How well do we know the persons in our life? For a minute, how about we take a short trip into the psyche of an exceptional individual. As we venture inside this "mind" we start to get a image of individual's preferences, detests, fears, contemplations, propensities, convictions, states of mind, inclinations, guidelines, values and so forth. We ultimately observe them for who they truly are, for what they remain for without disguise or mental trickery, and we surprise… about the pieces of information that their physical body leaves behind will give us a profound unguarded knowledge about their mind, mentioned by Adam Sicinski (2009) in his I.Q. Matrix blog.

The learning and understanding give a profound knowledge into individuals' considerations and thought processes regardless of what their verbal dialect may propose. This will further fortify convincing and intellectual capacities to persuade others to the way of thinking.

“Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment.”

- Gordon W. Allport (1937)

The idiom "dynamic" intended to indicate the change occurs in the basic nature of personality which influences the changes in person’s quality of behavior. ‘Organization’ entail that the personality is comprise with different traits, equivalent to each other. The term personality alludes to continuing characteristics of a person that are appeared in his way of behaving in a wide assortment of conditions. The term personality originates from the Latin word persona signifying "veil".
Spirituality needs to manage the spirit and the acknowledgment. It has nothing to manage the only physical self; the insightfulness; the psyche and other stuff of human presence. Only Spiritual is profound who looks for a definitive awareness or the genuine cognizance in himself, and endeavors to join his own individual awareness with that extreme awareness.

India is home to all the major religions of the world, thriving in harmony since centuries. Spirituality and mystical charm have always drawn people from all over the world to India. As the world becomes increasingly capitalistic and materialist, the quest and urgency for spirituality grows more and more. The traditional Indian way of life has helped in the evolution and growth of Spiritualism. Numerous cultures and religions have thrived and flourished together for ages and resulted into the unique Indian way of life.

Over an existence time every one of us changed to a phenomenal degree. From a physical viewpoint we begin of a little heap of around 50 cm's high with fantastic components in a versatile delicate skin and after that we may wind up somewhere in the range of 90 years after the fact as a stood dim to live upheld 180 cm high structure in the entwining time frame, each and every cell in our body will have been supplanted regularly many circumstances over and will have experienced a wide range of encounters that maybe leave no follow in memory. The 25 year old were recollected the vast majority of a 5 year old feels so firmly about. 67 years old will just faintly review what was in their mind when they approach 30. We convey a similar name for the duration of our lives and view ourselves as a generally stable unitary substance. Be that as it may, is it truly ideal to consider ourselves a similar individual?
When one put our self on philosophical magnifying lens of individual personality develops as far trickier then a first accepted. So in what ways might we be able to be said to be consistent all through circumstances. What does ensure that we can conceivably consider ourselves a same people over an existence time?

Exactly where is close to home personality or self-character found.

Standard presumption is that it's our body that certifications our own characters. This is the hypothesis that the key piece of what makes "Me" is that I am housed in an indistinguishable body. Yet, scholars jump at the chance to push this presumption around a bit. Suppose I lost all my hair, would despite everything I be me? Yes Sure! Would on the off chance that I lost a finger and a leg? Unquestionably yes. Presently, imagine a scenario in which pernicious evil spirit showed up and revealed to us that you lost all aspects of your body however could keep one piece, which bit would it be. Maybe a couple of you would pick our elbow, leg, paunch, yet every one of us would get our input and that discloses to us something fascinating. We expect verifiably that a few bits in our body are more meish, nearer deeply of individual personality then others and the most meish of the considerable number of bits are our mind.

Numerous religion runs a rendition of this idea explore. it request that we think what will occur after our passing and it envisions the detachment of our body eventually not as critical and the continuous survival of a more uncommon piece called the Sole.

Something nearer to the genuine self maybe is the sole or cerebrum. We should put the idea explore future. What bit of the cerebrum is in reality most critical to being a ‘me’? How about we envision that I have knock in my mind and lose my capacity to play table tennis …. Am I still myself… Most of us would state "Yes beyond any doubt". Imagine a scenario where I won't communicated in English or Hindi letters and misfortune the capacity or overlooked how to cook pulav with issue would despite everything I be me?................. Yes.
Other world's specialized limits… don't feel near the center of individual personality. Shouldn't something be said about alternate sorts of recollections? We should consider some of its conceivable answer and clear questions…

A major piece of making "me" has a tendency to be my store of recollections. I recollect the cover in my room when I was growing up or the young lady I am in the college. Be that as it may, imagine a scenario where these recollections all vanished too would I be able to in any case be me. One view is conceivably, so longer something as remained and that thing we can called my character, in another words

An entrancing thought arrived in a view individual character appears to be excessively comprised not in real survival. I could be placed in a few bodies or live in a jug and still be me. Nor of the survival of memory I could overlook everything and still be me, yet in the survival of what we hear to call character, this is a thought reattributed to English savant John Low who broadly composed individual personality what he calls similarity of cognizance-

On the off chance that an evil spirit offense us a decision.

Recollecting everything except for feeling esteeming in an unexpected way

Or, then again

Feeling and esteeming a similar kind of things yet recalling nothing

The vast majority of us would recommend

Feeling and esteeming a similar kind of things yet recalling nothing

So on the off chance that I need to come individual personality down to its quintessence it appears to come down to esteems slants and demeanor.

