



RELEASE OF STRESS THROUGH NATURAL INTEGRITY PERCEPTION - A STUDY ON A DEVELOPMENT THEORY OF SPIRITUALITY AND NATURE ON HUMAN RESOURCES

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ABSTRACT

Growing trends of technological development and comfortable life we observe these days and still we feel there is stress behind us. Many of us complain that there is no happiness in life and clumsiness does not leave us. There is complication in physical health and mental health. Very often we observe that people go in morning walk or evening walk to get relaxation in mind and to achieve good physical fitness. Some say observing nature and getting theme of nature relax mind and due to walking, jogging, running and meeting new people and athletes during such activities improve health, communication skills and give freshness to mind. These activities are definitely beneficial from the points of view of learning and perception. Nature transfers the message of spirituality. Every creature in this Earth gets joy seeing natural beauty. Many things we have to learn from many natural sequences. Spirituality guides us from inside and enriches with values. Value based life is more perceptive towards nature. Management of life requires natural perception and learning. Human resources need good health, wealth, joy and minds to manage life better at home, in workplace and society. Stress makes life clumsy. Stress comes through negative tendencies and goes away leaving bad impressions in mind. But we need to get release from this. Perceiving nature in ordinary mind fills glitter of happiness that propels away stress far. Reviewing Atharva Veda and the Holy Bible we know the importance of nature is adored in scriptures. All things and all creatures are sources of learning and perception. God is the Super artist who creates nature as very powerful and beautiful controller. All natural processes deeply impact human life. This study is based on natural perceptions of human resources and this focuses on development of new theory for management of life in workplace. This study confirms that there is deep impact of spirituality and nature on human resources in regulating their lives as well as in stress release. This study proceeds primarily with development of Theory of Natural Integrative Perception (TONIP) and with development of Stress in Release (SIR) theory. Both these theories give the final theory of this study known as, "Theory of Natural Integrative Perception of Stress in Release (TONIPOSIR)." Hope this proposed theory will be beneficial to many scholars, managers and authorities regarding studies and handling of organizational stress and its control.

KEYWORDS: Spirituality, nature, management, perception and theory

I. INTRODUCTION

Life runs in a path associated with time and starting from birth we are associated with nature. We take birth in lap of nature and from the day of birth our works start. We all human resources have responsibility in taking care of other resources. Observing a child newly born we can know how he feels stress and cries. Getting love of mother and other relatives his stress goes away and he starts smiling with growth and development. He observes surrounding environment and gets joy forgetting pain of coming out from mother's womb. From beginning stress we face as a challenge and time to time we need to leave this away. Thinking very deep on this topic we search for new ways to combat stress that we get through unpleasant affairs and we like to manage life smoothly to get joy. While we grow and our roles come in family and organization we very often face many troubles and get stress. At the same time we start searching for remedy. Some people go for medication but do not get complete relief from stress. At present we receive many reports of people falling in captures of high stress. In spite of inventions and comfortable luxury living they do not get true happiness in life. Solving stress is a big issue in today's organizational life. This study focuses on natural ways that help in managing stress in daily life. Such ways help us getting freshness the whole day and we get courage as well as efficiency for working effectively. Nature is considered as our mother of nurturing. Nature automatically manages our many affairs. We learn art of managing life from her.

Farley Mowat (1963), states that natural resources should be preserved for balance of ecology and human beings should understand importance of sustainability and awakening humanity they should take care of all natural resources so that future generations can have chance of natural perception. Annie Dillard (1974), states that there is connection of goodness with faith on God and nature. She outlines in her note that the place with sea anchor facing the light pouring down is a good place to live and there is lot to think about. (In first chapter, "Heaven and Earth in Jest," in Book Pilgrim in Tinker Creek) Jenny Dent and Christina Marsh (1982) define spirituality as the inner sense of light of life that has certain values means these values which awake humanity and carry human values to give understanding to life and work for self assessment and have self perception and self development with divine nature with respect to natural perceptions Values are directly perceived from nature on deep observation. Landon Curry (1990), states that organizational stress is the overall stress

