

## CHAPTER V

### RECOMMENDATIONS AND CONCLUSION

#### 5.1 Introduction

*“Spirituality is attunement with a universal spirit. It is being so in tune with that spirit that you are not acting from a place of ego... you are acting from a place that is on behalf of the welfare of the totality. So, learn to seek the success of others in working for your own highest achievements”.*

*- Maj Gen Durie.*

**“Karmanye Vaadhikaraste Maa Phaleshu Kadaachana,  
Maa Karmaphalheturbhur Maa Te Sangostva Karmani  
(Thy business is with action only, never with its fruits,  
So let not the fruit of action be thy motive, nor be  
thou to inaction attached)**

**- Bhagwad Gita**

#### Soldiering And Spirituality

**In times of war and not before, God and soldiers all adore;  
When war is over and everything righted, God is forgotten and soldier  
slighted.**

**- Anonymous Rhyme**

#### General

The above anonymous rhyme, unfortunately is true for armies the world over. Faced with such a situation, the military creates a superior image for itself, which is to be protected at all costs. The internal factors which influence value system in military are discussed in succeeding paragraphs

The Army acts as a dissuasive barrier against negative forces and is also an under writer of techno-economic renaissance taking place in the

Nation. In consonance with our democratic traditions and ethos, the Indian Army prides itself in its apolitical nature and a strong secular base. Soldiers, generally from the rural areas, come from different social, regional and religious background and are deeply influenced by spirituality and age old cultural values. The spirituality per se may not be able to provide solution to strategic, operational or tactical problems associated with the soldiering but it will no doubt build the character of soldiers, enable them to imbibe better human value system and in turn improve upon their judgement, decision making, exploitation of opportunities presented and crisis management etc.

**Why Spirituality is Necessary for a Soldier.** Besides the other advantages of spirituality like enhanced intelligence, good health, character building, happiness, human values, spirituality is especially important for a soldier to develop his mental robustness. As one would recall, during the famous epic of Maha Bharata, Karna, who was believed to possess better martial skills than Arjuna, lost out due to weakening of his mind when it mattered most. Even in present day war, power of mind may be the only difference between defeat and victory.

**Spiritual Power – Greatest Force.** Wars of aggression and suppression are heinous crimes against the heritage of humanity as free born children of God. A war thus motivated is unrighteous action by the aggressor, and it is not unrighteousness to defend ourselves against such evil. To protect one's country and its helpless citizens against evil is righteous action. Spiritual power is the greatest force; it should be the bulwark behind every form of resistance and defense. The first line of action should be to use all spiritual and moral power possible to counter evil; and to strive to change the world's inclination to war and violence by removing the causes that strengthen evil – poverty and hunger, disease, injustice, greed and selfish interests. If, in the last, evil force has to be met with righteous force, the Bhagavad Gita advises the Kshatriya, the soldier, to not waver but fulfill bravely his God-given duty.

**Why does a Soldier Kill?** Soldier is a protector of life. He is safeguarding lives. In order to safe guard, if he has to take certain actions,

say to kill another person who is destroying life; then it is part of his job. This is exactly the message which Lord Krishna gives to Arjuna. "You don't worry about anything else. Your job is to protect. That is your work, that is your training and that is your role".

**Non – Violence (Ahimsa).** Non violence does NOT mean to accept violence, to be mowed down by others. Ahimsa does not mean non-killing. The discipline of Ahimsa is directed to the mind, NOT to the body. The best form of non violence is to have the strength and capability to desist other person from inflicting violence upon you. One loves and values life and therefore he protects life and thus he follow principles of non violence. A soldier is the protector of life. He does NOT allow an outsider to kill and destroy. He values this gift of life. When he puts deterrence, he stops other from violence. This is the best form of non violence. No human being should develop a nature to harm, to injure or cause pain to another. This applies equally to the soldier. But when one's intellect, meaning his judgement and reason, decides on a course of action for the benefit of the society, nation or the world, it may sometimes become necessary to cause injury or even death to a cross-section of people.

**Human Mind.** So far as human mind is concerned; man has been violent, aggressive, right from the stone age period. It has to be accepted that aggressiveness is part of human mind. One may be a peaceful person, he does not wish to attack or destroy but how could be sure that some one else will NOT attack him or destroy him. Everyone values his life and his creations, therefore one must protect it. One has to create deterrence to desist others from destroying. A soldier's power is NOT destructive. He is therefore, trained and equipped to protect the lives. The soldier's role is constructive.

**Selflessness.**

- Selflessness is a noble virtue which is the fountain-head of all that is good and moral in a human being. Selflessness is based on an ideal or a vision an individual sets as his goal in

life. Higher the vision, higher is the degree of selflessness. Total selflessness is rather rare phenomenon, but it does exist.

- A spiritual person and a soldier have a vision which is beyond “I, me or mine” because they always live for others!

### Is it against God’s Sermon to Kill or Is it Dharma?

There is a tendency not to trust that God has appointed us to be soldiers, nor that soldiering has our Lord’s approval. And when we don’t trust him for that, when we don’t offer this part of our lives in worship to God, when we take off Christ as we put our uniforms on, then we abandon him when we have a gun in our hand, at the time that we need him most. It’s a matter of life and death, and at that supreme test we need God’s guidance more than at any other time. So, one should not be blind but, be wise and seek the wisdom of God, and should try to find God’s guidance over if, when and how we may use deadly force. Because as a soldier, if you are not ready to kill if need be, and approve of it, then you should not be a soldier!

As government forces, soldiers may be the ones required to use force on the orders of our own government against a resistance. This is where the classic dilemma that one man’s ‘freedom fighter’, is viewed by another as a ‘terrorist’. These issues need to be understood and discussed. And in those cases, as legitimate government forces, soldiers must be sure that it is lawful and morally just to use force in support of the government.

God’s Kingdom demands righteousness and justice, and that may make it necessary to use the deadly force under strictly controlled circumstances for the protection of the citizens of a state- that is what armies are for. “Peace is not the absence of war, but the presence of justice”.

One needs to remember that **it is always wrong to use force unless it is more wrong not to!** Always be prepared to ask the question – is there a better way? (But don’t be indecisive).

## 5.2 Leadership and Spirituality

**New Requirements of Military Leadership.** The requirements for successful military leadership are changing dramatically. Until recently, having professional soundness, vision, man management skills were enough to be a successful leader. In the future, more will be demanded. Because of changing evolutionary, social, technological, environmental and above all, the conflict spectrum, leaders need to be able to create organizations that :-

- Respond more quickly and innovate at every level.
- Provide an atmosphere where soldiers find meaning, connection and balance.
- Use change, conflict and differences as springboards for success and creativity.
- Encourage subordinates to draw on a multitude on external and internal resources to bring out their full potential.
- Care about community, society, families and natural environments.
- Foster physical and psychological well being.
- Interact with one another from a strong sense of trust, open communication, commitment, responsibility and awareness.
- Promote individuals for their competence, character and ability to be a role model to others.

This requires more than just new skills and competencies; it requires that leaders be truly developed as human beings and committed to their own well being and that of their subordinates and organization. A leadership developed with spirituality as the spinal cord, can possibly achieve this better than traditional methods.

