



Impact of Meditation (SRMS) on Spiritual Intelligence: An Experimental Study

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Abstract

Spiritual Intelligence has considered as the ultimate intelligence for its contribution to find purpose and meaning in life. Enriching the ability to connect with inner self and exploring the happiness from inside, living a life with upliftment of character, aligned with sacred, recognising and utilising inner potentials for the betterment of self and others are some precious contribution of spiritual intelligence, especially when we are living in an era of stress and technology. In this study researcher investigated the impact of Self Realisation Meditative Sadhana (SRMS) on spiritual intelligence. Especially the study was conducted with a group of Young Students which are preparing for UPSC exam at a reputed private institute at Rajkot.

The exposure of SRMS for 30 days given to the Experimental group only. Statistical analysis was done by independent t –test. As the result of the study researcher found that SRMS has significant impact on the Spiritual intelligence. Hence SRMS appear here as promising methods to enhance spiritual intelligence.

Keywords: *Spiritual intelligence, Self Realization Meditative Sadhana.*

Introduction

Danah Zohar ¹ claimed that neither IQ, not EQ, separately or in combination, is enough to explain the full complexity of human intelligence, nor the vast richness of the human soul and imagination. SQ in the ultimate intelligence because it deals with the question of good and evil, helps to choose the better act and proper life path. Actually in the modern scenario when stress and technology become the representative words for life, everyone is in race of getting success in minimum time with minimum efforts. That is also stands true for youngsters specially. Getting success at any rate evokes to opt the shortest path, may it be right or

wrong. So this competition creates a crisis in morals and value system. With excess materialisation of life individuals suffer with dry emotions and emptiness. The sense of satisfaction and inner peace vanished, simultaneously greed, short temper, aggression, frustration takes place inside. Most people spend their entire lives trying to acquiring food, shelter and sensory pleasure, centering their lives on the bodily consciousness and activities associated with it². If this is all there is to life, what is the difference between human and animals?, Pt Sri Ram Sharma questioned in his famous writing “Who Am I?”. The smallest increase in the intensity of desire prompts people

to unfair means, making them reckless. Peoples with such traits makes life hellish not only for themselves but for others as well³. Spiritual intelligence, which deals with the meaning and purpose in life, play a vital role here. Spiritual intelligence gives us the power to discriminate and choose the better course of action. It enables us to ask existential question like why specifically this path of life?, what is my true identity?, why I am here? etc. Spiritual intelligence enables us to see the big picture as understanding the life in totality. It inspires us to choose bigger and better aim in life which is in favour of self and other. Emmons⁴ conceptualise spiritual intelligence as “a framework for identifying and organising skills and abilities needed for adopted use of spirituality”. King⁵ defines spiritual intelligence as a set of mental capacities which contribute to the awareness, integration and adaptive application of the non-material and transcendent aspect of one’s existence leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self and mastery of spiritual states.”

Now a day spiritual intelligence gained profound attention because of its contribution to achieve a happier life and for its positive life outcomes. Especially with the proven contribution for better performance also. Kalyansundaram et al (2014)⁶ in his research, Effect of Spirituality on Human performance – A myth or reality, states that human performance is significantly related to Spiritual Intelligence irrespective of the Gender. M.P.Singh & Jyotsna Sinha (2013)⁷ finds that quality of life was positively correlated with higher SQ significantly. Carmody J et al (2008)⁸ studied the relation between spirituality and mindfulness, psychological distress and reported medical symptoms. There were significant correlation between spirituality and mindfulness. Increase in mindfulness was associated with increase in spirituality also with decreased psychological distress and medical symptoms. There are sufficient evidence for the positive role of spiritual intelligence on different dimension of

life yet experimental studies on the profound methods or tools to enhance spiritual intelligence is still awaited. In Indian ancient scriptures, Meditation is a well practiced method oriented towards the spiritual goals.

