



IMPACT OF SPIRITUALITY ON QUALITY OF LIFE: A PATHWAY TO SELF-DISCOVERY

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Abstract: This article shows a path towards spirituality and its importance in understanding quality of life. Spirituality is finding the real meaning of life, connecting to your inner self, meditation is a path which leads towards spirituality. Spirituality leads to calmness and builds patience. Both meditation & spirituality go hand in hand. Meditation is like being in the present state. No past or future thoughts come during this time. Self-talk must be an essential part of our daily routine, spending some part of the day with understanding and analyzing the flow of your thoughts. Spirituality is the need of the hour; it is basically getting connected to the silence present within yourself. There is no color, religion, caste, creed or sex associated with spirituality. In our country, India, there has been a spiritual ethos, since ancient times and even in today's world, many people have faith in spirituality. Self-discovery is a guiding light for human action which leads to emancipation of the individual as well as the social order. In short, it means self-development as well as development of others in the society and around you.

Keywords - Spirituality, Meditation, self-introspection, self- development, liberation.

I. INTRODUCTION

The precise meaning of Philosophy is love for wisdom, which has been divided into philo which means love and Sophia which means wisdom. The word philosophy is mesmerizing, but abstract, there are several meanings for this term. All the definitions evolve on the logical implementation concerned with the nature of reality from human viewpoint. Philosophy mainly deals with the recurrent difficulties of life. As life is a composite and intricate occurrence, the part of values is enormous in making an analysis into the issues developing in human lifespan. Concerns relating with moral, social, cultural, religious, political, racial,

economic, linguistic and spheres, provoke human beings; the influence of philosophical examination increases importance in explaining the real meaning or goal of life.

It is a spiritual attitude that goes earnest in finding out the elementary roots of human anguish and shows the way out, howsoever difficult it may be. The major reasons for failure can basically be found in human nature, which has always wavered between higher desires and lower nature of human. The lower nature pulls a human down to a behavior based on desire, self-indulgence, violence, narrow interests and such inclinations. But higher nature and aspirations in human elevate moments which inspire them to values of ethics and spirituality. It is not easy, rather very difficult, to rise above such natural behavior and his restrictions and negativities, which are so attractive for common men and their audience. Self-discovery is a guide to human action which leads to emancipation of the individual as well as the society. In short, it means self-development as well as development of others in the society and around you.

When we say that we need to do self-analysis what is it exactly that one is expected to do? We need to observe our flow of thoughts, and then segregate these thoughts into two sections namely, positive & negative thoughts. Then try and convert the negative thoughts into positive thoughts by changing one's perspective of the negative thought. Then concentrate & focus on the converted thought which is now positive. Find the solutions for every negative thought coming and focus your thoughts in the present state only even if there are multiple thoughts arising which will be either of the past or future, make sure you come back to the present state and focus on current thoughts. In self-analysis, watch all your thoughts as a reflection from external view and then analyze these thoughts without any self-deception. If one practices this regularly, then eventually, the focus will be on the present state.

II. VITALITY OF SPIRITUAL QUOTIENT

Spiritual Quotient is distinctively humanoid and the most essential of the three quotients. It is linked to people's necessity for significance, an issue very much at the forefront of human minds. Spiritual Quotient is used to progress our yearning and ability for value, vision and meaning of life. It inspires the things we have faith in and the role our principles and values play in the activities we pursue. It allows us to strive and endeavor. It is in principle of what makes us human. Conscience is the intersection of moral law and ethical behavior. It is believed by many people as the inner voice of God to his children. Some people believe that there is an distinctive sense of fair-mindedness and bias, an instinctive sense of right and wrong, of what is kind or unkind, what beautifies and what destroys, true and false. Conscience is the small silent voice present within an individual. It is silent and serene. Ego is oppressive, despotic and autocratic.

For understanding the inner self or one's identity, one needs to understand the mind, intellect, ego and consciousness and not the sensory organs. Spirituality is interdependent and depends on the experience of realization in small sections. Spirituality Works on the production of love and kindness, Compassion and commitment, Peace and fulfillment, Humans have to resort to the science of the inner life, which is the science

of spirituality, it is only the Indian civilization that is living with a history of 5,000 years. And this could happen only because this civilization is rooted in the ethos of spiritual values which are nothing but 'Principles of Nature'.

Vivekananda and his thoughts on Religion / Spirituality

"Every system of philosophy in India is a quest for Truth, which is one and the same, always and everywhere. The modes of approach differ, logic varies, but the purpose remains the same – trying to reach that Truth. "I am proud to belong to a religion which has taught the world tolerance and universal acceptance ... We believe not only in universal toleration, but we accept all religions as true."

– Swami Vivekananda at Parliament of world Religions in Chicago 1893

Swami Vivekananda has given the descriptions of religion. He said "Be good and do good; that is all of religion". Here he was speaking of ethical religion where one can see the influence of the Buddha. Secondly he said "Be good and do good; that is all of religion". Here he was speaking of ethical religion where one can see the influence of the Buddha. Secondly he said: Each soul is potentially divine. The goal is to manifest, divinity in man and that can be achieved by controlling nature, external and internal. Do this either by work or worship or psychic control, or philosophy, by one or more or all of these and be free. This is the whole of religion. Doctrines or dogmas or rituals or books or temples or forms are but secondary detail.