**Society and the Officers Class.** It is felt that the process of spiritual learning will help the officers class in balancing their personalities by removing/reducing the angularities of their character and helping them in imbibing in those leadership traits which are considered essential at

operational and strategic levels, i.e. at higher levels where in lies the current leadership malaise. The leadership traits required at higher levels are :-

- High professional competence for winning future conflicts.
- Vision and Wisdom.
- Contemplative Approach.
- Self control, self restraint and professional dignity which can be imbibed through contemplative approach.
- Be a role model; be able to inspire subordinate, peers and political leaders.
- Possess all dimensions of intelligence including analytical , emotional and spiritual .

### **5.3 Leadership Management**

The experts who are looking at continuous improvement and transformation of the leader/manager through external learning and training only, are overlooking the fundamental fact that this process cannot be achieved through a mental approach because the human mind absorbs up to a certain point and after that it recoils back. It generates reactions in his mind, body and life style. This transformation has to be viewed as an inner phenomenon rather than an outside event. To transform ourselves to acquire better leadership qualities and attributes we have to look inside us and hence the only management required in this context is regular meditation, and adhering to the norms of spirituality. It is considered that various methods of Yoga meditation which are today being practiced by number of people be adopted in addition to learning and training so as to benefit the individual and the collective fraternity of the armed forces in all respects including physical, emotional, moral, material and spiritual, so that military leaders of unimpeachable character which constitutes the bedrock of military leadership are developed.

#### **5.4 Soldiering and Spirituality – An Introspection**

A spiritual person tries to fight the enemy from within. A soldier protects this society from external aggression; so that the society can thrive. A soldier works for higher ideal with selflessness. Selfishness is human; selflessness is divine.

Spirituality is being responsible for one's life and to value life. Similarly a soldier values life and is committed to protect life, and is committed to his role. A soldier is aware that he is there because of all that his country is and his country is thriving because he is there.

A Soldier is the only person who is perpetually confronting death in trying to protect life, society, land and the nation. He therefore has the ability to remain to the commitment and shoulders responsibilities of the highest order. That is why he is spiritual. Other virtues are easy to understand and co-relate.

All that is needed is to make the soldiers aware of their inherent 'spirituality' so that they are able to use this to optimize their individual output as well as contribute to the overall enhancement of the organization, despite the handicaps of his tough but noble profession of 'soldieri'.

#### **5.5 Socio - Economic Pressures/Trends:**

##### **Impediments to Optimisation of Effectiveness**

##### **Present Socio Economic Situation and National Consciousness**

India is inhabited by varied religions, castes, and language groups. It has had a chequered and long history. There have been periods in its history when the whole country was divided into so many principalities and regions, when it was ransacked and devastated in marauding hordes alien in race, or when some of its inhabitants indulged in reactionary exploitation or persecution of weaker brethren. Whatever may have been the circumstances before independence, today these differences are beginning to cause alarm.

Some of the recent happenings, whose origins could be traced to these variations, are posing threat to our national unity.

The hydra headed monster of violence in educational institutions and public life greets us every where, be it hijacking of an aeroplane, killing of innocent people, burning of government or private property or throwing grenades at social and religious gatherings. Any small grievance, real or supposed, by any section or group of people is a sufficient ground to resort to riots. Even gaiety is expressed through vandalism.

The spirit of selfishness is the brain disease of a group which exhibits itself in red eyes and clenched fists, in violence of talks and action, all the while shattering its natural restorative powers. It spreads its inflammatory contagion all over, proclaiming its fever flush to the best sign of health. It is causing in the hearts of people a feeling of envy at not having their temperature as high as that of their delirious colleagues and not being able to cause as much mischief but merely having to suffer from it. Such "mental slums" as Dr Radhakrishnan put it, "are thus more dangerous than material ones for the smooth running of democratic life".

It is gratifying to note that a responsible section of intelligentsia feel that the growing trend towards violence as a weapon of public protest is a threat to our democracy and steps should be initiated to meet this challenge.

### **Needs for Studying Social Trends**

Society is passing through a crisis of character and identity created by soaring materialistic aspirations, gradual erosion of value system, decline of moral standards and increased selfishness. This is reflected in corruption at various levels, lowering of resilience in society and creeping cult of violence.

These societal changes are bound to have an impact on the members of the armed forces also, who are drawn from the society. Therefore, it will be essential to identify these trends, their adverse impacts and recommend measures to mitigate the same. Where as these trends and adverse effects



will be identified in this part, the solution to the problem will be propagated in next two parts.

The changing society has thrown the concept of egalitarian society and national character to the winds. Driven by self-interest, values in public as well as private life have been sacrificed. The armed forces however, operate on the basic premises of integrity, loyalty, sacrifice, discipline, selflessness, character and follows the Chetwode Motto:-

***“The Safety, honour and welfare of your country comes first always and every time.***

***The honour, welfare and comfort of the men you command comes next.***

***Your own ease comfort and safety comes last always and every time”.***

***- Field Marshal Sir Lord Philip Chetwode***

Thus soldiering is NOT one of the professions. It is a CALLING. Officers of Indian Armed Forces have always practiced leading from the front, selflessness, self-discipline, loyalty to subordinates, uprightness and justice.

In India, the new generation fed and nurtured by the present culture, the middle age group dazzled and confused by the glitter, glamour and materialistic advancement and senior citizens (a generation which can visualise and differentiate past and present generation) resigned to fact and helplessness, are all crumbling, fumbling and tottering by the lethal assault of change of a civilisation in transition. The brunt is faced by the armed forces, which has to maintain its traditional values for its own dignity, effectiveness and survival. Therefore, there is a need to identify the current social trends and suggest the necessary means, methodology and out line curriculum for conduct of training to use ‘Spirituality’ to mitigate the negative impact of current societal trends on armed forces personnel.

## **Current Societal Trends**

Social changes do NOT happen in a vacuum, but are triggered by set of variables, which affect the way society thinks and behaves. The change levers are many but the prominent ones which have profound impact on the society are:-

- Technology and Information Revolution.
- Education
- Family
- Globalisation
- Religious Trends.
- Increasing menace of corruption

They need to be studied and analysed in detail; however, they are explained in brief in succeeding paragraphs.

**Technology and Information Revolution.** Development in technology and information handling are powerful agents of social changes. The information revolution has created a world, which is borderless and knowledge has become central to all innovations and developments. Information Technology (IT) revolution is also enriching the life of rural people.

### **Positive Impacts.**

- Youth exposed to multiple culture.
- Wider sharing of ideas, feelings and emotions.
- Exposed to world by sophisticated international mass media through cable, internet, press and satellite.
- Better communication and fast information sharing.

### **Negative Impacts.**

- Less concern for ethics and conscientiousness.
- Confusion due to transition in value system; Westernisation and conflicting traditional values.

## **Education.**

- The concept of education is broader than just teaching, reading, writing and arithmetic or granting a qualification that enables the individual to manipulate the labour market. Education should necessarily provide the individual with the skills required for interacting effectively with the forces around and reap the fruits of development.
- The Indian society is very diverse in economic and social parameters. Socially we had a caste system, which segregated people according to birth, but that alone is not the reason of diversity. All great religions of the world have representation in India, with each religion exerting some influence on all sections of the society.