A variety of meditative methods are described in Indian mythology that serve the purpose of self refinement and awakening of inner divine potentials. Almost all religious methods incorporate the meditation in different approaches for the ultimate welfare of human being. Modern researches in social and psychological stream has vast evidenced for the positive contribution of meditation for physiological and psychological wellness. Yet the method of meditation vary due to its origin in different cultural context or religious sources, still in essence the fundamental element of the meditation are common. Denial Goleman (1988)⁹ concludes a lot of methods in different systems as “the need of Meditator to retain his attention, whether through concentration or mindfulness, is the single invariant ingredient in every meditation system. Meditation can be described as a family of practices that train attention and awareness, usually with the aim of fostering psychological and spiritual well-being and maturity¹⁰.”

Falb MD and Pargament K I (2012)¹¹ emphasised on the contribution of mindfulness training / meditation towards improvement of spiritual component such as transcendences, boundlessness, ultimacy and interconnectedness. Milbury K et al (2013)¹² investigated the impact of a Tibetan Sound Meditation (TSM) program on cognitive functions, Quality of life and Spirituality of women with breast cancer. The randomised controlled trial revealed that TSM program appears to be a feasible and acceptable intervention with same changes for improvement in mental health and spirituality of cancer patients. Jules A Troyer et al (2012)¹³ conducted a study to find the effectiveness of meditation on level of consciousness and problem solving ability. Results from the study indicated that individuals who meditate/pray performed better on problem

solving task and had a significantly higher level of consciousness than individuals who did not pray or meditate. This study aimed to investigate the impact of Self realisation meditative Sadhana (SRMS) which is a meditative practice taught by Pt. Sri Ram Sharma Acharya, Patron founder of Akhil Vishwa Gayatri Pariwar, Shanti Kunj Haridwar, on spiritual intelligence with an experimental design.

Statement of Problem

“Is there any impact of Self Realisation Meditation Sadhana Meditation on Spiritual intelligence”?

Objectives of the Study

To study the impact of self realisation meditative Sadhana on Spiritual Intelligence.

Null Hypothesis

“There is no significant impact of self realisation meditative Sadhana on Spiritual intelligence”.

Variables

Independent variable: Self realisation meditative Sadhana given by Pt Shri Ram Sharma Acharya

Dependent Variable: Spiritual Intelligence

Material & Method

To investigate the impact of SRMS on Spiritual Intelligence, researcher chosen the sample using incidental sampling. Total 44 subjects age range from 21 to 26 years were choose from Sardar Patel Cultural foundation Rajkot, Gujarat. All subjects again assigned randomly to two groups as 22 subjects in experimental group and 22 in control group.

To measure Spiritual Intelligence (SQ): ‘Roquan Spiritual Intelligence Test – RSIT’ developed by Prof R. Zainuddin and Anjum Ahmed was used.

Before after control group design was used for this experimental study. Before intervention pre test was administered to both the group as experimental and control group. The experimental intervention was given to only experimental

group. Self Realisation Meditative Sadhana (abbreviated as SRMS), as an experimental intervention is a meditative practice taught by Pt Shri Ram Sharma Acharya, patron founder of Akhil Vishwa Gayatri Pariwar ShantiKunj Haridwar. SRMS was practiced by experimental group for 45 minutes on the basis of 5 days in a week daily.

After 30 days, post test was administered to both the group again. Statistical analysis was done with the final data using gain score method. To test the significance of difference independent t-test was used for analysis.

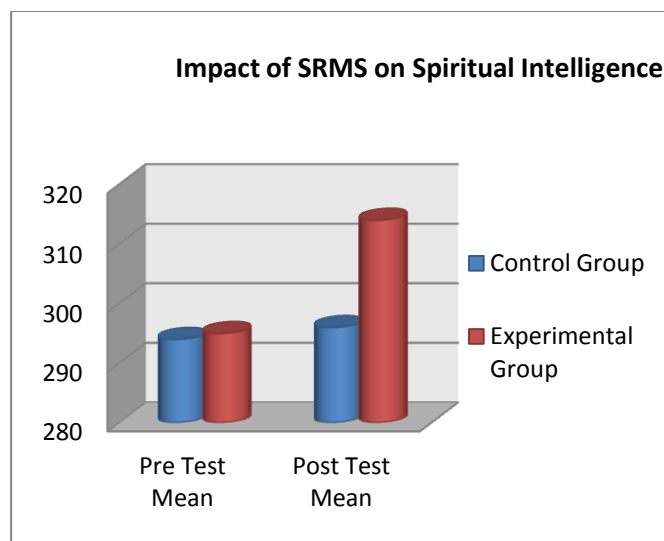
Results

The hypothesis was, ‘There is no significant impact of self realisation meditative Sadhana on Spiritual intelligence.

