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Spirituality: An accurate foundation of modern education

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Abstract: *God's love is a fountain of joy and it is the only power that can unite human hearts. The purpose of spiritual education is to fulfil the divine potential of students, and to prepare them for life by giving them the tools they need to keep on learning throughout the many experiences that will come to them. Another purpose of spiritual education is to build the person on all levels. While college is an institution where all basic subjects are learned by the students, it should also be the place where they are taught to have better understanding about life from a spiritual point of view. Students are admitted in college at the age where they need a guide to lead them on the right path. So, it is the job of both parents and teachers to support students throughout this learning phase.*

We encourage spiritual values to be a part of education in colleges, because we believe a child will learn better only if he/she is explained the purpose of spirituality in life. Incorporating this value, we can bring a growth in the child's mind, body, and soul, which will in turn develop their characters. When scientists looked for a unified theory of the universe, they forgot the most powerful unseen force. Love is Light, that enlightens those who give and receive it. Love is gravity, because it makes some people feel attracted to others. Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals. For love we live and die. Love is God and God is Love. "It made me reflect on how discovering this divine force can only happen through spiritual education. So, in this research paper, author has tried to describe importance of spirituality for health and its implications in modern education.

Key Words: spiritual education, potential, experiences, institution, understanding, admitted, right path.

Spirituality is the broad concept of a belief in something beyond the self. Spirituality is a central part of many cultures. It can be just as important for a person with intellectual disability, mental illness, dementia or head injury, as it is for anybody else. It can become more important in times of emotional stress, physical and mental illness, loss, bereavement and the approach of death. All health care tries to relieve pain and to cure. Beliefs and a sense of spirituality can also be important especially when thinking about treatments or interventions. Spirituality can be seen as a journey. Experiences, good and bad, can help us to learn, develop and mature. And, for many of us, mental and physical illnesses are part of that journey.

Why Spirituality is Important- Spirituality helps us connect to our inner source and lead a happy and contented life in the present moment, without being bothered by the anguishes of the past and anxieties of the future. Research has consistently found that religious involvement is correlated with better physical and mental health, including better sleep, lower blood pressure, and an overall lower rate of mortality. Higher levels of spirituality have also been linked to increased compassion, strengthened relationships, and improved self-esteem.

There may be a downside for people who avoid religion and spirituality altogether: Some research has indicated that eschewing "magical thinking" and being unable to identify patterns in the surrounding world may be linked to depression or anhedonia, the inability to experience pleasure. Spirituality offers a worldview that suggests there is more to life than just what people experience on a sensory and physical level. Instead, it suggests that there is something greater that connects all beings to each other and to the universe itself. It may involve religious traditions centering on the belief in a higher power. It can also involve a holistic belief in an individual connection to others and the world as a whole.

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Spirituality has been a source of comfort and relief from stress for multitudes of people. While people use many different paths to find God or a higher power, research has shown that those who are more religious or spiritual and use their spirituality to cope with challenges in life experience many benefits to their health and well-being.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us. This universal force is Love.

spiritual paths-

There are many generic paths to God and the most popular ones are listed below.

- * Bhaktiyoga - The Path of Devotion
- * Namsankirtanyoga - The Path of Chanting
- * Karmakand - The Path of Ritualistic Worship
- * Karmayoga - The Path of Action (i.e., to have no expectation of fruit from an action which is performed)
- * Dhyanyoga - The Path of Meditation
- * Dnyanyoga - The Path of Knowledge (Receiving knowledge pertaining to the Soul through Holy texts or in the subtle)
- * Hathayoga - The Path of Deliberate Rigor
- * Kundaliniyoga - The Path of Spiritual Energy

These paths have been designed so as to suit the temperament of the seeker. However, regardless of which path to god one chooses, it is important that one reduces the intensity of one's personality defects. If one has many personality defects, one cannot sustain on any path.

