

CAN INDIVIDUAL EMPOWERMENT HEAL OUR WORLD'S SYSTEMIC ISSUES?

By

ANNA MARIE BLESSING

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## **Introduction**

This thesis was designed to show how the ability to make choices can activate our power and our ability to overcome limiting and debilitating conditions and belief systems that are passed down generationally, culturally, or through learned environmental behaviors. By doing so, we are empowered to transcend the innate gene of victimhood, leading to the activation of the true spirit of liberation within. Through the study of metaphysics, we have seen that we are able to heal and liberate conditions and problems within ourselves, as well as within the world in which we live.

I was inspired to write on this topic as a result of my own personal journey of healing, which brought significant levels of awareness and an innate knowledge of the role held by spirituality in personal empowerment. However, this process was not instantaneous. According to Masters (2:5), while some metaphysical healing occurs instantly, others take time – such as a few hours, a few weeks, or even years – to manifest. Through the course of my journey, I came to realize how elusive the victim mentality is and the numerous ways it kept me from achieving my own personal healing and achievement of empowerment.

When the innate gene of victimhood is active within our existence, we are unable to act as a profound solution to our world's systemic issues. I have learned that, without a doubt, what we heal in ourselves, we heal in the world. We all have this duty to Heal, not just as metaphysicians, but as human beings if we truly desire to observe a global transformation. Therefore, the ability to enact change in ourselves and, through extension, the world, is the most courageous and impactful thing that can be done by any human being and begins with embarking on a journey of personal healing and empowerment.

Through spirituality, we are given energy from God, which he uses as a transforming tool. It comes and goes until we observe it and change our lives through it. The power of spirituality is higher than all the energies we have in this material world because our bodies and minds are continuously transforming. All these changes happen in the presence of God, who always loves his creatures. Moreover, when we make a connection with God, it is constant. God knows all of our actions and thoughts – both of which are recorded from birth to death. Our real self is our soul and spirit (recognized as ‘inner light’) that is created with the light of the Divine (recognized as ‘outer light’). The connection of the inner and outer lights enable empowerment, guiding us to meet the goals set forth for us.

The connection held with God represents a power that assists us in facing hardship with a positive mind. Through spirituality, it is believed that God tests us to teach us and will reward us for our suffering in the afterlife. The use of transpersonal practices enable us to live in peace, even in unfavorable situations. In fact, transpersonal practices are designed to strengthen the mind, despite assumptions that both mental phenomena and consciousness are products of neurological activity (Taylor: 150), and allow us to learn the purpose of both the world and our lives. Having trust in God means that we believe that he loves us and that he is doing what is best for us. This belief allows us to have spiritual strength. Through positive thinking and consideration of the bigger picture of behaving appropriately and achieving greatness within the world, it may be recognized that the purpose of life may be achieved simply by believing in God, understanding that he has the power to assist us in all situations throughout life, and understanding that he always wants to help us. We, however, must be willing to ask for help and accept his teachings.

## **Review of Literature**

The goal of life is to assist humanity and make this planet safe for all creatures. However, this goal has not been achieved, as the world is full of tension, warfare, and chaos. This chaos has been created because we have lost the connection we had with God, causing us to be distracted from following the path he set forth for us. However, we still have the age-old questions that exist through metaphysics. We still ask about our own personal identity (Who am I? What am I?) and about our own personal journey (Where have I been? Where am I going?) in life (Masters “Master’s Degree Course Study Module” 1: 2). Despite our asking these questions, the failure to follow the path set for us by God has contributed to the systemic problems within the world, causing the peace that was once found in the world, as well as in our minds, has entirely vanished. Spirituality can assist in remedying this lack of peace because it assists in developing confidence and makes us unafraid of the powers held by the material world, which exploits the rights of destitute and deprived communities. Under this assumption, the knowledge and cognitive power of a spiritual person becomes greater than that of other people. Self-confidence is essential for us to have big dreams and achieve greatness through serving others in the world in which we live. Spirituality allows us to grow, learn, and move forward in life, yet does not allow us to focus on past events, circumventing depression and anxiety (Yaghoubi 183). Spirituality enables us to clean our minds from negativities and enable us to forgive ourselves and others. Forgiveness is critical because it dissolves the mental disturbance and pressure felt from prior events. The ability to forgive enemies or rivals and move past these situations represents the fundamental teaching of spirituality.

