

A CONCEPTUAL STUDY OF THE MINDFULNESS POWER FOR SPIRITUAL DEVELOPMENT

Sudhir Kumar Pundir, Ph. D.

Associate Professor & Chief-Warden, Meerut College, Meerut (U.P.)-250001

E-mail: Pundir_sudhir@yahoo.com

Paper Received On: 22 JUNE 2022

Peer Reviewed On: 27 JUNE 2022

Published On: 28 JUNE 2022

Abstract

The present conceptual paper is to study the objects of conception of Spiritual power, Mindfulness Power for Spiritual Development and colorful conditioning for Awareness through Spiritual Development with high points (i) To understand the conception of Spiritual Development. (ii) To discuss the concept of Mindfulness Power for Spiritual Development. (iii) To discuss the various activities of Mindfulness Power for Spiritual Development.

The present abstract paper grounded on the Spiritual Power to face Current Challenges. Spiritual powers can offer us peace, confidence, awareness and stopgap in our lives. When we get the connection to this amazing power, we're going to feel the balance in our life. The present paper focuses on the introductory generalities of Mindfulness Power. The present paper discusses the colorful conditioning of Mindfulness Power for Spiritual Development. The present paper focuses on the colorful conditioning of Mindfulness Power for Spiritual Development.

Key words: *Spiritual Development, Mindfulness Power*



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

Introduction

Spiritual Power represents a faith, knowledge, understanding or knowledge of God, the light or energy that exists in and around us. Spiritual powers can offer us peace, confidence, awareness and stopgap in our lives. When we get the connection to this amazing power, we're going to feel the balance in our life. We're going to feel good, calm, relaxed, positive and secured.

Spiritual Power – like all effects isn't about the outside of you part. It isn't about what you can do and how important you can get others to do what you want and follow you moreover. Spiritual Power is simply about you being YOU! The stylish you, the real you and the YOU who fulfils what s/ he came then to do.

Copyright © 2022, Scholarly Research Journal for Interdisciplinary Studies

To be spiritually important is to ...

- Know you're safe and loved no matter what's going on outside of you or around you or indeed to you.
- Find the joy and occasionally humour in any situation – lightens up and enlightens.
- Not be defeated by defeat, changes course or finds a new way round rather.
- Know, trust and align to spiritual verity.
- Understand the difference between vision and verity.
- Have given up the need to be right and make others wrong.
- Not duck the material world.
- Not condemn those you don't understand or differ with the choices you have made about how you live.
- Know yourself and concentrate on your greatness.
- Commit to your gifts and no way argue for your limitations.
- Follow your suspicion, the wisdom from your soul through your heart.
- Not take effects tête-à-tête, be soulful in response.
- Know when to respond, when to say nothing and to no way reply.
- Celebrate the greatness that you're that you cannot yet see, because your reach, your depth, your light so far is incomprehensible to you, yet you know that in time as you claim your power it'll reveal and unleash.
- Believe and trust in the bigger picture; the godly plan.
- Be about the win-win.

Objectives of the Study

- (i) To understand the concept of Spiritual Development.
- (ii) To discuss the concept of Mindfulness Power for Spiritual Development.
- (iii) To discuss the various activities of Mindfulness Power for Spiritual Development.

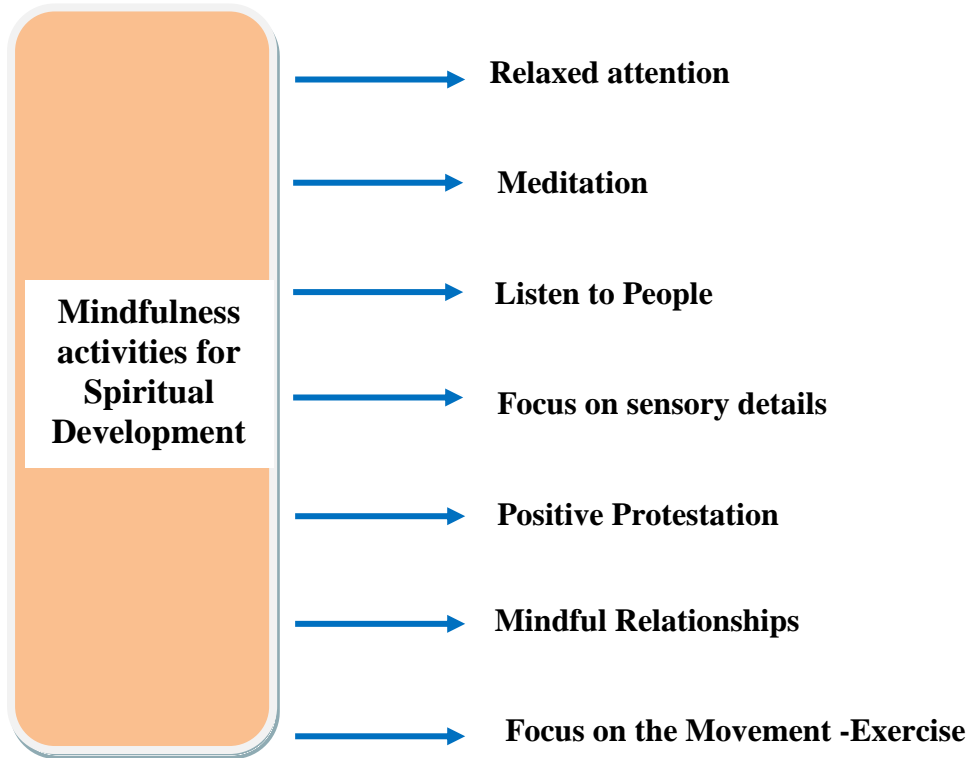
Mindfulness Power

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is the one factor of mind of which we can never have too much. Mindfulness is the observing power of the mind, the active aspect of awareness. Mindfulness means not forgetting to pay attention, not forgetting to be aware of whatever is happening within us, around us, from moment to moment to moment. It's a very subtle process.

