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“Importance of Aura Reading in Spiritualism –A Literature Review

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This review has mostly looked at studies that looked at how spiritual practices affect people's levels of happiness and health. In this chapter, we try to put together some of the studies that are linked to the research's conclusions. People have believed since the beginning of time that spiritual activities make them feel like they have everything they need. It has been found that having spiritual experiences and being happy with your life are linked in a good way. These things make people feel good, and spiritual people can handle the bad things that life throws at them well. People who are spiritual say they have more pleasure and happiness in their daily lives and are better able to handle the stresses of life. People like this doesn't get depressed very often, are physically healthy, and are happy with the meaning and purpose they find in their lives. Yoga and meditation are taken as the best exercises of body and mind, enabling stress management, changing neurotransmitter structure to live longer and happier, as well as works as an effective medicine. It is identified that spiritual practices leads people to live a healthy and meaningful life. Family spirituality has strengthened relationships between elders and family caregivers that is associated with low levels of depression and increases family well-being. Many people reported that their understanding about mutual relationships was strengthened by spiritual orientation. It was also found that spirituality significantly affect people's quality of life and a sense of well-being.

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Wachholtz, et al. (2007) has suggested that spiritual interventions provide people with a rich resource of coping models to develop a positive framework of sufferings. This framework in turn, influences people's ability and motivation to cope with pain.

Ellison, (1992) Researchers polled 2,107 people and found that those who regularly did devotional activities (like praying or reading the Bible) were more open to competition, less suspicious of others, and had a better mood overall. People who said their religion or beliefs had a big impact on their morals were also more caring and social.

David Myers (2002) *Hands of Light: A Guide to Healing Through the Human Energy Field*. Bantam Books, Barbara Ann Brennan's book provides a detailed description of the human energy field, including its various layers and colors, and provides techniques for reading and manipulating it for healing purposes.

Gerber, R. (2001). *Vibrational Medicine for the 21st Century: A Complete Guide to Energy Healing and Spiritual Transformation*. Bear & Company, Richard Gerber discusses the role of aura reading in understanding a person's physical, emotional, and spiritual states, and explores its potential for promoting healing and personal growth.

Karagulla, S. & van Gelder Kunz, D. (2002). *The Chakras and the Human Energy Fields*. Quest Books, Shafica Karagulla and Dora van Gelder Kunz discuss the relationship between the chakras and the human energy field, and explore the use of aura reading as a diagnostic tool for identifying imbalances in the energy system.

Dossey, L. (2006). *The Extraordinary Healing Power of Ordinary Things: Fourteen Natural Steps to Health and Happiness*. Harmony, Larry Dossey discusses the role of aura reading in integrative medicine, and explores its potential for promoting healing and well-being in conjunction with other therapeutic modalities.

Andrews, T. (2010). *How to See and Read the Aura*. Llewellyn Worldwide, Ted Andrews provides a practical guide to aura reading, including exercises and techniques for developing and refining one's skills, and explores the potential for aura reading as a tool for personal growth and spiritual development.

Myers & Diener, (1995) have conducted a wide study and reported that spiritual involvement is associated with higher level of well-being, optimism and positive expectations for the future.

Koenig, et al. (2001) Researchers have looked at more than 100 studies and found that faith or religiosity is linked to higher levels of happiness, life satisfaction, and other signs of well-being. There seems to be a link between faith and well-being based on this link. It has been found that traditional ways of coping, like religion and spirituality, can be improved. This is especially helpful when dealing with life stresses that come from outside the person (the external environment). When people are involved in spiritual practices, it's easier for them to deal with the effects of stressful events in their lives.

Pargament, et al. (2001) According to the results of their study, older people, and women in particular, who go to spiritual services at least once a week are more likely to live longer than those who go to similar events less often. They also found that spiritual or religious events were linked to improvements in blood pressure, immune system function, depression, and overall mortality. Prayer was the most commonly used coping strategy to deal with chronic pain of arthritis. Several studies have shown that religion and spiritual practices are good for your mental health and those treatments for mental illness work. A small but growing body of study has looked at how religious and spiritual practices can help people with mental illness. It has been found that the ability to keep one's faith while dealing with serious and long-term illness is an important and unique trait. It could guard against both physical and mental illness and be a very important tool for dealing with the stresses of everyday life.

