HOW THE INNER HAPPINESS GENERATED THROUGH SPIRITUALITY WORKS AS A FUEL FOR SUCCESS

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ABSTRACT

Throughout the ages mystics, yogis, saints and philosophers have been seeking the answer to the riddle of life and they have found that the enlightenment – spiritual awakening is the answer and they got this knowledge through spirituality. Spirituality can refer to an ultimate or an alleged immaterial reality, an inner path enabling a person to discover the essence of his/her being or the deepest values and meanings by which people live. Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life and their regular presence in one’s life provides inner happiness and satisfaction. People believe that happiness is something that is the result of eternal factors in their lives such as success in their profession, the accumulation of wealth, meeting the perfect mate or creating the ideal family but this paper explains that actual happiness is Inner happiness and it is a happiness which is found inside a person and it also explains that inner happiness is seated in the heart and consists of things like serenity, tranquility, peace, satisfaction, faith and sweet calm spirit. The purpose of this research paper is to provide an overview how people used spirituality as a way to seek inner happiness and a life of purpose, incorporating spirituality into the hectic schedules prepares a person for all that life has to offer. This paper aims to show that Spirituality exists wherever a person struggles for his survival because spirituality plays a central role in self-help movements.

KEYWORDS: Spirituality, Inner Happiness, Satisfaction.

INTRODUCTION OF INNER HAPPINESS

The term inner happiness is extremely important. A common consensus of happiness and inner-peace seekers is that true lasting happiness comes from inside and this happiness is called “inner happiness” and this happiness is a fuel for success because inner happiness comes from inner peace and inner satisfaction and this ultimately leads to better performance.
The term Inner Happiness can be broken into these terms i.e.

1. Inner
2. Inner Self
3. Happiness

These can be defined as:

1. **INNER**: It means something which is located or occurring farther inside or something related to mind and spirit.

2. **INNER SELF**: "Inner self" is an expression for the private inner feelings and self-awareness. The inner self is often referred to in spirituality. Sometimes, meditation is used to awaken the true consciousness and see the true inner self.

3. **HAPPINESS**:

- Finding happiness is like finding yourself. You don't find happiness, you make happiness. You choose happiness. Self-actualization is a process of discovering who you are, who you want to be and paving the way to happiness by doing what brings YOU the most meaning and contentment to your life over the long run

By David Leonhard
• Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

By Og Mandino

• Happiness is contagious...when you reflect happiness, then all others around you catch the happy bug and are happy, too.

By Jennifer Leese

• Happiness is when what you think, what you say, and what you do are in harmony.

By Mahatma Gandhi

• Happiness is an inner state of well being. A state of well being enables you to profit from your highest: thoughts, wisdom, intelligence, common sense, emotions, health, and spiritual values in your life.

By Lionel Ketchia

• Happiness is when your mind is thinking through your heart.

By Judi Singleton

INNER HAPPINESS IS A RESULT OF INNER PEACE

Inner Happiness is a by product of inner peace, to achieve inner happiness one is required to take care of his inner self and soul. For a human being inner happiness starts with being his best friend i.e. one needs to think about how he treats friends or family, how he talks to himself, and ask this query from himself:

• Does he believes in motivating others and asking them to keep their chin up and at the same time he is putting himself down?

• Is he aware of his true self?

One needs to learn how to treat himself to become his own best friend. Finding inner happiness starts with inner peace, inner peace starts with self love and one would start loving himself only when, when he would start considering himself as his best friend and to achieve this the very first step is:

Learning how to listen to what his inner voice is saying about his best friend and to hear this inner voice, he need to be familiar with himself, listening starts with a relationship, so one should start building a healthy relationship with himself, do something nice for himself that is something he could do for a good friend.
SPIRITUALITY

Spirituality can refer to an ultimate or an alleged immaterial reality, an inner path enabling a person to discover the essence of his/her being; or the “deepest values and meanings by which people live.” Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life; spiritual experience includes that of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the human community; with nature or the cosmos; or with the divine realm. Spirituality is often experienced as a source of inspiration or orientation in life. It can encompass belief in immaterial realities or experiences of the immanent or transcendent nature of the world.

