LESSONS OF SPIRITUAL QUOTIENT FOR THE MILLENNIALS BASED ON THE INSIGHTS FROM RAMAYANA

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Abstract: In this era of aging technology and increasing use of social media millennials are facing problem dealing with many issues happening in their daily life and also in their corporate life. These issues may be mainly ethical issues or other issues like unable to identify the real objective of career or how to deal with various business problem and also to identify their right path in their career. The solutions to these problems can be obtained from the great epic of Rama, “Ramayana”. This helps the millennials to have a good spiritual quotient which as described by Dana Zohar, helps the generation to be success in their life. There are various incidents from Ramayana which actually gives insights regarding how Lord Rama with his high level of intelligence and with a good team in hand overcame all issues in life regardless of the severity of the problems that he had to face throughout his period of life. This paper discusses about the lessons of spiritual quotient from Ramayana which helps any millennials to boost one self.

Keywords: Spiritual quotient, Spiritual intelligence, Millennial, Ramayana.

1. Millennial

Millennial are generally referred to as Gen Y and are usually considered as people born between 1982 and 2002. They succeed Gen X. Born in this era of aging technology, Marc Prensky referred them as “Digital Natives”. They have no option to get logged off from the media. The increasing access to the internet and other media like social media platforms gives an ocean of information to the millennials at their fingertips on a single click. The agenda of the corporate is to cannibalize the market space for many of the products/services cannot be sold without changing the lifestyle of the customer. The Millennial is standing at a crossroad, having a weak link with her/his ancestral chain and is waiting to cross the chasm of the cultural identity to the sub-conscious dictates of the multi-national moguls.

This is the ideal situation for any of the millennial to take lessons from the Indian epic “Ramayana” and learn about the spiritual quotient before they enter into their corporate life. The central character of Ramayana Lord Rama with other characters provide many insights regarding spiritual quotient through various situations.

The millennials nowadays don’t find time to go offline but only change their status as sleeping. They work 24x7 near the charging point instead of enjoying the outer world. So, this make any millennial depressed when they have to face any problems in their life be it business or personal. As globalization happened any sector in the corporate world find changes daily be it any aspects. So, today’s generation find it difficult to face this and here is where spiritual quotient of an individual plays an important role.

2. Spiritual Quotient

There are many articles which describes spiritual quotient on different aspects and on basis of different roles handled by individuals.

Danah Zohar in her books Rewiring the corporate world and Spiritual capital where we can live by coined the term spiritual intelligence/ spiritual quotient. She described it as not just an evolution over Intelligence Quotient(IQ) and Emotional Quotient(EQ) but the premise on which other quotients exist. Danah Zohar formulated 12 principles of spiritual intelligence and this is widely quoted in the field of intelligence.

The Spiritual Intelligence / Spiritual Quotient (SQ) is not just an evolution over IQ and EQ but a premise on which other forms of Intelligences are built with. SQ is not an Intelligence which can be acquired by an academic pursuit by that which has to be imbibed from a guru or a role model who had lived and succeeded in a life in all dimensions.
3. Twelve Principles of Spiritual Intelligence
Formulated By Danah Zohar

1. Self-Awareness – Knowing what I believe in, value, and deeply motivates me.
2. Vision and Value led- Acting from principles and deep beliefs, living accordingly.
3. Positive use of adversity- Learning and growing from mistakes, setbacks and suffering.
4. Holistic- Seeing larger patterns, relationships, and connections; having a sense of belongings.
5. Compassion- Having the quality of feeling with and deep empathy.
6. Celebration of diversity- Regarding other people for their differences, not despite them.
7. Field Independent- Standing against the crowd and having one’s own convictions.
8. Ask fundamental why questions- Needing to understand things and get to bottom of them.
9. Ability to reframe- Standing back from a situation and seeing the bigger picture.
10. Spontaneity- Living in and being and responsive to moment.
11. Sense of vocation- Feeling called upon to serve, to give something back.
12. Humility- Having the sense of player in larger drama, of one’s true place in the world.

In the paper “New age business ethics and cleanser business culture- The role of Spiritual Quotient” by V G Sarangan, Muthu Krishna V and Ekambarreswaran Jeyaraman discusses about spiritual quotient managed work culture. From their study they concluded that spiritual quotient is all about integrity, business ethics, accountability and basic morality. So, they suggest to combine business ethics with spiritual quotient which helps in strengthening of moral hygiene and humanitarian aspects of life. They also proposed that Indian epics like Ramayana could provide great learnings about spiritual quotient and how it can help a person to boost his/her morale pattern of living.