How about we consider passing in light of all it, the standard estimation of death is pitiful in light of the fact that it's the finish of our personality, now it's surely means the end if our character is with the survival of our bodies or without of our recollections. Be that as it may, on the off chance that we surmise that our identity is to a huge degree about of our esteems and qualities, cherishes and abhors then we are
as it were, conceded a sort of interminability, basically through the way that these will keeps on living on in our species in general legs here and then outside of their present home. Maybe what we have realize and called me was just even a transitory a resting place for set of thoughts and proclivities that self for more established and our destive to on far longer than our bodies. We may endeavor to be less tragic about death by letting to go for the thoughts that are a specific heavenly body of physical elements. We are dependably one might say for longer enduring, for more Trans generational as a heap of slants and thoughts.

We will proceed to manifest and live at whatever point those thoughts that most attributes of us will develop as they should in the eras that it will come.

Concentrating in on inquiries of personality has a paradisiacal and rather cheering a reality of making us both less joined to specific bits of us and more certain that the truly imperative things about who we have been will make due in a route long after our bodies have come back to clean and our recollections have been a platurated.

The way we express who we are, the way we live out our spirituality, will depend, to a considerable extent, on personality structure.

Grappling with and understanding the patterns of our personality structure are crucial to our spiritual growth. Spiritual practices tend to improve coping skills and social support, foster feelings of optimism and hope, promote healthy behavior, reduce feelings of depression and anxiety, and encourage a sense of relaxation. By alleviating stressful feelings and promoting healing ones, spirituality can positively influence immune, cardiovascular (heart and blood vessels), hormonal, and nervous systems. The health benefits of religion and spirituality do not stem solely from healthy lifestyles.

In a current investigation of individuals with (AIDS), the individuals who had confidence in God, sympathy toward others, a feeling of inward peace, and were religious had a better possibility of survival than the individuals who did not live with such conviction frameworks. Qualities like confidence, expectation, absolution, and the utilization of social help and petition appear to noticeably affect wellbeing and mending.
FAITH - A person's most profoundly held convictions and beliefs emphatically impact his or her wellbeing.

HOPE - Without hope - an inspirational disposition that a person expects despite trouble - many individuals wind up noticeably discouraged and inclined to sickness.

FORGIVENESS - A training that is energized by numerous profound and religious conventions, pardoning is an arrival of threatening vibe and disdain from past damages.

LOVE AND SOCIAL SUPPORT - A nearby system of family and companions that loans help and enthusiastic help has been found to offer insurance against numerous problems.

PRAYER - The demonstration of placing oneself within the sight of or talking with a higher power has been utilized as a methods for mending over all societies all through the ages.
According to the CALIBER Model by Adam Sicinski (2009) unlocks the human psychological approach. It presents with key signals that must attend to in order to gain a comprehensive insight into a person’s true motives, thoughts and intentions.

YOUR PSYCHOLOGICAL PERCEPTIVE ABILITIES

The accompanying CALIBER Model presents a progression of categorized signs to become aware of while imparting or interfacing with someone else. Each flag has a particular and unequivocal implying that will uncover a universe of data about others. Opening these signs will empower to assemble the fundamental data about the persons state of mind and personality structure.

To start with, this can be a fairly overpowering procedure that requires concentrated exertion, addressing and watchful perception. It is exceptionally hard to get on everything ideal from the onset. Notwithstanding, it must remember that this is an excursion of disclosure of wonderful journey of psyche that will dynamically gain information from it and enhance after some time. One ought to accordingly start by
focusing on just a couple of these signs and factors because it can incorporate further increases to this approach, and as a result of developing these capability it can be possible that one can be able to open up a man's concealed identity and thought processes in a matter of a minute.

At the same time to go to these signs, ensure the constantly and determinedly confining of every variable and asking the Identification Questions that will empower to open every individual's concealed intentions and needs.

**ANALYZE PHYSICAL GESTICULATION**

The Physical Signals that we will be talking about here incorporate non-verbal communication, facial dialect and the other individual's spoken language. Each of these signs will uncover a universe of learning and comprehension about the other individual. However remember that the experiences you obtain will all rely upon your own capacity and on the deliberate exertion you make to open every individual's mental approach.
PERSONALITY MODUS OPERANDI

Bureau of this section of CALIBER Model separates the four regular personality approaches that contribute to influence human mental conduct. Just distinguish the attributes of personality and adjust approach accordingly as needs be with a specific end goal to impact individual’s mindset.

