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Morality through the Lens of Spirituality

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ABSTRACT: The present paper will try to understand the linkages of spirituality and morality. The moral values can be attained with the help of spirituality. In today's globalized world, when distances between countries are shrinking, technological knowledge is advancing, and humankind has achieved the pinnacle of progress, practically all of the countries are observing a decline in the actual sense of moral values among the people. India, a developing country that served as a global model for morality and spirituality, had similar experiences. India has been renowned as the nation of saints who instilled virtue in the populace. In today's modernized world, just as spirituality has lost its true meaning, so too has morality among young peoples. Individuals from various cultures define spirituality in various ways. In India, those who worship God refer to themselves as spiritual. Some people adhere to their guru's prescribed path, while others adhere to meditation. So, everyone has a unique spiritual practice. Morality can be attained while practicing some sense of spirituality.

KEYWORDS: Morality, Spirituality, Values, Religion, Humans

I. INTRODUCTION

Morality: Morality is the distinction between good (or correct) and poor intentions, decisions, and acts (from the Latin moralities, "manner, character, proper behaviour") (or wrong). Morality refers to our conventional behaviours towards others, whether those behaviours be good or evil. In other words, "morality" refers to moral standards, cultural norms, or social customs. It solely relates to what is regarded as right or wrong and does not imply statements about what is really right or wrong. The area of philosophy that examines morality in this sense is descriptive ethics. In its normative definition, the term "morality" refers to whatever is genuinely right or bad, regardless of the values or customs of any specific groups of people or civilizations. The area of philosophy that examines morality in this sense is normative ethics.

Spirituality: The term "spirituality" refers to anything having to do with the spirit and its traits. Spirit can also refer to a superior entity, an ultimate reality, an immaterial reality, or other non-physical beings. The term "spirituality" can also be used to describe what are typically seen as the higher virtues of humanistic philosophies, such as honesty, bravery, love, and compassion. Spirituality, often known as an inner path, is the search for one's true self or nature, or for the "deepest values and meanings by which individuals live." A person's inner life is intended to be developed through spiritual practices like meditation, prayer, and contemplation. A spiritual experience can be a sense of being connected to a larger reality that results in a more complete self, to other people or the human community, to nature or the cosmos, or to the divine realm. Many people see spirituality as a source of motivation or direction in life. It can include the conviction of transcendental or immaterial realities as well as personal encounters with these realities.

Morality in today's world: The loss of morals is a global issue that is becoming worse. Our environment is evolving. Cities and towns are expanding, and the inhabitants are doing the same. The erosion of moral standards can be attributed to a variety of factors. They include the Internet (easy access to everything unethical), media (TV programmes), video games, unstable marriages, and the dissolution of family structures (joined to nuclear). Moral decline is a problem that is spreading across the world. Our surroundings are changing. Cities and towns are growing, and so are their populations. It is common knowledge that a person will have a good human existence if they heed their parents or the moral teachings of their elders. If that's not the case, the parents will be under a lot of stress because leading a holy life in the modern world is not easy. Without values or beliefs, we would be mechanical beings. Without values, we would be like animals, driven only by our compulsions and passions. There would be little regard for the truths we cherish, let alone how to apply them to elevate and improve our lives, in this changing world. We would lead unconscious lives with no meaning or purpose in this value-free environment. But, when we adopt values, we live a dynamic and purposeful life, which is to say that we become fully human being.



Objective:

This paper tries to link morality with spirituality.

II. METHODOLOGY

The entire paper is based on secondary source of data. Data from various books, journals, periodicals, research papers is used to establish the relationship between moral values and the spirituality. To understand the cause and effect of morality and spirituality various practices methods are studies. For siting the examples of morality and spirituality, the studies already published has been consulted.

Morality through spirituality

Spirituality is defined differently by people in different cultures. Those who worship God are said to be spiritual in India. Some people adhere to the teachings of their guru, while others believe in meditation. Thus, everyone has an own style of being spiritual. The supposedly right approach is irrelevant; what matters is how spiritual we are. A person who has a strong spiritual foundation can learn to fear God, and a person who fears God will not act immorally. The facts that everyone should be aware of in order to develop morality through spirituality are as follows.