Swami Vivekananda's thoughts on Spirituality are that he believes that religion is nothing but spirituality.

III. PATHS OF SPIRITUALITY

There are various paths or methods, by which one can attend or move towards spirituality. There are various meditation techniques which help you to organize your thoughts and be in the present state. These methods also help one to do any activity or work with awareness and alertness with less discrepancy by finding solutions to every hurdle coming their way. Meditation eventually, reflects thoughts in actions. Having knowledge is not the only thing but one must have wisdom along with it. Wisdom is actually having knowledge with empathetic and astuteness. Meditation is the unique technique of the Science of Spirituality. One of the simplest definition of meditation is 'not doing anything', to just 'be'. When all our activities; physical, mental, psychological have come to a stop and we simply are, just 'being', 'whatever you do with attentiveness is meditation'. Meditation is the unique technique of the Science of Spirituality. One of the simplest definition of meditation is 'not doing anything', to just 'be'. When all our activities; physical & mental, psychological have come to a stop and we simply are, just 'being'.

Mindfulness expert Andy Puddicombe says, all it takes is 10 mindful minutes to bring about peace in your life. First become aware about your body, become alert about each body movement. Gradually, your body starts to feel more and more relaxed. The next step is to become aware about the thoughts passing your mind. Being in the present moment is the intonation for good mental well-being. Don't judge your thoughts, don't criticize anything; just be alert, aware and watchful. When we get associated with thoughts, we give more

energy to them. Where ever the attention goes, the divine energy flows there. When we try to suppress thoughts, even then we give more energy to them. Just by observing them with unbiasedness, the thoughts begin to fade away, and soon a deeper peace starts to pervade your body and mind. Become aware of your feelings, moods and emotions after you've mastered your thoughts, remain detached. Do not be judgmental of your thoughts. Even if you remember some past memory of insult, guilt etc., tell yourself that you are not the one who is insulted, you are simply a watcher, an inactive spectator. Gradually, the emotions begin to settle and you experience deeper peace, serenity and relaxation.

Richard Wolman, author of 'Thinking with your Soul', writes of the 'spiritual' in this way: By spiritual I mean the ancient and abiding human quest for connectedness with something larger and more trustworthy than our egos with our own souls, with one another, with the worlds of history and nature with the indivisible winds of the spirit, with the mystery of being alive

Four ways to grow spiritually:

1. Viveka is the ability to recognize the difference between real & unreal, good & evil, truth & false, moral & immoral, etc
2. Vairagya or Detachment is the serenity, detachment or abandonment, in particular it is the renunciation from the discomforts and desires in the momentary substantial world.
3. Shatsampat or Six Virtues
4. Mumuksha: An intense longing or desire for enlightenment or liberation

Also as mentioned in the Bhagwat Gita, there are three basic paths for elevation of spirituality within an individual.

1. The Jnana Yoga path: The word Jnana means knowledge insight or wisdom. Each individual must control their senses, retain the conviction that no logical worries disturb and guide the understanding i.e. buddhi. Jnyan and Ajnyan, knowledge and ignorance are opposed to each other as light and dark. When intelligence downs, unawareness dies and the immoral is expurgated at the root.
2. Karma yoga: Karma begins by the renunciation of all egoistic aim. A true achiever can make it possible through Karma yoga. The term 'Karma' stands for a particular kind of action which specifically denotes an attitude towards action. Bhagvadgeeta tells that Karma yoga is an alternative method of attaining goal of perfection and wisdom.
3. Bhakti Yoga: Bhakti in Bhagvadgeeta is an absolute self-giving to the Supreme. It is to have faith in God, to be devoted to Him with love and affection and ultimately to enter into Him. Bhakti means amenity of God. So it is also a form of karma. Bhakti is a loving attachment to God. The devotee has the feeling that he himself is amalgamated closely with the Absolute person. He realizes himself in God and God in himself.

IV. CONCLUSION

Creating spiritual awareness that can elevate the consciousness and help in spreading peace. For learning skills to be happy, what makes self-happy. Meditation is the power to help achieve one's full potential. A peaceful and happy person spreads peace and contributes in making a peaceful world by creating brand for ethics and humanity. If an individual gets more literate about the power of Subconscious and the impact that meditation has on one's consciousness and personality, drastic change in behavior can be achieved across the elite and the masses. Lifespan is usually and naturally defined as the span of being from cradle to grave. A person is born, nurtured, marries, brings forth offspring and perishes. In this voyage, with the support of several paths, individuals are examined deep into the depths of awareness and discovered important truths about the true nature of human being and the cosmos. The real nature of the human being is not the form or the attention, which are ever varying and perishable but the soul which is pure consciousness, unchanging and immortal.

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