FRATERNIZE PERSONALITY

The fraternize Personality approach is direct and has a people concern nature.
A fraternizes Personality owns the super social ability which will generally tend to show the following arrangement of traits:

**SCRUTINIZER PERSONALITY**

The Scrutinizer Personality style is indirect and has proper analyzing traits.
A Scrutinizer Personality owns the analyzing ability that will specifically show the following set of characteristics:

**CHIEF PERSONALITY**

The Chief Personality approach is direct and has a task centered in nature.
A Chief Personality owns the administrative ability that will specifically show the following set of attributes:

**RAPPORT PERSONALITY**

The Rapport Personality approach is roundabout and has a people centered style.
A Rapport Personality owns the empathetic ability that will tend to show the following set of qualities:

**Outspoken**
- Acts and talks confidently
- Enthusiastic

**Sensitive to Other's feelings**
- Spontaneous
- Gets exhausted easily
- Good listening ability

### SENSORY COMMUNICATION

Bureau of this part of CALIBER Model mention the three Communication Personality sorts. Just distinguish the personality attributes and adjust approach accordingly which impact individual’s state of mind.
THE THREE COMMUNICATION TYPES

These three communication sorts will help to distinguish personality, and prepare methodologies that use to impact individuals’ conduct. This is to foster a knowledgeable insight into human way of behavior at yet another level of comprehension.

Every one of us normally supports a specific communication method. Either have a visual, kinesthetic or sound-related nature. Our tendency will basically decide how we develop the ability to obtain, understand and convey knowledge from the outside milieu. It is required to understand out about a person’s sensory state while entering the area of interaction. This reflects that both individuals have incredible common approaches. They will in this manner be more open, additionally ready to unwind, impart unreservedly, and open up to impact and recommendations.

VISUAL SENSORY TYPE

A Visually sensory type individual dominantly uses their eyes to gather data about their outside condition. They have a tendency to inhale rapidly from high up in their chest, and they talk at an enraged rhythm. Outwardly situated individuals tend not to be extraordinary audience as they are regularly diverted by the hues and developments of their condition. At long last, they frequently use outwardly elucidating words when discussing individuals, occasions and their condition.

AUDITORY SENSORY TYPE

An Auditory individual transcendently uses their ears to gather data about their outer condition. They have a tendency to be extremely cadenced in nature, talk at a direct pace and they appreciate listening eagerly to others. They always try to find out or seeking a group having regular discussion of their interests. At long last, they have a tendency to use auditory "sound" words to depict individuals, occasions and their condition.
KINESTHETIC SENSORY TYPE

A Kinesthetic individual dominantly uses "touch" and "feeling" to gather data about their outer condition. They have a tendency to talk with a moderate and deliberate nature. They additionally inhale profoundly from their diaphragm, and will frequently look down to assemble their contemplations and emotions. At long last, kinesthetic individuals have a tendency to use words that are covered with profound feeling and emotions.

Visually sensory type individuals have a tendency to be short tempered and moody with the kinesthetic tangible sort, because of the distinctions in the speed of thought and discourse. While, kinesthetically sort of individuals have a tendency to confused and not able to understand easily when having communication with visual individuals, because of the difference in the speed of communication.

THE SCIENCE & TACTICS OF DECEPTION

The fourth Bureau of this CALIBER Model revels the tricks of science as it identifies with a Person's non-verbal communication and signs. Taking care of these inconspicuous signs which spot and captured the tricky strategies that others use to persuade their trustworthiness.
THE SUBTLE SIGNALS OF DECEPTION

As a human community we generally not always favor truthfulness constantly, because of an assortment of individual reasons and conditions. Indeed we have turned out to be so capable at misleading that for a few, it has turned into a work of art of sorts that includes watchful readiness and meticulousness. However, as much as individuals may attempt and conceal their actual hidden intentions, there is one superseding get; we are on the whole psychologically living creatures, and all unconscious and semiconscious things we considered as an approaches of our attitude, thought, feeling and action that are unsurprising and typical. What's more, it is these practices that revels the hidden facts of our misleading ways.

EYE MOVEMENT INTERPRETATIONS

Our eyes divulge a universe of details about our thought and visual portrayals. Actually, the position of our eyes can uncover whether we are recreating occasions in our psyche, visualize things that never were, or taking advantage of sentiments or feelings that we generally conceal from others. Possibly, these signs can be evaluated and uncovered easily through observing the movement of eyes of the person. What's more, yes, they can likewise uncover other individuals' beguiling ways.
The accompanying focuses list the position of the eyes and their related importance:

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right and Up-Visual Construct</td>
<td>• The individual is making pictures in their mind.</td>
</tr>
<tr>
<td>Right-Auditory Construct</td>
<td>• The individual is making sounds in their psyche.</td>
</tr>
<tr>
<td>Right and Down-Kinesthetic</td>
<td>• The individual is detecting past sentiments or, then again making future ones.</td>
</tr>
<tr>
<td>Left and Up-Visual Remembered</td>
<td>• The individual is approaching to pictures from memory.</td>
</tr>
<tr>
<td>Left-Auditory Remembered</td>
<td>• The individual is approaching to sounds from memory.</td>
</tr>
<tr>
<td>Left and Down-Auditory Digital</td>
<td>• The individual is communicating inside.</td>
</tr>
</tbody>
</table>

Spirituality needs to manage the spirit and the spirit alone. It has nothing to do with the body; the keenness; the mind and other stuff of human presence. Only he is otherworldly who looks for the Ultimate awareness or the Godly cognizance in himself, and endeavors to join his own individual awareness with that Ultimate awareness.'

“As a flying creature needs two wings to fly, so a person needs the two wings of presence of life, the profound spirituality and the material, to lead a natural and harmonious life. If either is neglected for the other, such a life becomes natural and the result cannot be what we desire it to be. Spirituality provides the way to restore this balance within our self.”

