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Sustainable Development for
Spirituality

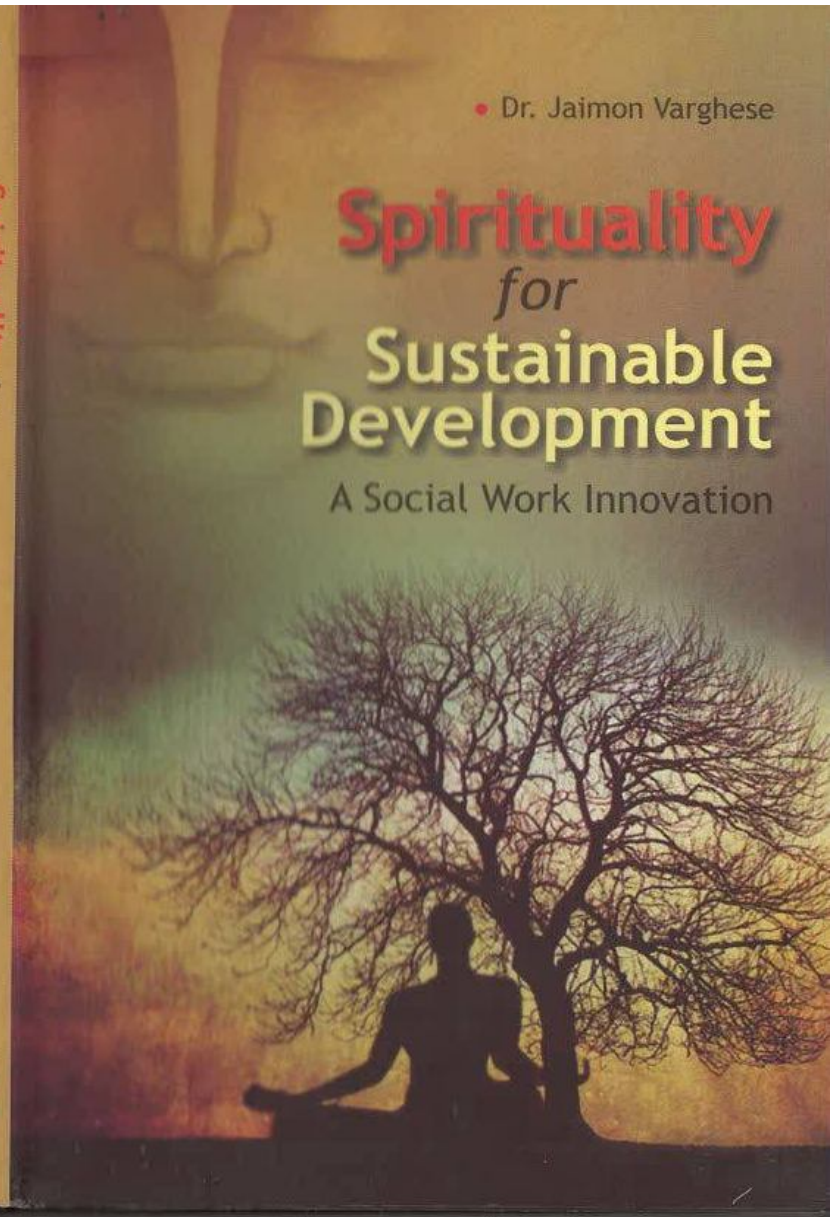
• Dr. Jaimon Varghese



• Dr. Jaimon Varghese

Spirituality for Sustainable Development

A Social Work Innovation



earth. It is this cosmic spirituality that will motivate us to strive for sustainable development. A spiritually sensitive social worker contributes towards sustainable development of the world. Spiritual social work is an effective strategy for sustainable development.

The book has four chapters. The first chapter deals with various dimensions of spirituality, such as concept, history, characteristics, foundation and implications of spirituality. Spirituality is discussed from exclusive and inclusive perspective emphasising the need for necessary development of spirituality from exclusion to inclusion.

The second chapter discusses on the concept of sustainable development, global agenda of sustainable development, the role spirituality for the achievement of sustainable development goals, the concept of resilience and the role of spirituality for building resilience at individual and community levels. Spirituality contributes towards transformation of human mind that is essential for sustainable development. Spirituality is an important factor of resilience and peace building in this world.

The third chapter describes different aspects of spiritually sensitive social work. It explains the concept of spiritual sensitivity, the common ground for human service professionals, the methods and fields of spiritually sensitive social work practice and its application for meeting the needs of the future. Spirituality should be the fundamental attitude of every service professional. It will liberate people from the mental and psychic blocks and renders the freedom of inclusive attitude towards all living beings on earth for selfless service.

The fourth chapter is the presentation of certain relevant research findings concerning spiritually sensitive social work. It explains the methodology, various findings, observations, conclusions and suggestions of the ongoing studies being carried out by the author for the past five years. The study has attempted to evolve an attitude scale concerning spiritually sensitive social work. The objective of the entire attempt is to establish the theoretical base for spiritually sensitive social work in India.

I hope this book will help the readers to deepen their understanding about spirituality, sustainable development, spiritual social work and application of spirituality for the achievement of sustainable development and building of community resilience and peace.

Jaimon Varghese

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Chapter 1



Concept of Spirituality

Introduction

Spirituality is an important dimension of human life. Spiritual development is as important as physical, intellectual, emotional and social development of human beings. Humans live by ideas and ideals. It can be found that everyone on this earth is in search for some great ideas and ideals to orient their lives. The idea of 'God' has always fascinated people of every nation.

'Millions of people had loved God and have let that love purge their souls, without knowing in the least how to define God. All they have needed is the firm conviction that God is good, and God is love – by no means the kind of concept which a scientist could approve. But our ideals are the jumping-off ground for new adventures in living, not for new discoveries of science. And for that purpose it is enough that we should grasp just a little of the reality which the ideal embraces (Urwick EJ, 1948).

This firm conviction became the basis of human spirituality in the past. Such spirituality is the foundation of the major world religions. Till recently, spirituality apart from the belief in God was seldom discussed. By the turn of the new millennium, spirituality is being considered independent of the belief in God or religion.

Today spirituality is considered as a matter of 'meaning