direction to the society to lead a healthy and effective life, to lead a meaningful life. Indian people have forgetting all these core values which took birth in their own country and moving towards violation of themselves.

If you want happiness for an hour it would be better to take a nap, if you need happiness for a day so plan your day and go out for short trip, if you find a need for a month's happiness get married, if need happiness for an year earn like Tata's and Birla's, if need happiness for the entire life start accepting things and learn to live in every situation. There is no other way to happiness for the entire life. The only way to successful and stress free life is to live in every situation with calm and relaxed mind. One should learn to accept what live give to him, in whatever quantity you get accept it, and accept it whenever you get it.

In life whatever you get good or bad, happiness or suffering just accept it, but now people are selfish they like if other appraise them but feel bad if someone use any bad word for him. They don't have courage to take things as it is; this is the major cause for their tension, which further negatively affects their health. People carry fake smile in front of others as they are not happy and satisfied with their life. It's the influence of 21st century that earlier people were happy even at their bad times but now even when they have all means of happiness still they are not happy. Now in globalization people have everything, they have all kinds of set in life sofa set to seat, TV set to watch, dinner set to eat, diamond set to wear but still their mind is upset. People have transformed into a materialistic being, running after money and all physical things in life. They find their happiness in all such tangible things which rarely exists. They don't value each other and their feelings. People have all means to satisfy their needs still they are not internally satisfied. They fail to bear an original smile. They still crave to find meaning in their life, why the soul exist, what is the reason for their existence, are they able to achieve the real purpose of life , these are some of the questions people seeking answers to. They have everything still they lack something- the inner peace of life. They fail to devote time to their family as they are busy earning. One should learn to accept changes that life give, each and every individual have to go through bad times but the only difference is few know how to cope with that, they stay calm and face that and few who don't accept spoil themselves. Start helping people without selfish motives, start interacting and communicating to people without self-interest, start living your life without show off and all this will lead to smile without selfie.

In today's scenario two basic things have vanished or rarely found— smile of one's face that people used to carry and second happiness / meaning in life. People can cope up with all such problems by practicing the path of spirituality. Spirituality enables an individual to find meaning in their lives and gives them strength to cope up with hard times of their life. It makes people understand the purpose of their life or the reason for their existence. It helps to understand the deep meaning of life which gives them peace of mind in every situation. Spirituality has been derived combining two words Spirit and Actuality.

Spiritual = Spirit + Actual

It states accepting things with one's soul. A person will be spiritual when he accepts what destiny has given him, who accepts real things or situation with his soul and live happily. A person should be transparent, and speaks without the fear of anybody.

Literature Review

Spirituality is the basic feeling of being connected with one's complete self, others and the universe (George, Practical Application of Spritual Intelligence In the Workplace, 2006). Spirituality is defined as our innate drive to connect to something external and greater than ourselves, that lifts us beyond narrow self-interest and helps us see our deeper interconnectivity to one another and to the world beyond – something divine or sacred. (Krishnakumar & Neck, 2002) Spirituality is related to soul. It is a state of being that is separate from the body, material, or substance (Krishnakumar & Neck, 2002). Spirituality has been described as a science of soul, peculiarly Indian science.

(George. M (2006) In this modern era, people live only for tangible things due to which insecurity comes leading a person in mental stress. We are entering into a materialistic world where emotions play no role. neck(Krishnakumar & Neck, 2002) Encouragement of spirituality in the workplace can lead to benefits in the areas of creativity ,honesty and trust, personal fulfilment, and commitment , which will ultimately lead to increased organizational performance. Implementation of spirituality shall be on individual- centred perspective.

Research Methodology

This paper is descriptive by nature where researcher want to discuss how spirituality help people to live cool and calm life without stress.

Objectives of the paper are as under

1. To investigate definition, application and importance of spirituality in era of modernization.
2. To explain various types of spirituality reduce stress and make life better.

Conceptual Discussion on Spirituality**How can spirituality help reduce stress and make our life better?**

Spirituality has many benefits for relieving stress and overall mental health. This can help you in the following:

- ❖ Feel a goal. By cultivating your spirituality, you will discover what matter most in your life. When you clarify what matters most, you can focus less on irrelevant things and eliminate stress.
- ❖ Connect with the world. The more you feel that you have a meaning in the world, the less you feel alone, even when you are alone. This can lead to precious inner peace in difficult times.
- ❖ Unleashing Controls: When you feel part of a larger set, you can see that you are not responsible for everything that happens in life. You can share the burden of hard times and the joys of life with your fellow men.
- ❖ Expand your support network. Whether you find spirituality in a church, mosque or synagogue, in your family or on a nature walk with a friend, this exchange of spiritual expression can help you build relation.
- ❖ Lead a healthier life: People who think they are spiritual can better manage stress and enjoy the health benefits.

Discovering Your Spirituality

The discovery of your spirituality may require a discovery of oneself. Here are some questions to know which experiences and values define it:

- ❖ What are you important relationships?
- ❖ What do you like most about yourself?
- ❖ What people give you a sense of community?
- ❖ What inspires you and gives you hope?
- ❖ What do you like?
- ❖ What are your most proud achievements?

Answer to these questions can help you identify the most important people and experiences in your life. With this information, you can focus your search for spirituality on the relationships and activities of life that have helped you define yourself as a person and those that continue to inspire you for your personal development.

Cultivating your spirituality

Spirituality also means that you come in to contact with your inner being. A key component is self – reflection. Try this tips:

- ❖ Try the techniques of prayer, meditation, mindfulness and relaxation to focus your thoughts and find peace.
- ❖ Keep a journal to express your feelings and record your progress.
- ❖ Find a trusted advisor or friend who can help you find out what's important to you in life. Others may have idea you have not discover yet.
- ❖ Read inspiring stories or essays to evaluate different philosophies of life.
- ❖ Talk to other people whose spiritual life you admire. Ask questions to find out how they ended up in a complete spiritual life.

Nourish to your Relationship

Spirituality also benefits from your relationships with others. To achieve this, it is important to cultivate relationships with the people who are important to you. This can lead to a deeper understanding of their place in life and common good.

- ❖ Make relationship with friends and family a priority, give more than what you receive.
- ❖ See the good in people and in yourself.
- ❖ Accept others as they are, without judgment.
- ❖ Become a volunteer in your community.

To pursue a spiritual life

By staying in touch with your inner spirit and lives of your peers, you will improve your quality on mental and physical life. Your personal conception of spirituality can change with your age and life experiences, but it still forms the basis of your well –being, helps you cope with stressor big and small and reaffirms your purpose in life.

Conclusion

Spirituality is connecting to the soul or cosmos. It is detaching oneself from the feeling of hatred, greed, jealousy, and ego and attaching to the cosmos. It is a belief that something beyond us exists. It is the innermost feeling of detaching yourself from materialistic thing and attaching to the cosmos. It enables an individual understand that there is a relationship with everything that exists. It gives them stress free life.

Spirituality helps to give context to your life. It is not necessary tied to a particular belief system or even to a religious cult. Instead, it stems from his connection with himself and others, the development of his personal value system and his search for meaning in life. For many, spirituality is religious observation, prayer, meditation or belief in a higher power. For others, it can be found in nature, in music, in art, or in a secular community. Spirituality is different from everyone.

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