- Chariji

Spiritual existence can allude to an extreme conclusive or a supposed irrelevant reality; a self actualization is empowering an individual to find the nub of his/her being; or providing them the "most profound moral mannerism and implications by which individuals live."
Spiritual exercises, including meditation, invocation and analyzing self, are planned to build up a person's innermost life; profound experience of spirituality incorporates the connectedness with a bigger reality, yielding a more all-inclusive self; with different people or the human group; with nature or the universe; or with the celestial domain. Most profound sense of being is frequently experienced as a wellspring of motivation or inspiration in life. It can include faith in substantial world of reality or profound life experiences or extraordinary nature of the universe.

**RELIGION AND SPIRITUALITY**

Religion and Spirituality are frequently utilized as equivalent words. While religion is more to do with customs, Spirituality is what needs to do with one's Self or, the soul. Anything accomplished for its development and progression is deep sense of being. They are not restricted, but rather originate from each other. While religion is more composed and incorporates open ceremonies and spiritual realization is the most profound sense of being more private and self based.

In India, most profound sense of being a spiritual and religious are a part of day to day living. In no other nation, you can supposed to see a sadhu (a disavowed austere or an expert of yoga) strolling in the city with only a dhoti and his rosary as his belonging without pulling in any consideration. This is what make me amazed to study bout spiritual personalities and 16 PF gave me so many factors to know about them.

India is home to all the significant religions of the world, flourishing in congruity since hundreds of years. Most profound sense of being and enchanted
appeal have constantly drawn individuals from everywhere throughout the world to India. As the world turns out to be progressively industrialist and materialistic, the mission and trust of knowing more about spirituality develops to an ever increasing extent. The traditional and conventional Indian lifestyle has helped in the development and growth of Spiritualism. Various societies and religions have flourished and thrived together for a very long time and came together for contributing to a unique kind of Indian lifestyle.

At various point of times in the historical backdrop of our civilization many pioneers and spiritual personalities have conveyed the message of peace, fellowship, brotherhood and concurrence, spirituality is involved in the roots of enriched Indian culture and tradition which together teaches us the right way of living. Arts like Yoga and Ayurveda combined with religion have played a glorious part in the development and existence of spirituality in India. Through the ages, different Ashrams and Gurukuls came up in various parts of India. These centers played a magnificent role in helping to spread the message of sympathy, love, care and positive living.

In this study I am attempting to include those spiritually oriented personalities from different professional groups, who work for the society and humankind but also profoundly rooted with spirituality. Principle reason is to investigate different personality and wellbeing factors together with regard to 16 P.F. to know how their identity factors are unique in relation to each other and is there any critical contrast or not.

Thus, Indian spirituality is all about providing gratitude to all living beings-creatures, trees, rock, even water and leads a positive and healthy life. It is trusted that the incomparable Creator has put every one of us in this world for a reason and that objective is to be caring and loving to each other. As said before, the considerable Indian spiritual personalities and masters have played a vital part in spreading the message of adoration, peace and the requirement for positive living throughout the world. To know about Indian spirituality, it is fundamental to comprehend the essential principles of various religious communities in India.
JAINISM AND SPIRITUALITY

Jainism is one of the most established living religions of India. It originates before written history according to references demonstrated in Hindu sacred writings. It is a religion of absolutely from human origin. Jainism holds that the universe is without a start or an end, being everlasting and interminable and keeps running as indicated by its own particular vast laws. The essential substances in the universe persistently experience neither endless changes however no new elements are made nor any demolished.

The idea of a superhuman God as a maker, defender, and destroyer of the universe does not exist in Jainism. The general image implies that the living creatures of the three universes experience the ill effects of the torments of transmigratory presence. They can seek after the way of religion appeared by the Tirthankars, in this manner realizing promise for them and subsequent to getting flawlessness will live always in the realm of the ideal creatures.

Jains are supporters of Jinas. Jina is an individual who has vanquished the common interests like craving, scorn, outrage, insatiability, and pride by one's very own endeavors and has in this way achieved culminate learning, omniscience and freedom from the obligations of common presence, including the cycle of birth and death. Such impeccable creatures are viewed as Gods in Jain religion. Those Jinas that build up a four overlap request of Sadhus (Monks), Sadhavis (Nuns) and Shravak and Shravikas (Male and female householders) and lecture Jain logic, religion, morals, behaviors to his devotees are called Tirthankars.
The correct lead for Jains is characterized by the five extraordinary promises:

<table>
<thead>
<tr>
<th>Nonviolence (Ahimsa)</th>
<th>• Not to make hurt any living creatures.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Truthfulness (Satya)</td>
<td>• To talk the safe truth as it were.</td>
</tr>
<tr>
<td>Non-taking (Asteya)</td>
<td>• Not to take anything not appropriately given</td>
</tr>
<tr>
<td>Chastity (Brahmacharya)</td>
<td>• Not to enjoy erotic delights.</td>
</tr>
<tr>
<td>Non-ownership/Non-connection (Aparigraha)</td>
<td>• Finish separation from individuals, spots, and material things.</td>
</tr>
</tbody>
</table>

Jains hold these pledges at the main aims of their lives. Monk and nuns take these pledges and vows properly and absolutely, while the ordinary citizens take after the promises the extent that their ways of life will allow.

