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Spirituality- The Antidote to All tribulations**Dr. Archana Durgesh & Ms. Ekta Sawhney***BBDNITM, Lucknow, (U.P.) India***Abstract**

Spirituality is often termed as the “forgotten area of our lives “for we, humans, in the course of our living, begin to identify ourselves with our bodies. We think that we are only made up of flesh and blood. But underneath this external structure lies our Spirit-our beautiful Soul-unlimited and infinite. The present paper tries to look for methods in which we can awaken our dormant spirituality so that we can identify and draw upon and take guidance from our inner selves-our souls-our spirit.

Key Words: Soul, Spirit, inner selves

Man is continuously in a state of want. He perpetually desires something, wants something, and craves for something. His wants, his desires are endless. The greatest good, then, that can be done for him is to eliminate all his desires, all his wants. How can this be done? This can be done by quenching his Spiritual thirst- awakening his Spiritual desire. For, a person whose Spirituality is awakened- does not crave for anything more- does not desire anything more. He is in a state of Ecstasy-in a state of Spiritual Bliss-where nobody craves for anything.

Spirituality makes us rich- not by giving us riches- but by removing our miseries. The greatest misery which does not permit us to realize our highest ideals is that of “Fear”. When we are Spiritual-when our heart is pure-when you realize that you have done nothing wrong-it automatically removes all

Fear from our minds. For the mind always misleads.-it always scares us- the fear of the Unknown as it is most commonly known as. Being Spiritual removes this fear-it melts this fear which in turn was making us apprehensive or insecure about the future.

As one goes about this Journey of Life, he collects various Experiences. These experiences may be good or may be bad too. What we need to do is to remain “Non-attached” to the result of our experiences. Whether good or bad, these experiences should not affect us in any way. A bad experience-good-it will pass on. A good experience-good-this too shall pass on. These are just Phases in one’s life and they don’t stay for long. So, it will good for us too, if we don’t cling to them and let them affect our thoughts, our moods and our Personality. Every Experience – good or bad - teaches us something about life - about

people. So we should purposefully learn from them but practically be unattached.

The key to this Non attachment-from events, from situations and from People is to Love them- and love them so purely, so selflessly so as to set them free. True Love results into Non attachment-for true Love-Pure Love transcend all material and Physical boundaries and touch the Spiritual realm. It is a Love which never dies and which pervades the entire Universe. It is in this manner that we realize that we are one with Nature-Nature which is Plentiful-Nature which acts like our Teacher, and teaches us to be Unattached- yet loving us- Nature which is entirely free-Nature where we can be childlike-innocent, pure and full of Life-Nature-unaffected by good or Bad.

Nature does not scream out loud, addressing the crowd about how good it is. It does not in any way indulge in self-praise or bragging. Spiritual people or spiritually awakened people as is usually seen are quiet by nature. They do not brag about themselves. There is a constant dialogue which takes place between their inner and outer selves. They look inside for the answer to every question which their mind poses. They remain calm during good and bad times. They remain unaffected, unattached - for they have placed themselves into the safe hands of their Creator - their Higher Power - Their higher self now instructs them - directs them.

When we talk of Non-attachment, the idea of Self-Sacrifice comes to mind. This, in turn, would mean our Non-attachment towards Praise, Hate, Appreciation, and Selfishness. It means leaving our "Self"

behind and leading a life of Selflessness. If we do a noble deed just to gain appreciation or to gain something material, it will not be fruitful. The Intention behind every deed matters. This idea of Selflessness can be attained if we discard the use of "I"- the Personal Pronoun and give all credit, instead to our Personal God. We attribute all our good deeds to the higher power. He is the Doer- We are just channels, mediums. This also gives rise to the idea that we do not need to attach ourselves to the results of our Actions.

The Peace that we have in our hearts will be determined by:

- i. The Selfless work that is done by us- completely shedding the will of "I"
- ii. Doing our assigned duties in the best way we can.
- iii. Being unattached to the Results of our god deeds. Results are not in our hands.

A disturbed mind is the result when we do not listen to the inner Voice inside each of us. That Voice which constantly urges us to do good deeds – to be Selfless. That Voice which directs us about what to do and what not to do-That Voice which directs us about what and when to speak and when to remain quiet.

To survive in this World it is essential that we know about other Civilizations that co-exist with us. Living in watertight Compartments –totally oblivious of the world around us is a hindrance to being Spiritual. E should know and be aware that there are other Countries, other Races, other Religions, other Castes & Creeds and it should be our purpose to be tolerant toward

them and respect their ideologies. Co-existence is the very essence of Life.

The path that Spiritualism teaches is difficult to follow. It asks us to perform our duties-as mother, father, wife, husband, son, daughter-as perfectly as we can. A householder performing all his duties with utmost Dedication and devotedness is better than a “Sanyasi” who has renounced the world in search of Truth. Both have the same ends in mind-that of realizing the Ultimate Truth-but the means to achieve it is different in both the cases.

There are many impediments in the Search for the “Divine”- the Ultimate Truth. One of these is our own Blind beliefs and superstitions. Until and unless we realize and see things in a broader perspective, unless and until we shed our Fears and stand up for what is Right-we cannot find God.

According to the Vedanta, “Divinity resides within each soul; we just need to clear the dust of ignorance in order to achieve it”.

One word which resonates from everywhere while we are on a Spiritual Journey is “Faith”. Have Faith on God; have Faith on yourself. All the Strength that we need will come from within. We just have to look inside to get an answer to all our Questions.

Whenever we feel Sad or Happy at the turn of events in our lives, we generally tend to generalize it and say very often that our Life is good or conversely bad; or, in the same strain we start blaming people and events for every good or bad thing that happens. A true “Karma Yogi” knows that nothing is here to stay and so he remains unaffected-

unattached-to the worldly connotations of the two terms-Good or Bad.

All of us have been cast into a “Mould of Spirituality”- a Spirit of Perfection. We have Spiritualism-we have Perfection innate within us-but as time passes and we become busy with our worldly affairs- our Godliness- our True Self-becomes dormant. We constantly search for that sense of tranquility within us but are unable to do so. It is for this very reason that we find ourselves at Peace whenever we visit a Place of Worship or A Holy Shrine or whenever we are in the midst of Nature. Because that’s what our basic state is-pure Bliss-Pure Quiet-Pure Happiness.

Our main purpose in Life should be to awaken this dormant Spirituality within us-and be aware of our Real Selves. Turning inwards itself implies connecting our Soul with the Higher Divine Power. Every question will be answered-every riddle will be solved- if we look inside- inwards-for answers. Thus we would require no external teacher- for our Soul- our Spirit alone is sufficient to guide us through everything; and when, through practice, we get into the habit of looking within ourselves- then we experience True Bliss - a Peace that comes through knowing who we really are-Pure Spiritual, Divine Beings.

Being Non-attached is one of the most difficult things to do, but we have to Practice Disattachemnt if we want to be at Peace with ourselves. One way of doing this is to be concentrated only to the work at hand and not on its result – for as soon as we start paying attention to the results-its good and bad sides start affecting us. Work should

be done for its own sake and not to gain accolades or Praises. For if we crave for these-it means that we are attached-and this

attachment is the root cause of all the miseries in the World.

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