

DIVINE FEMININITY: THE ETERNAL FLAME OF SPIRITUAL ENLIGHTENMENT

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Abstract

The essence of existence is wisdom. Realizing oneself is the first step towards acquiring actual wisdom. A healthy spiritual life aids in this process of self-discovery. Spirituality and women have been linked since ancient times. While we discuss women's equality today, one avenue that has seen a number of spiritual women leaders and contributors is spirituality. Spirituality's cornerstones are women's empathy, kindness, and nurturing tendencies, which are known to be greater than those of men. The article discusses women's contributions to spirituality and how their contributions date back thousands of years rather than from now.

Keywords: spirituality, women contribution, Rishika

1. INTRODUCTION

A vital component of human existence, spirituality has the power to impact one's general health and standard of living. Spiritual health is becoming more widely acknowledged in the context of education as a crucial element of a comprehensive approach to learning. This article has covered the value of spiritual health in education and how it may help instructors and students alike. A person's sense of being a part of something bigger than oneself, be it the universe, nature, or a higher force, is referred to as spiritual well-being. It is associated with a sense of meaning, purpose, and belonging in life and can support positive emotions such as inner peace, contentment, and happiness. When people's spiritual well-being is fostered, they might grow in empathy and compassion, adopt a positive attitude on life, and develop a sense of social responsibility.

1.1 Spirituality and its connection with one's development

In education, spiritual health can play a major role in supporting students' overall development. Studies show that students who have a strong spiritual connection tend to be more resilient in the face of adversity, have better mental health, and perform better academically. For students who are frequently under pressure to excel academically and professionally, taking care of their spiritual health can be a great way to find perspective and support. Furthermore, spiritual well-being can have an impact on a person's sense of meaning and purpose in life, which can motivate pupils to create and achieve goals. Teachers can also benefit from spiritual well-being because they are frequently under a lot of stress and pressure.

1.2 Impact of spirituality on teachers

Teachers who have a strong spiritual connection may experience inner fulfillment and serenity that helps them avoid burnout and stress. It can also assist educators in cultivating compassion and understanding for their pupils, resulting in a more upbeat and encouraging classroom atmosphere. It is crucial to remember that spiritual health does not always require a connection to religion. Some people find spirituality through religion, but others may find spirituality in nature, art, music, or other forms of expression. Consequently, educators ought to make an effort to foster a welcoming atmosphere that values and encourages a range of spiritual practices and beliefs.

1.3 Spirituality and Education

Incorporating spiritual well-being into education can take many forms, such as mindfulness practices, meditation, yoga, or other contemplative practices. Some schools have even developed spirituality-based curricula, which teach students about different spiritual traditions and practices, and provide opportunities for students to explore their own spirituality in a supportive environment. Even in the School of Business and

Management, Jaipur National University, it is a regular practice to incorporate exercises that improve the focus of the students, reduce stress and enhance overall well-being.

In addition, instructors who are in good spiritual health can foster a more supportive and upbeat learning environment by developing empathy and compassion for their students. Students' general well-being and academic achievement can be significantly aided by their spiritual well-being. Spiritual practices can assist students traverse the obstacles of their program and emerge as well-rounded and balanced leaders by offering a sense of purpose and meaning, increasing resilience and coping abilities, establishing a feeling of community, and supporting ethical decision-making.

2. ROLE OF WOMEN IN SPIRITUALITY

Women have played a significant role in spirituality since ages. A few remarkable contributions are described in the article below.

2.1 The Gayatri Pariwar is one such organization which has pioneered in initiating programs for societal reconstruction including the ascent and empowerment of women from religious and social platforms. Most remarkable has been its initiatives to revive the glory of women from the religious platform. In the Hindu society, where, since the medieval times, women were kept behind the veil and were not supposed to chant Vedic mantras, we can now see hundreds of women priests chanting Vedic mantras, conducting all kinds of Vedic religious rituals and guiding thousands of men and women. Not only that, they are leading many of the mission's social reformative activities. Groups of women (called "Brahmavadini Tolis") go to different parts of the country and organize special 3-4 days social awareness programs for uplifting women's conditions. Here, the education and cultural advancement of women is encouraged in order to help the majority of people in society fulfill their roles in the most effective and efficient ways possible. The mission's self-reliant development programs include a number of women-focused self-employment plans.