reported as pressure experienced by mass of employees in any organization that hampers working conditions and spoils culture and environment. Michael Pollan (2001), talks about nature and importance of natural resources that impact four types of human desires in selective growth, breeding, genetically engineered plants in improvement of beauty, intoxication, sweetness and control. Steven Pimentel (2009) a New York based young American poet expresses that stress is a pain giving agent and a man feels very hard to leave this agent. This gives headache and pain in body and mind. If at all a person takes medicine or pill still does not able to get recovery. Stress breaks strength of a person. Richard Louv (2013), states that nature has the restorative powers and this power of natural world boosts mental acuity and creativity. This promotes health as well as wellness along with building more sustainable business, communities and economies. Nature from all aspects of life strengthens human bonds and supports all creatures. Robin Sharma (2013), defines spirituality as the inner essence of life which strengthens both mind, spirit and body by inner vibratory power of true wisdom. Spirituality is truly beneficial for guiding life and checking depression, anxiety and finally stress. Spirituality allows having more natural perceptions that help in managing life with love and joy. Justin Albert (2014), clarifies that spirituality supercharges inner core of self of a man and this has many beautiful levels through them a man enjoys life. Meditation, mindfulness, yoga and spiritual healing add meaning to life as life is associated with nature. A man receives supercharges of spirituality through nature and natural perceptions. Andrea Wulf (2015), reveals that there is interconnection of natural world to this human world. Nature deeply impacts and cares for all creatures. Nature reflects the rays of spirituality and human beings perceive these. Lee Bladon (2016), states that spirituality is the path that describes multidimensional nature of man and universe. Spirituality describes the mechanism behind diverse range of subject matters with far visionary and perception through which we get chance to understand and have deep perception about consciousness, sleep, dream, reality, creation, evolution and many more including space and time that influence human life. Nature and spirituality both are closely associated and simultaneously they effect on human mind and body.

II. OBJECTIVES

- ◆ To observe attitudes of human resources with respect to nature and natural perception
- ◆ To know impact of spirituality and nature on human resources

- ♦ To know impact of natural perception in stress release
- ♦ To develop new theory for management of stress in workplace basing on natural integrative perception

III. LITERATURE REVIEW

Nature is ever graceful for all creatures living in this Earth. In many scriptures sages have adored from age old traditions to nature. If we go in to the Veda many verses are there and many prayers are offered to Nature Mother as a Goddess. Nobody can deny impact of nature on human resources. Going deep to the hymn-1, verse-1 of the holy Atharva Veda Book-XII we witness adoring of Earth. This hymn clarifies that Earth exists with high, potent law and favour of Lord. She sacrifices and she is the queen and she makes ample room for living for us. Hymn -1 verse-2 clarifies that Earth holds plants endowed with varieties of varied powers. The prayers recite, "May Prithivi (Earth) may spread wide and favour us." From verses-1-63 everywhere there is praise of Earth Mother and importance of nature in life is highly expressed in offering of prayers. Prayer of hymn-1, verse-63 declares Earth as beloved mother. This says, "Oh Earth, you are my mother. You set me happily in secure place. Of one accord with heaven, O Sage, set me in glory and in wealth." (Ralph T.H. Griffith, "Hymns of the Atharva Veda," 1895) This book of Atharva Veda clarifies that Earth is all sustaining and treasure bearing. Earth nourishes our strength. Earth carries plants are full of sweetness. Our words carry sweetness by grace of Earth only. We prosper in many thousand ways by her grace and impact. We love to live peacefully and we do not need sorrow and agony and Veda declares this and it becomes possible by grace of her. She makes room of pleasure for us. Earth carries grasses and trees are really sweet. As we know they make available of fresh air, food shelter and medicine for us all. We completely depend on them directly. Living naturally we do not feel clumsiness and stress does not able to touch us. While we do not realize nature with us many negative thoughts come inside that result stress. In hymns of Veda many prayers are offered in verses and maximum of them are for nature and who recites these feels inner happiness and does not get stress more. Veda's declaration for supportive and natural lifestyle is definitely adorable and such declaration carries truth and reality. Many authors argue in favour of nature and natural impacts on regulating humanity. Coming to the books of the Holy Bible we know that nature is powerful and very beautiful creation of God. He teaches us and communicates with us through nature only. The holy Bible verses declare, "But ask the

animals and they will teach you, or the birds in the sky, and they will tell you: or speak to earth, it will teach you; or let the fish in sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind. (Job: 12: 7-10, the Holy Bible, New International Version) This becomes clear from these verses that nature is the source of learning and perception. Every human resource should learn from animals, from forest, from birds, from sky and from sea and fishes. Giving spiritual excellence God has done this beautiful art and this is nature that fills our minds in joy. Going deep to many scriptures we get this essence that nature is very friendly for human resources. Every art carefully we can learn from nature for organizational management and skills developed in natural ways are much beneficial. Nature gracefully fills our lives with streams of spirituality. Morning and evening prayers make us more spiritual and eagerly we come out to witness processes of nature and scenes of nature that give sudden release of our stress or tension and we get happiness that is very natural.