**CHRISTIANITY AND SPIRITUALITY**

Spirituality is common to all religious faiths. In religion Spirituality communicates the closeness of our relationship with the supreme power. Christian Spirituality indicates the way we understand (i.e. make genuine in an experiential way) our association with God the Father through Jesus. So Christian Spirituality concerns with our quest for God, and his quest for us. The religious title given to this
part of our confidence is supernatural union. That is, most profound sense of being concerns with the spiritual sense is that exists between the devotee and God, and how that is accomplished, created and communicated.

Being is the most foundational component of spiritual foundation. Christianity believed that every individual is influenced by the essence of spiritual reality and is in this way made for association with God and others. This association with God includes individual confidence in Jesus Christ, communicated in the College's utilization of the Apostles' Creed. Confidence in the picture of God and confidence in the life and work of Jesus enables us to acknowledge our brokenness and commend recovery as God's most prominent endowment of adoration. A developing Christian confidence discovers its character in Jesus Christ and confirmations the product of the Holy Spirit. Being a Christian is not exclusively an individual interest. A collective confidence in Jesus Christ discovers articulation in corporate love and trusts the congregation to be the assortment of Christ, locally and all around.

A community believes opposes partition and prejudice, and praises diversity and compromise as attributes of the kingdom of God. Trusting that May God's promise for unity with us is added to our expectation for a spiritual foundation of self, actualization and deed. Also, may the variety of spiritualities among us reflect the secretive and intimate God we find in the Jesus Christ.

**ISLAM AND SPIRITUALITY**

Researchers in Islamic history did not compose much about spirituality as it was never a talk. Some exchange took put when Islam came into contact with Hindu logic because of components of the new speculation i.e. Hindu monkish life being embraced by a few. The issue of spirituality can just allude to two issues, either the
truth of the supreme power i.e. who made all the creation and the connection between the maker and the made, or it can be the ruh, deciphered regularly as 'soul'. The ruh certainly exists and is demonstrated in the unequivocal Qur'anic writings, and henceforth Muslims are obliged to have faith in it. The word soul or "ruh" is a typical term like "ein" in Arabic, a word that has products meaning, for example, 'water source', 'eye', 'spy', 'gold', "silver" among others. The word ruh showed up in the Qur'an with various implications, for example, the mystery of life;

"Also, they get some information about the ruh. Say: The ruh is one of the orders of my Lord, and you are not given anything of information but rather a bit."

[Al-Israa, 17:85]

In Islam, most profound sense of being is characterized as the connecting of activities to the motivation behind life. So for example, a Muslim's motivation of life is to revere Allah, henceforth Spirituality in this sense is connecting the activities of a person to the reason for their life. Activities all alone, without utilizing this system are quite recently that - activities. They are material builds of time, space and objects.

**HINDUISM AND SPIRITUALITY**

A rich, complex and profoundly typical religion, Hinduism is, really, called Sanatana Dharma or the interminable truth/convention/religion. The Vedas are viewed as the divine revelations, uncovered to sages and soothsayers in higher conditions of fellowship with the one. They are accepted to be the world's most old sacred texts.
Hinduism sometimes misunderstood for others seems to be called polytheistic religion, but, in reality, it would be more proper to call it henotheistic. The Hindu sacred texts portray God both as an individual being (as in the Judeo-Christian religions) and furthermore as a rule. A similar Absolute is comprehended in three routes: as Brahm (the nonperson, all-invading part of the Supreme), as Paramatma (The Oversoul or Super soul, the part of God inside the core of all creatures), and, as Bhagwan, the Absolute in the extraordinary individual feature. The whole world is a dream, an insignificant shadow of the Reality, so in Hinduism spirituality is the realization of the god reality, it is the faith and belief in the purity of god existence. It is just through turning internal, regardless of whether as an austere, a householder, a King, a poor person, that the Truth can be seen.

The Hindu perceives the distinction amongst conviction and confidence. A conviction could possibly be valid. Confidence is affirmation or an assurance. Despite the fact that, confidence is all the time used to mean acknowledgment, this qualification is essential to get it. For instance, for quite a while it was trusted that the earth was the focal point of the universe and the sun went round it. Presently, we have the affirmation that the earth circumvents the sun. As indicated by the Hindu, the way to confidence is involvement. This is integral to Hinduism. It regards have convictions as long as one seems to be "working" on them and testing their fact or misrepresentation. Every individual is urged to build up a strong confidence grounded in understanding. The Sanskrit for "confidence" is Visvas, which signifies "to breath simple" or "let it go." after evaluating many thoughts it can be concluded about one's faith, believes and convictions, one can achieve a state of confidence or affirmation by realizing supreme reality through spirituality.

In Hinduism, the mother, father and the master (educator who drives a person from obscurity to light, towards God) are treated as God. Ahimsa or peacefulness to all
types of life is a rule that is the explanation behind vegetarianism among the Hindus. Although, not all Hindus are veggie lovers. Extensively, Hinduism puts some restriction in everything. Nothing is viewed as terrible as long as it is inside points of confinement and the body acknowledges it. It is broadly trusted that abundance in anything prompts sin.

