



LIFE ON PURPOSE: THE SPIRITUAL INFRASTRUCTURE OF LIFE

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Abstract

The universe is so kind and compassionate, it is always working for our highest purpose and divine goals. The spiritual awakening of our mind is very important. Working on our spiritual path and purpose are interlinked. So, the aim of this study is to highlight the need to enhance spirituality in the spiritual infrastructure of life. Spirituality has been linked with a myriad of positive outcomes in one's life. Spirituality is a tool which we have to use in each and every aspect of life. Improving spiritual wellness helps us to find out the meaning in life. The basic methodology used in this study is analytical and descriptive. The study exposes the awareness and effectiveness of spirituality in the life of a person. The present article would like to focus on the purpose of life through spirituality. It would also like to emphasize spiritual awakening of the mind and spiritual wellness. This article explains spirituality and relates the importance of spirituality to understanding purpose of life.

Keywords: Purpose in life, Spirituality, Spiritual Wellness.

INTRODUCTION

In today's context, people are facing many challenges such as cultural, political, religious tension and inequality etc. The most important thing is the significance, value and purpose of life that exists in all religions, traditions and cultures. Human beings are born with physical, intellectual and spiritual realms. Only when these three essential elements are together can an individual be complete. The real meaning, purpose and value of life is also to be recognised when these three realms are suitably exercised. For facing today's challenges, we must re-establish the bond between man and nature, man and mankind, man and God. Spirituality is a strong human experience aspect.

OBJECTIVES

To obtain the meaning and purpose that spirituality gives to a persons' life.

Understanding spirituality has a positive effect on mental and physical health.

To know about the importance of spiritual wellness.

METHODOLOGY

The basic methodology used in this study is analytical and descriptive. It is mainly theoretical and, in this study, the researchers would like to follow descriptive, analytical and synthetic methods. Journals, books, articles, and websites have been used and referred to. A synthesis of these reflections with the insights derived from other enlightened minds by reading and critical evaluation has resulted in this study.

Spirituality and Purpose of Life

The word spiritual originates from the Latin root “*Spiritus*”, which originally meant “breath” and associated with life. Merriam-Webster Dictionary defines spirit as the life giving, vital, animating force of human beings and also the vigor, courage, and ardor that infuses life with energy and further defines spirit as the essential quality, character or nature, or special attitude of the mind. (*Spirit / Definition of Spirit by Merriam-Webster, n.d.*)

Purpose is a goal and a cognitive sense of a person’s life. Intentionally it is the quality of being determined to achieve something, which exists in all forms of life in the universe. Like the universe, humans have a purpose in life, but the ability to choose from several chances confuses the nature of this purpose. For humans, purpose as intention varies in degree of likelihood of being enacted and obtains its valence depending on whether and to what degree it is directed toward accomplishing a personal or social good (Keyes, 2011).

Many people who are looking for meaning and purpose in their lives, are discovering spirituality as a way of providing better levels of understanding of their life journeys (Mohan & Uys, 2006). The focus of this article is to establish the meaning and purpose that spirituality gives to peoples’ lives. Spirituality helps people to make sense of their life and it covers all aspects of being human and is a means of experiencing life. Spirituality has also been defined as an integral dimension of the health and well-being of every individual (Redfield and Adrienne, 1996).

Also, studies showing that action in the parietal cortex, a part of the brain involved in awareness of self and others as well as attention processing, seems to be a common element among individuals who have experienced a variety of spiritual experiences (Miller et al., 2019). So, spirituality is a strong human aspect and this spiritual dimension is responsible for realizing human desire. It has a capacity to manifest such qualities as sacredness, awareness, vision, wisdom, purpose, love and search for meaning and purpose.

Facilitation of Spiritual Awakening in finding Purpose in Life

The purpose of spiritual awakening is to obtain answers and visions into person’s life circumstances that they would not have otherwise received. So, during this spiritual awakening journey, a person can receive answers from the awakened mindset. True awakening means making our thinking, view, attention and actions in a right way and also the removal of the impurities of mind such as egoism, selfishness, desires and prejudice. It helps our mind to focus on concentration and observe the world with the clearness of a seer (*Awakening Your Mind and Body to Higher Consciousness, n.d.*) In an ordinary way, all are conscious. Understanding the difference between ordinary consciousness and spiritual consciousness is very important. Being aware of something is not spiritual, because everyone is aware of something. There is an indirect distinction, and it is this delicacy between the two types of awareness that makes it practically impossible for people to be spiritually conscious (Krishnananda, n.d.). At the human level usually, the mind gets distracted in many ways and runs here and there. It is like a horse running everywhere without rope. According to Deepak Chopra, awakening occurs when we are no longer living in a fantasy world where we filter everything through ego and concentrating on the future and the past. Instead, we have an almost simultaneous awareness of our individual self and the connection between that and everything else. (*10 Signs of Spiritual Enlightenment & Awakening, n.d.*) During the moments of spiritual awakening, we can receive answers which we would not have received with our previous mindset. Spiritual awakening empowers with the realization of

life and drives us towards a life of meaning and purpose. So, we can say fully alive is a fully human with insights to answer life's ultimate call.