Powell, et al. (2003) found that spiritual practices like prayer may be a powerful way to improve health all around. People who are active in their faith are also more likely to be happy, to feel less stress and worry, and to have a more forgiving and peaceful view of life.

Ahrens et al. (2009) found that, positive religious coping was related to higher levels of psychological well-being and negative religious coping was related to higher levels of depression. Spiritual variables were significant predictors of reducing depressive symptoms over time. The results show that 72.4% of the health workers polled is sure that there is a spiritual dimension. Also, 24.4% of the doctors and 16.0% of the paramedics said that the moral side of health care and health maintenance should be the most important. About 73.34% of medical workers and 50.7% of emergency medical technicians think that people who are spiritually healthy are better able to deal with illness.

Also,

Bansal and Sharma (2010) found that mental health practices are good for survival, low blood pressure, less time until depression goes away, less smoking per day, better quality of life, and cooperation, among other things.

Goel, et al. (2006) has found similar results in their studies. They got the findings that 70% of the doctors reported that spiritual dimension is important for patients to get well, 96% physicians expressed the view that spiritual well-being is important for good health and positive approach to life. Many researchers have examined the relationship between spirituality and a wide variety of medical conditions as addiction, chronic pain, depression, heart disease, hypertension during pregnancy, suicide and AIDS. It has also proven to be essential to rehabilitation outcomes. Additionally it was also found that spiritual persons have lower blood pressure, fewer cardiac problems, better cardiac surgery outcomes and greater longevity.

(Hurts, 2008) A lot of people think that faith has healing powers that can help their physical health. It is found to be a useful addition to other treatments for managing chronic sickness. Several studies have found that there is a statistically significant link between faith and fewer people abusing drugs, more social support, better mental health, and better ways to deal with stress. Researchers have found that people with less faith are more likely to get depressed and also seem to get over it more slowly. Finding a way to get through life without God's help was linked to more sadness and a worse quality of life.

Galvin, et al. (2006) Researchers has found that prayer causes a deep level of relaxation in a person, which lowers the amount of tension in the muscles and makes the muscles work better. In fact, some people choose not to see a doctor and instead focus on spiritual activities like prayer and meditation instead of going to the hospital. Also, people with type 2 diabetes who are more spiritual and committed to a religious practice need to see a doctor less often. Spiritualistic people accept that spiritual experiences were valuable and beneficial for them. These people said that their humanistic and spiritual worries had grown, while their negative feelings and beliefs had decreased. Spiritual practices are linked to better ability to deal with stress, less depression, more social support, and better health. These good things about health help people understand the role of faith in their overall well-being. There is a strong protective link between having a strong faith commitment and having a lower suicide rate.

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(Curlin, et al. 2005).In a recent study, it was found that high scorer on spirituality reflects high well-being (positive outcomes), with happiness, hope, optimism and gratefulness. Low scorer on spirituality (negative outcomes) shows depression, suicidal tendency, anxiety, psychosis, substance abuse, crime and marital instability. Further it was also examined that high spiritualistic people having most of the positive emotions including happiness, high self esteem, a sense of control and meaning and purpose in life. These people also possess positive psychological traits such as altruism, compassion, forgiving and gratefulness.

(Koenig, 2012) Religion helps people build a sense of identity, a network of social support, and a coherent structure for finding answers to existential questions. This is something that most people take for granted. It makes people feel like they all understand a loss and can help them deal with hard things or long-term sickness. It could also have affects that make people less likely to try to kill themselves or abuse drugs.

Elliston and Hayward (2007) say: One study found that people with high spirituality and high scores on spirituality tests are more interested in their own personal growth than people with low spirituality and low scores on spirituality tests. It was found that groups with different levels of spirituality and spiritual engagement have very different psychological aspects of well-being. No matter what religion they followed, people with a better level of spirituality were the ones who were more self-actualized and had more meaning in their lives.

(Itai & Parashar, 2009) A long-term study showed that more than half of the people who took part in the study felt that their faith got better over the course of the study. This rise was linked to people feeling better about them, giving their lives more value, feeling less angry, and doing more yoga and meditation.