To Sum Up Briefly, The Hindu Believes In:

- A one, all-unavoidable Supreme Being who is both characteristic and supreme, both Creator and Unmanifest Reality.
- Karma, the law of cause and results by which every individual makes his own predetermination by his contemplations, words and deeds. Karma is not destiny, for man it is an act with unrestrained choice, making his own fate. Divine effortlessness is equivalent for all. One just needs to have a pure heart.
- Existence of perfect creatures in concealed universes and that temple worship, ceremonies, holy observances and individual devotion make a fellowship with these "Devas" or Gods.

**SPIRITUALITY AND WELLBEING**

Profound practices have a tendency to enhance adapting aptitudes and social help, cultivate sentiments of idealism and expectation, advance sound conduct, lessen sentiments of wretchedness and tension, and energize a feeling of unwinding. By lightening distressing sentiments and advancing recuperating ones, spirituality can emphatically impact insusceptible, cardiovascular (heart and veins), hormonal, and sensory systems. The health advantages of religion and Spirituality don't stem exclusively from sound ways of life. Numerous scientists’ trust that specific
convictions, states of mind, and practices related with spirituality which they believe actually impact wellbeing.

In a profound study of individuals with (AIDS), the individuals who had confidence in God, sympathy toward others, a feeling of inward peace, and were religious had a superior possibility of making due for quite a while than the individuals who did not live with such conviction frameworks. Qualities like confidence, expectation, and absolution, and the utilization of social help and petition appear to noticeably affect wellbeing and mending.

<table>
<thead>
<tr>
<th>Faith</th>
<th>• A man's most profoundly held convictions unequivocally impact his or her wellbeing.</th>
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<tbody>
<tr>
<td>Hope</td>
<td>• Without trust - an uplifting state of mind that a Person expect notwithstanding trouble - many individuals realized as discouraged and are inclined to sickness.</td>
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<tr>
<td>Forgiveness</td>
<td>• A training that is supported by numerous profound and religious conventions, pardoning is an arrival of antagonistic vibe and hatred from past damages.</td>
</tr>
<tr>
<td>Love and Social Support</td>
<td>• A nearby system of family and companions that loans help and passionate help has been found to offer assurance against numerous maladies.</td>
</tr>
<tr>
<td>Prayer</td>
<td>• The demonstration of placing oneself within the sight of or bantering with a higher power has been utilized as a methods for recuperating over all societies all through the ages.</td>
</tr>
</tbody>
</table>

Modern spirituality is targeted on the “deepest values and meanings by which individuals live.
SPIRITUAL PATH

In a wide assortment of custom and traditions, spirituality is viewed as a way toward the following: a higher condition of mindfulness, flawlessness of one's own being, insight, or fellowship with God or with creation. Plato's Allegory of the Cave, which shows up in book VII of The Republic, is a portrayal of such a voyage, just like the compositions of Teresa of Avila. The Vedas and Upanishads additionally depict such a way of change.

Teaches such ways involve may incorporate prayers, meditation, reflection, supplication, and the thought of consecrated writings; moral improvement and some kind of profound transmission, sometimes through a preceptor. Spirituality point out both at inward development and outward signs of this realization. Love as well as empathy is frequently depicted as the pillar of profound improvement and spiritual growth.
SPIRITUALITY AND PERSONALITY

The way we express our identity, the way we experience our most profound sense of being, will depend, to an impressive degree, on identity structure which is ones Personality.

No two people are indistinguishable. We are every exceptional. Although, this uniqueness is not all that extraordinary as to discount likenesses, or agglomeration of similitude. "Naturally, it takes years of work on oneself to become more acquainted with anything genuine about ourselves; we may think we are discovering an incredible arrangement, through self-scrutiny and by applying expertise and precision of the work, what we ponder ourselves is extremely shallow at to begin with, so the actual self-awareness is comes only after continuous endeavoring. In spite of that, such attempt is extremely worthwhile in every specific effort, because it not only make changes in us but also it changes our entire life for us; in light of the fact that as our level of being changes, so does our life change, as well. We become unique individuals from inside, and this is reflected by the way life treats us outside.

Thinking about and understanding the aspects of our personality structure are the most important part of our profound developmental process. So in most of the time question arises about the quest that the things being what they are, how might we get a reasonable sense of having clarity about different patterns of our personality structure and the examples of our identity that are hindrances to extending our spiritual existence?

Personality structure to be phenomenally insightful in uncovering mental and emotional mannerisms for sixteen particular identity sorts. No sort is preferable or
undesirable over another, and we continue as a specific personality type for the rest of the duration of our lives. Our experiences is not to change our identity (it's there in light of current circumstances!) but to improvise it, so we can utilize it as blessings to extend mindfulness, develop our sense of sympathy and enriched our spiritual aspect. In the hold of identity or inner self, we stay in lockstep to its life-denying structure that sings us to rest. Illumination is awakening.

EXCELLENCIES AND VICES

The Enneagram is an old guide map of process and self-revelation that is encountering a blasted of notoriety in our way of life and rapidly getting to be plainly perceived as a powerful apparatus for individual, expert and profound development. Strikingly, the Enneagram framework has some of its underlying foundations in the Christian abandon custom.