Relationship between Religion and Spirituality

According to Meraviglia, spirituality as experiences and expressions of one's spirit in a unique and dynamic process reflecting faith in God or a supreme being; it is connectedness with oneself, others, nature, or God; and an integration of the dimensions of mind, body and spirit (Meraviglia, 1999). When reflect about spirituality, many are confused spiritually with religiously, but spirituality is more than a religious belief. It is a broader concept that deals with meaning, purpose and direction in life (Baker, 2020).

Spirituality and religion are not the similar thing, and they are entirely distinct from one another. When many people think about spirituality, they confuse spirituality with religious, but spirituality is more than a religious belief. Spirituality is a larger concept that deals with meaning, purpose and direction in life. Spirituality doesn't merely stand for faith or religion. Religion is crucially important for one's personal growth and development because it provides a guideline for people to act correctly on this planet. It needs to put a consideration of a distinction between religion and spirituality. Belonging to a certain religious principle expresses itself as the observance of dogmatic principles and certain practices. And aims to form one's character. Spirituality, however, emphasises a greater awareness and desire for betterment of the self. Spirituality focusses more on each person's individual soul. The ultimate purpose of religion is not only about God and rituals, but also about a relationship with the environment, nature and fellow human beings. To conclude, spirituality is a quality one should look forward to achieving.

Spiritual Wellness

Spiritual wellness is being related to something greater than yourself and having a set of values, beliefs, principles and morals that provide a sense of purpose and meaning to life, then using those principles to guide our actions (*Spiritual Wellness: What Is Your Meaning and Purpose?* - LHSFNA, n.d.).

The definition of spiritual wellness is the search for our life's meaning and purpose, as well as striving for consistency in our values and in our actions. A spiritually healthy person has a clear purpose in life and is able to reflect on the meaning of events. They also have clearly defined ideas of right and wrong and are able to act accordingly. Some people follow specific religious practices, while others may pursue a general sense of harmony and self-awareness (*Benefits of Spirituality for Senior Living | Rolling Green Village*, n.d.).

Finding meaning and purpose is a lifelong process that evolves based on unique circumstances, individual experiences and global events. Along with the other dimensions of wellness, a person's level of spiritual wellness often fluctuates throughout their life. It is quite natural to experience a variety of emotions along the path to spiritual wellness both positive (hope, forgiveness, acceptance, joy) and negative (doubt, fear, disappointment, conflict). Spirituality has the power and capacity to make our decisions and choices easier, ground us during periods of change and give us the resiliency to survive with grace and inner peace in the face of adversity. Having a spiritual element in our lives may even help us heal when suffering from a physical or mental condition. To develop and practice our own spiritual wellness, it is better to find the technique and approaches. Spirituality contains one's values, beliefs and purpose. Both physically and mentally, we can attain this wellness in several ways.

Spiritual wellness gives systems of faith, beliefs, values, ethics, principles and morals. It provides us with systems of faith, beliefs, values, ethics, principles and morals. Spirituality allows one to live a life reliable with his or her own belief and moral systems, while we establish our feeling of purpose and find meaning in life events (*Spiritual Wellness | AAEP*, n.d.).

Spirituality is linked to many significant features of human behavior; spiritual people have positive relationships, higher self-esteem, are more optimistic, and follow a strong purpose in life (*The Importance of Spirituality versus Religion for Living a Legendary Life®* | by Chad E Cooper | Thrive Global | Medium, n.d.).

Remedies for Spiritual wellness and Awakening of Mind

- **Breathing techniques**

Breathing techniques can help us to promote physical and mental wellbeing. By slowing down our breathing and giving attention to rhythm of our breath, our mind become more focused awakened. The deep breathing produces relaxation and breathing exercises helpful for getting inner peace.

- **Practicing Meditation**

Meditation carries the brainwave patten into an alpha state which promotes healing. After meditation, our mind becomes delicate, fresh and beautiful. It removes all the impurities from our mind and cleanses and nourishes us from within and calms us whenever we feel unstable or emotionally shut down. The continuous practice of meditation transforms our body, mind and soul. Mindfulness meditation, Mantra meditation, Transcendental meditation, Spiritual meditation and focused meditations are good examples for attaining wellness and mind awakening.

- **Yoga**

The meaning of yoga is 'to join' or 'unite', and it is the harmony of body, mind and spirit or union with a higher power of the spiritual force. Yoga purifies the body and mind of accumulated stress and negative impressions. Yoga maintains our inner and outer harmony.

- **Spending time with nature, listening to music and finding interest in arts.**

Spending time in nature is good for our body, mind and soul. We can make a conscious decision to spend more time in nature and attain benefits for our body, mind and soul. Nature fosters a state of holistic balance and growth through a nourishing collaboration with the earth. According to Ludwig van Beethoven Music is the mediator between the life of the senses and the life of the spirit. Like meditation, music brings us to the present and awakens our mind and finding interest in arts helps to uplift our spirit and to awaken our mind.

Conclusion

Healthy spirituality gives a sense of peace, wholeness and balance among the physical, emotional, social, and spiritual aspects of our lives. Improving spiritual wellness helps us to find out the meaning in life. Spiritual wellness not only allows us to seek meaning and purpose in human existence, but it also allows us to appreciate our life experiences for what we are. When we find meaning in our life experiences, we will be able to develop harmony with our inner self and the outside world. Having a strong spiritual outlook help us to find meaning in difficult circumstances of life.

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