K Kalyanasundaram and P Balasubramanian did their work on “Effect of spirituality on human performance- A myth or reality”. They tested that if the knowledge of spiritual intelligence has any effect on human performance they conducted an experiment with dependent variable as accuracy of transaction processed and independent variable as gender and spiritual intelligence. The result was that human performance is largely related to spiritual intelligence irrespective of the gender.

In the paper “Modern management lessons from Ramayana” by Pramod Pathak, Saumya Singh and Ankita Anshul attempted to study to get insights from Ramayana to implement in modern management. They concluded from their study that Ramayana offers quintessential management lessons which are valid everywhere irrespective of time.

In the paper “Spiritual intelligence/ Spiritual quotient” by Victor Selman, Ruth corey Selman, Jerry Selman and Elsie Selman defined spiritual intelligence as having a clear idea about life and being able to identify and rectify all problems in life. They identified spiritual intelligence as a medium that connects mind and body, between reasons and emotions. Tackling this helps a person to live a successful life in this edge. They concluded that high SQ can be the best predictor for happiness, serenity, high self-esteem and loving relationships.

4. Insights Form Ramayana

There are many incidents in Ramayana which can be used by millennials to improve their spiritual intelligence. This actually when studied helps a person to boost their
morale and provide a clear vision in their way of leading life and achieving goals.

The main learning which can inspire any millennial to achieve their goal in life can be taken from the last chapter of Ramayana. In the end during the battle between Lord Rama and Ravana, Ravana’s brother Vibhishana joined Lord Rama. Though Ravana was his brother and king of Lanka, but because of the evil deeds of Ravana, Vibhishana joined Lord Rama. At this time the advice that Rama gave to his team can be seen as a great learning for any millennial in their managerial as well as personal life. His advice was that a person has to have a direct and clear vision about what he is seeking for. This is something which shows high spiritual intelligence of Rama which he achieved through his learnings from great gurus and through his experience.

In Ramayana there are many examples of great gurus having high spiritual quotient which Rama acquired from them and lead a successful life as king of Kosala. The main example which we can see is that of sage Vishwamitra. When both Rama and Laxman was in their age of adolescence. Sage Vishwamitra was conducting a Vedic ritual and he wants Rama to protect it from the demon’s attack. Vishwamitra already through his high level of spiritual intelligence knew that Rama was not an ordinary man and if trained can become the most powerful person. So Vishwamitra provided Lord Rama with all the knowledges of weapons and mantras which he wisely used at the time of war with Ravana. This actually shows his timely use of the available resources wisely to achieve his goal and purpose and how he successfully emerged victorious.

Spiritual Quotient is actually about knowing oneself and their abilities and their purpose of life and act wisely to achieve their goals. Today in this competitive world many millennials find it difficult to survive even having great capabilities but not knowing how to use it or when and where to use it. So, it’s very important that a person find his abilities within ourselves to overcome this difficulty.

To substantiate this there is an incident in Ramayana between Hanuman and Jambhavan. When Lord Rama and his Vanara sena reached the ocean, there was no way that anyone can cross it and reach Lanka to see Sitadevi. Hanuman himself didn’t know that he has unlimited powers that he has gained during his birth and childhood days. So, to awaken himself Jambhavan narrates different stories to Hanuman about his powers that he has got in himself and boost his morale and confidence. As a result of this Hanuman could cross the ocean and reached Lanka to help Lord Rama to find Sitadevi. This shows the importance of guru in once life to awaken their spiritual intelligence which then helps in identifying their abilities and purpose of life.

5. Conclusion

Throughout Ramayana we can see how Lord Rama with his high level of Spiritual Intelligence lead a successful life from his birth to king of Ayodhya. Also, during the war between Rama and Ravana we can see how he used the available resources wisely to defeat Ravana and get Sitadevi back. This actually shows his great leadership ability and his high level of morale which one can achieve only through high level of spiritual intelligence. These great learnings help any millennials to take lessons from this and helps themselves to improve their life and also to have a clear vision about their life in this competitive world.

This study concludes that the great Indian epic Ramayana can be considered as one of the best manuscript on Spiritual Quotient in the collections of literature on Intelligence and Applied Spirituality. Ramayana gives a deep understanding about the human mind. It’s a great opportunity for the millennials to improve his/her Spiritual Quotient to get a cutting edge in the modern world.

6. Limitations

The main limitation that matter about this study is that there are many problems that there are many problems in the organization’s that are yet to be discussed about. Also, the interpretation of Ramayana changes in different perspective according to each individual.

References