(Kennedy & Robert, 2003). Coleman did a study in 2003, and the results showed that spirituality has a clear link to cognitive and social functioning and an inverse link to HIV symptoms. Also, it was found that a person's spirituality, sexual preference, age, and the symptoms of HIV all had a big effect on both their mental health and their physical health.

Scientists are finding more and more evidence that spiritual practices are good for both physical and mental health. If someone is emotionally oriented, they will have better mental health and be better able to deal with stress. There is a link between spiritual or religious beliefs and practices and much less anxiety, less depression, fewer suicides, less drug use, a clear purpose and meaning in life, happier marriages, more social support, more hope, optimism, and well-being. The World Health Organization knows that spirituality is an important part of a person's general quality of life

(Chattopadhyay, Chakravarty, 2007). Comprehensive study data shows that spiritual beliefs and practices help reduce the severity of symptoms, speed up and improve healing, and reduce distress and inability. It is a way to help people figure out what they want to do with their lives. Spirituality is a very important part of Indian culture, and people of all ages put a lot of value on it. Spirituality becomes more important as a person gets older and goes through life. People who have good spiritual results have less stress in their lives than those who don't believe much in spiritual things. When life isn't clear, hanging on to this idea can give you a sense of inner strength and give you peace of mind.

(Udhaya & Ilango, 2012) Spiritual practices and regularly practicing a religion can slow the development of Alzheimer's disease. Spiritual or religious people may have a slower rate of brain decline. Spiritual views and practices shape how people live their daily lives. It was found when there was a war in Iraq and people were worried about terrorist threats and a bad economy. the majority of people found meaning in their lives and peace through faith in the Divine and spiritual belie Studies reported that adolescents have more religious doubts than other age groups, and this doubt often go together with tension, distress, conflicts, guilt depression and a decrease in self-esteem. This period restructuring the faith and could be regarded as anxiety accompanying change.

Dr. Christian Smith, (2002) has done a research and found the results that, High school students who consider themselves spiritual, reported higher self-esteem and more positive attitude about life and their career than their less spiritual peers. He further found that 12th

grade students who attend spiritual/religious activities regularly and being spiritual is important to them, were significantly more likely to enjoy life. They have a clear meaning in life, are hopeful about their future and in addition having a sense of well-being. Dr. Smith has done various studies on students' spiritual life.

Clements & Ermakova, (2012). Using hierarchical regression, researchers looked at the data from a long-term study and found that surrendering was consistently linked to less stress. There is a lot of proof that stress is one of the main causes of poor health, while religiosity is often linked to better health. "Surrendering to God" is a term for a way to measure parts of a person's beliefs that might predict lower levels of stress. The fact that these data back up this link (between surrendering and less stress) shows that spirituality affects the results of health studies in some way.

Aghili & Venkatesh, (2008), proposed that spiritual attitude were found to be highly correlated with subjective and psychological well-being. Further well-being was found highly correlated with future and less correlated with formal religion. In addition it was reported that lower levels of spirituality brings more tension and anxiety and lower levels of happiness.

Kennedy & Kanthamani, (1995) have conducted a study and found that majority of the respondents have accepted that their spiritual experiences resulted in increased spiritual belief and this belief increases their sense of well-being. Further the respondents consider that their lives are guided by a Higher Power and they are having a sense of happiness, confidence,

In this study has been done by **Kennedy, et al. (2002)**, The study found that spirituality was linked to higher levels of life satisfaction, lower levels of anger, greater self-efficacy, and overall improved well-being. Collaborating spiritually between patients and medical personnel to explore the patient's health may facilitate a faster and smoother recovery.

Kathleen, et al. (2007) has done a research in the same area, statistical analysis of the collected data indicated that spirituality and prayer contributed to the prediction of psychological well-being. Spiritual variables are particularly important in coping with the potential life threats of the diseases and a strong ability to enhance overall well-being.

It was found in the study conducted by **Hebert, et al. (2007)** that caregivers of terminally ill patients, often report needs for social and spiritual support. A variety of interventions need to improve caregivers' well-being, among these interventions spiritual practices are most effective and common. These caregivers also reported that their spiritual beliefs directly affect patients' will to get well and their sense of well-being.