- **Positive Impacts.**

- Exposure, knowledge and mobility of youth are very high.
- Highly competitive and alert new generation.
- More adaptive to technological changes and advancement.

- **Negative Impacts.**

- Learned helplessness.
- Wider job opportunities for youth and hence less loyalty to an institution.
- Cut throat competition, fast pace of life.
- Facelessness and identity crisis among youth.
- Career consciousness and self orientation.
- Commercialisation of education institutions.
- Segmentation of society based on caste and religion.

## **Family.**

- The family in India is traditionally characterised by strong patriarchal value system, kinship ideology, joint living, mutual inter-

dependence, conformity to family norms and values, structural roles and relationships. Even as the Indian family retains some of its traditional ethos, it has undergone changes, both real and subtle, due to socio-economic changes, globalization, technological development and economic liberalization.

- The pressures on housing and increasing costs of living are limiting the family size among the educated working class. The belief about the necessity of having a male as family head or breadwinner is changing, at least among the above section.

- **Positive Impacts.**

- Goal oriented society, putting high value on achievement.
- Women's role as an earner in the family.
- Increased independence and sense of self responsibility.

- **Negative Impacts.**

- Nuclear families and individualism.
- Disintegration of family and family values.
- Less regards for seniors and authority figures.
- Highly stressed youth with less social support system.
- Relationships being weighed on materialistic scales.

### **Globalisation.**

- Research on current status symbols of Indian middle class (urban) conducted in six major cities indicate that the following are considered as top symbols:-
- Educational Degree – mainly MBA, MBBS, Engineering, IT.
- Car – Mercedes Benz tops the list.
- Home Location – Area of the city, know for the rich and powerful.
- Cellphone

- Child School/College – Prominent privately run schools and colleges.
- Credit Cards.
- Air Conditioner.
- Holiday Abroad.
  - **Positive Impacts.**
    - Technological development making more youths sophisticated and savvy.
    - Movement to achieve better standard of living.
  - **Negative Impacts.**
    - Consumerism and fragmentation of self/individual.
    - Impatience for immediate gratification of the needs.

### **Religious Trends.**

- It is a fallout of globalization and information revolution. Education has spread but at the same time rising unemployment and under employment should NOT be lost sight of. The power brokers and self appointed marketing managers of God have taken the advantage and misused the name of God as a smoke screen to grab or perpetuate temporal power as well as to spread fundamentalism.
  - **Positive Impacts.**
    - Wider section of society indifferent towards own/other religions.
    - Being ethnic, is accepted by the youth.
  - **Negative Impacts.**
    - Segmentation of society based on socio-economic status, caste, religion, regions and lack of unifying thread.
    - Commercialisation of religious institutions.
    - Wrong religious role models.

- Spiritual bankruptcy.
- Disillusionment due to fundamentalism.

**Increasing Menace of Corruption.** The soldiers generally have a rural background and they are simple people. With corruption spreading the roots now to even villages, these simple youths are also not unaffected by its ills. The recruits for the forces have to be found from these only and thus 'corruption' makes a silent entry into 'uniform' right at the recruitment stage. This may be a small spark to begin with but takes no time in taking 'monstrous' proposition moment it is flamed or fanned. It is equally applicable to the officers class. An up bringing in today's general atmosphere may have a positive outcome of present day youth becoming aware of the evil, named 'corruption' (depending upon his exposure or experience with it) but could well have a negative fallout of the individual himself becoming gullible to corruption!

### **Job Specific Pressures on Soldiers**

In addition to the general social pressures mentioned, a soldier is prone to multitude of other stresses peculiar to his deployment in Field, High Altitude Area or Counter Insurgency Operations. Some of these are listed in the succeeding paras.

**Isolation.** More pronounced in High Altitude Areas. Contributory factors could be :-

- Loneliness.
- Fear of being cut off.
- Time/Distance separation from near and dear ones.

**Hostile Climate/Weather Conditions.** Troops deployed in High Altitude Area may face prolonged hostile climate, which has adverse effect on their morale and thus on mental health. Other general factors could be :-

- Physical discomfort due to inclement weather.
- Threat of loss of limb/body part.
- Fear of Hypo/High Altitude effect.
- Avalanche Dangers.

**Enemy.** Enemy related causes could be:-

- Fear of unknown.
- Continuous engagement/high degree of alert.
- Area of responsibility more than the available resources can handle.
- Siting of many posts being 'non-tactical', danger of losing them looms large.

**Job Constraints.**

- Strength inadequate for task in hand i.e. perpetual shortage of manpower.
- Inadequate strength adds to the fatigue of troops and commander, both, physical and mental.
- Lack of physical activity leading to boredom. Confined to bunkers/trenches on 'Line of Control' most of the time.
- Reduced professional exposure, more applicable to junior leaders including officers.
- Management of leave difficult due to long transit time and poor road and weather conditions.
- Lack of privacy.

**Administration.** Non optimal administration such as inadequate clothing, extended dependence on tinned food etc especially in High Altitude area may lead to lowering of morale and motivation and could cause psychological imbalance.

**Separation from Family.** Though may appear to be a non operational stress factor, it nonetheless impinges on the psyche of a soldier. Concerned about the welfare of family members left at home, he is not able to concentrate fully upon the job at hand. One needs to remember that '**healthy families keep soldiers alive on the battlefield**'. Soldiers who enter combat situations with existing stresses relating to personal or family issues are 'extremely vulnerable to combat fatigue, panic, poor judgment, and the loss of the will to fight'.

### **Counter Insurgency Operations Specific Stresses.**

- Constant alert due to continuous threat of unknown.
- Fratricide.
- Unfavorable /hostile local population.
- Shortage of life saving equipment.
- Apprehension of superiors not holding hand when needed.
- Fear of becoming 'National Human Rights Commission' victim.
- Countering fidayeens /stand off attacks.
- Accidental fires.
- Unfair expectations of superiors to produce out of proportion results in area of responsibility.

### **Soldiers v/s Stress : Outcome?**

Two facts relating to modern conflict are universally accepted: the increasing lethality of modern weapons and the increased intensity of operations have significantly increased the levels of stress faced by combatants; and stress reactions can cause a significant proportion of battle space casualties. Despite decades of research into combat related stress, instances of which have been known to exist since the American Civil War, it is only very recently that any institutional support has been given to developing a comprehensive doctrine on the prevention and management of it. However, if not taken notice of in time, and required management resorted to, ever-increasing stress on the soldier will result in the reduced effectiveness



of the soldiers, leading to the corroded output of the organisation. The following then is definitely a distinct possibility as far as the performance of the soldier and his unit is concerned:-

- Lowered vigilance.
- Inaccurate calculations.
- Faulty judgment.
- Slow and inaccurate decisions.
- Faulty Reports/ forgotten orders.
- Misunderstood orders.
- Damaged/misused weapons.
- Neglected equipment /weapons maintenance.
- Reduced motivation level.
- Training becomes ineffective.
- Leader's effectiveness goes down
- Combat fatigue sets in, leading to other related problems.

As an ultimate derivative of the above, the unit may not be capable of performing its mission if soldiers and leaders resources are depleted. A rather serious and most undesirable situation!

