Chapter 15
Spirituality and Well-Being in a Successful Life

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ABSTRACT

Life on earth is about evolving spiritually. Spirituality is not only about meditation and prayer. Life itself is a property of the spirit. Life is about growth, experience, and learning. There are several dimensions that help us to perform our spiritual practices to become internally free and stable. Spiritual wellbeing is a highly personal and universal experience. Spiritual wellbeing is an integral part of emotional, physical, and mental health. Spirituality has positive effects on our lives. It gives peace, freedom, and happiness; helps in treating stress, depression, anorexia; etc. Spiritual wellbeing helps in making relationships better, enhancing personal value, maintaining better work-life balance, understanding the personal value, time to spend alone, finding inner peace, finding job satisfaction, maintaining active lifestyle, balancing and controlling life, better health and longer life, a strong spiritual community, and better connection between people.

INTRODUCTION

Spiritual wellbeing helps in making relationship better, enhance personal value, maintain better work-life balance, understand the personal value, time to spend alone, finding inner peace, finding job satisfaction, maintaining an active lifestyle, balancing and controlling life, better health and longer life, a strong spiritual community and better connection between people.

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BACKGROUND

Spiritual knowledge enables a person to have a clear vision, make quick and accurate judgements and feel relaxed, and all these saves his time and energy so that he can now spend some time usefully with his family and friends. Spirituality gives a deep religious experience in the sense that it enables the Soul to be linked with the Supreme Soul (Raj-Yoga meditation, n.d). But the method is scientific and is based on rational understanding. People irrespective of their religion, may benefit from this treasure of wisdom, using their own language and terminology as people generally do in science and as also they do something in religions when they use different names, such as Parmatma, Allah or Jesus etc. Spiritual wellbeing also enables a person to stabilize in the real nature of the self and thereby, to experience deep peace.

MAIN FOCUS OF THE CHAPTER

Sujoy (2018), Life on earth is about evolving spiritually. Spirituality is not only about meditation and prayer. Life itself is a property of the spirit. Life is about growth, experience and learning. There are several dimensions which help us to perform our spiritual practices to become internally free and stable. Spiritual wellbeing is a highly personal and universal experience. Nowadays humanity is searching for peace, love, unity, understanding etc in spite of material prosperity, scientific and technological advancement – spirituality is the missing dimension of life. Spiritual wellbeing is an integral part of emotional, physical and mental health. Spirituality has positive effects on our lives. It gives peace, freedom and happiness, helps in treating stress, depression, anorexia etc. Spiritual wellbeing helps in making relationship better, enhance personal value, maintain better work-life balance, understand the personal value, time to spend alone, finding inner peace, finding job satisfaction, maintaining an active lifestyle, balancing and controlling life, better health and longer life, a strong spiritual community and better connection between people.

Ravi Shankar (2008); Development of and tackle with people in the society, the first thing you use is Sama. “Sama means in a peaceful and understanding way”. When that does not work out then you go to the second method as the rescue. The Second method is Dana, Dana means forgiving, creating a space. When people don’t recognize your generosity in allowing them space, then the third principle comes into picture i.e. Bheda. Bheda means to create discrimination, make a difference, and intentionally create a gap. If someone is at loggerheads with you, first discuss with him. All the problems arise due to lack of communication. If you communicate properly, talk to him with love, evenness starts. When that does not work out, then with the same love you just ignore him.
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