Krishna Mohan did another study in 1999 to find out how the spiritual experiences of 200 people ranging in age from 20 to 70 and belonging to 13 different Hindu-based spiritual groups affected them. The participants were all given the Life Experience Questionnaire (LEQ), the Index of Changes Resulting from Experiences (ICRE), and the Checklist of Effects of Experiences (CEE). After having these spiritual experiences, most of the people who answered the survey said they felt happy, calm, and at peace most of the time. This is what the results showed. They didn't often show signs of sadness or grief. They put more of a focus on the ideas and feelings that give their lives meaning and purpose. They also said that they now understand how important it is to make personal growth and keep strong relationships with people you care about. Also, most of the people who answered said they were in good health and happy with how their lives had turned out. Many of the people who answered said that their experiences with the spiritual world had given them something good and important. In addition, they have seen an increase in humanistic and spiritual hobbies and a decrease in negative attitudes and beliefs.

In Coward's study of 107 women with advanced breast cancer, spirituality appeared to improve emotional well-being. Respondents who were spiritual and had a strong faith had higher self-esteem, better personality functioning, less paranoia, and lower rates of sadness and anxiety than those who were not spiritual and didn't have a strong faith. Higher levels of religiousness and faith were also linked to lower rates of death, anxiety, and alcoholism, as well as better marriages, less loneliness, and less stress along with better mental health.

Moreira Almedia & Colleagues, (2006) have done a systematic review with a meta-analysis of 850 studies on the relationship of spirituality and mental health since the year 2000. They found that majority of the studies showing positive association of spirituality with psychological well-being and less depression. In addition it was found a major outcome of spiritual practices in the form of individual's quality of life and global well-being (by encompassing physical, functional, emotional and social well-being).

Yakir Kaufman, (2005) has conducted a research and reported that the patients with spiritual/religious attitude may have a significantly slower progression of cognitive decline.

A study has been done by Kandasamy, findings of the study revealed that depression and anxiety was negatively correlated with spirituality. Spirituality found significantly negatively correlated with fatigue, symptom distress, memory disturbance, loss of appetite, drowsiness and sadness. The study's results show that spirituality makes a big difference in the quality of life of people with advanced cancer and has a clear link to the physical and mental signs and symptoms of stress. People with head and neck cancer who live in India have found that spiritual coping skills can help them feel better.

Mackenzie, et al. (2000) Researchers looked into how religious belief, participation, and spiritual support were linked to better mental health in older people. They came to the conclusion that a person's religious beliefs have a big effect on their mental health. The most important part of the link between spirituality and health was how the person felt about being helped by a greater power. Most of the people who answered the poll thought that some kind of supernatural being was always looking out for them and protecting, guiding, and teaching them, as well as helping and healing them.

Traumatic events in life, such as escaping a disaster or catastrophe, taking care of sick family members, losing loved ones to illness or death, and other similar things, are bound to make people feel down. These are some things that everyone goes through at some point in their lives. Spiritual practices may be able to lessen the intense and debilitating effects of such experiences.

In this regard **Shastri Keyur Vasant Lal, (2008)** have conducted a longitudinal study, included 135 relatives and close friends of patients with terminal illness. They were followed up to 14 months after their loved one's death. It was observed that who were spiritual/religious and having a strong belief in the Higher Power, were found to easily come out of their grief and became firm than those not professing spiritual beliefs. Further it was also coded that spiritual coping is a more common phenomenon among persons with asthma, chronic pain, cancer and HIV diseases.

People are sure to feel depressed after going through stressful events in their lives, like barely escaping a disaster or catastrophe, taking care of sick family members, losing loved

ones to illness or death, and other similar situations. Everyone has some or all of these things happen to them at some point in their lives. There's a chance that spiritual practices will make the effects of these events less bad and hard for you to deal with.

As **Jang & Kim, (2003)** Researchers have determined that spiritual orientation has an impact on individuals' level of life and overall health. Spirituality is positively associated with family and social support, and negatively associated with loneliness. The integration of spirituality with health-related practices such as yoga and meditation is crucial for enhancing physical wellness.

In 2007, Singh Maneesha and Neena Kohli did a study to find out how faith affects a person's ability to take care of their own health. The study's results show that spirituality is linked to a calmer mind, feelings of joy and bliss, love, faith, and self-discipline in everyday life, as well as happiness and a sense of satisfaction. These traits have the ability to improve a person's health in many ways, including on a physical, mental, and social level.