Copyright © 2022, Scholarly Research Journal for Interdisciplinary Studies

Mindfulness activities for Spiritual Development

Spirituality strengthens our outlook for a better future life. We will always encounter challenges in life, but if we stay hopeful during these trying times we will persevere. Through mindfulness activities, spiritual growth enhances our ability to deal with life's ups and downs and bounce back from those difficult experiences.



Relaxed attention

Relaxed attention is veritably significant for spiritual development. Relaxation in psychology, is the emotional state of a living being, of low pressure, in which there's an absence of thrill that could come from sources similar as wrathfulness and fear. Relaxation is when the body and mind are free from pressure and anxiety. Relaxation involves loosening up, letting go, and eventually going to sleep. Attention involves fastening energy, chancing excitement

Meditation

Meditation is a simple way of freeing your mind, forgetting about daily anxieties and fastening on internal relaxation.

Then are five tips for newcomers to learn how to meditate

- 1) Find a quiet, peaceful place.
- 2) Sit comfortably, with eyes closed and concentrate on the heart.

- 3) Begin with a suggestion that the source of light is within my heart and it's attracting me inwards.
- 4) Meditate for 10 twinkles, or until you feel ready to come out of the contemplation.
- 5) Repeat it every day, in the morning and the evening. Incorporating this time for quiet contemplation and reflection can bring you enormous internal and physical benefits.

Hear to People

Hear to People is the veritably important tips for Awareness. Indeed if the person who's talking to you is the most boring person you've ever met, they offer an ideal script to exercise a aware discussion. Rather of allowing about and judging what they're saying try mindfully harkening to them, give relaxed attention to what they're saying.

Focus on sensory details

Sensitive organs are veritably important for every mortal beings. Start your morning with jotting or wind up the day on the runner. Focus on sensitive details. Or write about your life as an un-resistant bystander. This will help limit judgment as you check in with your feelings and studies on the runner. It can also help with mindfulness of feelings.

Positive Protestation

Positive declarations release you from anxiety, negativity, guilt, fear, and pain. It's easy to go off on a negative digression of studies. A great way to reverse this is by repeating a positive protestation. The focus on the reiteration is a aware practice and has the added benefit of making you feel more positive.

Mindful Relationships

Mindful Relationships is veritably essential for spiritual development. Indeed though awareness is a veritably introspective exertion, it can have a positive impact on our connections. Suppose of effects you can do for others. Indeed small acts of kinds will ameliorate your connections and help enhance your compassion.

Focus on the Movement

This component is well- known to go hand in hand with awareness. There are plenitude of ways to do this below. But a introductory tip is to stop comparing the present with the history and to concentrate on what's good in the moment. It might be as simple as being thankful for your morning coffee or for the good rainfall. It could also be as simple as fastening your attention on a task you are doing.

Exercise

Exercise involves engaging in physical exertion and adding the heart rate beyond resting situations. It's an important part of conserving physical and internal health.

Frequently, when we work out, we try to distract ourselves from what we 're doing. This will help with mindfulness of what you 're doing. Throughout remind yourself to breathe and concentrate on your breathing. Exercising mindfully also reduces the chance of injury.

Enjoy a time- eschewal

Every now and also it helps to take a break. This allows you to relax during the day. You may choose to take a short nap or retreat to nearly quiet to sit for a many twinkles in silence. This stillness will make you return refreshed.

Conclusion

FOR YOUR MENTAL DEVELOPMENT-

READ, WRITE, STUDY, DISCUSS.

FOR PHYSICAL DEVELOPMENT-

DITE, EXERCISE, REST

FOR YOURSPIRITUAL DEVELOPMENT-

PRAY, SEEK, SERVE, LOVE

Mindfulness power will play an important role for spiritual development. Now it is expected to help positive awareness and developing self-confidence. Mindfulness power will play a significance role for better development.

References

- Aurther W. Pink (Sep 2011) Spiritual Growth, 2nd edition, paperback publication*
Dalai Lama, (Nov 1999) The art of Happiness: A handbook for living, Easton press,
Fred A. Wolf (2012) The Spiritual Universe, Paper Passionista press,
Norman V. Peale (2019) The Power of Positive Thinking, Easton press,
Sachin J. Sakhare (2019) Role of spirituality in Yoga, proceedings (ISBN: RNI-MAHMAR/1999/12735) Pune
Shefali .R.Pandya (2013), Educational Research, APH Publishing Corporation, New Delhi-110 001.
Swami Parmeswaran, Yoga Sutras of Patanjali
Swami Vivekananda (2002) Meditation and its Method, Prabhat Books
Vaswani J.P, (2017) Spirituality in Daily Life, Gita Publishing House
Vishvketu, Yogrishi, Yogasana: The encyclopedia of Yoga Poses, Kindle Edition