

Emotionomics - The Science of Spirituality

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The emotions are part of our being. The concepts like emotions/devotions /culture/values etc. have occupied the back stage since last few centuries plus. May be because of the focus on the applied sciences; these concepts are still pushed further backward because of the proactive focus on the applied sciences. Though the management sciences are relying on the applicability of this gifted trait of human beings to their deserved advantage in the area of HR, Marketing and branding etc, the understanding of the emotions on wider spectrum needs a deeper search, the search which assists and provides a launch pad to enter into the area of devotions finally leading us to the gates of the spirituality. This paper discusses as to how to explore and use this beautiful subject, the science of emotionomics to remain actively calm and calmly active to lavage the trait of emotions in the area of faster human evolution.

The emotions are not seen but felt and the feelings have not provided us the scientific. All the preachers have tried to preach the human race as how to look within; looking within means and implies entering into the domain of the spirituality. The problem with us is that we brand every thing. We brand spirituality, we brand religions- Hindu religion (Hinduism), Muslim religion (Islam), Buddhism (Indian Buddhism, Tibetan Buddhism, Japanese Buddhism, Sri Lankan Buddhism, Thailand Buddhism) etc. etc. and Instead using these tools of religion and spirituality to provide right guidance and directions, we start patenting them and get ourselves involved in the deep ocean of intellectual spiritualism and intellectual analysis. We analyse spirituality with intellect rather than making an attempt to understand it through **surrender**. We make spirituality as point of discussion drawing ourselves into vast depths of analytical oceans and false satisfaction.

The intellectual analysis provides us still another beautiful platform of considering our selves as intellectuals raising our selves at the top of the **self (ego)**. It is experienced that good orators and the persons good at logic may convince any body about the efficacy a particular religious approach as better than the other religion. This may lend us to believe and we start leaning towards that approach. We get diverted and loose the focus. Instead of finding good in a specific religion and using the good practices of that religion for self development, we get involved and become the brand ambassadors of that religion. The tag of Tibetan Buddhist / Indian Buddhist / Catholic priest etc starts showing up on us. People start approaching us, start admiring us, start labeling us, inviting us to deliver lectures / discussions and we start feeling evolving ourselves fast. The cheers of crowds of seminar halls sounds very pleasing to our ears and instead

progressing devotionally we start sailing on the seven seas of emotions generated by praises and appreciation of our knowledge base and skills of our oratory. We have to be careful of such emotional states. The emotions in such a state of mind succeed in creating a launch pad for you to take off into yet another direction of becoming intellectual spiritualists than finding self in self (**the spirituality**)

This implies that emotions though are fine tools to help us to enter into the area spiritual domain, none the less a little misstep into intellectual ignorance may cost us extended efforts to reach the state a self realization/actualization by few more incarnations.

Therefore, the race to elevate the state of consciousness using the emotional platform has to be executed with utmost precision. It appears that the tested methodologies adapted by the academic institutions including ancient Indian system of Gurukulas educational system can be used with minor modifications in our efforts to elevate our selves on the plane of consciousness. The elements like presence, professionalism, precision and perfection may prove to be effective in our practices undertaken to re define and elevate the level of our conscious states.

One of the most difficult states of mind is to control its wandering nature. Since the mind factor is vital in regulating our consciousness states, it enjoins on the practicing devotee to steer the mind using the element of presence. The element of presence helps to keep mind in the state of **presence**. This statement of keeping mind in state of presence may look difficult to conceive but is simple to understand the nature of the mind. Over incarnations, mind has created its own world and moves freely in past and future. To keep it to stay in the present quadrant, it is difficult and requires deep, regular and long practice. The analysis of the state of mind shall reveal that mind stays in present quadrant for a negligibly small period. The share of mind staying in the past and future quadrants depends upon the prenatal and post natal tendencies of a particular individual. Some academicians favor to stay in future quadrant with slogan like 'Think big – Think beyond' and the others prefer to stay in past quadrant believing in theory that you learn from past mistakes hoping to improve in future.

These above states of mind to stay in past or in future are emotionally linked states. Staying in present only is referred to as controlled state of mind. Staying in past or in future is like staying in a dream state dissipating the power of mind. The perfect state of mind is when you learn to remain

‘actively calm and calmly active’; while remaining in present state you are able to think about past or for future alike. If you are able to use emotion trait of yours effectively, you can possess all the five minds for future success i.e. respectful mind, ethical mind, **alone** creative mind, rational mind and synthesizing mind. All of these minds are associated with respective emotional states. The emotional states of such minds prove highly effective when the emotions get into the shape of devotions and the devotion is the characteristic of God state, the Divine State-**the spirituality**

The alone can never progress **till he** is emotionally involved in the activity he undertakes. Therefore the science of emotions, emotionomics may be referred to as science of logic and science of rationality.

As and when you undertake a job, you do ask four questions to yourself

1. Is work being undertaken **attainable** !
2. Is work **measurable**!
3. Is work **time bond** and!
4. Is work being undertaken with **specific orientation**!

Each of the above asked questions are with an emotional state of mind (absorbed state of mind). Having asked yourself the above questions, you start executing the assigned / chosen activity with another state of emotional mind i.e. executing mind and the under taken activity thus gets executed with presence, precision and perfection.

Though performance of an activity while adhering to above parameters precisely may not be immediately be attainable, none the less the science of emotionomics makes you aware about the depth, utility and efficacy of each of the executing variables.

The phrase ‘work is worship’ is generally understood as performing the work with fullest devotion supports the logic advanced by science of emotions that emotions give leave age in performance of work **-.the worship and hence the spirituality**

To understand the emotionomics further you have to enter into co-relationship of emotion and consciousness. As we understand that emotion is an intense feeling - a state of mind arising out of interaction with an environment or thought and processed using psyche – physiological platforms with full awareness. The mind which is consciously unaware is therefore unable to generate emotion or we may say that a person without emotion may be classified as / referred to as person without driver to steer his conscious mind to higher levels i.e. super consciousness or cosmic consciousness levels. This implies that emotionomics can be designated as the science helping you to reach the cosmic conscious states.

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