Further it was also found that people who report greater meaning in their lives and more beneficial spiritual experiences, report greater well-being and lesser psychotherapy. Another study shows a same finding that was done by- **Emery & Pargament (2004)**, spiritual/religious coping with negative life events fosters feeling of optimism, hope and meaning. In turn, this may speed up the healing process by reducing the worry of the situation. They go on to say that good things that happen in a person's life make their beliefs stronger. The subjective feeling of spiritual support is at the heart of the link between spirituality and health. This is supported by a number of previous studies as well as the results of the current study, which found that spirituality has a big effect on people's mental health. Most people think that a Higher Power keeps them safe, guides them, teaches them, helps them, and heals them. They also think that this Power helps them make decisions. In addition it can be said that people who have less faith or no faith in the Divine, can easily be trapped under threatening life events and easily disappointed. Most of these people having depression and acute depression can be the main cause of proneness to suicidal attempt.

Spirituality and faith can affect both the mental and physical health, either directly or indirectly. The health models make it clear how the two are linked. All of these models have made faith an important part of what it means to be healthy. In the wellness model, there was a lot of focus on the important link between a person's faith and their overall health. Because of this connection, it

is easier to get a more true picture of a person's health. Those who need care and pay attention to their faith may see an improvement in their health, no matter how they feel physically. When people take part in spiritual activities, they often feel more satisfied with their lives, less depressed and anxious, and more at peace with themselves.

A stronger spiritual foundation has been found to be linked with better coping mechanisms. As **D'Souza and Rodrigo, (2004)** have reported on the basis of their studies that spirituality augmented cognitive behavior therapy helped in reduce helplessness and despair , improved treatment collaboration and enhanced functional recovery. Spiritual variables were significant predictors of reducing depressive symptoms over time.

Psychologists **Kelley and Miller, (2007)** have found that spirituality and religiosity have generally reported positive correlations with well-being, including life satisfaction and happiness. They further reported that regular spiritual involvement is positively related to marital happiness, positive self - concept and negatively related with distress and worries. Happiness was emerged as a very important predictor of well-being. Here happiness is not a matter of desire satisfaction rather of life satisfaction.

(Michelle, et al. 2009).In a recent study it was found that spiritual involvement creates a very strong influence on people who are deeply addicted to alcohol. Spirituality provides an insight to get rid of this addiction and quick recovery when adjunct with medicines.

Sengupta Sunita Singh, a Homi Bhabha fellow (2008) has worked on spirituality at workplace and found that spiritual involvement is a very important predictor regarding stamina, productivity, mood, team-work and job satisfaction. These domains further leads to well-being of an employee.

Dr. Naveen Geol. and his colleagues, (2008) have studied to understand the link between spiritual beliefs and practices of health care providers (doctors and nurses). They found that spiritual beliefs help them to be soft, caring and compassionate to deal with their patients. They also indicated that strong religious/spiritual beliefs help patients in healing better and earlier. They have coded their research findings as-

- Spiritually healthy people coped better with their illness.
- Spiritual care givers can provide better patient care.
- Spiritually oriented doctor-patient dyad can fight more effectively against disease.

62% respondents were agreed to existence of a spiritual dimension to health outcomes, 59% felt that spiritually healthy people can easily cope with their illnesses, and strong religious/spiritual belief helps in healing patients better.

A paper (**Culligan, 1996**) about a symposium that took place at Harvard University in 1995 shows how religion/spirituality and science are trying to work together more and more. During the meeting, people talked about the link between spirituality and healing in medicine, with a focus on the world's major religions. The conference gives people a chance to talk about the physical, mental, and neurological effects of healing that is brought on by faith. Spiritual beliefs and practices were seen as important parts of the healing process, along with traditional medical care.

(**Kennedy & Kanthamani, 1995**). Many studies have shown that people who have spiritual experiences and are spiritual by nature tend to feel very good about them and have a higher level of happiness than the normal person. This is also true of spiritually-minded people. People were able to improve in all areas of their lives when they added things like spiritual practices, hope, personal control, social support, and a useful energy life.