Signs of Spirituality- Spirituality is not a single path or belief system. There are many ways to experience spirituality and the benefits of a spiritual experience. For some people, it's the belief in a higher power or a specific religious practice. For others, it may involve experiencing a sense of connection to a higher state or a sense of interconnectedness with the rest of humanity and nature. Some signs of spirituality can include:

- * Asking deep questions about topics such as suffering or what happens after death
- * Deepening connections with other people
- * Experiencing compassion and empathy for others
- * Experiencing feelings of interconnectedness
- * Feelings of awe and wonder
- * Seeking happiness beyond material possessions or other external rewards
- * Seeking meaning and purpose
- * Wanting to make the world a better place

Not everyone experiences or expresses spirituality in the same way. Some people may seek spiritual experiences in every aspect of their lives, while others may be more likely to have these feelings under specific conditions or in certain locations.

For example, some people may be more likely to have spiritual experiences in churches or other religious temples, while others might have these feelings when they're out enjoying nature.

Types of Spirituality- There are many different types of spirituality. Some examples of how people get in touch with their own spirituality include:

- * Breathwork
- * Meditation or quiet time
- * New age spirituality
- * Prayer



- * Service to their community
- * Spending time in nature
- * Spiritual retreats
- * Yoga

Uses for Spirituality- There are a number of different reasons why people may turn to spirituality, including but not limited to:

- * To find purpose and meaning: Exploring spirituality can help people find answers to philosophical questions they have such as "What is the meaning of life?" and "What purpose does my life serve?"
- * To cope with feelings of stress, depression, and anxiety: Spiritual experiences can be helpful when coping with the stresses of life.
- * To restore hope and optimism: Spirituality can help people develop a more hopeful outlook on life.
- * To find a sense of community and support: Because spiritual traditions often involve organized religions or groups, becoming a part of such a group can serve as an important source of social support.

Spirituality and health-

The following are a few more of the many positive findings related to spirituality and health:

- * Research has shown that religion and spirituality can help people cope with the effects of everyday stress. One study found that everyday spiritual experiences helped older adults better cope with negative feelings, and enhanced positive feelings.
- * Research shows that older women are more grateful to God than older men, and they receive greater stress-buffering health effects due to this gratitude.
- * According to research, those with an intrinsic religious orientation, regardless of gender, exhibited less physiological reactivity toward stress than those with an extrinsic religious orientation. Those who were intrinsically oriented dedicated their lives to God or a "higher power," while the extrinsically oriented ones used religion for external ends like making friends or increasing community social standing.

How to Practice Spirituality- Whether you are rediscovering a forgotten spiritual path, reinforcing your commitment to an already well-established one, or wanting to learn more about spirituality for beginners, there are countless ways to start exploring your spiritual side and help improve your well-being.

Spirituality is a very personal experience, and everyone's spiritual path may be unique. Research shows, however, that some spiritual stress relief strategies have been helpful to many, regardless of faith. Some things you can do to start exploring spirituality include:

- * Pay attention to how you are feeling: Part of embracing spirituality means also embracing what it means to be human, both the good and the bad.
- * Focus on others: Opening your heart, feeling empathy, and helping others are important aspects of spirituality.
- * Meditate: Try spending 10 to 15 minutes each morning engaged in some form of meditation.
- * Practice gratitude: Start a gratitude journal and record what you are grateful for each day. This can be a great reminder of what is most important to you and what brings you the greatest happiness.
- " Try mindfulness: By becoming more mindful, you can become more aware and appreciative of the present. Mindfulness encourages you to be less judgmental (both of yourself and others) and focus more on the present moment rather than dwelling on the past or future.

Spirituality and education- Spiritual teaching is a kind of teaching that seeks to attain higher levels of awareness and meaningfulness of life, which, regardless of the content of education, is the same path of development of ultimate goals that lead spiritual awakening. spiritual values to be a part of education in school and colleges because we believe a student will learn better only if he/she is explained the purpose of spirituality in life. Incorporating



this value, we can bring a growth in the student's mind, body, and soul, which will in turn develop their characters. Surrender to divine is an important spiritual aim of education. This aim enables the individual to lead their lives according to the religious way of life. In this way, not only divine willingness will be secured but also a pure society will be established.

Today we let the material world dominate our minds and seek solutions from material power. But over thousands of years using only material means to find solutions - only one of our two wings - humanity has not found the solution for world peace. It is time for human awakening and to realize that we are more capable to love one another.

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