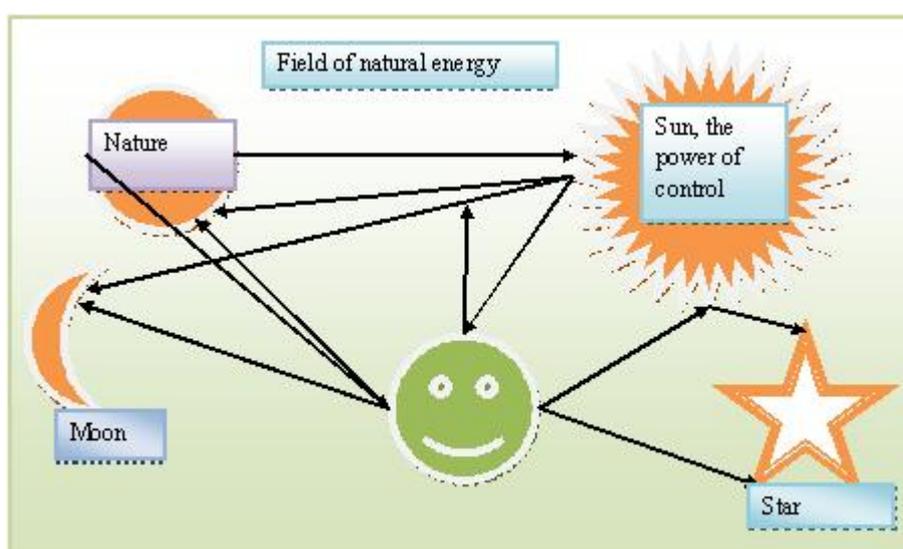
IV. IMPORTANCE OF THIS STUDY

Stress has become big problem for many of us in today's society. Change in lifestyle, high chemical oriented food, luxury and comfortable lifestyle and lack of care in good physical health, growing trend of busy schedule at offices, more workloads and organizational conflicts have deeply affected mind. Stress comes from clumsiness of situations and perception of negative tendencies. Stress comes and goes and leaves mark of agony and sorrows. That is why still enjoying life with luxury and technological advancement does not give real joy. Life with stress becomes very problematic and hampers decision making ability of a person. Nature has kept many resources for us and keys of happiness in life. Perception of nature fills mind with spiritual feelings. At certain period spirituality is awakened automatically and fills life with values. Perceiving morning and evening we realize calmness of nature and rays of calmness enter life through vibrations. This study keeps importance of developing stress-free human attitude which occurs on acceptance of natural vibrations. Every creature loves nature from true heart. While we come outside home we meet various types of persons and we interact and know about their abilities, learning and perceptions. This helps us a lot to know about management styles of others. For development of new theory this is very much important to observe persons and their responses. We aim to get release from stress time to time. That is why this is important to adopt natural ways of stress release through natural perceptions.

A. Theory of Natural Integrative Perception (TONIP):-

Researchers of this study propose this theory for benefit of management of lives and society of human resources. For having perception of nature of early morning we need to wake up early and go out in morning walk. To perceive evening scene we need to observe evening time of the day. Whole day we remain busy at work and still we perceive various time periods of nature there. Observing grasses, trees, flowers etc. fill our minds in different thoughts. At morning time we get fresh air and we observe energetic creatures. This process not only tells about stories of nature but also conveys about management of time with respect to good health and attitudes. Facing nature in winter, summer and rainy

seasons gives us learning the art of tolerance to both favourable and unfavourable conditions. Perception after perception we get in integrative manner in our daily activities with nature. Directly or indirectly we depend on natural resources for livelihood. Without food, shelter, air and water we do not able to sustain. Whole day we work for these only to survive with bodies. Then pleasure and comfort come in to existence. All the inventions we see today are also brought up from natural resources and these have come indirectly through different techniques and processes of technology. For good health and good mind of course we are completely dependent with nature.



[Figure-1 representing Theory of Natural Integrative Perception]

Perception of nature – Nature becomes colourful due to existence of sun and light. Nature favours human resource directly impacting in both mind and body. Human being's body responses to every happening of natural flow. Nature depends on sun for getting power and strategies of nature are cooperative. Human being perceives nature and becomes a thinker.