Many metaphysics scholars have observed that those that actively attend church and other worship activities are less likely to suffer from health conditions. Jung (2) noted that the

characteristics associated with different personality types, namely introverts and extroverts, play a pivotal role in our ability to adapt to life, including our ability to embrace spirituality. In fact, many conditions, both mental and physical, can be overcome with spirituality by practicing meditation, and other techniques advised by the metaphysics scholars and councilors (Weber et al. 75). While the integration of spirituality and religion for the treatment of mental disorders is widely accepted and practiced, this approach of using spirituality for the treatment of health issues is objected to by many religious scholars, whom are in disagreement of the potential value and appropriateness of using religion for the said purpose. It is recognized that a spiritual person always asks God for help and has an enlightened heart from God's love. However, trust and belief in God and the oneness of God is not limited to going to church and worship activities, but also involves putting him (God) first in our lives at all times and in all situations. Spiritual empowerment provides the sense of looking at the bigger picture of God. Spiritually empowered people believe in God and go where he wants them to go. Thus, through spirituality, we are given the sight required to see the purpose of hardships and challenges faced within our lives.

Isaiah 41:10-13 states:

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Behold, all who are incensed against you shall be put to shame and confounded; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

Transpersonal healing encourages us to live with what we have and without what we have lost in our lives. As such, empowerment is not limited to the soul, but also our beliefs as we seek guidance to ensure we are on the right path. Masters (1: 7) stated that meditation is the key for contacting the ultimate intelligence (known as God), so that we may be enriched with power. God promised us that he will guide us if we seek him, as evident in Psalm 37: 1-6, which states:

Fret not yourself because of evildoers; be not envious of wrongdoers! For they will soon fade like the grass and wither like the green herb. Trust in the Lord, and do good; dwell in the land and befriend faithfulness. Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

Therefore, by following God and his decrees and teachings, he will give us what we want. For example, when making the decision to embark upon a specific career or life path, we tend to question the work assigned, our colleagues, the timeframes required for completing specific tasks – all of which leads to decreased productivity because we may not be able to answer these questions. Instead, the spiritual person that asks the same questions has a sense of peace regarding the decision made because of spiritual empowerment created by spiritual practices and worship activities.

God has given us different gifts, as described in Corinthians, Ephesians, and Romans within the *Holy Bible*. God has knowledge of our needs to survive in this world, so he has granted us with spiritual empowerment. Prayer effectiveness and the acceptance by God is proven by the power received. Many of us hold the notion that power will help us when we are



weak, but not when we are strong. It is also believed that power is required by people that are destitute, deprived, or weak.

The primary aim of metaphysics is to determine the purpose of the existence of the universe and the fundamental reality of nature. Metaphysics is defined as the branch of philosophy that deals with the essential nature of the reality that includes the relationship among the human minds and the matter, as well as between the substance and the attributes, and the actuality and the possibility. Metaphysics is suggested to tell the truth about the world in which we live, including the good, the bad, and the ugly (Van Inwagen 2), which is why it is often embraced by spiritual people that engage in spiritual practices, which are very effective to raise the self-esteem of those of us whom are vulnerable and need to cope with conditions that always treat them. Vulnerable communities deserve all intrinsic and extrinsic rights afforded to them. Moreover, the world is not only made for a few empowered classes. In fact, there are two ways which could change our minds, allowing those of us that are deprived to become empowered. First, we must raise the self-esteem of these communities to change their minds through spiritual practices to accept their realities and move forward with what they have. Second, through transpersonal practices, we must spread awareness in the dominant communities to accept and value the weaker communities.

Spirituality is universally extended across all cultures and creeds. Though it is so universal, it is also unique, where no two people experience the same spiritualities, even if they have the same beliefs. Masters stated: “For all I know, I know nothing if I cannot demonstrate a better life” (Master’s/Bachelor’s Degree Course Study Module 1: 1). Spirituality assists in demonstrating a better life because spirituality outcomes result in love, hope, patience, honesty, tolerance, sense of detachment, endurance, and faith. Spirituality is inter-linked with religion and

religions allowed it to be practiced accordingly to build a relationship with God. Every religion has its own set of beliefs, doctrines, and traditions regarding spirituality. Kim suggested that the mental and physical being are so different, yet so intimately attuned (3). This concept can also be applied to spirituality, where many different practices may appear different, yet yield the same or similar outcomes.