### **What do we do?**

For many years, the human factor in the military has been overlooked, if not being completely invisible to many. More recently, it has been written into our consciousness in perfunctory statement such as 'people are our most vital asset', 'people are our most valuable resource', and so on. It seems incongruous that our '**most valuable asset**' or 'most vital resource' has been so poorly managed for so long. The reason for this is that the link between people and our ability to conduct operations has hitherto not been elaborated. This contradicts basic ethics and culture of the armed forces.

This utilitarian focus is deeply ingrained, a legacy of our bureaucratic, scientific management heritage. It is anachronous in today's age of rapid

technological and societal flux. It is perpetuated by bureaucrats who have been conditioned to 'control, control, control'. Our soldiers are much more educated and emancipated. Knowledge-working is replacing manual labour. The industrial age is giving way to the information age (and now even to spiritual age). It is time to take off the blinkers, to 'take our heads out of the sand', and look at the whole picture.

## **5.6 Spirituality and Effectiveness**

### **Linking Spirituality and Work Efficiency**

**Spirituality and Work.** In much of contemporary western society, there is a perception that spirituality and work effectiveness are not related – they seem to operate in two separate sectors of life. Spirituality is largely confined to mystical or religious experience and takes place either in private or collectively, but at times and in locations separate from 'work'. "Work" usually seen as work material or intellectual activity that takes place without reference to the spirit. A competent professional does not say prayers in management meetings or discuss project budgets, staffing issues or program evaluation during a religious service. Even if the professional has both in mind, each activity can be expressed only in its assigned location and time slot. The tendency to compartmentalise these aspects of human experience and separate these issues from each other is one of the salient characteristics of modern days industrialised societies.

The closest management practitioners come to addressing this deeper dimension is to label problems using terms such as "low morale" or "motivation issues" which can be remedied by activities such as team building or management training sessions, all of which are largely secular or spiritual concepts.

### **How Can Spirituality enhance the Effectiveness**

By definition, effectiveness implies producing intended results. As long as a professional, like the person in uniform achieves what is expected of him, he may be considered 'effective'. However, the present day's societal

pressure and job specific stresses are either degrading his output or not allowing his effectiveness to be enhanced. This is where spiritual awareness can play an important part in maintaining the desired level of effectiveness of armed forces as well as enhancing the existing yardstick. As mentioned earlier in this paper, 'spirituality' can not provide tactical solutions but can help in personality development and character building of the soldiers. This will also help them to have a better understanding of human values and improve their EQ or capability to tackle various unforeseen/crisis situations with a new perception, vigour and zeal. Thus, spirituality could well be proved as an indirect tool to arrive at more viable solutions to tactical, operational and even strategic problems. A lot of research has been done as to how the effectiveness can be improved by following a spiritual path. Having found a positive outcome, number of workshops are being conducted in western countries to share this knowledge. In addition, it will be established in this part, by compiling various positive impacts of 'Spirituality' that the ultimate effectiveness does get enhanced by following the path of Spirituality.

It was seen in the last part that a soldier is exposed to variety of negative socio-economic and professional pressures, resulting in most undesirable effects on him as well as for the organisation. These pressures and their ill effects need to be countered with appropriate stress management and possibly with a 'magic tool' such as spiritual or divine awareness to enable the armed forces personnel to get to the following:-

- Managing the tension.
- Managing negative beliefs.
- Managing anxiety, nervousness and fear.
- Coping with and avoiding anger.
- Managing time.
- Managing the body i.e. have good health.
- Managing the 'life changes'
- Managing and understanding the 'spirit'.
- Practicing interactive decision making.
- Achieve happiness and satisfaction.

Once above is achieved, it may not be too difficult to reach the desired end state' as summarized below:-

- Improved unit cohesion.
- Sense of uniqueness and eliteness.
- Orientation towards mission achievement.
- Increased alertness and vigilance.
- Strength and endurance.
- Improved tolerance to hardship, discomfort, pain and injury.
- Sense of purpose.
- Heroic acts of courage and self sacrifice.
- Increased human touch.
- Robust mental health.

In the rest of this part of the paper, an effort has been made to link the various aspects of desired 'end state', listed in previous para with the different facets of spirituality and as to how these 'linked issues' can be managed in a positive manner.

### **Calmness of Mind**

Control of mind is the key to happiness. It is not too hard for a man to be calm when things are favourable but to be composed when things are wrong is hard indeed and this difficult quality is worth achieving. A vast majority are so burdened with every day affairs that they over look the importance of silent contemplation. Every one seems so often to be busy like a Squirrel in a revolving cage which, though very active, merely turns the cage. The hen on her eggs, though seemingly inactive and lethargic, is doing something useful, she is warming the eggs so that the chicks hatch out.

One must try to put in at least some time everyday 'being busy like the hen on her eggs', When one's mind is calm and quiet, it is time to take advantage of it by engaging in silent communication with his own mind in order to understand one's true nature without pretence. A soldier, deployed in difficult conditions at line of control or High Altitude Area may resort to

relaxation techniques such as Sahaj Yoga which require lesser time. **If a soldier thus tries to practice a little contemplation day by day, he will be able to perform his duties better and in a more efficient way, he will have the courage to face tribulations and worries with a brave heart and will find contentment more easily.**

### Improving Concentration for Success

*"When peace of mind and concentration of thought have been gained, then only will one be fit and ready to embark on the quest of ultimate truth – The Spirituality".*

**- Dr Paul Brunton**

What is real concentration? What ever is unification of mind, that is concentration. The three factors of right effort, right mindfulness and right focus function together in support of each other. They comprise real concentration. Concentration is the power by which one can free the mind from objects of distraction and place it upon one thing at a time. When the attention is freed from minor distractions, it may be directed to act positively by throwing its rays upon work problems, upon matrimonial problems or upon God. **Meditation is that specific form of concentration which is applied to solve their problems and thus increase effectiveness.**

Mental efficiency depends upon one's development of the art of methods of concentration. By the power of concentration, man can use the **untold power of mind to accomplish that which he desires and he can guard all doors through which failure may enter'**. No effective actions can be performed without deep concentration. Spiritual seekers including soldiers must know the art of improving their concentration, propagated by various yoga proponents. One such scientific method of developing the power of concentration, 'Hong – Sau' technique, was propagated by Sri Sri Paramhansa Yogananda (the author of 'Autobiography of a Yogi) and has been found to be very effective by all those practicing it.

## **Developing Will Power**

A strong will power is a hallmark of a man in uniform, in fact, it is more or less a prerequisite for soldier. It is even more essential for a leader in armed forces. Some of the yoga techniques combine the basic laws of physical well being utilized by the ancient Hindu Yogis with the discoveries of modern physiological science. The Hatha yogis of India have a large number of postures, asanas which they practice in order to strengthen and develop their will power. The will can be utilized to develop the body and the will itself is developed in the process by the very exercising of it. The physical and spiritual development are intertwined and help each other.

No matter how many times one fails, one needs to keep on trying. No matter what happens, if one has unalterably resolved, "The earth may be shattered but I will keep on doing the best I can", he is using dynamic will and he will succeed. **The will power is what makes one man strong and successful, another man a saint or yet another man a failure.**

## **Countering Stress with Yoga /Relaxation<sup>5</sup>**

It has been seen in the earlier parts as to what negative impact could be caused on human beings, including soldier, due to excessive stress, accruing due to variety of reasons. Therefore, there is a need to manage this stress. Though number of steps are being taken in armed forces to counter the effect of this menace, medical research has proved that the spiritual approach is possibly the best one!