Perception of sun – While a person deeply observes then he feels and realizes power of sun that regulates our universal system. Sun multiplies rays and spontaneously transfers rays and reflections to Earth where a person gets these. Then the thinker person starts getting knowledge of multiplication of values and power of self and starts reflecting values in action. Like sun is the power of control

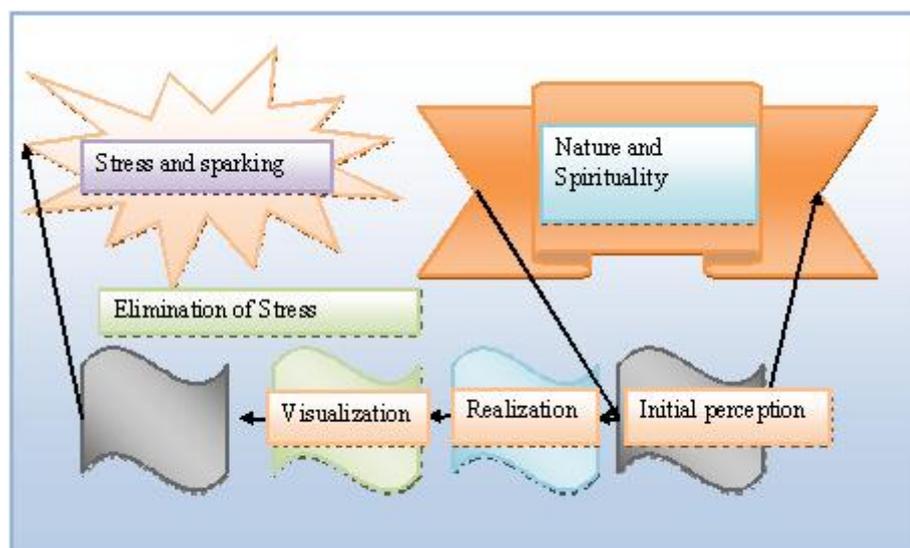
Perception of moon – While a person through channel of nature perceives moon realizes calmer light of moon than sun. First power of sun which makes him energetic now brings calmness and thinker man everything thinks calmly. Reflection of moonlight enters in mind of man and this initiates him to judge upon self, universe and management of life in Earth.

Perception of star – Remaining in very far abode still star not only twinkles but also shines with brightness. Looking at a star a man spreads his vision to far, far miles away. Reflection gives amazing effect of perception. Very often a man tries to realize self and tries to dazzle his personality. Such wonderful perception gives interesting chances of learning. This learning brings self closer for achievement.

B. Stress in Release (SIR):-

Researchers of this study propose this theory basing on natural perception that releases stress which exist due to effects of several unfavourable conditions. This stress which exists in mind is termed as, 'stress in mind (SIM),' and which exists in body is termed as 'stress in body (SIB).' This theory states that while a person perceives nature, stress is released from both mind and body. Stress-in-release is a situation of a person where both SIM and SIB are released out. Nature herself acts as a perception remedy for human beings. While there is stress in mind a man gets clumsiness, sorrow, agony, anger

etc. There are many more mental signs we can see of a mentally stressed person. Mental illness and stress give effect on body. A person gets headache, back pain, pain in muscles due to heavy workloads etc. Due to obesity a man gets uncomfortable sensation and feels difficulties to work. For getting recovery from such bodily pain a man adopts medication. But natural recovery becomes easier as this depends on perception of nature that this theory clarifies. Existence of stress within us can never be permanent. But time to time stress acquires place within us. Releasing this out is beneficial definitely.



[Figure -2 representing Stress in Release (SIR)]

Nature and spirituality both are associated – Nature is regulated by laws of truth. Nature carries universal values. Truth is originated and closely associated with spirituality. Spirit and nature both simultaneously act on each other while there is strong trust and perception. All universal values are spiritual values.

Nature and spirituality give initial perception – Every initial perception of nature is spiritual. Nature and spirituality increase eagerness of a person to observe anything very deeply. While a person gets attraction towards nature means his spiritual feelings motivate him. Having perception of nature automates analysis of life.

Perception leads to realization – Automated analysis includes life's existence on Earth. A person thinks to know about relationship of nature with life and work, about purpose of life and destination of his action etc. Human individual differentiates easily about illusion and reality or truth. Such realization is brought about by spiritual awakening with observation of nature and natural happenings.