Several studies have found that spiritual beliefs and measures of physical and mental health are linked in a good way. Patients with long-term illnesses who thought their spiritual faith and practices were part of their care and thought spirituality was an important part of their healing. Got better and quick cure than others. A sense of spirituality stimulates hope and optimism which facilitates a healthier life-style that yields positive health outcomes. Religious/spiritual people follow the social norms positively that elicit approval and acceptance from others. Spiritual people have a relatively sustained level of happiness. A wide number of researches show that spiritual beliefs and practices play an eminent role in the lives of millions of people worldwide.

Patricia, (1998) reported that survivors of crisis or disaster may benefit by experiencing spirituality as a reason to have hope. Spiritual orientation helps adult survivors of childhood violence. The results showed that people with a strong spiritual faith had better levels of life satisfaction, more personal happiness, and less negative psychological effects from traumatic life events.

A study done by **Mookherjee, (1994)** indicated that the perception of well-being was positively and significantly influenced by frequency of spiritual exercises as prayer. Spiritual orientation is

related to the mental health, internal locus of control, sociability, tolerance and a sense of well-being.

Naidu and Panda, (1990) studied on 465 Hindu adults aged 30-50 years, findings revealed that subjects with a strong spiritual faith and a positive concept towards spirituality, obtained higher scores on well-being measures. These results indicate that spiritual orientation reduces stress and strain, by eliminating negative emotions.

As **Brody, (2003)** found that people with regular involvement in spiritual exercises, were more likely to have peaceful marriages and better parenting skills. In turn, this helps their kids do better in school and improves their skills, self-control, and psychological and social balance. It was also identified that rare appearance in spiritual activities was associated with substance abuse in the children and adolescents. The majority of the parents believed that spiritual concerns were important in management of the problems of children.

(Koenig, 2009). It was found in a study that patients who believe in the higher power and attended spiritual/religious services weekly, prayed at least daily, read the Holy Scripture at least three times weekly, remitted from depression more than 50% faster than other patients. People who believe in a Divine Being are more likely to feel safe, in charge of their lives, and confident in themselves.

Vergheze (2008) spent two years watching 386 people with schizophrenia in hospitals in Chennai, India, and Vellore, India, to find out what causes the condition to get worse. At the time of the first evaluation, patients who said they didn't do as many spiritual practices or didn't care as much about faith did much worse.

Mohr, et al. (2007), Researchers at the University of Geneva have written and released a number of studies about the spiritual and religious beliefs and practices of 115 outpatients with schizophrenia, as well as their interactions with clinicians. Many of the people who answered said that faith was an important part of their daily lives. Most of the people who answered said that their religion helped them deal with their illness. It lowered psychotic and other pathological symptoms in 54% of patients, helped 28% of patients get along better with other people, cut down on the number of patients who tried to kill themselves in 33% of patients, and helped 16% of patients stick with their treatment. So, faith and religion had a more positive effect on the lives of all of the people who answered the survey as a whole.

Brady, et al. (2004) have conducted a study and found the results that spiritual involvement was associated with less distress and better quality of life. It is helpful in reduced symptoms of distress in cancer patients.

Seybold & Peter, (2001) have reported on the basis of their research findings that influences of spirituality is largely beneficial for mental strength as well as psychological wellness, which denotes overall well-being of an individual

Mark, D. Holder & colleagues, (2008), at the University of British Columbia discovered that 6.5 to 16.5 percent of children's happiness is attributable to spirituality. It was the first study.

to establish the importance of spirituality to children. The researchers explained the reason for this finding may be the link between spirituality and meaning, hope, positive social norms and a social network. All these things can improve the person's well-being. The age range of the children participants was 9-12. They further reported that children's spirituality was strongly linked to their happiness. Even after removing the variance associated with temperament. Many of the studies indicates the religion-substance abuse relations and found significantly less abuse in college students who gave importance to spirituality in their lives. Follow the same way,

Stone, et al. (2006) have found that traditional spiritual activities had a significant positive effect on addictive behavior. It was also seen that those people completely withdraw from spiritual/religious involvement, resulting in social isolation and poor mental health, owing to feeling of guilt and shame.

