

SPIRITUALITY IN LIFE MANAGEMENT

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ABSTRACT

Management of life is not possible without spirituality. Practise spirituality from the core of heart. This practice will help in inculcating the human qualities like Compassion; Pity; Selfless- service; Truthfulness; A happy brain; Anger-management; Controlling stress; Being assertive, Coping with job stress; Forgiveness; Job-satisfaction; Problem-solving; Better life balance; social support and the power of positive thinking. You will win over Kaam(lust), Krodh(anger), Lobh(greed); Moh(attachment) and Ahankaar(pride). You will manage your life in a finer way. And you will certainly be successful in attaining the goals of Dharm, Arth, Kaam and Moksha.

KEYWORDS

Life Management, Spitituality.

SPIRITUALITY IN LIFE- MANAGEMENT

Spirituality and management in life are complementary to each other. Spirituality, in narrow sense, concerns itself with matters of the spirit. The spiritual involving (as it may be) perceived eternal varieties regarding humankind's ultimate nature, often contrasts with the temporal, with the material, or with the worldly. A sense of spirituality- connection to something greater than oneself, which includes an emotional experiance of religious awe and reverance. Equally important, spirituality relates to matters of sanity and of psychological health. Spirituality comprises not only religiosity of human beings but also very fundamental questions about the meaning of life.

MEANING AND PURPOSE OF LIFE

The meaning of life may differ from person to person. To most of the people it may synchronise with materialism i.e accumulation of wealth; eat, drink and be marry and to some others it may relate to religion. In Hinduism, Dharm,Arth Kaam and Moksha are cosidered as the aim of life. In Islam there are five basic pillars i.e Trust, Namaz. Roza, Haj and Zakat. In Christianity, Budhism, Jainism and other religions also the stress has been on not only the worldly attractions but on the achivement of the ultimate goal also. In Hinduism, Brahmcharya, Gristhashram, Vanprasth and Sanyasashram have been advocated as the four stages of life. So let us brood over that the purpose of life is the achievement of material gains only or something beyond?

Many lives are expanded almost entirely devoted to the pursuit of increasing material wealth, or the pursuit of enjoying as many material experiences as possible, either simply because the individual has no grater life purpose, or because it is hoped that through these temporary means he may attain lasting contentment, freedom from difficulty and ultimately- Happiness. But however much man may strive to attain peace of heart/mind and happiness through the accumulation of material possession or material experiences, he will find that this

lasting contentment he seeks will continually elude him, and that at best, even with extraordinary wealth and material opportunity he will not be able to attain the ease and peace of mind of a house cat, or a cow that grazes on the hillside, carefree and contented.

LESSER AND GREATER PURPOSE OF LIFE

There are multiple purposes of each existence, rather than a single purpose, however there is also an ultimate purpose of a thing's existence. For instance from one perspective the purpose of a single red blood cell is to survive, from a greater perspective its purpose is to fulfil its own small task, from an even greater purpose is to sustain the life of a living being.

Similarly, in the life of man, there are numerous lesser purposes when looked at from varying perspectives, e.g. from the lower perspective the purpose of man is to survive, at a greater perspective, his purpose is to care for and nurture the happiness of his offsprings, from an even greater perspective, his purpose is to find his talents and contribute to the welfare of his society and at even greater perspective- to attain the honour and joy of finding and loving his creator, and in being able to reflect his Lord's divine qualities such as: Love, Kindness, Wisdom, Bounty, Forbearance, Benevolence and Mercy.

INTER-RELATIONSHIP OF SPIRITUALITY AND LIFE-MANAGEMENT

The founders of all the great World Faiths have throughout history taught their followers that Creation is not related to this material world and that we must strive to improve our inner beings in order to be prosperous in the next journey, nevertheless, striving to achieve excellence of character and all noble qualities is essential to man regardless of his belief in the spiritual nature of man and an after life. For instance, stones and plants have no promised "HEAVEN", but a stone which has undergone great pressure and heat and difficulty in its life and has become transformed into a gem stone is far more precious and loved than an ordinary stone, and a tree that has been the most pruned and cultivated and which bears the sweet fruit is far more precious and loved than a barren tree, even though they have no greater destiny beyond this physical world. How much greater then is the need for man, who is the pinnacle of this earth's evolution, to strive to achieve his highest level of perfection and acquire all noble virtues and characteristics, and who's gem like spirit will continue to progress in all the worlds of God.

