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Personality Development through Spiritual Yoga

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Abstract

We need today is the education of the whole personality of man-physical vital, mental, intellectual and spiritual. There is one aspect of development from the above mentioned aspect, which is going to be totally ignored at higher level of education i.e. spiritual development. Research study (Monika 2005) has revealed that spiritual development was one of the aims of education in all (Ancient to Modern period) historical periods of Indian education. In modern age Kothari Education Commission 1964-66 had recommended cultivating social, moral and spiritual values as one of the chief aims of education. According to World Health Organization (WHO), the state of health is defined as a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity WHO also suggested a fourth dimension i.e. 'spiritual well being (Kaput 1995).

A nation is built in its educational institutions. Education has a responsibility to equip the youth with ethereal knowledge and skill, by which they will be able to build up their characters to enter into the world of good and great men. Education has a promise to train the youth in them. Higher education has to impart them the healthy traditions, a vision of the future, the image of society which we wish to fashion, why the education system at higher-level is far away from this dream. The reason behind this is lack of value and spiritual oriented education at higher-level. Achievement of ultimate objectives does not destroy lower steps but become a part of the ladder to reach the ultimate.

Key word: *Yoga, Spirituality, Meditation, Psychological Well-being, Holistic Development*

Introduction

The importance of spiritual domain in the individual and social contexts. In the early part of the twentieth century IQ, or rational intelligence was the big issue In the mid nineteen's of the twentieth century, Goleman suggested the significance of E. Q. over I. Q. He identified emotional intelligence (EQ) as a requirement for the effective use of IQ. At the end of the twentieth century according to Zohar (2001) contended the IQ and EQ by stating that now there exists much scientific data that points to the presence of a spiritual intelligence that serves as a necessary foundation for the effective functioning of both IQ and EQ Further Zohar (2001) emphasized importance of values and vision in spiritual intelligence.

Crisis of Values

In recent years the lawless activities of some students in some parts of the country filled the education system with shame and sorrow. Youth is becoming drug addicted, sleazy and murderer. A comprehensive observation revealed that there is negative relationship between the area of scientific development and the area of higher values. Meaning of life has been changing. History of India itself gives the lesson of higher values. There are abundant excessive examples of value enrichment such as Eklavya, Raja Harish Chandera etc. Without spiritual practices education system can not revive these examples again.

Spirituality: The Foundation

Spirituality has been the foundation of Indian culture and the spiritual dimension has always been an integral and vital component of Indian life. Yet for some reasons, spirituality has not been taken seriously in educational system in India but the last few decades are witness to resurgence the interest in the spirituality in almost all fields of human Endeavour. Spirituality is the richness, acquired through years of struggle, which gives man a power: a dignity that elsecan not give. Spirituality is what a man is, how he behaves with others, how he lives for the rest of life, what is his attitude towards life and so on.

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It may be difficult to define spirituality, but when it expresses itself in qualities like humility, selfishness, and moral courage or in small but scintillating acts of high mindedness, a sum total of unique characteristics which bring out the best in man, then it can be understood. Mitroff et al. (1999) defined" Spirituality" as the basic feeling of being connected with one's complete self, with others and also with the entire universe'. With this, one can derive that people with high 'spirituality" will be better in maintaining relationship and would be high in sell awareness (Xavier, 2000).

Spiritual Practice

An analysis of 124 research studies (national and international Ph. D from 1972 to 2007) regarding effectiveness of meditation through various techniques on various psychological variables was done. The major techniques of meditation in these researches were-transcendental meditation, yogic practices, saral meditation, passage meditation, zazen meditation, mindfulness meditation contemplative meditation compared restricted "and expanded awareness types of meditation actualize meditation, preksha meditation and standardized meditation. It was found that Almost all techniques were reduced to removed negative mental traits such as stress, psychopathological variables: obsessive-compulsive, interpersonal sensitivity, depression, anxiety, -hostility, phobic anxiety, paranoid ideation, and psychotics, and improve/enhance positive mental trails such asintelligence, higher recall performance, memory and problem solving ability, academic performance, psychological health, concentration, decision-making, perceptual/cognitive abilities, happiness, relaxation, mental health, self discipline, self-esteem, social maturity, empathy, emotional stability, self-confidence : spiritual variables such as spiritual well being, equanimity self-actualization intuition power love, quality of life, unitize states of consciousness awareness of God's presence and love in all things, self awareness and standardized meditation. It was found that Almost all techniques were reduced to removed negative mental traits such as stress, psychopathological variables: obsessive-compulsive, interpersonal sensitivity, depression, anxiety, -hostility, phobic anxiety, paranoid ideation, and psychotics, and improve/enhance positive mental trails such as intelligence, higher recall performance, memory and problem solving ability, academic performance, psychological health, concentration, decision-making, perceptual/cognitive abilities, happiness, relaxation, mental health, self discipline, self-esteem, social maturity, empathy, emotional stability, self-confidence : spiritual variables such as spiritual well being, equanimity self-actualization intuition power love, quality of life, unitize states of consciousness awareness of God's presence and love in all things, self awareness of interconnectedness, social service, compassion, supper-ego sense of inner experience, transcendence and locus of control, creativity and physiological variables psychomotor coordination and motor skills. Only Peterson (2000) reported adverse but along with positive effects of meditation influencing cognitive processes and personality. As whole, analysis revealed that meditation through any technique is beneficial for children, adolescents and adults.

Education at higher level is producing machines not men. Education without human values, will be imperfect, lop sided, and deficient. It is essential that education system should not tamper with humanity: shouldn't lower the status of man. If we compromise here the results will be disastrous, as we are noticing day by day. There should be greatest stress upon spiritual side of education in our colleges and universities. As Radhakrishnan(1984) has said, "A university can give you great books, but it must also give you great men". Without spiritual practice great men cannot be produced. It has been said that knowledge leads to immortality. For this, it inessential to know the true nature of soul. The basis of Indian philosophy is self realization. It is a bliss, which is with each of us and integral part of the self. Higher education aims at reminding man himself that he has infinite power

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Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of thesis paper. within himself. He lives for oneself and for others, for a better world where one is at one's best.

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