**Effect of Stress on Thoughts and Emotions.** Perception of stress leads to :-

- Restlessness, anxiety, irritability or aggressive behaviour and /or a state of panic.

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<sup>5</sup> Kapoor (Lt. Gen. Retd.) V.K. (2000) "A Paradigm of Higher Military Leadership", A Workshop at the 'College of Combat, Mhow' in June 2000.

- In extreme cases, even addiction to tobacco, alcohol and /or drugs.
- Negative emotions surface in the form of hatred/dislike, jealousy, greed possessiveness, lust, arrogance and anger.
- Further, inter personal relationships are adversely effected, work output decreases and power of concentration wanes.
- Efficiency goes down and memory weakens.
- Most of the people being afraid to acknowledge their negativity, begin finding faults with others. They start complaining further adding to their stress and a vicious cycle thus begins.
- Body too is affected by stress. Pulse increases, heart pounds and one starts perspiring.
- While the body can adopt to acute stress without suffering much damage, exposure or perception of repeated stressful situations (chronic stress) leads to irreversible physiological changes, resulting in diseased states like high blood pressure, diabetes, heart attacks, asthma, ulcers, viral infections, migraine etc.

**Countering Stress.** Over the centuries, many Sages and Rishis recommended the practice of yoga, meditation and pranayam to prevent or alter our reaction to stress. These are the processes which not only affect the mind and body but take us beyond towards the very source of our mind, body and emotion consciousness. Regular practice of Pranayam activates and harmonizes many biological rhythms including brain rhythms, heart beat, enzyme rhythms and mental and emotional rhythms.

**Pure Consciousness.** Meditation and Pranayam are the processes, which remind one of the above fact. They are the vehicles, which transport the human being to his very source-pure consciousness. Stress is perceived, only when one's consciousness is flowing out wards, when mind, senses and emotions are connected to the outside world, to the environment and to the events of life. But when the consciousness is turned in wards; when senses, thoughts and emotions are harmonized with consciousness, one experiences

'state of pure consciousness', where there is no stress, one perceives only joy.

**Subjective Response to Meditation and Pranayam.** Those practicing meditation and pranayam on regular basis claim their negative emotions gradually turn to positive ones, unnecessary thoughts begin to vanish from mind, and the body begins to look and feel younger and healthier. A research was initiated by seven departments at AIIMS, NIMHANS, Bangalore and Bangalore Medical college. It was figured that if indeed there are two states of consciousness, one flowing outwards connected to outside world and another flowing inwards which harmonized the body thoughts and emotions, then the body physiology in these states must differ. Therefore, the physiological and biochemical parameters related to the brain, endocrine system, immune system and the body's other defense mechanism were studied before and after meditation/pranayam to see not only the immediate changes but also the long term effects on body and mind. For this research meditation teachings of Sudarshan Kriya and Pranayam were used by the subjects. Following findings were noted after the research:-

- Neurologists interpreted the findings of Electro Encephalogram (EEG) as indicative of heightened but relaxed alertness.
- **Effect on stress Hormone Cortisol.** That meditation leads to relaxation was confirmed further by measurement of blood cortisol (a hormone known as stress hormone).
- **Blood Lactate.** This is another chemical which increases during stress. Blood lactate of a highly stressed group of police personnel was measured before and after the 'Kriya', There was a marked fall confirming that meditation induces a state of relaxation.
- **Effect on Blood Cholesterol.** Studies conducted at Bangalore Medical College demonstrated a significant fall in serum cholesterol and LDL cholesterol as well as an increase in HDL cholesterol. This would make meditation/ pranayam, a tool for prevention of coronary heart disease (CHD).



- **Effect on Depression.** NIMHANS, Bangalore recorded a 70% cure rate in individual suffering from depression. Yoga was as effective as drugs without the side effects.

With regular practice of meditation and a spiritual approach to life, one experiences flow of positive emotions, replacing anger, frustration and jealousy. The body feels younger and healthier and mind feels calmer. Even though further studies are needed, available data so far serves to validate the subjective claims of a healthier body, calmer mind and balanced emotions as an after effect of regular practice of meditation. An article by Institute of National Integration, Pune is reproduced at Appendix E.

**Mental Relaxation.** Mental relaxation consists in the ability to free the attention at will from nagging worries over past and present difficulties; from constant consciousness of duty, dread of accidents, and other haunting fears; from greed, passion, evil or disturbing thoughts and attachments. Mastery in mental relaxation comes with faithful practice. It can be attained by freeing the mind of all thoughts at will and then keeping the attention fixed on the peace and contentment within which leads to enhancement in performance. Relaxation, both physical and mental helps to reduce stress level to a great extent.

## 5.7 **Overcoming Anger and Fear to achieve success**

### **Do not Poison peace by Anger.**

- Anger is one letter short of DANGER. Anger defeats the very purpose for which it is aroused. Anger is not an antidote for anger.
- Anger gives birth to jealousy, hatred, spite, revengefulness, destructive instinct, wild ideas, brain paralysis, and temporary insanity – any of which may lead to horrible results.
- When anger comes, set your machinery of calmness in motion to manufacture the antidotes of peace, love and forgiveness which banish anger. Think of love and reflect that even as you do not want others to be angry with you, neither do you wish others to feel

your ugly anger. Mentally destroy anger by saying "I will not poison my peace with anger, I will not disturb my habitual joy, giving calmness with wrath".

### **Overcoming Fear.**

- Secret fear creates tension and anxiety and brings ultimate collapse. We must have faith in our ability, and hope in the triumph of a righteous cause. If we are lacking in will power, let us concentrate upon that, and through conscious effort we shall be able to create strong will power in ourselves. If we want to relieve ourselves of fear, we should meditate upon courage, and in due time we shall be freed from the bondage of fear. Through concentration and meditation we make ourselves powerful. Possessed with this new quality, we shall succeed in our life's undertakings, whether spiritual or material.
- Always know that every day is a fresh opportunity on the part of the human ego to perform more and more exploits of heroism. Whatever comes your way and needs attention must be considered as a duty. Duty is not imposed upon man by some superior power. Duty is action that needs care. Neglect of duty is a source of evil that can be avoided by wisdom and spirituality.

### **5.8 Character Building**

Person of strong character are usually the happiest. They do not blame others for troubles that can usually be traced to their own actions and lack of understanding. They know that no one has any power to add to their happiness or detract from it unless they themselves are so weak that they allow the adverse thoughts and wicked actions of others to affect them. The biggest contribution of spirituality to human kind is to develop a strong character.

Character is the sum total of a person's values, beliefs and personality. It is reflected in our behaviour, in our actions. It needs to be preserved more than the richest jewel in the world. To be a winner takes character. Character is a combination of integrity, unselfishness, understanding, conviction, courage, loyalty and respect.