"Spirituality exists wherever we struggle with the issues of how our lives fit into the greater scheme of things. This is true when our questions never give way to specific answers or give rise to specific practices such as prayer or meditation. We encounter spiritual issues every time we wonder where the universe comes from, why we are here, or what happens when we die. We also become spiritual when we become moved by values such as beauty, love, or creativity that seem to reveal a meaning or power beyond our visible world. An idea or practice is "spiritual" when it reveals our personal desire to establish a felt-relationship with the deepest meanings or powers governing life."
SOME OTHER DEFINITIONS OF SPIRITUALITY

1. “The experience or expression of the sacred”
   (Adapted from Random House Dictionary of the English Language, 1967)

2. “…the search for transcendent meaning” – can be expressed in religious practice or …expressed” exclusively in their relationship to nature, music, the arts, a set of philosophical beliefs, or relationships with friends and family”
   (Astrow et al. 2001)

3. “Individual search for meaning”
   (Bown and Williams 1993)

4. “The search for meaning in life events and a yearning for connectedness to the universe”
   (Coles 1990)

5. “A person’s experience of, or a belief in, a power apart from his or her own existence”
   (Mohr 2006)

6. “A quality that goes beyond religious affiliation that strives for inspiration, reverence, awe, meaning and purpose, even in those who do not believe in God. The spiritual dimension tries to be in harmony with the universe, strives for answers about the infinite, and comes essentially into focus in times of emotional stress, physical (and mental) illness, loss, bereavement and death”
   (Murray and Zentner 1989:259)

7. “…refers to a broad set of principles that transcend all religions. Spirituality is about the relationship between ourselves and something larger. That something can be the good of the community or the people who are served by your agency or school or with energies greater than ourselves. Spirituality means being in the right relationship with all that is. It is a stance of harmlessness toward all living beings and an understanding of their mutual interdependence.”

SPIRITUALITY: THE ART OF LIVING

Spirituality teaches that the art of living is to find real abiding happiness and satisfaction. This elusive inner happiness will come when one can discover our inner self. It is spirituality that helps to find this inner reality, which is inner self. Many people seek after happiness in life. Consciously or unconsciously everyone wants to be happy. The essence of spirituality is discovering the joy in life. The happiness synonymous with spirituality is an inner happiness that does not depend on success in the material world. Spirituality tells us that real inner joy comes not through the fulfillment of the desires but in reducing the desires.
Spirituality is simplicity. When life is complex, complicated and cluttered and the feeling of stress arises and no time is left to appreciate the finer things in life then spirituality can help, what a person needs to do is to minimize the demands from the outer world, minimize his desires so as to enjoy the inherent simplicity of life.

"Spirituality is simplicity, sincerity, purity and humility. A simple life helps the seeker grow. A sincere life helps the seeker fly and dive. A pure life helps the seeker become one with God's Vision and God's transcendental Reality. A humble life helps the seeker embrace the length and breadth of the entire world."

Sri Chinmoy

Spirituality involves living in the present. This is an essential necessity to master the art of living. When people worry about the future, he creates the problems that may not occur. When he regrets the past he wastes his precious time. It is only by focusing on the present moment that one can practice the essence of spirituality. In the highest meditation one moves beyond the domain of time. Spirituality is not encumbered by ideas of the past and future. Spirituality believes in the eternal now. In the world there are teeming imperfections. There seems an endless list of problems and the people have lost their peace of mind. Spirituality teaches to
avoid judgment. If there is anything to judge it is just our self. Spirituality says we should not criticize the world but love the world and appreciate the good qualities of others.

Judge nothing you will be happy, forgive everything you will be happier, and Love everything you will be the happiest

Sri Chinmoy

Spirituality does not require renouncing the world. Spirituality involves acceptance. If one is ready to accept the world as it is, then only he can help offer something positive to the world, the great saints encourage the people to first change their own inner self.

"Be the change you wish to see in the world"

Mahatma Gandhi

Spirituality says that inner happiness comes from living not for ourselves but living for others. When a person only seeks to please his own ego then he can only get a limited happiness, the pleasure will be limited. The ego doesn't know real happiness; no matter how many desires are fulfilled there is always a desire of more. However through selfless action, through serving others one can go from a limited human perspective to becoming aware of an extended reality.

To expand the level of consciousness is the real art of living. Spirituality shows how to learn the only thing that really matters i.e. Who am I?

BEING IN-DEPENDENT FOR TRUE INNER HAPPINESS
From dawn till dusk, from childhood till death, all the living beings strive for happiness, true long lasting peaceful happiness, but remain unfulfilled. During childhood, the child thinks that he will be happy when he grows up; during school days, the student thinks that he will be happy when he goes to college; During college, the student thinks that he will be happy after getting job; After getting job the young man or woman thinks that he or she will be happy after getting a companion; After getting companion, the couple thinks that they will be happy after building the family and settling down with a lot of wealth.

And then the mid-life crisis begins, when the same being begins to look at the past and thinks that they were happier during the childhood or youth. Now, the fear of mediocre, mundane life and old age grips the mid aged being. Slowly the senility begins to show the signs. And then one day, the poor being end up in unfulfilled state of mind. Throughout life, people continue to make their happiness dependent either on:

- The future
- On the past;
- On other people around them;
- On objects and
- Wealth of the world;
- On the social status; and
- On million other things around them.