Followers of Jesus, believe that we were assigned the task of spiritual empowerment by giving us the authority to spread his teachings to our successors, whom are expected continue the spread of his teachings. Spirituality empowered us to engage in miraculous activities when we stepped out to do this holy task. Empowerment also gives us the sense of knowing who we truly are (our true identity). As Jesus was tested by God, we all are tested and will be tested accordingly. We all are burdened to the extent that we have the capacity to hold because God loves us the most and never burdens us beyond our limits. These are the heights of spirituality and the empowerments we have had in our lives and every person can achieve it through transpersonal practices.

Transpersonal healing is more effective in such situations because spirituality produces a sense of empowerment. Transpersonal treatment empowers the mind of a person through the Divine's power that enlighten the hearts and souls of people. Transpersonal curing also helps the development of permanent and long-term solutions for mental and physical conditions. Transpersonal psychology values the intuitive aspects of the knowledge and it has been suggested that transpersonal healing is the most effective way to cope with mental problems and transforms the negative feelings we have to those of positive, optimistic, and satisfactory feelings. The positive mind as a result of transpersonal healing is a valuable asset for the society

and the whole world. The development, happiness, and prosperity in the world are possible only by the empowerment and mental energizing that occurs through the love of God.

Kant and Schneewind stated that there are two kinds of rational knowledge, material (concerning an object) and formal (concerning a form of understanding, reason, and universal rules of thinking), which enable us to understand how knowledge is formed and exists (1), which is also a major focus of metaphysics and spirituality assists us in gaining that knowledge. Spirituality enables us to obtain full power and splendor of God. First, we must go through spiritual growth, which is a comprehensive and lengthy process that brings maturity to our souls. The process to spiritual maturity is akin to that of planting a seed in the ground and then nurturing it to grow, so that it may produce something of value. Our behaviors and the way of thinking are outcomes that are influenced by spiritual growth.

We are human 'beings,' not human 'doings.' Thus, personal empowerment is really simply the choice to say 'no more' to autopiloting through life, instead enabling us to question reality, to pursue spirituality as a solution for physical issues, and to transform ourselves, leading to transformation throughout the entire world. To do this, Heer suggests that we

Ask a question, don't look for answers. Questions open up possibilities, whereas conclusions close them. When we are operating from victimhood, we are almost always in conclusion not in the question. Therefore, a simple shift in the way we operate in life can deeply and swiftly shift us from dis-empowered to empowered. Bringing forth a whole new level of awarenesses we were previously closed if too. In application, this is has proven to be one of the fastest ways to shift and heal (15).

Peace and harmony of the society are possible by ensuring a sense of justice and equality, which is often not evident in vulnerable communities. According to Masters, Christian Science is

the first mega movement of metaphysics with certain practical implications, where its primary focus is on health and its secondary focus is on prosperity and improvement of quality of life (Bachelor's Degree Course Study Module 1: 5), which may be achieved, in part, through transpersonal healing.

Transpersonal healing is focused on honesty, self-awareness, and mindfulness. This type of mental treatment is widely used to control certain mental disorders efficiently, such as phobias, addictions, anxiety, depression, suicidal ideations, mood, and behavioral problems. This dimension of transpersonal psychology is strongly associated with religion, spirituality, and is used to become more spiritually aware. It is particularly beneficial for those who are ambiguous to seeking the meaning and purpose of life. The core techniques of transpersonal healings are meditation, dream work, art, music, personal reflection, and guided visualization. These techniques help us to explore our spiritual selves and create some meaningful purpose of life. They also allow for inner strength and resource expansion for the creation of a more balanced life, which in turn contributes to a more balanced world. We cannot affect one without it affecting the whole.

