

Evolving wisdom-empowering women through spirituality

Manjula .V. Asst. professor, Department of political science, Government first grade college, Vemagal Taluk , Kolar district, Karnataka state

Abstract: Spirituality in India has been a driving force for promoting self-realization. Both men & women together have strived towards attaining spirituality. There has been no gender discrimination as regards to spiritual attainment in Indian culture. Indian religious scriptures have accorded high significance to women's involvement in socio spiritual activity as with men. There have been several such motivational scriptures which promoted women to reach spiritual pedestals. Women's capabilities as a spiritual seeker has never been challenged & she had equal rights along with men in all spiritual activities. She could achieve every bliss a man could achieve .Each woman has a special spiritual destiny, as unique and inalienable as the rhythms that govern her life. Maria Harris teaches women how to dance to the music of their own souls and discover the spiritual steps that can transform their lives towards spiritual elevation.

Key words: women, changing roles of women, spiritual status, healthy life styles, spiritual elevation.

“Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul”- *Mahatma Gandhi*

Introduction

Women have been excluded from entering several places of worship, they are not in freedom to take part in spiritual

ceremonies, the inequality is continuing. But in ancient India women were enjoying the religious & spiritual rights equally as men. But gradually this has decreased & today

women & spirituality has become a laughing subject. (Judith Fitzgerald, Michael Oren Fitzgerald -The spirit of Indian women, 2012). The feminism in women is being highlighted & her spiritual achievements are sidelined. She has been targeted for her feminist looks while her spiritual mind is still untouched. The issues of understanding the status of women, identifying their roles, streamlining spiritual necessity for women needs a review.

Objectives

1. This research article tries to find answer to hindrances to women in seeking spiritual equality
2. This paper wishes to focus on role of women in attaining spiritual status.
3. This paper wishes to focus on women becoming aware of their potentialities as spiritual seekers
4. This paper considers several strategies towards making women aware of the necessity of spirituality in modern days.

Methodology

This paper has been prepared with the assistance of secondary books & online information through official websites of Brahamkumari sangha

Concept of Spirituality

Spirituality can be defined as the process of personal transformation either in accordance with the traditional religious ideals or increasingly oriented on subjective experience & psychological growth independently of any specific religious context. (Peter Clarke - Encyclopedia of new religious movements 2012)

Benefits of Spirituality for Women

1. The spirituality increases the body's resistance to stress as women who toil whole day working whether domestic or professional. These days' women work on par with men in all occupations & they also maintain a double role of playing a mother & a career woman. These roles need tremendous

zeal & enthusiasm. But hazards of maintaining equilibrium between these dual responsibilities often end up in failure of one at the cost of the success of other. She becomes susceptible to avoid the failures & family life crushes beyond her control. These vulnerabilities can be conquered through mental steadiness sources through spirituality.

2. Spirituality provides a positive attitude in their daily chores which assists them in transferring this positivism to their children. Today's children are suffering from affectionate relationship with parents because mother has become a profession with great orientation on career instead of family. The nurturing of family, bringing up children, familiarizing family relationships have been almost forgotten trends. But if women can orient on spiritual bent of mind her family relations can become not only strengthened but also permanently bonding.

3. It helps them to face difficulties. Women are objects of heavy oppression both in

domestic & career hence spiritual support helps them to overcome these lean phases

4. It helps to overcome depression & suffering. Women become depressed & mentally sick the feeling of dejection, distress & denouncement can be won through mental stability which is the derivative of spirituality.

5. The hope of optimism gives fewer illness problems, the issues related to infirmities, poor health, waning physical wellbeing etc hence it leads to self-realization.

6. The physical & mental atrocities on women which are ever increasing can be brought down if women can pursue their careers along with spiritual practice because spiritualism helps them to become strong internally. Women of today are in stress. The career requirements domestics' demands are mounting as women are failing to cope up with rapid transformation in societal needs. With the spiritual support women can imbibe the qualities of righteousness,

forbearance, forgiveness, tolerance, fortitude, patience, self-confidence, buoyancy, steadiness, etc. As forgiveness releases hostility, patience wins distress, self-confidence leads to perfection, righteousness supports optimism, and women now need spiritual sustenance & nourishment more than ever.

