

## BETTER WORLD ORDER: NEED OF THE TIME

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### Abstract

*A good human race can bring better world order to the maximum extent. Human being is endowed with four quotients, which are the asset for the society. These four quotients are: PQ (Physical Quotient), IQ (Intelligence Quotient), EQ (Emotional Quotient) and SQ (Spiritual Quotient). By making maximum and better use of these potentialities they can not only make their lives happy but also make this world a better place to live. People use their brain in negative direction or for negative things, if, their intellect, physical strength and their thinking process are directed towards true spirituality that will help to bring peace in this world.*

**Key-words : Physical Quotient, Intellectual Quotient, Emotional Quotient, Spiritual Quotient, Spiritual Science.**

### Introduction

Throughout civilization, humanity has longed for a better world. We are all in search of a better place, a world where there is unity and harmony. Today, the universe of mankind is fully disturbed and deviated from the right path. People are least bothered to ethics i.e. to know what is right and what is wrong? Selfishness, partiality, favourism, corruption have changed the thinking attitude of the people today. Radhakrishnan has rightly observed and stated that “the whole aim of great culture is to raise man up to that status which will lead an individual to wisdom accompanied by scientific truth. Why is it that in prosperous societies where the living standards are high, juvenile delinquency, crime rate, suicide figures and neurotic cases are on the increase? The good things of life are not enough. If young people suffer from a lack of purpose, the fault is with the system of education.” So, the need is to grow sense of realization and ethics within human being which will change their thinking process and the mind set in order to attain better world order.

Better world order or better worldliness is characterized by such life style in which the attributes of spirit will also have the fuller expression along with the attributes of body and mind. It can also be accepted that a world which consists of a system formed in spiritual light, aims at providing equal opportunities for the highest development of all aspects (physical, mental, emotional, social and spiritual) of human race, that results as the purified and illuminated human hearts, elevated and expanded human soul and the minds filled with the feeling of fatherhood of God and Brotherhood of man to bring peace and prosperity.

Today, the main focus is to develop intellect rather than to develop wisdom. Bernard Russell says “unless men increase in wisdom as much as in knowledge, increase of knowledge will be increase of sorrow.” Intellect is the power of reasoning and discrimination which essentially is the difference between man and animal, whereas wisdom is the ability to discriminate between good and bad. Everybody has mind, very few have intellect and very rare have wisdom. Actually, wisdom comes after self realization together with the power of rational and judicious application of practical experience and knowledge of the inner world. This leads to divine knowledge. All the ingredients of divine knowledge are present in every human being and can be acquired by everyone. This type of knowledge is the base of better world order.

For better world order there is a need to formulate some objectives, here we have some objectives-

- 1- Develop the attributes of spirit along with the attributes of body and mind.
- 2- Render selfless service to mankind.
- 3- Develop physically, mentally, emotionally and spiritually balanced personality.

If the objectives are to be achieved, one has to see the major problems in the fulfillment of these objectives.

Identification of causes to bring better worldliness-

Human beings possess all those qualities, abilities, potentialities required to bring peace in the world. The major problem does not lie with material, machine, money, but lie with human resource. Major loss to the society is due to educated people not due to illiterate people. People are educated as they have degree and certificates but they are lacking etiquettes, positive attitude, ethics, good behavior and also qualitative thinking in performing any activity.

For instance, there are some possible ways of working-

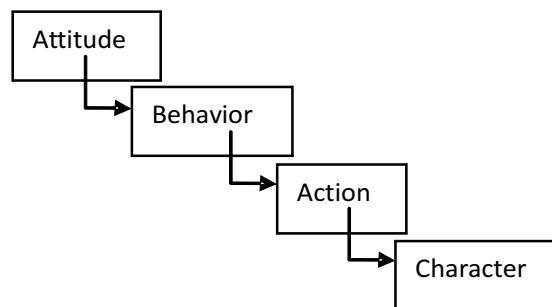
- a- Select WRONG work and apply RIGHT method
- b- Select RIGHT work and apply WRONG method
- c- Select WRONG work and apply WRONG method
- d- Select RIGHT work and apply RIGHT method

In the first three cases WRONG result will come which will disturb individual, group, society, nation and the world. One can expect best result in the best method of work.