George, et al. 2002 Compared to people who didn't have strong spiritual beliefs, those who did described being happier with their lives, having more personal pleasure, and having less bad things happen to them after traumatic events. Further it was also reported about spiritual engagement and academic achievement in college students that spiritualistic students often have high level of academic achievement and a set goal of life according to their aptitude and capacity.

Yaday Meena Rani, 2008 -to study the effect of spiritual orientation on addictive behavior of the students. Findings of the research indicated that students who have a faith in the Higher Power, were very rarely engage in any type of addiction. Those having a confusing mind-set in this perspective were more likely to habitual of addictive behavior. They further proposed that spirituality/religion could be a strong source of social and self control. A study done by the

National Institute for Health Care Research (NIHR) found that college students who had a strong connection to the spiritual centre on their campus went to the doctor less often and felt less stressed when dealing with difficult situations than other students.

Emmanuel, 2013. Another study found the results that adolescent that reported stronger levels of spiritual identity and having a sense of spirituality were more likely to be optimistic and happy. Their relationship status, personal identity and coping mechanisms become highly favorable.

Seligman and Csikszentihalyi, (2000) gives more support to the idea that the spiritual side of human life is important for mental and physical health and makes everything we do more brilliant. (Humanistic nature and pro-social behavior). This further leads to positive functioning, better coping and well-being.

A large number of studies have shown that spiritual beliefs and practices have good effects on the mental, physical, and social health of people. Faith is a strong predictor of mental health, life satisfaction, happiness, self-esteem, hope, optimism, and having a purpose in life.

It was also suggested that spiritual involvement is favorably associated with measure of physical health such as, high blood pressure, heart disease, stroke, suicidal tendency and suicide

Kendler, et al. (1997) reported that spiritual involvement helps to buffer the impact of stress on physical and mental health. It was indicated in a study that individuals who are spiritual in nature, are less likely to engage in risky behavior than others. (Paulson, et al. 1998).

Rice, (2003) exposed that spiritual beliefs and practices have been linked to increased self-control and reduced perception of pain. It is evidenced that through regular spiritual exercises one can acquire the ability to remain calm and alert despite the external surroundings. It helps to enhance the activity of parasympathetic nervous system as response to chronic anxiety. Many of the studies show that feeling of security plays an important in shaping the personality of an individual. Security can be defined as the condition of being in safety or freeness from threat of danger. This feeling of security is gained and motivated through spiritual orientation. In present scenario of throat cut competitive tendency it is shown everywhere that people (of any age) are becoming more spiritual and frequently involve in spiritual activities to attain a feeling of mental peace and security.

A study has been done by **Mishra Nishi, (2002)**, results indicated that role of spiritual counseling in resolving moral and spiritual problems of security personnel was significantly positive and effective. Spirituality and religious coping strategies found the widely considering phenomenon.

(Krause, 2007). People who perceive their family and friends as supportive tools during times of need, have a stronger sense of meaning and purpose in their lives and generally follows the set value system of their society. Spiritual point of view plays a vital role in this perspective. In addition it was found that people with a strong social network and possess a spiritual nature, reports greater emotional well-being in day-to-day life as well as when they experience stressful life events.

Barnes, et al. (2008) depicted on the basis of their studies that in old age, social spheres and a clear concept of 'Almighty', influences cognitive functioning widely. Older adults who embedded in strong social networks and higher level of spiritual activity, having a strong and positive cognitive functioning than their peers who are less socially engaged and less spiritualistic. In addition rarely involvement in spiritual activities causes a decline in cognitive functioning.

(Singh-Manoux, 2003). A longitudinal study indicated that older adults with strong and positive social networks with spiritual belief were 60% less likely to show signs of dementia. Older people, who engage in volunteer activities as group prayer, also perform better on cognitive tasks.

Berdict, (2005) reported on the basis of their researches that older adults report higher levels of emotional well-being than those reported by younger adults. The reason observed behind that spiritual orientation increases with increasing age. In addition they indicated that spiritual engagement strengthens one's positivity towards life and these people report fewer social - emotional conflicts. They solve interpersonal problems often more effectively than others.

Findings of a study indicated that mental happiness has significant positive correlation with materialistic and spiritualistic happiness. Spiritual orientation leads spiritual happiness and this further leads to mental happiness. (Bhattacharya, Sonali, 2010).