Prospective Strategies

Women have their own longings towards obtaining spiritual bliss. They want to come out of their materials world & achieve spiritual freedom. History is replete with instances of women contribution towards achieving spiritual entities.(Tomlinson Matt, Wendy smith & Lenore Anderson - Brahma kumaris: purity and the globalization of faith, Flows of faith: religious reach and community in Asia and pacific 2012).The identification of women towards their potentialities to achieve spirituality needs a review as these are the days of materialism & women are still a taboo in spiritual field. (Peter Clarke -

Encyclopedia of new religious movements 2012).When it comes to speaking about women the question of equality equal access & empowerment rises. Hence women's issues can well be addressed through enhancing her involvement in spiritual activities. (Judith Fitzgerald, Michael Oren Fitzgerald -The spirit of Indian women, 2012). Several of the social issues of women exclusion can well be addressed through her participation in spiritual activities. Women who are never considered as equal to men in spiritual leaders or spiritual seekers needs to prove that she can become a great spiritual person if given equality to pursue theological studies, philosophical discussions, & spirituality. (Peter Clarke - Encyclopedia of new religious movements 2012).She doesn't just nurture the social, cultural and spiritual traditions of India by strengthening the ancient civilization's family values and secular ethos, but also nourishes the young nation's spirit of entrepreneurship by playing a stellar role across

professions, businesses and industries. (Shobhit arya- The Indian women 2014).

Women in Hinduism have, since time immemorial, played a significant role-as Shakti assuming the power of creation, as the divine mother, as sages, as spiritual and religious leaders, as noble queens, as ideal wives and as compassionate daughters.(Judith Fitzgerald, Michael Oren Fitzgerald -The spirit of Indian women , 2012).They have been the basis of inspiration to both men and women for centuries (Ahuja. M .L. -Women in Indian Mythology 2011). Spirituality not only offers mental steadiness but it helps to concentrate on creator of this universe through prayer & meditation. It fosters healthy habits like

1. Charity & aiding the needy,
2. Devotional book reading,
3. Devotional song singing ,
4. Divine glorifications ,
5. Focus on right deeds ,
6. Forgiveness & good manners ,
7. Mass prayer ,

8. Prayer & meditation,
9. Propagating theological theories ,
10. Reading mythological books ,
11. Reinventing leisure hours with innovative activities,
12. Spreading divine,
13. Temple visiting ,
14. Theosophy ,
15. Writing articles on spirituality ,
16. Yogic practices

All these will help to reinforce customary Indian traditions which assist in managing the stress & strains.

Conclusion

Women can gain benefits through spiritual habits At the same time they also are supported by healthy immunity & optimism towards life this what is required because in their changing world women are losing their identity they have been made a subject on perennial feminism but the search for identity will be helpful if women opt for spiritual inner voice. This will also help the other gender to

consider women in their original proficiency & dexterity. The women's search for creating her identity on her own ends with their contribution to spiritual elevation.

References

1. Swathi chopra - women awakened – stories of contemporary spirituality in India 2012
2. Brahma kumari's official website 2014
3. Vedantha official website 2014
4. Hinduism official website 2014
5. Ahuja. M .l. -women in Indian mythology, rupa publishers 2011
6. Madhavananda & R.C.Majumdar - Great women of India- vedantha publications 2001

7. Shobhit Arya-The Indian women- wisdom tree publication 2014

8. Judith Fitzgerald, Michael Oren Fitzgerald -The spirit of Indian women , world wisdom publication 2012

9. Clarke peter - , Encyclopedia of new religious movements. Routledge , 2006

10. Tomlinson Matt, Wendy smith & Lenore Anderson - Brahma kumaris: purity and the globalization of faith". Flows of faith: religious reach and community in Asia and pacific. Springer science + business media 2012

11. Lawrence Babb (1984). "Indigenous feminism in a modern Hindu sect, signs: Journal of women in culture and society issue 1 vol 2

12. The Hindu women – Brahma kumara publication 2012