When we are wakeful to our lives, it winds up noticeably conceivable to react from our excellence, enabling us to see reality unobscurred by our personality channel. The Enneagram offers the profound temperance’s of the various sorts as quietness, modesty, genuineness, composure, detachment, boldness, balance, innocence and right action. In snapshots of wonderment, when we are completely present, we get ourselves planted in our ethicalness. Encounters of our goodness are beauty filled minutes.

SPIRITUAL TRANSFORMATION

Spiritual change can be comprehended as a transformation of vitality: moving the energy from the contracted stance of the habit of our Enneagram sort to our uprightness. It might sound straightforward, however actually, hardwired reactions are hard to mellow and moving this vitality requires a solid motivation with significant attempt and continuous self-observation.

Redundancy of new propensities and strictures make new neural pathways that, after some time, enable us to get our programmed reactions before they
happened. In this manner we have a decision by which we can control our way to react and change in our conduct of behavior or responses.

**FOCUSES OF INTELLIGENCE**

The Enneagram recognizes three focuses of insight: head, heart, and gut. As it were, we have three minds. In the "head region," our intellectual capacities enable us to know through rationale, reason, creative ability, and examination. Our "heart focus region" knows through temperament, tone and feeling, while our "gut or body region" knowing as kinesthetic, working with intuition and physical sensation. We have every one of the three methods for knowing yet each of us leads with one of these focuses.

Importantly, we need to approach all three regions of brain. For proper study, it is essential to not separate the regions but rather to ensure powerful association with the other two. If we are operating from one center and ignoring the rest it means not getting proper results but when we are taking care of the three regions simultaneously for knowing self therefore it gets ease to focus, our wisdom and instinct arise. Our lives are more adjusted and equitable when these "three centers" are in agreement.
PROFESSIONAL TYPES & SPIRITUALITY

DOCTORS AND SPIRITUALITY

The majority of specialists believe that spirituality and religion play an important part in saving and flourishing patients' wellbeing. The more spiritual a specialist is, the more probable he or she is to have a positive perspective of the effect of faith and spiritual wellbeing. At the point when illness threatens the health and perhaps the life of a person, that individual is probably going to go to the doctor with both physical indications and spiritual issues indicating faith as a primary concern. Specialists believed that there are two channels, drug and faith but faith and belief play an important role in total wellbeing. Their spiritual impact for the most part enables patients to adapt to ailment and gives them a positive perspective. According to the article in the Journal of Religion and Health guarantees that through these two channels, drug and religion, people straggle with normal issues of sickness, enduring, depression, sadness, and passing, while at the same time looking for hope, expectation, faith, and personal values in the crises of illness. (Vanderpool & Levin 1990). Doctors believed that their spirituality enables patients to cope with disease and gives them a positive perspective.

ENGINEERS AND SPIRITUALITY

An engineer is an expert professional of building, worried about applying logical, arithmetic and creativity to create answers for specialized, social and monetary issues. Engineer develop plan for materials, structures and frameworks while considering the confinements imposed by practical aspects, security and cost. Engineer develops new technical arrangements and solutions. The obligations of the Engineer may incorporate characterizing issues, directing and narrowing exploration,
and examining criteria, finding and breaking down arrangements, and decision making. Most of the engineer’s time is spent on inquiring about, finding, applying, and exchanging data. Spirituality enable engineer’s to adapt to stretch, adjust to change and work in routes intelligent of the requirements of mankind and furthermore bring issues to light about hidden spiritual reasons for ecological threats. Spirituality in the working environment additionally advances the statement of ability, splendor and professional — ability in the feeling of our Divine blessings; brightness as far as our astuteness and the power of the light we need to sparkle; and virtuoso not as a rare item, but rather as something that everybody has. Furthermore, spirituality in the working environment additionally prompts increase self-satisfaction, happiness and a profound feeling of belonging.

**ADVOCATE AND SPIRITUALITY**

Law is the system of rules of conduct established by the sovereign administration of a society to revise wrongs, maintain the discipline of political and social authority, and provide justice. Serving as a legal advisor includes the practical application of conceptual legal hypotheses and learning to take care of particular individualized issues, or to propel the premiums of the individuals who hold (i.e., employ) attorneys to perform legitimate administrations. The reconciliation of spiritual qualities or practices with one's part as law professional and attorney can be extremely useful for bringing balance and life fulfillment. It helps in learning resilience, persistence, and cooperative attitude toward all creatures.

**ADMINISTRATORS AND SPIRITUALITY**

A decent and effective administrator knows how to organize, disposes of that which is pointless and distractive to the fundamental objectives, deliberately restricts choices yet offers immense space for creativity inside those choices, has clear desires and after that makes it feasible for those working under his/her supervision to achieve those desires. Individuals who work as director or administrators grumble about it constantly. "Another meeting", "Another execution survey", "Another emergency" Administrators must build up a vision of the whole, a comprehension of how every one of the parts fit together and cooperate. Administration is a intellectual exercise
that extends the mind and spirituality extends the heart that building up one's ability for an alternate sort of adoration. Organization develops a longing for the benefit of all, for the thriving of all the part that spirituality played in leadership of the administrators/ministers and that their spiritual aspect associates them to: (a) their family morals; (b) the way they assembled relationships with teachers, instructors, students, and the group; and (c) chances to serve. Organization as a potential spiritual pathway by which great individuals can turn out to be better individuals, recognized by a specific translucence and imperativeness that extends beyond them and into the foundations they serve."