Major causes of absence of qualitative behavior in educated people of the society are:-

- 1) Presence of ego.
- 2) Selfishness
- 3) Temptation or greed
- 4) Misuse of intellectual, physical and emotional power.
- 5) Lack of true spirituality.

Normally, it is observed that the action is guided by mental attitude. Whatever one thinks it is reflected in one's action. The positive aspect of the personality causes the right type of action which can be taken by an individual. So, the action determines the character and the level of person and his attitude and behavior.



**Fig.-1 Dependence of character on attitude, behavior and action**

**Suggestions:**

To overcome the problems which are mentioned here we have to put continuous effort for this. Inner awakening of human beings is the best way to overcome problems. This is possible through true spirituality. I would like to discuss here the four quotients in Human System.

Every human being consists of body, mind, heart, and spirit. Corresponding to these four capacities there are four intelligences; Physical quotient (PQ), Intelligence quotient (IQ), Emotional quotient (EQ), Spiritual quotient (SQ).

**Quotient:** It is a proportionate value of ability in an individual in relation to his chronological age.

Human capital can be measured in term of these four intelligences. These factors can be developed with various techniques for any individual.

a. *Developing Physical Quotient (PQ)*

(i) *Wise Nutrition*

The body is the instrument of the mind, heart and spirit. We must educate ourselves about our bodies and system, including the immune system.

(ii) *Consistent Balanced Exercise*

Regular exercise increases strength and flexibility significantly increases both the quality of life and life expectancy.

(iii) *Proper Rest, Relaxation, Stress Management, and Prevention Thinking*

Dr Hans Selye suggests that there are two kinds of stress; distress and eustress. Distress comes from hating your work, resenting the multiplied pressure of life, and feeling you are a victim. Eustress comes from the positive tension between where we are now and where we want to go. We should not avoid stress if its' the right kind of stress – eustress. It will strengthen us and enlarge our capacity. It must all be balanced and tempered by the proper rest and relaxation, or what we call “Stress Management”.

b. *Developing Intelligence Quotient (IQ)*

(i) *Continuous, Systematic, Disciplined Study and Education*

It is proved now that the more the mind is used, the stronger it becomes and so the more responsive the mind is to the conscience, the wiser it becomes.

(ii) *Learning by teaching and doing*

Almost everyone acknowledges we learn best when we teach another and that our learning is internalized when we live it. To know and not to do is really not to know. To learn and not to do is not to learn. To understand something but not apply it is really not to understand it. It is only in the doing, the applying, that knowledge and understanding are internalized.

(iii) *Positive Thinking*

Positive thinking is the remedy of all the mental tensions, physical problems, emotional imbalance and lack of true spirituality. So, there is a need to develop healthy thinking, creative thinking and above all positive thinking.

c. *Developing Emotional Quotient (EQ)*

There are basically five commonly accepted primary components of emotional intelligence:

(i) *Self Awareness*

The ability to reflect on one's own life, growing self knowledge and use that knowledge to improve oneself and either overcome or compensate for weaknesses.

(ii) *Personal Motivation*

This deals with what really excites people the vision, values, goals, hopes, desires and passions that make up their priorities.

(iii) *Self-Regulation*

The ability to manage our self towards achieving one's vision and values. In other words, once we decide what our priorities are, then we live by them; it is the habit of integrity, the habit of self-mastery, of doing what we intent to do; of living by our values.

(iv) *Empathy*

The ability to see how other people see and feel about things; Empathy is the habit of - Seeking 'First to Understand Then To be Understood' influence others, or make decisions or judgments.

