SPIRITUALITY AND SELF MANAGEMENT

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ABSTRACT

In management discipline we study about recourses and its utmost utilisation to achieve physical objective while spirituality defines objective of achieving ultimate goal of life. Self management is an area where human beings have to make a rational balance in between two. A manager have to perform various roles as suggested by ‘MINTZBERG’ towards the company. Spiritually awakened, people have suggested karma yoga for achieving enlightenment, so a good balance in between self and company objective help in maintaining state of perfect purity and peace in the mind to make right decisions.

KEY WORDS:

SPIRITUALITY, SELF MANAGEMENT

1. INTRODUCTION

Spirituality is defined as a ability of see one self, It is an state of mind where one is highly consciousness or purified to gain the values of divine qualities. The higher consciousness of spirituality is the right instrument or medium to have the experience of soul which is considered as a portion of the divine. In Indian scripture spiritual means (soul) so spirituality is the inborn desire and ability of every person to seen know and respond of the soul which is called an God. “Know Yourself” is the famous statement of BIBLE which says through rigorous efforts we must know our self, Our recognition is not only by our body and its desires but we must make serious endeavour to know the power lies within our self which make our self conscious about our thoughts, speech and action. Once we are self aware we must choose purposes and principles to live by other wise we will be live like animals who live primarily for survival and propagation. The law of the Harvest says we will always reap what we sow Our body is made in a manner that our necessities are limited but if is not controlled it keep on increasing and we devote majority of our time in fulfilling it, our worldly desires runs throughout our last breath therefore we must try to know our self which is related to our inner consciousness (soul) and leads to peace of mind and self fulfilment, In modern society every child have to study for acquiring knowledge for their survival and utilities to the society but it must have spiritual education which helps in maintaining purification of mind.
2. NEED OF SPIRITUALITY IN MODERN LIFE

Over the past twenty five years, there have been a substantial increase in work. It may be due to information technology and by competitive work environment, this is having a adverse effect on the performance of employees and created stress, and it is affecting their interpersonal relationship. A proper balance is not seen in personal life and working life. Work, career, achievement are the critical parts of work life and family friends and self, are parts of personal life. This imbalance attracted concern for declining levels of productivity and efficiency and has negative impact in the personal life of working people some of which have even social hazards like increasing number of divorces, infertility due to high stress level, advent of nuclear facilities and increasing role of psychologist (as a doctors or consultant) in modern way of life.

Philosopher H. Shepherd describes the healthy balanced life around four values.

Physical
(Nutrition, Exercise)

Mental
(Visualizing, Writing)

Social
(Synergy, Empathy)

Spiritual
(Value, Meditation)

These values shapes the way we behave to our self and investment we can ever make in our life, we are the instrument of our own performance and to be effective we need to recognize the importance of taking time regularly to search within our self. The spiritual dimension is our core, centre, commitment to our own valve system. It is very private area of life, it draws upon the sources that inspire and uplift one self. In the words of “MARTIN LUTHER KING” prayer was not a mechanical duty but rather a source of power in releasing and multiplying his energies. It is Indian practice that as we go deeply with in our self we would find a effective empowering centre and a clear lens through which we can see the world a principle centred we see things differently we think differently and finally act differently. VICTOR FRANKING focused on the need for meaning and purpose in our lives. Something that transcends our life and taps the best energies within us. Religions leader David O-McKay “The greatest battle of life are fought out daily in the silent chamber of the soul,” He said that one should settle the issue that cause conflict in worldly,” we find a sense of peace, sense of knowing that what we are and this promote cooperation and welfare and good for other people. So spirituality
leads to self awareness which empowers us to examine our own thoughts. Socialist KURT LEWIN developed a force field analysis model in which he describe the state of equilibrium (mind) can be maintained if we would able to judge two driving forces that encourage Upward movement and Restraining forces that discourage it. Four key stakeholders of individuals life are (a) career/joy (b) family (c) society (d) self so driving forces (positive, reasonable logical, consciousness) at Restrain forces (negative, emotional, illogical, unconsciousness) are very real and create a climate before one make a decision to perform any task willingly. It is the degree of consciousness level that elevate us above the animal plane, nature had provided some instruments like sensual organs, mind, wisdom, self respect which must be used as per the natural and social laws, science says that every action has its equal opposite reaction so as per the science and spirituality we must select or participate in those act which are socially and naturally approved because Karmic philosophy said that every one have to bear the fruits of their own action science clearly established the existence of individuality with sensory organs, mind and wisdom spirituality starts with faith and trust with which majority of Siddh people had established by their experiences like Buddh, Jesus, Nanak etc.

3. TEN COMMANDMENTS OF SELF CONSCIOUSNESS

1. It is the nature which controls existence and delineation of every element of this planet.
2. The super power of nature lies in every atom of this planet which is known as soul which is a part of super power (Parmatma).
3. Our consciousness is the symbol of our internal energy which guide our action and accountable us for reaction we receive.
4. Energy and Gravitation controls the movement of matter which is the basic nature of life.
5. Every individual have his own specific nature which is reflected in his action, speech thoughts and instincts.
6. The essence of spirituality says that the secret of being lies deep within our self. The key is to move away from external source and move towards internal source of being that lies awaiting.
7. Meditation is a practice that can lead to an inner self of peace and tranquility. If meditation is practised regularity in a correct manner one become his own master and cease to be slave of circumstances.
8. As per Bible. “The will of God will never lead you where the Grace of God can not keep you.” This statement is considered as spiritual law of the universe.
9. Faith and trust towards creator is the main pillars with which one can start its journey for self consciousness.
10. Life is paradoxical in nature through mediation we must active the state of consciousness so changing circumstances can not influence our through and action.

4. SPIRITUALITY AND SELF MANAGEMENT

In the worlds of T.D. Cherdin, “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” Spirituality leads to attain consciousness in which we clearly examine our role and goal. Various practices had been used in management arena to enhance the efficiency and effectiveness of human beings such as.

1. **Transcendental meditation (TM)** based on one of the Vedic technique of Chitta Transformation. It is claimed by many researches that T.M. programme represents a new and unique approach to develop the human resource of organization. It has been shown experimentally that it helps in normalization of high blood pressure, improve resistance to disease, give relief from insomnia, gives broader comprehension and improved ability to focus Attention, learning ability, significant positive improvement in the personality traits and reduce drug abuse. Besides various studies have shown that TM result in significant positive improvement in job satisfaction performance, Harmonious relationship with supervisor.

2. Gita tells us that work has to be done as a sacrifice for welfare of all. The key to attain perfection in work lies in the ability to concentrate. Japanese have utilised this principle through applying the concept of Zen which means Dhyana. Zen Seeks to suggest that the enlightened man act freely without being distracted by thoughts of result or reward. The key to attain perfection in work lies in this ability to concentrate. Therefore perfection in work through concentration and doing work as a means of discharging obligation means working with detachment. The chief psychological impact of association of ZEN with various fields of human endeavour is that Japanese view even the most ordinary activities as worthy of their full attention.

3. **Integration**-What we are witnessing today in various walks of life is that we mean something else say something else and do altogether different. This dichotomy between thoughts words and deeds are seen in our personal and professional life, with higher state of mind (consciousness) we can make following changes.

1. Behave in a manner which reveals that we are guided by the dominant thoughts of being the debtor, the word his creditor.
2. Accepts that synthetic and holistic understanding is also essential for enduring and effective solution.
3. Can locate and enter the self contained core with in.
4. Always tells him self that it is he who has to change not other or the world.

5. Invokes humbly and consciously help of the supreme power in all that he does.

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