**Adversity Builds and /or Reveals Character.** Under adverse circumstances, some people break records and others break down. Adversity reveals a person's character and introduces it to himself. There is a saying that came from Russia, "A hammer shatters glass but forges steel". There is a lot of truth in it. Are we made of glass or steel? It is the same hammer. Just like carbon determines the quality of steel, character determines the quality of man.

**Forgiving may enhance Output – To forgive is Divine**

***"Anger dissolves affection... therefore, man should subvert anger by forgiveness".***

**- Samana Suttam**

At times, the art of 'forgiving', may reduce stress on the subordinate or on the peers. It may also help in reducing the 'Zero Error Syndrome'. Forgiveness is a sign of inner strength and calmness. It is the mark of one's higher understanding and spiritual evolution. The need for forgiveness arises, when someone bears us ill will or has committed a mistake. Forgiveness is inherent in one who is spiritually evolved. Those of us who are striving earnestly on the spiritual path must try to understand and imbibe this beautiful quality within ourselves.

A person who chooses to harm us or another being is usually prompted by his own insecurities and weaknesses. This trait is quite clearly seen in the animal kingdom. Even a ferocious animal like the tiger attacks only when weak with hunger or when it senses danger. Or else one could just stroll past it quite harmlessly. A snake would strike if we were to step over it or frighten it, otherwise it would slide over our feet gently. Forgiveness is the trait of the

strong. It is the weak who strikes. Their inward deficiency shows up in their outward aggression.

## **5.9 Spirituality, Decision Making and Risk Taking**

The exquisite combination of silent, unbounded, infinite mind along with dynamic bounded, individual mind is the perfect balance of stillness and movement simultaneously that can create whatever you want. This coexistence of opposites – stillness and dynamism at the same time – makes you independent of situations, circumstances, people, and things\_and **you arrive at the most viable decision under the circumstances.**

### **Taking Risks.**

- Success involves taking calculated risks. Risk taking does not mean gambling foolishly and behaving irresponsibly. People sometimes mistake irresponsible and rash behaviour as risk-taking. They end up with negative results and blame it on bad luck.
- Risk-taking is relative. The concept of risk varies from person to person and can be a result of training. To both climbing is risky, but to the trained person it is not irresponsible risk-taking. Responsible risk-taking is based on knowledge, training, careful study, confidence and competence which give a person the courage to act while facing fear. The person who never does anything makes no mistakes. However, he doesn't realize that not doing anything is his biggest mistake!
- Many opportunities are lost because of indecision. It is habit-forming and contagious. Take risks but don't gamble. Risk-takers go with their eyes open. Gamblers shoot in the dark. Spirituality improves decision making in risk situation.

### **Persistence for Effectiveness.**

- When problems seem insurmountable, quitting seems to be the easiest way out. It is true for every marriage, job and relationship.

Winners are struck but not destroyed. We all have had setbacks in life. Failing does not mean we are failures.

- More people fail not because they lack knowledge or talent but because they quit. The total secret of success lies in two words, persistence and resistance. Persist in what must be done and resist what ought not be done.
- A true soldier never relaxes his effort. He must believe, against all seeming odds, that success will come. Even an agnostic who thinks that there is little likelihood that God exists, but who perseveres in the search for Him, will ultimately find Him. Success will come when efforts are untiring and persevering.

### 5.10 Meditation and Memory

**Meditation Strengthens Memory.** To increase one's power of memory, one should do every thing with deep attention. Most people carry on their activities absent mindedly; there is a great gulf between their actions and thoughts. That is why they cannot remember anything well. What one wants to recall, he should perform with attention. When one meditates, he should think only of God. The power of memory is strengthened by meditation. A good memory is rather important for everyone including the soldier.

### Curing Terror of Disease through Spirituality

What is the power that really heals? Is it medicine? And if medicine heals, why doesn't it heal everybody? Medicine is not the source of healing; nor is healing due entirely to mind power. A certain amount of body preparation is necessary for body healing. The medical healer depends upon chemicals, but what is behind the chemicals? The power of God. Nothing can operate without God's power. God's vibration is in the medicine. Omit God and every remedy is rendered impotent.

**The Terror of Disease.** Why is disease so terrible? Because it produces pain and death. Disease must be cast out from the body, mind and the ignorance – cloaked soul. Disease is detrimental not only to your material

ambitions, but to your mental and spiritual aspirations. Our bones are brittle and they break; mentally we suffer from melancholia and other moods and fears; and spiritually we suffer from ignorance of our immortal soul nature.

The saints and sages of India have shown that the divine power works in a practical way, provided you have really established communion with It.

### **The Divine Law of Healing.**

- Doubt, mental fatigue, worry, indifference, mental and physical laziness, overindulgence in anything, unmethodical life, lack of interest, and lack of creative initiative are counteracting static agents that make it impossible for cosmic energy to tune in with man. Working with interest and desire to help others, creative spiritual ambition, calmness, tolerance, patience and peace are avenues through which cosmic energy can help the mankind. This great law some know, but few put into actual practice.
- If you continuously persist in thinking that your body is full of vitality, especially at times when it is weak, you will have started to open up a new, secret, invisible means of vitalizing yourself.

### **Treating a Subordinate**

One does not help a man by giving publicity to his weaknesses. Instead one makes him either wrathful or discouraged, perhaps for the remainder of his life, so that he gives up trying to be good. When one takes away a person's sense of dignity by openly maligning him, he makes him desperate.

When a man is down, he is only too well aware of his own wickedness. By destructive criticism one pushes him still deeper into the mire of despondency. Instead of gossiping about him, one should pull him out with loving, encouraging words. Only when it is asked should spiritual and moral advice be given to others.

## **Spirituality and Economy of Effort**

In Vedic Science, the age old philosophy of India, there is a principle known as the principle of economy of effort, or “do less and accomplish more”. Ultimately you come to the state where you do nothing and accomplish everything. What is commonly called a “miracle” is actually an expression of the Law of Least Effort.

Least effort is expended when one’s actions are motivated by love, because nature is held together by the energy of love. When one seeks power and control over other people, one wastes energy. When actions are motivated by love, there is no waste of energy. When one’s actions are motivated by love, the energy multiplies and accumulates – and the surplus energy one gathers and enjoys can be channeled to create anything that one wants including victory in combat.

When one remains open to all points of view – not rigidly attached to only one – one’s dreams and desires will flow with nature’s desires. Then one can release his intentions, without attachments and just wait for the appropriate season for his desires to blossom into reality. One needs to know that every problem is an opportunity in disguise, and this alertness to opportunities allows one to take this moment and transform it into a greater benefit!

### **5.11 Pay offs of Spirituality**

Having seen numerous benefits of applying the principles of spirituality in work place, including in armed forces, the pay offs could be summarized as below :-

- Meaningfulness.
- Job satisfaction.
- Self satisfaction and happy married life.
- Overall happiness.

- Work that makes sense.
- Felt connection with subordinates and superiors.
- Integration of head and heart.
- Common goal.
- Avoiding burn out and a sound health.
- Effective stress management.
- Control over negative emotions eg. fear, anger etc.
- Morale and ethics.
- Respecting environment.
- Open and honest dealings.
- Treating subordinates humanely and with respect.
- Getting job done with dignity.
- Strong character and will power.
- Enhanced risk taking and intuitive abilities.
- More effective decision making.
- Creativity and flexibility /adaptability
- Team spirit.
- Economy of effort.
- Mutually supportive and co-operative attitude.