A wide study conducted in USA by **Daaleman, (2005)**. Participants of the study describes that spirituality is predominantly a cognitive construct incorporating the domains of positive intentionality. It was exhibited that all the participants felt a power and confidence through belief and spiritual practices. The respondents have a clear understanding and a positive approach towards life. They always have a sense of subjective well-being. Their religious/spiritual beliefs grounded and maintained an interpretative structure through which they viewed their life and framed life experiences positively. Another study has been done by **Meraviglia Martha Gene, (2004)** to examine how a person's faith affects how well they feel in general, even if they have lung cancer. The results of the study showed that a higher number of daily prayers were linked to a better level of mental health. Also, better scores on the question about what gives life meaning were linked to higher psychological well-being and lower scores on the question about how symptoms make you feel bad. This research finding gives people information about spirituality, having a sense of purpose in life, and a feeling of well-being. Also, it was found that prayer helped explain the link between physical health and emotional responses.

(Kennedy, J.E. 1999). Another result supported the theory that "religious guilt and fear contribute to suppressing a positive relationship between the importance of religious faith and well-being" by showing a pattern of correlations between religious importance, well-being, and religious guilt and fear. A person's religious or spiritual views can help him or her deal with feelings of worry and guilt. After taking into account religious shame and anxiety, the link between happiness and religious meaning was found to be stronger.

Chamberlain & Zika, (1992) People have said that the data we have now usually backs up the idea that positive or negative events cause similar changes in happiness, which then tend to return to a fairly steady baseline level. But big losses can lead to a drop in well-being over a longer period of time. Having a spiritual belief can help you deal with these big losses and bring about long-term good changes.

McIntosh, Silver & Wortman, (1993) have looked into the experiences of 124 parents who lost a child to sudden infant death syndrome. They found that having a spiritual or religious background was linked to a higher amount of happiness. There was a positive link between faith in a Divine Power and having a good mood and being happy with your life, and a negative link between faith and having a bad mood. How important religion is to a person affects how that

person sees the meaning of their own life, which in turn affects how well that person feels about themselves. It was found that spiritual experiences and happiness go together in a good way. People also tend to change their minds about the world and the things that are most important to them after a big loss or disaster. Because of this, one's faith beliefs become more important. This idea gives strong mental and moral support as well as a new way to look at how to find happiness.

Ellison, (1991) found that people with strong spiritual faith and regular in spiritual exercises, reported greater life satisfaction, greater personal happiness and fewer negative consequences of traumatic life events in comparison with others.

Paloutzian & Kirkpatric, (1995) indicated that spirituality promotes well-being and often helps people to maintain a proper adjustment towards all intimate relations.

Dull & Skokan, (1995) Research suggests that spirituality can aid in coping by offering a belief system and a cognitive framework for processing stressful events. This facilitates individuals in discovering significance and direction amidst the unavoidable adverse circumstances they face.

Christina, M. Puchalski, (2001) has explained that helping, fixing, and caring are all different ways to look at life. When you help, you see how weak the world is. When you fix things, you see how broken the world is. But when you serve, you see how whole the world is. Helping and fixing things, on the other hand, may be the work of the ego, while serving is the work of the soul.

. A sense of serving is enhanced when you are having a sense of spirituality, as it is the work of the soul. With the sense of spirituality you will have a sense of satisfaction, peace and a whole sense of well-being

(Park Nan, at.al. 2013) Another study found that religious or spiritual people are more likely to be happy and satisfied with their lives and less likely to feel mental pain. A study was done to find out how faith and a sense of purpose at work affect how happy people are at work and how healthy they feel mentally. This was done because there is a link between faith and being healthy. The results show that there is a strong and positive link between faith and how healthy

and happy a person feels in general. Spirituality and meaning at work, happiness at work, and psychological well-being are the links in the chain that make up this relationship.

(Mohsen Golparvar & Hassan Abedini, 2014). Results of a study conducted by, Mohamad Narimani, (2014) indicated that training of spiritual intelligence has been effective in improving psychological well-being of HIV positive patients. It is well known that spiritual intelligence can be improved through spiritual participation and spiritual orientation. Findings of a study seems to suggest that the more spiritual a Muslim individual was, the less likely to be depressed or anxious.

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