Realization leads to visualization – After having realization visualising happenings with feelings become easier. Visualization gives mark of long term and short term impressions. This gives knowledge that everything happens here including unfavourable conditions and obstacles are temporary and they have only temporary effects in life.

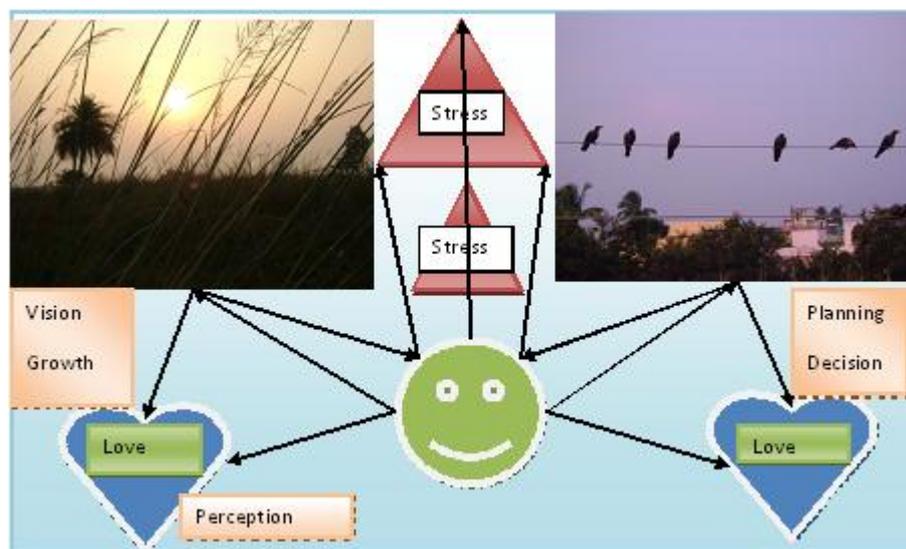
Visualization does elimination of stress – Such visualization now clarifies temporary effect of stress and person knows that effect of stress will go away either sooner or later. That is why now he does not stick to thinking about stress and stress related problems he faces. With full attention he involves in his practice of doing good works.

Stress and sparking go out – While attention by perception of nature promotes positive actions person gets full involvement in performing his task and holds spiritual values within. Practice of spirituality strengthens him and natural perception helps him realizing truth. So stress and its sparking do not become able to stay inside and go out definitely.

C. Development of Theory of Natural Integrative Perception of Stress in Release (TONIPOSIR):-

After proposing two primary theories researchers of this study now propose and develop this

theory which is mainly based on understanding of TONIP and SIR. As we get a clear idea from above two theories now this main objective of developing this theory promotes human resources for having natural perception. People perceive nature due to love for nature. This theory is explained through following few headings.



[Figure -3 representing Theory of Natural Integrative Perception of Stress in Release (TONIPOSIR) Source of pictures: Mahakul, Pintu. File pictures of 2016. Photographs reflecting rising sun with joy in nature reflect growing grasses, and birds planning in unity of taking the flight of life at morning are part of Pintu Mahakul photography]

Perception of Love through nature – Love is a powerful attribute and value and this is very spiritual. Nature has preserved love for us all. Every human being likes to see nature, loves to have natural fresh air, natural light to work and natural perception to get joy. Human resources are automatically attracted towards nature. They learn naturally from their perceptions. Remaining in contact with nature for a while fills mind in such love that a man starts loving all creatures and belongings or relatives and friends around him. Morning has power of love that is reflected well by child sun in rays. While sun rises starting from grasses, trees to birds including human beings drink nectar of love. This love manages art of vision, decision, perception and growth. Nature acts like mother and her affection controls our thoughts by pouring positive vibrations. The peak of perception vibrates mind with positive energy at morning time more. Above photographs of rising sun and sitting of birds in row in one wire are taken at morning that reflect love of nature and love for nature too. Relevance of love in workplace is absolutely interesting for organizational benefits. Love perceived through nature impacts mind whole day at workplace.

Natural integrative perception releasing stress

– Stress acquired through clumsy situations in life, family, at offices through unfavourable conditions affects mental and physical health. Nature helps a lot in releasing stress automatically. Coming out and watching appearance of morning and energetic birds fills mind in love and appreciation. Watching fresh blue sky gives feeling of clearance and proceeding towards fortune. Rosy pink blue sky reflects vibrations of happiness. While we perceive integrative nature perceptions integrate automatically with multiple visions. Calmness of morning matters and deeply impacts. Nature awakes and mind awakes. This lasts for hours and hours. While we work at home or offices this freshness does not allow us to merge us in stress. While perception of natural love comes in mind, stress starts going up far and far.