Table.1: Experimental and control group data

GROUP	SCORES	N	M	SD	S _{ED}	df	t	Significance
EXPERI. G	Post	22	314	14.3	4.5	42	4.2	P<.01
CONTR. G	Post	22	296	15.5				

As table 1 shows that the null hypothesis has been rejected at .01 level of confidence. There is significant impact of SRMS on spiritual intelligence.



Interpretation and Discussion

On completion of the study, on the basis of statistical analysis, it was found that the null hypothesis 'There is no significant difference in spiritual intelligence between experimental group and control group' has been rejected at 0.01 level of confidence. That means Self Realisation Meditative Sadhana has significant impact on spiritual intelligence of experimental group.

The mean of Experimental Group for score on Spiritual Intelligence scale was 295 before the SRMS intervention, as it increases to 314 after the SRMS intervention. This shows that there is significant increase in the level of spiritual intelligence in Experimental Group; as in contrast, in control group there is no any significant changes noted. This means Self Realisation Meditative Sadhana which is a meditational practice based on the Vedic philosophy, helps to improve the level of spiritual intelligence.

The impact of meditation increase self awareness, awareness about own thought process, awareness about connectedness of the self with the outer worlds. Meditation does this by training and bringing mental processes under greater voluntary control, and directing them in beneficial ways. This control is used to cultivate specific mental qualities such as concentration and calm, and emotion such as joy, love and compassion¹⁴.

With the depth of meditation the level and nature of awareness become more specific towards different level of self existence, the role of different level of self awareness in the life. Especially in self realisation meditative Sadhana when one become aware about the different level of existence as physical, mental and spiritual or transcendental level, one can realise their role and limitation in life clearly.

As a vast array of research in meditation proves its efficiency on several dimensions as psychological disorders, or in improvement of different mental skills, also importance of spirituality in different dimension getting explored every day, but the experiments and studies focused at improvement in level of spiritual intelligence with meditation

are very rare & composite with other variable, as yogasana, pranayaman or other related techniques. In meditation, bodily consciousness shift to Soul consciousness. Focused attention or mindfulness in meditation creates stillness of thoughts, which yields to a higher level of self awareness where one become uninfluenced with the tormenting thoughts or emotions, which facilitates the ability to refine or to opt better set of thoughts. In the state of meditation, one able to short out the positive and negative distressing patterns of thoughts or emotion, that evokes the process of self refinement. When one sees his identity as part of an eternal being, he has acquired true knowledge. Only then can he utilise the resources of the physical world in a proper manner¹⁵.

True self knowledge evokes to use the powers for ultimate welfare of self and others also. In meditation one able to realise the presence and value of inner self, value related people or support system in his life, that facilitate the feeling of love, care and forgiveness for them. In Self Realisation Meditative Sadhana, one inspire from inside as guided by inner voice of justice and far sighted vision of life. The awareness, about unified connectedness yield to concern about the relation of self and others.

Realisation of self true existence trigger to change the life perspective upliftment of character oriented towards greater values for self and same for others.

Conclusion

Self Realisation Meditative Sadhana (SRMS) helps to become more aware with self presence, enable to analyse the life again on the standards of values and support. Honest self appraisal of one's capacities and resources helps to choose the best path and values for life. Meditation enhances positive emotion, optimism, which evokes self development, supportive behaviour. Conclusively it can be said that Self realisation meditative Sadhana bring a much awaited enhancement in spiritual intelligence.

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