**Achieving Impossible?** With so many pay offs of using spirituality in one's profession, even 'impossible' can become achievable. While small minded men cry 'Impossible', the spiritual men pursuing spirituality, calmly pursue their goals and demonstrate that the impossible was, instead, inevitable.

Better understanding of the Human Values at workplace especially by leaders in armed forces can assist them to:-

- Open lines of communication, leading to more informed, wise decisions.
- Ensure that agreements are kept, building trustworthiness.
- Foster proactive responses and focus on resolving issues, rather than reacting.



- Generate a sense of sincere caring in your work with others
- Have an uplifting spirit of collaboration and respect for people, resources, and the environment.

## **5.12 Institutionalising Spiritual Awareness in Armed Forces**

### **Why Institutionalize Spiritual Awareness /Training**

The soldier, due to his rigorous physical routine, right from his training days, is bodily strong, having adequate physical strength as he has been trained for that. Due to his strong body, he as such can withstand lot of mental stress also. What is missing in armed forces is a routine to improve the mental health of soldier or develop strength of mind.

The regular meditation practice by controlling the negative emotions like worry, fear, anger, jealousy etc and developing positive emotions like calmness, intuition and strength of character can assist in improving mental strength which is essential for a man in uniform. Higher the leader, more mental strength required since the decisions are invariably taken in conditions of uncertainty.

The stress at junior level may be more because of physical discomfort but it is more mental with senior leadership. The level of accepting ambiguity without getting perturbed even under adverse situations for one who is striving for spirituality will be quite high and in all likelihood, he will be able to take a viable and effective decision. But one needs to be trained for this. This training will involve harmonizing of body, soul and mind. When done for a soldier, he will be able to improve upon his actual combat skills as well as perform to his optimum in the face of enemy. Once a soldier has imbibed spirituality, he will not be psychologically disoriented in conditions of uncertainty and will be able to overcome fear of unknown easily.

To derive the above benefits, it is recommended to have an institutionalised system for Spiritual Training/ Awareness at all levels in the

armed forces. The spiritual training awareness could be tackled at the following three levels:-

- By the Parents applicable to all parents including those in uniform.
- At educational level, to include schools and colleges
- After joining the noble profession of armed forces.

### **Spirituality Awareness Training**

The problem of approach for developing programmes /activities on moral, social and spiritual values in education has been discussed in many of the documents and solutions suggested. Broadly, three types of approaches have been suggested, viz, through :-

- Suggestion /Persuasion.
- Participation / Experience
- Example.

It is possible to adopt all the three methods suggested above also for imparting spiritual awareness to soldiers. These methods would be conducive to creating a proper climate for the spiritual growth and development of soldiers. It should be clear to all as to what is meant by moral and spiritual values:-

- Anything that helps us to behave properly towards others is of moral value.
- Anything that takes us out of ourself, and inspires us to sacrifice for the good of others or for a greater cause is of spiritual value.

### **Role of Religious Teacher in Spirituality Awareness.**

- In light of what has been discussed so far, Unit's Religious Institutes and Religious Teachers can play a more important part in enhancing and imparting spiritual awareness.
- There is a requirement for Religious Teachers to shift the focus from Religion to Spirituality/Spiritual Discourses.

- A soldier may disclose his personal, stressful problems to Religious Teacher (if latter knows his job and respected by all). He should be able to give appropriate counselling for the solution of problem (if possible) and also for making the individual feel 'distressed'.
- An appropriately trained Religious Teacher, with the right kind of activities in Religious Institute, can provide the highest quality of spiritual care to soldiers and facilitate ethical leadership.

### **Religious Institutes to enhance Operational Effectiveness.**

Though it is not possible to reduce to measurable terms the spiritual dimension of Religious Institutes, it is clear that it has a direct positive impact on armed forces readiness, core values and command decisions. The following information describes how the Religious Teachers and Institutes contribute to operational effectiveness of armed forces:-

- **Readiness.** Mandir/ Gurudwara activities enhance the productivity and operational effectiveness of leaders by promoting spiritual health. Spiritual health, in turn, can reduce stress and improve physical wellness. Armed forces have experienced significant changes over the past several years- tighter budgets, restructuring, reduced force structure and a manifold increase in deployments. Such changes can cause stress that can have a negative effect on operational performance. Religion and spirituality have been shown to have a substantial, positive impact in the following areas :-
  - Family stability.
  - Increased Self Esteem.
  - Decreased Drug/ Alcohol Abuse.
  - Improved discipline.
- **Core Values.** Regular Mandir parades promote ethical values that significantly reinforce the armed forces core values. A strong, personal, moral commitment, exemplified

- **Command Decisions.** “A commander must always keep his finger on the spiritual pulse of his armies... Unless he does this he cannot expect lasting success.”  
- Viscount Marshall Montgomery of Alamein.

Because of his role as spiritual advisor, Religious Teacher, brings unique perspective to the health of a unit. It is important to note that commanders can benefit from spiritual care as much as their troops. This facilitates spiritual health, help resolve ethical and moral issues and reduce the stress of command.

- **Potential Contribution of Religious Teacher in New Role.** This can be summarised as under:-
  - Core Values.
  - Provide an ethical foundation
  - Integrity First.
  - Service Before Self.
  - Excellence in All We Do.
  - Readiness.
  - Reduce Stress.
  - Enhance Physical Health.
  - Enhance Spirituality and the Quality of Life.
  - Promote Willingness for Extended Service Tenure.
  - Command Decisions.
  - Advise Commanders on Moral, Ethical and Religious issues.

### **5.13 Formalising 'Spirituality' Courses of Instructions**

A need is also felt that a formal education on subject 'Spirituality' be conducted for the present members of armed forces. Such an education can

not be a one time affair but has to be a continuous process. The following is recommended:-

- Courses be run for officers at Institute of National Integration, for the duration considered appropriate by the institute.
- A certain number of periods be allocated for Spirituality Awareness in all courses of instructions conducted at different Class A establishments.
- The subject could also be included in all promotions exams appropriately calibrated to keep it within the realms of spirituality.

In addition to above, it is also considered essential to modify our unit routine in order to create valuable space for this vital subject. For example, instead of having routine Physical Training (PT) everyday, one might introduce Yoga and Martial arts during PT period, at least twice a week. As has been talked about earlier, spirituality is harmonizing soul body and mind – martial art is all about this and will help in improving the actual combat skills of a soldier. Similarly, formalized instructions on relaxation techniques could be imparted during PT period. A suggested revised unit activity chart (in addition to other routine unit activities) is given below:-

- Yoga/Martial Arts/Relaxation Training (two to three times a week).
- Morning first parade after breakfast – Prayer/ Meditation, thrice a week.
- Lives and essential teachings of great men – twice a week for one period.
- Curricular and co curricular activities/ celebrations of festivals , team spirit through games and sports, social service as decided by respective units.
- Study of great books adapted in simple style.
- Book corner on moral, spiritual and cultural values in Class A Establishments and unit education library/information room.
- System of spiritual thought of the day in Class A Establishments and units.