This process integrates the traditional spiritual rituals to psychology and its focus is to achieve positive outcomes, as opposed to concentrating on the negative experiences. It emphasizes that we exist beyond the physical body and the mind. Under this process, it is asserted that our intangible composition is more powerful and needs to be nurtured by several spiritual practices so that we can heal, enabling us to help society as a whole. As we are made of intangible and transcendent factors, this is the true power we hold within our true-selves. However, reaching this point requires a lot of hard work and practice to nurture it and develop a strong relationship with God. Similar to the body and the mind that need treatment to be cured,

the intangible part of the body also needs healing that could be provided by spiritual scholars and other therapists. Transpersonal therapists and metaphysicians are using religious beliefs and spiritual practices of different religions (not just Christianity) to explore different levels of consciousness and to guide us in times of trial.

The systemic issue related to the vulnerable communities are, at micro level, is spiritual poverty. This represents broken relationships with God, with other people of community, and with family. These communities are often sinful and create problems for the rest of the world because they are suffering the spiritual blindness that compels them to behave sinfully and illegally. At a broader level, the lack of spirituality and self-awareness in the vulnerable communities causes many problems to the world, such as increased violence and crime. Other problems faced by these communities is economic and financial poverty, prompting them to utilize unethical and illegal means to get their basic needs met. Because this lifestyle typically leads to a lowered self-esteem, many people in these communities turn to drugs (including legal ones, such as tobacco and alcohol). Additionally, poverty is caused by unemployment, which worsens mental and physical conditions. Sometimes, these conditions worsen so that the individual commits suicide. Poverty (in all forms) and its sub-symptoms represent some of the major systemic issues which can be overcome by transpersonal healing practices. These communities could be empowered by metaphysicians, psychologists, and religious scholars. The problems found in these communities represent world-systemic problems and the roots of these problems are very deep in our cultures. Therefore, systemic changes are required to eradicate these issues from their roots and involves recognizing that living in the world peacefully and accepting the fact of poverty and other vulnerabilities require a strong mental and spiritual state.

Native Americans use ancient mindfulness practices could be potentially used by the youth that connects to one's inner wisdom and to his traditional and tribal state of being. Every person uses power for different purposes to live in this world. We maintain and use our power of body that is likely diminished by utilizing. However, mental power improves by using it, and spiritual power can boost the mental power to a great extent. Moreover, both the mental and physical power are essential for us to develop our spiritual power and resilience (James 20).

Mindfulness is the observing power of the mind and the active aspect of awareness. Mindfulness means paying attention to and being aware of whatever is happening within and around us at all times. When we initially notice something, there is a brief moment of awareness before the viewing mind jumps in. This brief moment represents a moment of consideration with immense clarity and no thought. The thing noticed is not yet alienated out, but is simply an element of the whole flow of the procedure of life. Perception then fixates on the thing, puts limits around it, and labels it. Then, the judgmental mind jumps in, and the mind is back in its daily mode. Under ordinary conditions, that first perfect moment of consciousness is very brief and goes unobserved. What this practice of mindfulness does is to extend the moments of pre-verbal meaningful. Murphy put it simply, saying

Your subconscious is your book of life. Whatever thoughts, beliefs, opinions, theories you write, engrave, or impress upon your subconscious mind you shall experience them as the objective manifestation of circumstances, conditions and events. What you write on the inside you will experience on the outside (47).

Therefore, victimhood, when experienced collectively or individually, is a direct reflection of the personal subconscious beliefs both passed down generationally and impressed upon our subconscious in our current lifetime. This is why personal healing, which naturally

opens up the doorway to personal empowerment is the ultimate key to overcoming victimhood, victimization, thereby creating a world filled with liberated people who are acutely aware of the power of the subconscious and the personal accountability and responsibility for every thought, word, action, and surfacing of old patterns.

