

**SPIRITUALITY IS FOR SPIRITUAL SAKE OR SPIRITUAL IS FOR
HUMAN SAKE.**

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Abstract. Spirituality is not life controlling oneself for the sake of society but it is life changing phenomenon for the growth and development of self.

Spirituality is defined as the internal harmony of state in which when one can feel peace and satisfaction with one's life. One must feel happiness in the valuable things that what he possesses. World is filled with dual it has both good and bad, positive and negative, advantage and disadvantage in which human has to find happiness with the valuable things what he possesses. Life has given all the positive things for human to lead a peaceful life. In which human fails to understand the glories things that is surrounded with him and moves forward in search of things what exist in dream. Human life is filled with dreams and expectation. In which life is a journey that starts with birth and ends with death.

Annotatsiya. Ma'naviyat jamiyat manfaati uchun o'zini o'zi boshqarishi emas, balki o'z-o'zini o'sishi va rivojlanishi uchun hayotni o'zgartiruvchi hodisadir.

Ma'naviyat davlatning ichki uyg'unligi sifatida belgilanadi, unda inson o'z hayotidan xotirjamlik va qoniqish hissini his qilishi mumkin. Inson o'zida mavjud bo'lgan qimmatbaho narsalardan baxtni his qilishi kerak. Dunyo ikkilik bilan to'lib-toshgan, uning yaxshi va yomon, ijobiy va salbiy tomonlari, afzalliklari va kamchiliklari bor, bunda inson o'zida mavjud bo'lgan qimmatbaho narsalar bilan baxt topishi kerak. Hayot insonning tinch hayot kechirishi uchun barcha ijobiy narsalarni berdi. Bunda inson o'zi bilan o'ralgan narsalarning ulug'vorligini tushunolmaydi va tushida mavjud bo'lgan narsalarni qidirishda oldinga siljiydi. Inson hayoti orzular va umidlar bilan to'la. Qaysi hayotda tug'ilishdan boshlanib, o'lim bilan tugaydigan sayohat.

INTRODUCTION: World is a spiritual cosmic in which all the religion and culture preaches the human how to lead a successful life for getting peace within himself. Eastern civilization or Western civilization in which the aim of the human life is to live a successful life.

Man is the reflection of the past in which he leads his life from the experience what he has gained so far or from the experiences that has been gained and has conveyed to the next generation in the forms of oral or written form or history.

Buddhism: Desire is the cause for all miseries one must know how to control it otherwise life will become miserable is the principle of Buddha. He preaches to the entire world how man must control himself from the desire to live a successful and happy life.

Hinduism: According to Hinduism the human is just an element to travel in this world. Human don't have rights to claim in this world. Human may be in the top of this food chain. But he is also a living things like other living beings. Human must life his life in search of spirituality.

Christianity: The virtue of sin is death and Death encloses all. So why human alone has to toil with all the sufferings and pain in this world. Human has to learn the life style from the nature. Human has to learn how to lead a happy life from the nature.

There are so many myths about spirituality. People speculate that a spiritual person does not enjoy his life and he has given away all materialistic pleasures of his life. But it is not true. Being spiritual does not mean that you have to be a monk; it means that you should not complain about what you don't have but you should be thankful for what you have. Many people anticipate that spirituality is a religious concept but the truth is that spirituality has nothing to do with religious beliefs and superstitions. It is not related to any religion. Religions teach us how to differentiate people on behalf of their caste, colour and status but spirituality teaches us how to be kind to everyone irrespective of caste. Religions give us riots and discrimination but spirituality provides us a peaceful environment.

It is very easy to identify a spiritual person. If a person is kind and gentle to everyone that means he is spiritual. A spiritual person does not blame others for his grief, his pain and his failures because a spiritual person knows that he is the sole cause of his circumstances. Being spiritual means self-assessment. When you come to know that you are the only reason of your grief or happiness then you have moved towards spirituality. People have to understand that they are the only person who can be their best friend.

Today's youth is feeling a lot of depression due to cut throat competitions in all sectors, unemployment, family and society's pressure, financial insecurities etc. Globally around 8, 00,000 people die due to suicide, around 970 million people are suffering from mental illness. These are the signs of mental disorder, the major cause of, the increasing number of mentally ill persons and suicides, is depression and lack of mental peace.

Nowadays youngsters are more ambitious and therefore they get depressed easily. Always remember a highly ambitious person cannot be happy and satisfied because he always wants more. Being ambitious is a good thing but excess of anything can be harmful. The article is not about being lethargic but about becoming a person who understands the value of eternal satisfaction over ephemeral happiness.

You can do nothing by dying but you can do a lot with this life. Suicide is not the solution it is a transfer of your grief to them who loves you very much.

CONCLUSION: Feel happy of what the life is given to you. Stop being a cry baby just be thankful for what you have. Every time you see someone in a more miserable condition than you; say thanks for not being in that condition; every time you see food in your plate; say thanks, every time you see clothes in your closet; say thanks, you have parents, family and a home to live say thanks, every day when you wake up say thanks for this new day.

Spirituality does not control your life it changes your life. Spirituality teaches you to connect with your soul. Spirituality gives you a chance to see inside you and explore your thoughts.

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