(v) *Social Communication Skills*

This deals with how people resolve differences, solve problems, produce creative solutions and interact optimally to further their joint purpose.

d. *Developing Spiritual Quotient (SQ)*

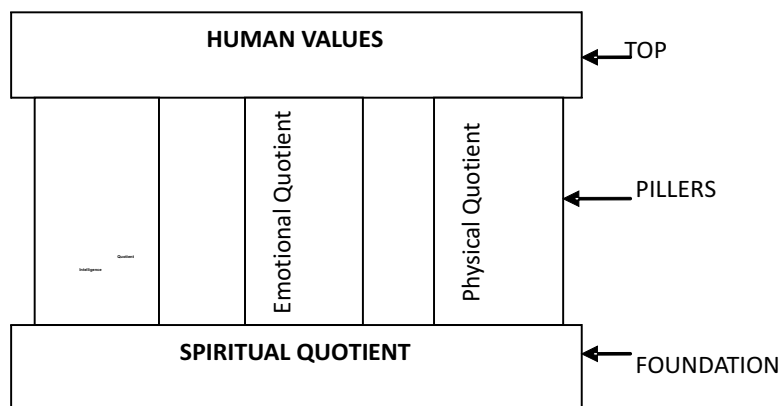
(i) *Integrity-Making and Keeping Promises*

The best way to develop integrity is to start small, and to make and keep promises. Make a promise that may see so small and insignificant to others but to we represent a science effort. The most compelling way to develop spiritual intelligence is to educate and obey our conscience.

(ii) *Finding Meaning and Our Voice*

One simple way to find one's voice is to simply ask the question what does my life situation ask for me now; what should one do in our present responsibilities, duties; what would be the wise action to take? When we live true to the answers our conscience gives, the space becomes larger and the conscience louder.

Out of four quotients the spiritual quotient is the foundation of other three quotients.



**Fig.2. The Structure of Human Values**

Human body houses not only the sense organ—Gyan—indriyas but also the organ of action—Karma—indriyas. Man's contact with outside world is through these organs. The sense organs serve only as a medium through which the mind perceives objects and undergoes experience of emotions like pain, pleasure, love, hatred, greed, passion, lust, jealousy etc. In the same fashion, impressions are created in the mind. The impact of different stimuli on the mind results in five “VIKARAS” namely,

Desire	काम	<i>Kama</i>
Anger	क्रोध	<i>Krodha</i>
Greed	लोभ	<i>Lobha</i>
Attachment	मोह	<i>Moha</i>
Ego	अहंकार	<i>Ahankara</i>

These vikaras hamper the evolution of man from being ignorant to being a realized soul. The woes and sufferings of man have their origin in these five vikaras. Victory over these vikaras precedes control of mind.

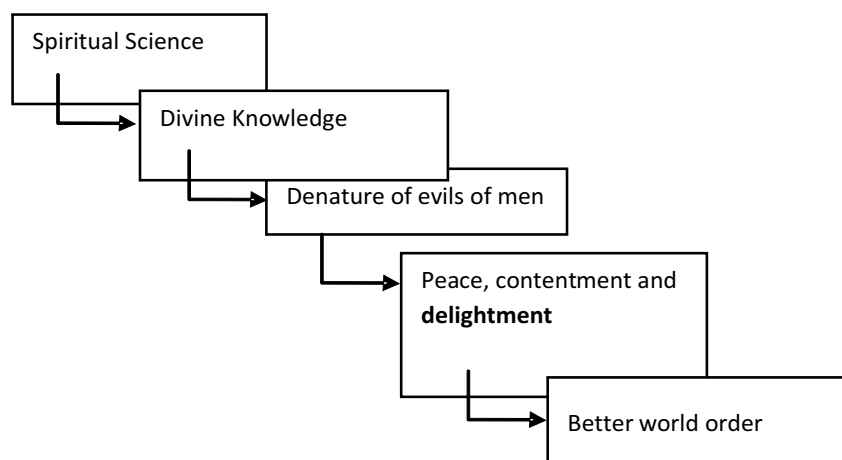
If the human being is

Engaged regularly in community service and spiritual practice

Getting education (leads to spirituality)

Imbibing values in himself

Having habits which facilitate leading exemplary life of 'better worldliness' he will be enlightened with His Divine Grace. Spirituality is the inner search of human spirit. This spiritual science will lead to Better world order.



**Fig. 3. The way to better world order through Spiritual Science**

**Conclusion:**

So the integration of four quotients will gradually burn inner evils of human being. It will help generating positive thinking process, understanding, ethics etc. It is not one day exercises it should be done on continuous basis regularly. There is need to cultivate positive thinking, positive attitude towards all aspect of life. Once human resource achieves these qualities better world order can be brought.

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