Stress management and spiritual principles can be a healthy outlet for self-growth and learning to handle anything that comes in our way. There are ways to incorporate a spiritual stress management practice. Stress management and spirituality is about more than just our thoughts and inner world; it can also be expressed through the practice of yoga. Having a daily yoga practice helps to calm the mind and strengthen the body. People who do yoga are also likely to notice things like a greater ability to focus and make decisions. Similarly, meditation plays an important role in coping with stress, if combined with visualization; it can change one’s whole response to stressful demands. It is therefore imperative in general routine to spare some time for health conscious so as to avoid stress. Spiritualism, Meditation and Yoga are resourceful methods to remove all type of physical and mental stress from the body and to keep fit and healthy. Adoption of these simple methods in our routine life not only prevents diseases but also energizes the internal forces to take decisions in right perspectives.

The stress has become an important role player in common life. It has great implication on our health, brain and our life style. The term ‘stress’ has many definitions (Lazarus and Folkman, 2004). Stress cannot be defined in one word, since it has different effects on individuals’ life. But in general it is related to tensions of different kind of eventuations effecting normal life. Any negative changes in one’s life are important stressors (Holmes, 2005). Since the dawn human is to face many external and internal stress. Stress is not a variable, but rather a rubric consisting of many variables and processes (Winner, 2000). The way of life is important for all kind of stress. Everyone since childhood is in search of a harmonious, peaceful and prosperous life. A life of enjoyment, a life of achievements, a life of honour and opulence. In search of all these elements the humans are running to catch opportunities in abundance beyond the capacity and following ground rules for living the life in a disciplined or organized method thereby disturbing the established rules of anatomy. As a result men are to face the consequences of stress as a common factor causing various diseases and inviting a disturbed and restless life. It is therefore imperative in general routine to spare some time so as to avoid stress. In our life span, mind tends to be dominated by negative emotions and feelings. Some of these are unfocussed resentment, fear, anger, jealousy, hatred, lust, arrogance, craving, deep (perhaps unacknowledged) sense of one’s unworthiness, and so on. These emotions can neither be destroyed nor be suppressed. Instead, transform them by any means. Hence, Spiritualism, Meditation and Yoga are resourceful methods to transform/remove all type of physical, emotional and mental stress from the body and to keep fit and healthy. Adoption of these simple methods in our routine life not only prevents stress but also energizes the internal forces to take decisions in right perspectives.

Meditation and Yoga are woven to Spiritualism. It is a Science of learning to shield our self from external negative forces causing stress to our mind. Spiritualism is an art of living keeping away all type of evils caused due to stressful life. Spirituality produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith and hope (Abraham, 2004). Spiritualism is not related to any religion. It is a science of connecting the creation to the creator. Now how we can define the creator. The five elements of life viz. The sky, The water, The air, The fire & The earth are creator of life. All these elements are related to feelings, and the feeling is sensed by our brain which controls our body, mind and heart and is director to issue orders to act. So if our brain is under control full of positivity, we take too much from the five elements of life and in turn we reciprocate by living in stress free meaningful life for our own and for our society. Stress management and spirituality is about more than just our thoughts and inner world, it can also be expressed through the practice of yoga. Yoga helps to cleanse and nourish the physical body. When tapped through specific yogenic breathing, negative energy is released, physical and mental body gets rejuvenated which releases stress.

To avoid stress tolerance power is crucial as a part of our day to day life. Stress is perceived when environmental demands exceed the individual resources. Role-stress occurs through perceived mismatch between the expectations of the role and the accomplishment Lambert 2001. The anguish when we face some thing which is disliked cause adverse result not only for the consequences but also to our health. Brain during stress gets disengaged in executive functioning. Due to which person becomes more impulsive, short-sighted, violent and depressed. The meditation and yoga are key answer to control this situation of stress. The brain which controls the body is having controller in form of meditation and yoga. Meditation in any form is the best medicine to control nervous system. Meditation mingled with exercises of yoga is more powerful weapon to fight all the exposures being faced by men in day to day life. Having a weekly yoga practice helps to calm the mind and strengthen the body. People who do yoga are also likely to notice things like a greater ability to focus and make higher moral decisions. Meditation from the ancient time has been an insipier for perfection in the body and keeping away from any type of stress, when we meditate our mind, heart and soul catch the rhythm which a healthy body needs for performing at the best level. It fulfills the required stamina and connects us to spiritualism for the peace of mind amid good thoughts and philosophy of life in the spiritual and objective directions (Koenig, 2009). If combined with visualisation, it can change one’s whole response to stressful demands. Meditation is a useful and practical relaxation technique for managing stress. The idea behind meditation is to consciously relax body and focus the thoughts on one thing for a sustained period. In meditation, new patterns of thinking come to the surface and develop as we experience a new view of the universe, a vision of unity, happiness, harmony and inner peace. Negative tendencies vanish and mind becomes steady. This occupies our mind, diverting it from the problems that are causing stress. It gives our body time to relax and to clear away stress hormones that may have built up.

Meditation can be done by any method. By singing a song
with concentration is also a form of meditation. Echoing sound of OM or ALLAH is also a form of meditation which grants relief to the body and soul which is very essential part to begin our day. It generates internal power to face the forthcoming stress in our routine life. Spiritual Meditation has been found to decrease the anxiety, by reducing stress and tolerance to pain (Wachholtz, 2005). Meditation is also a powerful tool to divert our mind from the cause of stress. In stress when we start prayers it definitely help to divert our attention to another world which is called the Spiritualism. Then our brain focus is divided in two different directions. While the stress cause goes in the background diminishing its adverse affects the brighter part take place in our mind to find out solution to the problem of the stress.

In the problematic situation, due to our internal force which we have inculcated due to our regular meditation and yoga exercise, immediately the sixth element which is sixth sense will direct the brain to guide the mind and the body for rescue operation and we will be able to save our life by coming out of the grave situation. Our presence of mind which is controlled by our brain play dominant role on all such occasion causing stress to our life, and regular meditation and yoga are an organic force and medicine to make our brain strong to work judiciously without allowing stress in all circumstances and eventualities of life. When the mind and senses are continually bombarded with stimuli, they have no chance to rejuvenate themselves. In order to achieve stress free life, a time must be set aside each day to allow this rejuvenation to take place.

REFERENCES