The effect of doing that, over time, is thoughtful. It is a kind of profound knowing which changes the way that we understand the world. When mindfulness is present, it is like a clear mirror. It sees anything appears before it with no deformation or judgement. Mindfulness does not have any likes and dislikes. There is no enthusiasm or prejudice to color what is seen. It knows things in the encircling, as it were, in their totality, just as they are. A person gets interested in what is going on. The way to watch thoughts is the method that you would watch a lizard crawling on the ceiling of a room. The transpersonal healings are crucial to restore the balance and harmony in the society, regarding the norms and believes of culture. These cultural values are aligned with religion because religion is the part of a culture, and the teachings of the religion and traits of a culture do not contradict with each other. The western societies, including America and Europe, are based on the individualism and claimed individualistic awareness. The principles of transpersonal psychology are to transform a person from the individualistic approach to the societal approach, to bring harmony, peace, and prosperity in society. However, spirituality and transpersonal healing could overcome the mental blockages through the positivity learned from the teaching and practices of the transpersonal healing dimension of the metaphysic. A person whose mind is enriched with the love of God, and love with its creation would be helpful for society and the wellbeing of the world. Through the bonding with Divine, a human recognizes the special or non-ordinary state of consciousness, becoming empowered and opening up new channels of personal healing and awareness. The

main theme of transpersonal psychology is that the brain does not limit the mind of a person, but it is beyond it. Transpersonal psychology guides people to understand that we are the part of the bigger collective, the world, and the universe. So, people learn about his or her responsibility toward society and the world. The bigger collective is the broader view of this world, through transpersonal healing and transpersonal psychology creates a sense of responsibility of a person to bring prosperity, and peace in the world. Personal empowerment occurs when one is awakened beyond the limitations of one's personal challenges and egoic identity. Personal Healing becomes a way of life, enriching one's life and their contributions in this world as true healing occurs through the process of wholeness with elf, followed by oneness with God and in turn all of God's Creation.



## Discussion

Transpersonal methods combine psychological concepts and religious beliefs. Spirituality is widely used to cope with mental distractions and to achieve the peace of mind, and a peaceful, positive thought is the only way for the prosperity of a person and the whole society and the world. The basic philosophies of spirituality are love, care, honesty, trust, and hope. I would propose that the chaplains and metaphysicians should be selected in many departments and institutions to deal with mental illness tragedy that is swiftly increasing. The increasing pace of suicides in the globe is a prominent issue. Spirituality and transpersonal healings have considerably condensed the cases of suicidal ideations. People undergo due to lack of self-awareness and self-actualization, they do not know their real self, as they are detached from their spiritual status of being, and their energy such as their inner acumen. There is an infrequently transformational value in transpersonal practices. Since it is still based on a logic of being separate from our actual selves and need something we do not possess, it can undergo just as very tiring as trying to slice down a tree with a hand ax. Even some honest spiritual knowledge, still deep-rooted in a dualistic awareness of life, teach supporters to use this immense power within to get more objects out there, which time and again leads to spiritual materialism (where we use the spirit to conquer more immensely, instead of using our material experience to raise spiritually) and perpetuates the incredible problems they are trying to restore to health. When you carry out any goal-achieving procedure that initiates from a basis that you are wrecked, missing, or something is absent, the height of your in-progress self-image determines your growth—that portrait you have of yourself that is prepared up of your perceptions, uncertainties and past traumas, as well as the stories you say to yourself and the role you play in such stories. At the best level, this develops cosmetic improvements, not the exposure of true self. Mystically

known, being “shaped in His own picture” does not mean we “glance” similar to God; it means that at the point of our real self we hold the same component traits, which have been described as character, truth, feel affection for, gorgeousness, power, and intellect, among others—just as the signal contains the same fundamentals as the ocean.

A real sense of spiritualism is to know and realize the oneness of God and his strengths and powers. Our body's systems and organs are examples of a miracle, and our life from all the aspects is a gift of God and a miracle. The mental illness grows because we are ignorant from the love and the relationship with God. The power of positivity and dreaming are nurtured by regular practicing it; also, meditation can boost these powers. Healing is a complete process that transforms the state of mind from a worse situation to the ideal conditions. The healing process is not as easy as the curing is, it completely transforms mind from this existing situation to a new and healthy condition. Healing means the "Whole," so healing is becoming the whole in the physical, emotional, intellectual, spiritual, and social dimension of the self. It is a broad term, and curing could be its likely part, and it cannot be used as a synonym for each other. The focus of curing is focused on the elimination of the symptoms of the disease. Healing is used as a catalyst that results in achieving the balanced person. A healer is a person who wants to serve others, with the aim to recover their body, mind, and their spirit, and to channel the energy to them. The healer transforms the state of body or mind into the desired position through prayers, suggestions, shamanic or other practices. Healing empowers a person to cope with major psychological complications such as; anxiety, depression, suicidal ideation, and transform the mind to achieve the positivity and peace of mind.