Love releasing stress out – Love brings joy and love multiplies spreading vibrations. While love rises in mind like in East sunrise comes and everyday mind blossoms with glitter of joy. Grasses and trees eagerly wait to start their lives with flowing light of sun. A man with love holds qualities of leadership and many human resources around him start watching him and following

him. Not only love gives happiness to self but also gives happiness to others. Love teaches to hold organizational skills. Love determines strength of inner feelings. Stress gives unpleasant feelings. But love gradually enters and life starts feeling universal joy and truth. Love helps in stress release.

Stress-in-release and vision – Vision for new doings or vision for any setup of organizational growth depends on nice mood of mind and good health allows acting on this to get success. Stress-in-release situation clarifies mind and initiates a person to have broader and far vision ahead. Stress very often suppresses vision as a person sticks in past happenings during stressed conditions. But natural impact of freshness brings stress-in-release condition and mind relaxes and hopes shine within. Due to such clarification now mind carries vision.

Stress-in-release and growth – For getting fresh air, new light and new power after surpassing the darkness every creature eagerly awaits and proceeds ahead. As in morning picture we see the tree is in meditative mood and grasses are in wave to welcome sun growing taller. By touch of dawn and finally by morning they rejoice. This clarifies that natural scene helps in releasing stress and stress-free mind grows with sharpness of joy. Grasses and tree in picture welcome rising sun. A mind free from ambiguities welcomes power of faith and stability within.

Stress-in-release and planning – With fresh appearance of morning birds specifically clever crows sit on one wire in unity and plan for the beginning of the day. Clumsy mind with stress does not able to cope with unified idea and planning of mass vision becomes a diversified ideology. But while all are in fresh mood and there is less stress or they are in stress release they come closer in unity and accept the planning. The proposal brought up by any of them is quickly reviewed by others and accepted as positivity is well expressed. Planning is important task for managers and employees and planning taken in stress-in-release mind becomes very pleasing, smooth and fruitful for bringing organizational success. Birds in picture plan for daily trips and getting success before arrival of evening.

Stress-in-release and decision – Decisions taken in clumsy and stressed mind are never free from faults and ambiguities. For organizational set up decision making plays an important role. Time impacts mind. Perception of human being to nature is inevitable. In any mode of life a person gets attraction towards nature. Stress released in natural impact is good. Mind gets positive vibration within that initiates positive thoughts. Every

positive thought gives rise to nice planning and action and decision making becomes pleasing. All accept such a decision without hesitation. A proper decision definitely brings organizational success. Love for nature is associated with perception of human being and nature's love is automatically poured on us with positive energy that releases stress.

V. DISCUSSION

Existence of stress with us is observed from beginning of life even from the day of birth. At present stress is a big and unsolved issue. Falling in depression, anxiety and stress many go for treatment and medication but easily do not get recovery. Developing human resources we need to adopt many natural skills. Nature is ever graceful and every day we have perception of many sequences of nature. Organizational management requires new developed techniques to handle stress. But this is easy to get recovery from stress by natural integrative perception. Verses of the Holy Atharva Veda and the Holy Bible clarify the importance of Earth and her nourishment and Veda considers Earth as our Mother and we are her children. Researchers of this study observing deep the human resources and nature and their close association at first develop basic theories, "Theory of Natural Integrative Perception (TONIP)," and "Stress in Release (SIR)," to develop the new theory named "Theory of Natural Integrative Perception of Stress in Release (TONIPOSIR)." This theory clearly expresses views of perception about nature and role of spirituality and how stress we release out in automated impact and process of nature. Spirituality and nature are closely associated with each other and they regulate our natural lifestyles.

VI. CONCLUSION

After having this study this is very clear that human resources are automatically attracted towards nature and spirituality. Human resources are positively responsive to nature, natural happenings and natural processes. Nature is the power and beautiful nourishment we get from her daily. Natural tendencies deeply help in accepting spirituality in life and work. Stressed mind releases stress while we come closer to scenes of nature. Such a study gives rise new theory for organizational stress management. This study gives benefit to managers and authorities and others in handling stress in organization and at home by practicing natural tasks and perceiving nature frequently. Such a study helps in planning, organizing, and decision making, for training and development, for organizational growth, achievement and getting success as well as releasing stress out frequently.

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