**PROFESSORS AND SPIRITUALITY**

Students coming to campuses today are a group of ethnically diversity, socio-economically, religiously, and politically. While they have high desire and yearnings for instructive and word related achievement, and school is the methods by which they trust they can understand their objectives, they are additionally effectively managing existential inquiries. They are searching for more profound importance in their lives, looking for approaches to develop their internal identities, looking to be merciful and magnanimous, and figuring out what they ponder the many issues standing up to their general public and the worldwide group. For school educators Spiritual Quest reflects enthusiasm for the significance/reason forever, discovering answers to the secrets of life, and building up an important rationality of life. Teachers manage students for their expert life as well as for their good and social improvement. Spirituality has loads of importance for school educators for them as well as to give legitimate heading to their students. Their duty is to prepare students for social difficulties they confront in future, to limit their anxiety, strain, disappointment, depression and behavioral issues. Provide them clear observation and spiritual directions to enhance their identities and mental prosperity, to give them moral help, so they don't lose themselves in this quick moving world thus they modify appropriately in the public arena. Spirituality makes them having confidence in the hallowedness of life and searching out chances to develop profoundly.
SPIRITUAL GURUS AND SPIRITUALITY

India is the place of brimming of Gurus, both spiritual and religious. The master (instructor, who drives a person from dimness to light, towards God) is much similar to God. These are the common person who has nurture spirituality, peace, humanity, meditation, fellowship, serving others and enriches such moral values in individuals of India and the whole world. All through the ages India has been the home of various Spiritual Masters and Saints. They have each offered an interesting message and helpful case of how we may pursue the more brightening life. These holy people have shared their intelligence and light in an approach to suit the necessities of the age and conditions. Notwithstanding, on a fundamental level they share a typical message which is to "Know Thyself". This is the incomparable objective of spiritual realization; to know and understand our feeling of saintly consciousness.

Indian spirituality is all about showing respect to all living beings-animals, trees, shakes and even water and lead a positive and sound life. It is trusted that the preeminent Creator has put every one of us in this world for a reason and that intention is to be sympathetic, mindful and loving each other. As mentioned before, the colossal Indian profound personalities and masters have assumed a critical part in spreading the message of adoration, mind and the requirement for positive living everywhere throughout the world.
The sixteen personality factor questionnaire (or 16PF), is a multiple chose based personality questionnaire which was created more than a very long while of research by Raymond B. Cattell. The questionnaire measures the 16 essential traits, and the Big Five secondary attributes, which have become advanced by different authors in recent years. From early in his research, Cattell found that the structure of personality was multi-level and progressive, with a structure of associated essential and optional level qualities (Cattell, 1946, 1957). The sixteen essential variables were a consequence of factor-analyzing several measures of regular practices to locate the major qualities behind them. At that point, they found the five worldwide (or second-ordered) factors by factor-analyzing the sixteen essential traits themselves, to locate the fundamental, sorting out strengths among the sixteen fundamental characteristics. Therefore, the 16PF test gives scores on both the five second-order worldwide characteristics which give a review of identity at a more extensive, conceptual level, and additionally on the numerous and exact essential qualities, which give a picture of the wealth and complexity of every unique personality.

THE 16 PERSONALITY FACTORS

Each factor can be measured on a scale, dictated by finishing a survey, and the word combines beneath demonstrate the extremes of each scale. The letter codes were credited to each scale as shorthand documentation.

Utilizing every one of the 16 Factors, and a more comprehensive arrangement of depictions than we've given here, you can make a truly accurate picture of someone's personality. Combination of factors also provide a more definite picture, and with the assistance of a skillful consultant, you can start to perceive the "real self" that lies just below the outward self, result of one's upbringing and environment.
The 16PF poll (16 Personality Factors) is an exceedingly successful device that uncovers potential, affirms appropriateness and distinguishes advancement needs. The 16PF appraisal gives an entire picture by measuring identity in both the expert and individual circles. Its precise forecasts of conduct and potential give organizations an illuminated certainty that steers staff choice and individual advancement. This extraordinary depth and knowledge of insight, along with over 60 years of research and application, has earned the 16PF universal prestige and regard. In any case, engrossing the information from each of the 16 variables can get entangled, and as of late a variety of 16PF called 16PF5 has turned out to be more typical.
The 16PF evaluation depends on the 'Huge Five' model of identity. Created by Raymond Cattell, it distinguishes five wide measurements of identity – a generally acknowledged model that has impacted the advancement of numerous other attribute based appraisals. Underneath these five worldwide components are the 16 essential variables, giving the detail important to foresee conduct and execution. With its solid research establishment, Cattell’s 16PF poll gives specialists the certainty and validity to settle on vital individuals choices.

Be that as it may, on the off chance that you can comprehend what your identity is, you would then be able to improve utilization of the qualities it gives you,
and consider the resultant shortcomings. Since identity is moderately constant through
grown-up life, this understanding will be of long haul an incentive to you.