2.2 Ma Sharda mani: Supporting role to Ramkrishna Paramhans

According to Shri Maa, a person's great thoughts and sentiments are what make them valuable. Perhaps no one would have believed it if he had only stated it verbally, but he lived to prove it. The girl from a humble background rose to fame solely due to her magnanimity and spiritual insights. What greater illustration of how a person walking the path of ideals never experiences loss than this one? Where else can one find a more exquisite illustration of renunciation—rather than enjoyment—than this one? She could only become an idol to great persons like Vivekananda because of her idealistic attitude, who had taken the world by surprise. This represents the pinnacle of matriarchy. Ramkrishna Paramhansa saw Shri Maa as the embodiment of Mother Kali, whereas Shri Maa saw herself as the Supreme God. Their lives represent the tale of a man becoming a god, much like two incarnations of the same being.

2.3 At birth, Rani Rasmani was Kewat. She was denied darshan in the temple since she was not a brahmin. Thus, a new temple that is accessible to everyone was created. The news that these Hindus were being corrupted made the queen exceedingly sad. Rani Rasmani turned against the government. Rasmani has criticized even ashrams for the purpose of values and principles, which is an unprecedented example.

2.4 Arvind Ghosh Ashram-Mataji

Original born in France .had intuition..God .man can have the recognition of Him..Met Yogi Arbindo. At the age 37 yrs she was looking after all arrangements of ashram. Not only management but guidance to all sadhakas .Shri Arvind International Education center was looked by Mataji. "I will not sell vidya"! Was the slogan she lived by throughout her life.

2.5 Brahmavadini Ghosha

Vaidik yug. Bharat was developed nation in education..All round development..of new generation was done by women. It means nations develop with the development of women..all round development It was thus called Satyug . Women of this era were having their honor, image, at high. They were treated with respect and were not merely the enjoyable thing of men. They were treated as better half. Man was treated incomplete without woman. They were having rights of valedic study, sanskar, knowledge, yagyopavit having done, upnayan sanskar .She was eligible to study vedas and do home havan. Not only this women were brahmavadini, means they were equivalent to rishis who have seen and generated the rucha of vedas..vedic sukta.

3. WOMEN RISHIS

The Rig Veda mentions Romasa, Lopamudra, Apala, Kadru, Visvavara, Ghosha, Juhu, Vagamhrini, Paulomi, Yami, Indrani, Savitri, and Devajami. The Sama Veda adds Nodha, Akrishtabhasha, Sikatanivavari and

Gaupayana. When it comes to talking about significant female figures of the Vedic period Ghosha, Lopamudra, Sulabha Maitreyi, and Gargi Kakshivati, Dakshina Prajapatya, Vishvavar, Atreyi,, Godha,, Apala, Yami Vivasvathi, Lopamudra, Romasha Svanya,, Aditi Dakshayeni,, Ratri Bharadwaja, Vasukra Pathni, Surya Savitri, Indrani, Sarma Devasuni, Urvashi, Shashwati, Angirasi, Sri Laksha.

4. WOMEN RISHIKAS IN HINDUISM

Female Rishis (Rishikas) of about 30 of them are named in the Rig Veda. Lopamudra was the wife of Agasthya, known for his command over Sanskrit and Tamil. The meaning of the word "Lopamudra " is one, who is totally absorbed in herself (i-e), she is one of the Brahmavadini Rishi-patnis. Two mantras of the Rig Veda (Canto I.179.1-2) are attributed to her There were women scholars like Visvavara, Ghosha, Sikata, Nivavari and Apala. Roamasa the wife of Svanya Visvavara belonging to the Athri family Aangirasi Sarasvathi of Angirasa family Apala of the Athri family Yami Vaivasvathi , Sraddha , Vasukra patni , Ghosha , Soorya , Indrani , Urvasi , Sarama , Joohu , Vagambhruni and Poulomi Sachi are well known women, who are revered and are associated with individual Rig Veda Mantras. The seers of Rigveda suktas 10-134, 10-39, 10-40, 10-91, 10-95, 10-107, 10-109, 10-154, 10-159, 10-189. etc. are women. Gargi was one of the learned persons summoned by king Janaka . The Upanishads refer to the conversation between Maitreyi and her husband Yajnavalkya. Brahma Jnana can be attained in any stage: Gargi got it in the BRAHMACHARYA stage. Choodaala attained it while a GRIHASTHA. Maitreyi attained it while in the VANAPRASTHA stage of life. Sulabhayogini won it while a SANYASINI.

5. CONCLUSION

There is a saying in Manu Smruti.

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

There will be prosperity and deities residing where women are revered. Women have always been accorded the highest degree of respect and freedom, along with safety and security, throughout the long history of Vedic society. Despite being extremely rare, women rishis made significant contributions to the Vedic and societal causes through their inevitable presence in spiritual awakenings.