

The Power of Spirituality in Human Life



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ABSTRACT

“Though wealth adds colour and power to a man’s life it cannot provide him eternal happiness or contentment. It is only spirituality, or his communion with God that will ensure him true joy and everlasting bliss.”

Introduction

Man is the sum total of his physical, mental and spiritual self. Much is contributed by heredity and environment for the growth, development and well being of an individual. When an infant comes into this material world, he is neither a Hindu, nor a Muslim, a Sikh or a Christian. But after birth, the respective parents bring up the child according to the particular religion to which they belong. Slowly, he is taught the customs and traditions of worshipping God, performing pooja, keeping fasts (rejecting food on certain days and occasions), saying prayers etc.

And these practices he learned automatically in his childhood develop into habits and thus gradually spirituality takes root in his individuality. Many thinkers and critics have said, “if you show what you read, I can tell what kind of a person you are.” Surely, the types of book a person reads and the kinds of people with whom he associate has a great deal to say about him and his personality.

Acquisition of Spirituality

A person who is essentially spiritual takes delight in reading holy books like the Ramayana, the Bhagawad Geeta, the Khuran, the Guru Grandh sahib and the Bible. And such books help him to lead a morally sound, meaningful and fulfilled life on this earth. In every human being, there is a spark of the divine and primarily it is the duty of the parents to nourish and enhance this spiritual aspect in every child. During his puberty and adolescent stages he acquires his own revolutionary notions about spirituality. Sometimes he may resist or even object to

what his parents tell him to follow. He may challenge them “where is your God ?” But after all these trials and tribulations with the maturing of his personality, he becomes stable and his faith in God and his spirituality too attains maturity. With manhood, a new spirit and enthusiasm gets hold of him and he is strongly rooted in his spiritual world.

Power of Spirituality

What is this spiritual power.? It is simply that force in the organization of social life which, while maintaining custom upon bases more deeply set in human life than law or utility, also expands or exalts the powers of men into other worlds than that of mere mundane things. But how much of this spirituality, this power is socially organized in any community by men is difficult to estimate as social theorists have not attended to religious institutions as equally important institution. Spirituality is that single aspect which lends beauty and meaning to an individual’s life. Physical wealth or material possessions accrued will not supply the most necessary satisfaction and perfection to one’s life. Though wealth adds colour and power to a man’s life it cannot provide him eternal happiness or contentment. It is only

spirituality, or his communion with God that will ensure him true joy and everlasting bliss.

Advantages of Spirituality

Physical wealth adds to one's burdens and tensions and spiritual wealth enriches him. If material riches are a liability, truly, spiritual power is the greatest asset a man can boast of. Like Lord Budha said "Wants are the reason for all your sorrows," the more riches one acquires, the more his greed will be. It is a never-ending process. Man's lust for power and money will never end.

Once he gets habituated to these, he will long for more. It is such an addiction that, after becoming a victim of it, one can't get rid of this slavery as it will follow a man till his last breath. On the contrary, if he had a quest for the spiritual aspects, it would have made him more sober, saner and totally fulfilled. He must have achieved the meaning beyond all these material riches can offer him.

The fountain of joy, that perennial source of unpolluted, divine ecstasy comes out of his being and the outbursts of that can be experienced by all those who come in contact with him. Physical wealth robs one of peace of mind, he is always worried about the safety of his property, afraid of thieves, but spiritual wealth entrusts him with peace of mind. No body can snatch it away from him. It is like knowledge, the more you give, the more will it come back to you, and the amount of joy you gain from that exercise of sharing is inexpressible.

Findings

In ancient times, in Western civilization, the temple or the church building was the place in which men found not only religion but also the Fine Arts. In those days, the best available music, painting, sculpture, architecture, drama and dancing would be in or around the house of the God. In the East, in China and perhaps in parts of India, religion seems to imply a friendliness towards the beautiful. The spiritual power in contemporary Western life must be taken to include all the organizations implied in the existence of buildings like schools, universities, social clubs, picture galleries and theatres. It also includes drawing rooms, when they are used for social intercourse with regard to beauty, truth or goodness. The colour or tone of social life in any group is dependent less upon political or economic organization than upon the effectiveness of the spiritual power.

Conclusion

Civilization is the name for a peculiar colour or tone to be found in the way in which men treat one another and are affected by the natural circumstances in which they live. It is noticed that the small number of those members of a community with a more intense grasp of "authority" in the spiritual or cultural sphere gives its character to our time and moulds the future. Thus out of all the other forms of power discussed in the preceding lines, it is only spiritual power that is the only natural source of the ideal of life in any community.

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