But they never search where it is lost. The contemporary man keeps on running here and there in search of happiness just like the musk deer which continue to chase for the pleasing scent throughout the life in the forest. But the poor deer doesn’t know that the source of the charming scent lies within the center of its own stomach. Those who found the supreme peace and inner happiness, found it within. That self realized saint suggests that instead of being dependent on the outer world for your happiness, one should be independent – IN dependent. Meaning - dependent on the one who is within – your own eternal blissful Consciousness – your own true Self – your own pure Soul. The art of exploring within and becoming In-Dependent is what true spirituality is all about – to look within for everlasting Supreme peace and highest form of happiness.

**THE IMPORTANT THINGS IN SPIRITUALITY TO KNOW**

To help spiritual travelers in realizing their own inner potential and to get inner happiness and inner peace, some of the postulants or learning statements that must be understood about spirituality can be explained as:
1. **HUMAN BEING IS ALREADY SPIRITUAL BEING:** Human being has entered the earth phase to learn experience, serve and be co-creators. When he is ready, no one can stand between him and personal, inner, spiritual experience. However, getting ready to unlock own experience is the challenge, often requires the learning of the right things, in the right order, with the right people.

2. **LIVING IN THE WORLD BLOCKS SPIRITUAL EXPERIENCE:** For the most part, every day activity, work, and worry block the inner awareness from coming forward. When focusing on daily life, the ‘noise’ or vibration of this activity prevents the inner awareness from being accessed and perceived. With a period of training, travelers can be taught to operate both streams of consciousness simultaneously. However, this is not a static condition; the capacity to tune in and use the higher consciousness, comes and goes, depending upon the traveler’s capacity and higher needs of the situation.

3. **CONSCIOUSLY, HUMAN CREATES HIS OWN REALITY:** All life operates through consciousness; which is awareness and energy on multiple physical, mental, emotional and spiritual levels. Through the soul, which is comprised of a spiritual energy fabric, human create his own multiple level realities, every moment of the day.

4. **A COMPLETED PERSON ADDS SPIRITUAL AWARENESS:** The goal of spiritual paths is to add a measure of conscious, spiritual awareness to the traveler’s individual life and day; this awareness serves as an enriching, enabling element so the traveler can complete daily and higher functions. Each traveler is unique, and as such has an individual life plan which ultimately leads them to join in as co-creator, helping to influence their own and higher destiny of others. Traditionally, in this realm, the completed person is God’s deputy or vicegerent.

5. **LIVING EXEMPLARS:** In many new age and eastern traditions, the living teacher or exemplar serves as guide to lead the traveler higher. Through the grace of the path, this person serves higher functions; enabling others to embrace their own latent capacity. This person has a duty to discharge and uses the natural, spiritual laws, to help others reach completion. Unfortunately, there are many imitators, and travelers need to be cautious; by tradition, the authentic teacher is the earth’s greatest resource.

6. **RELIGION AS BUSINESS:** In every age, religion and spirituality have been used as a camouflage and business; a way to gain power, money, or satisfy personal emotional needs. Just because something is wrapped in spiritual garb, it does not mean that it will not take anything. In fact, this tendency to use spiritual forms in order to achieve selfish and harmful ends, historically, has driven many away and thrown one religion against another; and in our world today, this is one of the most harmful elements.

7. **USE COMMON SENSE:** In selecting a path, if something seems to be too good or easy, it probably is; and the traveler needs to be wary of systems that ‘guarantee success in 10 easy steps.’ In this endeavor, no one can guarantee anything; the progress along the Path is dependent upon the correct effort done and the Grace of God, one should listen to his inner voice before adopting the rules.
8. **SELECTING A PATH:** The reason there are many Paths, is that travelers are different, with changing needs. If one is not satisfied with the religion of his own birth, ask and petition. The Radiances of Truth for a new path to open to him; then when it appears, he needs to follow it to completion. In this matter, two things are important i.e. there are 2 considerations:

- What Path seems most natural
- Which Path reaches out and embraces the traveler

9. **LIFE AS PRAYER:** In some traditions, the goal of the spiritual traveler is to make their life a prayer; through intention and focused energy, turn every action into an act of remembrance and service for the Higher Destiny. Each of us is familiar with going to work or school and using all of our talents and energy to get ahead so we can personally gain or feel more fulfilled. Similarly, in every action, the spiritual traveler works hard to remember and serve God.