SPIRITUALITY IN DAILY LIFE

Being spiritual, at its core, is just being aware of the spirit inside and attending to its needs. My body has material needs of food, cleanliness, exercise etc. Which I fulfil duly as it keeps me running. Similarly, my soul too has needs of purity, positivity, righteous living, love etc. So when my soul is deprived of its needs, how can I re-align my body and soul to become one; which is the secret and primary need of success in any field?

Righteous living pertains to, but is not limited to doing the right things always, which we have made very difficult for ourselves in today's life. We have become so used to do things as per our convenience that we don't care whether what we are doing is morally and ethically right. So who is really harmed here? Not others, but our soul only, which is getting engrossed and heavy.

Primary teaching in every religious and spiritual institution is "THE RIGHT WAY OF LIVING". If there is anything more important than spirituality then it is "THE RIGHT WAY OF THINKING", which again eventually leads to righteous living. One may raise a question here that how do I know that what is right and what is wrong. Well, the soul always knows it, and guides us too. What we have to do is to be aware of the presence of our soul inside. But to be able to listen to your innerself, requires a lot of practice, and this practice is known as Meditation.. This very practice of listening to the soul in our daily life, acts as the first and very important step towards applying spirituality in our life-management. Keep calm and do meditation.

Spirituality serves to understand our life's tasks better and thereby to achieve our purpose of life more easily. A contact to spiritual world can be helpful to sense and confirm one's goals and tasks of life. The purpose of our life is to live in this materialistic world, to gain some experiences and to develop some of our qualities. In most cases these qualities are uncontrolled love, joy, self-honesty, modesty and humility. Our, these qualities, which are to be developed further, are difficult or even impossible to comprehend with our rational intellect. For this learning process of concepts, we can get very important help and assistance from the spiritual world. Once a certain level of personal consciousness is reached, further development is hardly possible without a good contact to the spiritual world. Establishing a good contact with spiritual world leads to our personal growth and life management. We should not try to outsource or buy this ability, it won't work. It is not sufficient to read books and web-pages about it- we finally have to acquire this ability ourselves by practicing.

PATH TO NURTURE YOUR SPIRITUAL LIFE

Truly, everybody is a spiritual being. When we surrender to spirit and listen to voice of our inner being with deeper intelligence, we end the struggle. We free ourselves from fear and doubt and release the obstacles our ego has created. False intentions like fear, greed, hopelessness and weakness can be elusive. Sense the feeling first and then refuse to buy into it. Aim to be a saintly person. Money, power, sex and pleasure are supposed to fill up the gap but they never do. When one is tempted to judge another human being, remember that everyone is doing the best he or she can from his/her own level of consciousness. Forgive yourself for being where you are. Apply the same dictum to yourself that you apply to others. The saints and the human representatives of God are an infinite treasure. Dipping into this treasure will help you open your heart.

SPIRITUALITY AND STRESS-RELIEF

In today's materialistic world, everyone is obsessed with stress. Spirituality has many benefits for stress relief and overall mental health. Cultivating spirituality will help to uncover which is most meaningful in life and thus one can focus less on the unimportant things and eliminate stress. The more you feel you have a purpose in life. When you feel part of a great whole, you may realize that you aren't responsible for everything that went wrong. You can share the burden of tough times as well as the joys of life's blessings with those around you. People who consider themselves as spiritual ones are better able to cope with stress and experience health benefits. Whether you find spirituality in church, synagouge, mosque or temple or in family or in nature or walk with a friend, this sharing of spiritual expression can help build spiritual relationships. Uncovering your spirituality will take some self-discovery. It will help in finding what are the value most of your life; what are your important relationships, what inspires you most; what brings you joy and what are your proudest achievements. The answer to such questions will help you to identify the most important people and experience in your life. Thus you can focus your search for spirituality on the relationships and activities in life and will continue to inspire your personal growth.

Management of life is not possible without spirituality. Practise spirituality from the core of your heart. This practice will help you inculcating the human qualities like Compassion; Pity; Selfless- service; Truthfulness; A happy brain; Anger-management; Controlling stress; Being assertive, Coping with job stress; Forgiveness; Job-satisfaction; Problem-solving; Better life balance; social support and the power of positive thinking. You will win over Kaam (lust), Krodh(anger), Lobh(greed); Moh(attachment) and Ahankaar(pride). You will manage your life in a finer way. And you will certainly be successful in attaing the goals of Dharm, Arth, Kaam and Moksha.

Aasto Ma Sadgamay (O God ! Take Me from Untruth towards Truth)
Tamsa Ma Jyotirgamay (Take Me from Darkness to Enlghtenment)
Mrityorma Amritogamay (Take Me from Death towards Salvation)

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