Within each of us, we carry the 55th Gene Key. In its shadow state this is the shadow state of victimization, in its gift and siddhic state, it is freedom. We all are aware of the physical

aspect and role our genes play, however there is much more expanded and metaphysical role our genes play as well. Each one of us are born with a specific set of genes, a hologenetic profile is also intertwined with our physical vessel. By understanding our own unique hologenetic gene profile, we can understand our own personal and collective core wound to overcome, as well as unlocking our innate genius and unique prosperity sequence. We are alive in a very unique and important time in history. This time references the great change, where we as a mass consciousness are moving out of our inherent 55<sup>th</sup> gene shadow state into the gift, and some into the siddhi state of Freedom, changing the terrain of our world as we know it. We are all born with gene 55 passed down for generations and deeply imprinted in our genes, cells and subconscious. And until now only a few have been able to transcend the shadow state of this gene key. Simply put, humanity is currently experiencing a period of genetic mutation, this we know from the large number of gene mutations the medical field has picked up in the recent decade. According to Rudd (438-440) and the ancient Chinese I-Ching, which is more or less a genetic clock, we have passed through two of the three phases of the awakening sequence out of victimhood. The year 1987 represented the Harmonic Convergence which bore witness to the Age of Synthesis (Rudd 439), 2012 birthed the Melodic Resonance, and 2027, according to the genetic clock and potential future mutations in human DNA brings with it the Rhythmic Symphony (Rudd 440). In Metaphorical Language, 1987 was the gestation period, 2012 was the birthing period and 2027 is the coming to fruition of the new order (Rudd 440).

Through the coming generations, this collective shift out of victimhood, which is activated and expedited by each individuals' personal healing and empowerment will transform the future of technology, science, government, poverty, money, death, medicine, children, education and in turn our entire world (Rudd 447-449). Once the mind and human awareness has

chosen to transcend the innate gene of victimhood, true genius emerges birthing an entirely new world for all. According to Masters (Master's Degree Course Study Module 4:45), self-image is essential to maintain a positive thinking attitude. A person could not bear all the fruits of successful life unless the self-image is contradicting to it. This spiritual legacy includes our capacity to decide what we focus our responsiveness on and the creative power of our consciousness. As our focal point determines what is in our awareness, and our consciousness determines our understanding, we eventually have a God-like power over our world. No matter what part of the tracks you were born on, what sort of upbringing you had, what current challenges you are slogging through, color, direction, faith, or age you are, the great intention of your true self must come forward. And this power of Choice is endowed to every single one of us by our Creator. The moment we realize the most powerful gift we have been given is the power of Choice, is the moment everything can begin to shift.

While an emergent number of researchers offer that religion and spirituality are an interrelated but diverse examination of the extant research indicates that these two words are mostly understood as synonyms and are used alternative and are presented as a conceptual fusion, such as the religion/spirituality. Despite the traditional confounding and convergence of these two terms, a common difference now made between spirituality and religion is concerned the level to which they are personal and observed in opposition to learned and social, respectively. Religion is normally seen as relating to thinking, doctrines, and practices linked with the association in a religious institution. Spirituality, in distinction, is considered to require an experientially grounded sense of association with, or participatory realization of, the sacred, transcendent, numinous or some form of greater power or intelligence. Within this difference, while religion may be found as assisting the appearance of spirituality and could even be thought

of as a major agent of socialization in possessions spiritual (e.g., it gives community the language, concepts, and practices that can help them recognize and build up their spirituality), religion single-handedly is not seen as essential for such emergence to occur. Metaphysics has definite similarities, as it shares specific characteristics that are found in other fields of studies, such as, spirituality, theosophy, ontology, theology, psychology, mysticism, and philosophy. According to the scholars of metaphysics, the human is an immortal soul, created and sustained by God and he loves humans the most. This is the nature and reality of humans, and the soul is the reason for our life and consciousness.