10. **DIVERSITY OF SPIRITUAL EXPERIENCE:** Every traveler has spiritual experience; these experiences are natural and emerge, in part, from his very composition. Many times, these experiences are often not understood as such to be spiritual, seemingly mysterious, and usually quickly forgotten. Often, they may come in the form of an intuition about something that occurs or a happy, positive energy and sense of being connected to everything. Traditionally, spiritual experiences are given so the traveler can learn and move forward. These are not the goal of the journey; they are foretastes of a higher state of awareness, which are as varied and natural, as spiritual travelers themselves. Typically, in time with training, travelers recognize these experiences as spiritual, because they are unlike other forms of mental or emotional consciousness, and learn to move beyond them.

**IMPORTANT OF SPIRITUALITY FOR THE PEOPLE IN LIFE AND IN ANY RELATIONSHIP**

Whether a person believes in God, Buddha, or even a Spiritual Guide or Guardian Angel, it’s hard to deny that a Higher Power exists in this world. It seems that evidence is everywhere. It can be seen in the beauty of nature and in the creation of a human being. It is all a mystery of beauty. A precious gift has been given to all men, the human brain to use and free will to make powerful choices. It is the choices of men that can make the human brain be energized with:

- Love
- Compassion
- Self awareness
- Honesty or inflated with pride
- Anger
Bitterness

Envy

Arrogance

Hatred.

A person’s free will is very powerful it can make him successful to produce a good character or a person with power but corrupt or a person who is full of pride; a loner; and has no meaning to his own self. Life is made by the choices one makes. A person’s choice reflects:

- His inner self,
- His attitudes,
- Values and
- Thoughts in his life.

Everyone has choices in life to make to reach a goal. In order to, achieve the true goal of life i.e. the goal of inner happiness and inner satisfaction one needs to ask this question from himself

- What are his choices in life?

Then he needs to Make a list of his choices and then choose the important one’s that will redefine his own true character. Choices should be discussed with family member or a trusted friend. This will bring him to a better decision of his own choice. Life has a purpose and it does not always come out the way a person wishes. One must remember that every choice made has a consequence attached to it. Now a day’s choices can be presented to a person in different forms alluring to his ego but can destroy his dignity. One must always discern the right choice and seek spiritual guidance.

Relationships are choices that people make. One cannot blame another for wrong choices because he is the one, who has made that choice and decision, so one should take ownership of that circumstance or situation and try to learn from it. One can find freedom and peace if one can take ownership of life’s situations and circumstances of his own choices.

Some people turn to religion only when they are faced with problems in their lives. Solutions to the problem may not come the way he wants it but they will come – and in hindsight, a person can usually make sense of why things turned out the way he did. In relationships and in life, one should take ownership of his own actions and his choices and he will find peace within him for sure.
FOR EX

When a couple gets married they ask for blessings to guide them in their lives. The blessings and guidance continue throughout the marriage, in good times and in trials. In marriage the couple makes choices and must discern properly of the choices made to make their marriage last and unite the family. They too must be the true examples to their children. Whether a person consider himself religious or spiritual, it is important to discuss his views on this important matter with a significant other. The reality is that for those of the people that are spiritual or religious, it impacts the daily life in a positive way and in most cases, people loves to share that enrichment with the ones they love.

SPIRITUALITY SAYS: HAPPINESS COMES FROM WITHIN

Acc to spirituality happiness comes from within. Here are some simple suggestions to improve present level of happiness:

1. Make happiness a habit
2. Cultivate mindfulness
3. Direct daily thoughts that creeps in the mind
4. Start living in a state of FLOW
5. Develop discipline
6. Be an optimist
7. Simplify your life
8. Exercise regularly
9. Give love freely to others

These are a few first steps to incorporating choosing to be happy from within into daily lives. The decision to do so lies within each one of us. Each of us has the power begin our personal journey toward living life to the fullest each and every day.

CONCLUSION

The key elements of this study can be summarized as follows. There are numerous studies that emphasize the increasing importance of concepts of spirituality in the life of a human being in bringing inner peace, inner happiness and inner satisfaction. The intention of this study is not only to ascertain the necessity for spirituality for an individual, the overall effect of spirituality over a individual, over his family and over his professional life but also to determine the secret of spiritual happiness i.e. to learn how to teach, guide, and lecture one self. The mind seeks and invents all kinds of theories. It works with concepts and words. It discusses and analyzes
everything and is restricted to its own content. To every answer there is another question. Thoughts are endless and any theory is only a mental invention invented by the mind. The paper has worked over the fact that when the concentration ability is well developed, it is much more easier to silence the mind. When the mind is silent, thoughts do not distract, and worries do not trouble. When there are no clouds, the bright beautiful sun is seen. When there are no thoughts, the ever-present sweetness of the Self is experienced and this paper has explained wise soul exists inside us, in order to search the answers of various queries one has to peep inside i.e. one has to look deep within.

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