Spiritual Philosophy and Morality:In reality, values have a highly unique influence on the cosmos. It is one that our thoughts can understand in order to improve life. Values are actually spiritual abilities that are given to us by the unbounded source of all things. The ultimate principles—including Oneness, Love, Beauty, and others—come to us from above and are reinterpreted by our brains as values. For instance, our minds understand the spiritual concept of Oneness as values of collaboration, integration, teamwork, and other things. Similar to how the value of goodness, selflessness, self-giving, openness, tolerance, respect for others, and a number of others convey the universal principle of love.No less vital than the requirements of the body are the needs of the mind. Each of our experiences has an intellectual component. As much as we need food, breath, and water, we also need good ideas. Like food for the body, ideas nourish the intellect. This proves that we need good ideas just as much as we need healthy food, clean air, and clean water.The main long-term objective is to introduce philosophy to ourselves as well as to ourselves to philosophy. In other words, we should make an effort to subject our beliefs and values to philosophical scrutiny. By doing so, we could find that philosophy has a lot to offer us and our lives.

Spirituality TeachesMorality:The goals and operations of a number of organizations, from faith-based organizations and religious political parties to the congregational and other groups linked with a specific spiritual tradition, are all influenced by the values and ideas that people associate with spiritual. Insiders who have been persuaded generally assert that if all of a religion's adherents adopted and adhered to its ideals and beliefs, both they and the cultures in which they lived would be happier and more virtuous. They also make exclusive claims to the "truth," depending on their religious tradition and denomination, and try to persuade unbelievers to believers.The connections between traditional theories, policies, and practices of development in developed countries and religious ideals and ethics are complicated and frequently contentious. For mainstream development thinking and practice, religion has been best avoided: a source of conflict and an impediment to desired social change, best relegated to the private sphere, and often happy to support and work with religious organizations when the latter are prepared to keep their 'development' activities separate from their religious activities, especially proselytizing.

Moral values throughSpiritual stories and holy books: Moral valuesplay dominant role in molding the attitude and approaches of children in their life. Therefore, implanting these values in the minds of the children is vital and it is easily possible if told through spiritualstories interestingly and attractively. Like stories of Buddha, Lord Shiva, Lord Krishna, Lord Rama. As Buddha has said that “What we think, we become.” So, we will think about what we listen and then that thinking will terminate into action.The reflection of the thoughts of great saints is found in number of holy books which are the main source for the teaching of morality. So, morality can be cultivated through holy books of all the religions-like Tripitics of Buddhism,Vedas, Puranas, Upnishads, Geeta of Hinduism, Guru Granth Sahib of Sikhism, Bibal of Christians, Quran of Muslims. As in the absence of such great saints in the modern time these holy books become the path finder of morality. So,some segments of all the books should be included in the school curriculum so that the individuals can attainsuch kind of knowledge from their childhood.

III. CONCLUSION

We ought to keep in mind the "Chinese Proverb". According to the saying, "If there is righteousness in the heart, there will be beauty in character, and if there is beauty in character, there will be harmony in the home, and when there is harmony in the home, there will be order in the nation, and when there is order in the nation, there will be peace in the world." A person with the right principles won't be scared to confront challenges. He or she will accept them as a necessary part of life and expect them. He or she won't place undue emphasis on everything that occurs in life. He or she will put all their trust in God. A person like that will serve as an example to others. The fact that spirituality acts as a guidance for people's behaviour is a crucial aspect of morality. It can be concluded that people's activities are either morally good or harmful when there are potential alternatives to those actions. This has significant ramifications for discussions between theists and atheists since, if a god exists but free will also does, then none of us truly have a choice in what we do and, as a result, cannot be morally held responsible for our deeds. Hence, if we wish to have moral character, we should be spiritual. Last but not least, in order to have a solid moral character, we must love our God and our own personal principles. It will enable us to live our lives as they ought to be lived. It is crucial for achieving one's goals in life.

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