### 5.14 Suggested Curriculum for balanced Spiritual Training\

A curriculum for Spiritual Training is proposed below. This can be duly vetted by Institute of National Integration(INI)/Army Training Command and the syllabus for various proposed courses/cadres be finalized. However, further deliberations, research and analysis of pros and cons of such a step need to be done before the recommended institutionalisation is implemented. This will be over and above the instructions being imparted and emphasis laid on Honour Code and awareness of moral and ethics in uniform.

- **Science of Body care for Practical Efficiency.**

- Technique of recharging the body battery form the Cosmic Current by will.
- Conservation of vital energy.
- Physical endurance (of cold, heat, strain, etc).
- Knowledge of what and how much to eat daily, and the value of partial fasting.
- Regular habits of eating and sleeping.
- Value of sitting erect and thus keeping the cerebro spinal axis, diaphragm and lungs in proper position and action.
- Hygiene and cleanliness.

- **Mental Engineering.**

- Art of building bridges over the river of difficulties between failure and success.
- Art of keeping the mental life free from fear, despondency, melancholia, greed, lack of initiative, anger, worry, idleness and boredom.
- Art of injecting cheerfulness into the body.
- Knowledge of the superiority of the mind over the body, obtained through practical experience.

- Developing will power for carrying out plans made by noble ideas, and for resisting the lure of temptations.
- Art of training the will so that it makes it its own business to be better without being guided by commands.
- Understanding of the fundamental importance of Will throughout life.
- Art of choosing the right life companion and of keeping the matrimonial life smooth through consideration, tact, love, and fidelity.
- Art of concentration.
- Art of keeping the mind strong and immune from diseases.

### **Social Arts.**

- Art of regulating self ambition so it does not conflict with the interests and requirements of society.
- Art of converting the 'greed to possess' into the 'desire to share'.
- Methods of fostering social service.
- Art of inventive ability to serve mankind and lighten labour or improve on existing conditions.
- Art of working to better laws through right education and intelligent understanding and cooperation.
- Art of graciousness and genuine interest in the problems of others.
- Art of co-operation and knowledge of the absolute interdependence of man's destiny and universal laws of being.
- Value of self sacrifice and good will for all.
- Law of individual life as related to social life.
- National and international interest and patriotism.

### **Applied Spiritual Science.**

- Law of sincerity in thought, word and deed.
- Art of seeking personal happiness through the happiness of others.
- Relation of man to God.

- Art of converting self ambition into ambition for all.
- Art of merging the little self into the self of all.
- Law of protecting the wealth of inward peace from the robbers of worry, unfavorable circumstances, diseases, etc.
- Art of being supremely happy always and making others so.
- Freedom from all habits, and performance of right actions through discrimination and free Will.

Having recommended the institutionalization, we also need to discuss if India could be the first military force to implement such a training, especially in light of the secular nature of its armed forces. It may be pertinent to mention that United States Air Force does have a formalized organization in place – **United States Air Force Chaplin Service** under the Air Force Ministry, looking after the religious needs of their Air Force personnel. With the religious faith of our soldiers and their background, such an awareness is much more relevant for Indian Armed Forces.

The neglect of spiritual awareness has created vagueness and indiscipline in the minds of the soldiers. We have now a society where every man by and large is for himself. The vicious circle needs to be broken and broken fast. We must take care of today for a better tomorrow.

## 5.15 CONCLUSION

***“I want to know God’s thoughts... the rest are details”.***

***- Albert Einstein***

Until you practice spirituality, the spiritual dimension is some thing you read about, talk about, get excited about, write books about think about, believe in – or don’t, as the case may be, it makes no difference. Not until you surrender does it become a living reality in your life. When you do, the energy that you emanate and which then runs your life is of a much higher vibrational frequency than the mind energy that still runs our world – the energy that created the existing social, political and economic structures of



our civilization, and which also continuously perpetuates itself through our educational systems and the media. Through practice of meditation, spiritual energy comes into this world. It creates no suffering for yourself, for other humans, or any other life form on the planet. Unlike mind energy, it does not pollute the earth, and it is not subject to the law of polarities, which dictates that nothing can exist without its opposite, that there can be no good without bad. Those who run on mind energy which is still the vast majority of the earth's population, remain unaware of the existence of spiritual energy. It belongs to a different order of reality and will create a different world when a sufficient number of humans enter the surrendered state and so become totally free of negativity.

The highest aspiration of the individual soul is fulfilled when it realises spiritual oneness with the Universe and Divine. All these differentiations, which we perceive are fictitious and unreal, they are all extrinsic but discard this mask and there we will see the undercurrent of one spirit, and when that oneness is properly realised, when we have thoroughly understood that we are parts of that one stupendous whole, the universal spirit, how can we hold back loving and through that universal and divine love we realize the highest ideal of our lives. **The practice of spiritual ideal in life will bring the most wonderful results.** If men were only to realize and understand the importance of the truth implied in it and shape their conduct accordingly, with a tremendous revolution in the religious and political attitude, they can overcome the spiritual sickness which is enfeebling humanity with this unparalleled concept of cosmopolitanism. If we do not change our mind we can not change anything.

There is a deep affinity of mind and spirit, which is inseparable. Reverence for the basic values of spirit is the only antidote to the distemper of human society. We must recognize that there is some thing in man that 'hunger and thirst' after righteousness, eternal peace and happiness. If sheer confusion dominates the scenes, and we live in an age of anxiety and greed, it is because our grooming has been through pure materialism and total

forbearance of inner values. In one of the spirited exhortation, Swami Vivekananda once observed:-

“There is a class which still clings on to political and social changes as the only panacea for the evils... but among the great thinkers there, other ideals are growing. They have found out that no amount of political or social manipulation of human conditions can cure the evils of life. It is a change of soul itself for the better that alone will cure the evils of life. No amount of force, or government or legislative cruelty will change the conditions of a race, but it is spiritual culture and ethical culture alone that can change wrong racial tendencies for the better.”

The revival of this spiritual culture can bring for leaders primary qualities of reasonableness and a sense of values. The external devices cannot bring about the psychological understanding and the spiritual unity which are essential for the happiness of humanity. If the idea of spiritual revival is to become the future goal of mankind's pursuit for peace and happiness, it will be possible only when man bid fare to build it on the place of mind and spirit and with all the appliances of technology which are available to him to implement that psychological and spiritual revival. Spiritual revival is the only solution which can be offered to alleviate and even eliminate the leaping flames of world miseries and tensions that are threatening to consume humanity. It is in keeping with this general revival that armed forces personnel will have to awaken themselves to this spiritual awareness and raise the level of their effectiveness to unprecedented heights not withstanding the difficult service conditions and variety of profession specific stresses. For this, the institutionalisation of spiritual awareness training, along with the proposed curriculum need to implemented at the earliest after due vetting by the authorities concerned.

Vivekananda's speech explains most appropriately the character that we need to develop in our leaders and subordinates alike – **“If you really want to judge a man look not at his great performances. Every fool may become a hero at one time or another. Watch a man do his most common actions, those are indeed the things which will tell you the real**

**character of a great man. Great occasions rouse even the lowest human beings to some kind of greatness, but he alone is really the great man whose character is great always, the same wherever he be".** The noble profession of soldiering demands and deserves this idea.