## **Conclusion**

Spirituality provides us with the means to connect with God and get the energy that our soul needs. To nurture our soul, the energy of the Divine is required, which may be obtained by different practices and techniques. To empower the soul, one needs guidance from spiritual and religious scholars. Spirituality was first introduced in Christianity, while other religions, such as Judaism and Islam, who believe in the oneness of God initially rejected it. Nowadays, all religions are practicing spirituality, due to its positive and great impact on the individuals and societies as a whole. Moreover, in the USA, spirituality is widely used for the treatment of mental illness and other physical illnesses. Spirituality has a negative correlation with suicidal ideation as well. As a result, metaphysicians and psychologists are actively working in the USA and many other countries to overcome the rate of suicidal ideation through the teachings and practices of spirituality. It provides energy to the minds and souls of a person, that improve positivity in a person to cope with the challenges a person or the community faces in this world. The positivity resulted by the spiritual practices are overcome depression, anxiety, and other negative thoughts, and makes the world a peaceful place for all the human around the globe. Spirituality also empowers a person to think and see big, enables a person to learn about the purpose of creation of this world, the purpose of our lives, and responsibility of a person towards the society. Spirituality also eradicates many problems and negativities from this world, such as greed of material things, hostility, racism, discrimination, envy, favoritism, and hatred.

Furthermore, spirituality also raises the sense of love towards other people regardless of any favoritism and discrimination, builds peace in the community and have the potential to spread its scope all over the world. Through the transpersonal technique, the destitute and deprived people could be encouraged and would be able to serve this planet with their

distinguished characteristics and abilities. The positive mindset of all the communities and their collective contributions can make this planet an ideal place to live. However, there is a huge gap among different communities that made this world the place of sorrows and depressions. That consequently caused different mental and behavioral complications, not limited to the growth rate of the suicides, depressions, anxiety, stress, and tensions. The basic objective of this research is to empower the person, to soar the self-confidence and self-actualization of a person to contribute to this planet his services.

Additionally, spirituality allows a person to clean the mind from all the negativities, and allow a person to forgive oneself and other people. Forgiveness relieves a person from the disorder and pressure of mind, to forgive your rivals and move on, is the basic teachings of spirituality. Self-forgiveness is also important for a person to attain the peace of mind because the self-forgiveness reduce the mental illness and decline the rate of suicidal ideation. The scope of spirituality and transpersonal ideation has raised, now in psychiatric clinics and hospitals have appointed them for counseling and taking sessions with people with a mental health condition and other patients with severe illness. To develop the positivity which has a significant impact on the healings of certain fatal diseases. With a strong well power people cured of the disease with last stages, where medical sciences had failed, spirituality worked and healed the patients. Similarly, in the organization the empowerment of employees to make decisions and work independently with minimal stress have produced greater results than others.

Our study was limited to Christianity, and this study did not reflect the impact of spirituality on other religions. There is remarkable work done in other religions as well, such as Hinduism, Islam, Judaism Buddhism, Scientology and other religions. In future, the cross religions study of the effects of spirituality can be conducted. How to integrate the people of

different religions in this world with utmost respect while maintaining peace and harmony around the globe. There is limited research in this specific field of study, and on this topic in metaphysics. The scope of this field is broad and could be linked with health, religion, psychiatry, sociology, psychology, political science, and business management, etc. This is an emerging field and has significant importance in every discipline of study because it is related to the human mind and soul. A mentally and the spiritually sound person is the real asset of an organization, community, religion, and the whole world.

Choice is the most powerful gift every individual receives without merit. We are born into a world based on Free Will, and through free will each individual holds the power to impact their life, the lives of those around them and in turn the world for better or for worse dependent upon the individuals level of conscious awareness, soul maturity and one's personal state of health. The importance of understanding each individuals personal healing and empowerment through their ever present gift of Choice can and will with time and the evolution of consciousness heal our planet's systemic issues, bringing us ever closer to a New Earth for all.

In closing, the quote that I continue to invoke into my Spirit and that I feel best summarizes the power we hold within that is unlocked through choosing empowerment which activates a ripple effect in others and our world is one by Marianne Williamson that I first heard in the film "Coach Carter" back in 2005 and it has been molding me ever since.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.



We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others (190).

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