

Inner Happiness generated through Spirituality

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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.

1. Introduction

The term inner happiness is a very common word in our daily life and 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. Basically, the path of inner happiness consists of health practices and of mental work. Health exercises are sports (walking, jogging, biking - if necessary on the exercise bike), yoga and meditation. Add to this a healthy diet. Mental work means to avoid negative thoughts and to encourage positive thoughts. Negative thoughts lead to internal tensions, the destruction of the health and to bad social relationships. They are often associated with feelings such as fear, anger and addiction. The concept inner happiness is mainly constituted with three elements:

- **INNER**
- **INNER-SELF**
- **HAPPINESS**

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

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.

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. In simple words, true happiness is... to enjoy the present, without anxious dependence upon the future.

2. Inner Happiness is the result of Inner Peace

Like all the best things in life they are free, but we may need to work for them – and they are only found within. Here are ten ways to experience more peace and cultivate your innate true happiness.

1. **Apologize and Forgive:** Holding grudges robs us of peace. Being accountable and releasing ourselves from past pain is essential for connecting to our inner happiness. Find the places within yourself where you hold resentment or a sense of being wronged. Acknowledge the validity of those feelings, and then allow them to move out of your body. Make amends with the people you have hurt. Let as much peace into your mind and life as possible by living in a state of forgiveness.
2. **Relax:** You cannot feel peaceful if you are always too busy doing to feel anything. Pause. Take a deep breath. Find moments throughout your day when you can be still, moments throughout your week when you can practice self-care. Meditate, walk, or stare at a blank wall, just something that lets your nervous system calm down and your body rest.
3. **Be Grateful:** Gratitude and peace are close companions. When we can be grateful for an experience we can experience peace, even if it is an uncomfortable situation or unfavourable outcome.

Radical gratitude is essential for true happiness, helping us connect with our joy in every moment.

4. **Learn the Power of Surrender:** Recognize that sometimes there is no winning. We do our best to live in integrity, but sometimes we make mistakes, we fail, or we are simply wrong about something. Let go of the need to be right in every discussion. Be okay with your imperfections. Some situations do require persevering through adversity. But at other times it might be wiser to stop hitting your head against a wall and give in.
5. **Live In Present:** Peace only lives in the moment. Happiness is not some far-off land we will reach when everything is perfect; rather, happiness is available to us in every moment if we are paying attention. If you want to be truly peaceful and happy, you would be served by learning how to be truly present.

In simple words, Inner Happiness is a byproduct 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: a) Does he believe in motivating others and asking them to keep their chin up and at the same time he is putting himself down? b) 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 needs 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.

3. 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."

4. 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 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.

5. Being Independent 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 the other People around them
- On Objects
- Wealth of the World

- On Social Status
- On million other Wordily Things

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.

6. The important things in Spirituality to know

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 Radiance 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.

7. Spirituality says: Happiness comes from within

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

- Make happiness a habit
- Cultivate mindfulness
- Direct daily thoughts that creeps in the mind
- Start living in a state of FLOW
- Develop discipline
- Be an optimist
- Simplify your life
- Exercise regularly
- 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.

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8. 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 analyze 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 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 tom look deep within.