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Subhrajit did his LL.M. in Sports Law, from Nottingham Trent University of United Kingdoms, with international scholarship provided by university; he has also completed another LL.M. in Energy Law from University of Petroleum and Energy Studies, India. He did his B.B.A.LL.B. (Hons.) focussing on International Trade Law.

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WHITE BLACK LEGAL is an open access, peer-reviewed and refereed journal providededicated to express views on topical legal issues, thereby generating a cross current of ideas on emerging matters. This platform shall also ignite the initiative and desire of young law students to contribute in the field of law. The erudite response of legal luminaries shall be solicited to enable readers to explore challenges that lie before law makers, lawyers and the society at large, in the event of the ever changing social, economic and technological scenario.

With this thought, we hereby present to you

# **THE ART OF LIVING AND SUDARSHAN KRIYA: THEIR ROLE IN PROMOTING GLOBAL JUSTICE, PEACE, SPIRITUALITY AND LAW IN GLOBALIZED WORLD**

AUTHORED BY: ANURAG KANJARIYA

## **ABSTRACT:**

This paper explores the intersection of Art of Living spiritual practices, activities, and programmes, particularly Sudarshan Kriya, with legal frameworks and their potential role in global peace and justice. It examines the philosophical underpinnings and practical applications of these practices within the context of law and justice in a globalising world. This research examines the intersection of the Art of Living practice, particularly Sudarshan Kriya, with global justice, peace, spirituality, and Psychology and explores how this foundation, through its spiritual practices such as Sudarshan Kriya, contributes to global peace and justice and contributes to a philosophy of global justice that transcends legal systems. By integrating spirituality and mental well-being into the discourse of law and justice in a globalising world, the paper also reflects on the growing importance of non-legal approaches to global justice, dispute resolution and their relevance in fostering a holistic model of global justice and peace. The Art of Living Foundation has demonstrated that spirituality, mental peace, and global justice are deeply interrelated.

**Keywords-** Spirituality, global justice, the art of living, justice, globalisation, Sudarshan kriya

## **1. INTRODUCTION:**

The quest for peace and justice has become more complex and multifaceted in an increasingly globalised world. Traditional legal mechanisms often fail to address the challenges and deeply rooted conflicts in diverse cultural and social contexts. By integrating the Art of living practises and spirituality into legal frameworks, particularly in alternative dispute resolution (ADR), we can explore new pathways to achieving sustainable global justice and peace.

Globalisation has introduced an era in which legal systems, cultures, and societal norms intersect unprecedentedly. Globalisation in the world brings opportunities for interconnectedness; on the other side it also creates new challenges for dispute resolution and



attaining global justice. The art of living approach is deeply rooted in spirituality, inner peace, international justice and mental well-being, as exemplified by its various courses and practices, particularly Sudarshan Kriya, founded by the founder Sri Sri Ravi Shankar. The Kriya and program are based on the thought that the inner peace and emotional well-being of a person can enhance an individual's ability to resolve conflicts and disputes, manage stress, and contribute to global peace, justice and societal harmony. This current research paper investigates the role of the Art of living spiritual practices in fostering an international justice system. This research paper focuses on and explores the role of the Art of Living Foundation, particularly its Sudarshan Kriya practice and various programs, in promoting global peace, justice, and spirituality within the context of an increasingly globalised legal world.

A key aspect of the art of living teachings and ideology is the concept of Vasudhaiva Kutumbakam (the world is one family). This ancient Indian philosophy also promotes and supports the idea that all humans are interconnected and that one's inner peace contributes to the collective peace in the world. This ideology aligns with global justice movements, the movement that emphasises equality, human dignity, and the need for systems of governance that reflect peace in the world. The goal is to unlock the potential of these various approaches in transforming law, justice, and peace in a globalised society.

## **2. ART OF LIVING AND SUDARSHAN KRIYA:-**

- The Art of Living Foundation, a global NGO founded by Sri Sri Ravi Shankar, a spiritual leader and humanitarian, in 1981. Its philosophy is rooted in ancient Indian wisdom, emphasising the interconnectedness of all life and the importance of inner peace as a foundation for outer peace. The foundation operates in over 156 countries with the aim and mission of promoting individual well-being, global peace, justice and societal harmony through spiritual practices, Sudarshan Kriya, education, and humanitarian efforts through which we can also achieve worldwide peace and justice. The founder's vision is to create a stress-free, violence-free society by fostering inner peace and compassion. The philosophical basis of Spiritual practices is rooted in the principles of non-violence, compassion, and universal brotherhood, which are closely aligned with global justice and human rights goals, which seek to promote peace, international justice, and the well-being of individuals and society. At its core is the idea that the mind, body, and soul are interconnected, and mental health plays a pivotal



role in achieving harmony and peace within oneself and society.

- Mental health and emotional well-being are fundamental human rights that contribute to an individual's sense of peace and self-dignity. Sudarshan Kriya supports these rights by providing individuals with tools to manage stress and emotions effectively.
- The Sudarshan Kriya is based on ancient yogic wisdom and integrates modern understandings of psychology, Spirituality and well-being. As global challenges around conflict, stress, and injustice grow, the relevance of such practices in legal frameworks becomes more pronounced.
- **Sudarshan Kriya:** It is a rhythmic, cyclical breathing technique and pattern that harmonises the body, mind, and emotions. Kriya involves a series of breathing exercises that help eliminate stress, fatigue, and negative emotions. Some scientific studies and research have shown that regular practices significantly reduce stress and anxiety, improve mental health, enhance brain function, boost the immune system, improve sleep quality, and enhance overall well-being, which is needed for global peace and justice.
- Mental health and emotional well-being are fundamental human rights that contribute to an individual's sense of peace and self-dignity. Sudarshan Kriya supports these rights by providing individuals with tools to manage stress and emotions effectively.
- The notion that peace is not merely the absence of war but also the presence of justice, well-being, and emotional security aligns with the growing emphasis on mental health as a key aspect of human rights. In global justice, Sudarshan Kriya bridges the individual's internal world and the external world of legal structures. The art of living various practices addresses various emotional and psychological issues that are often neglected in international law and justice discussions. Although it focuses on mental and inner peace, Kriya supports the broader goal of global justice by addressing the various types of emotional and psychological dimensions of human rights. This type of approach expands the current understanding of justice, often limited to legal and institutional reforms, to include mental well-being as a crucial component of this society.

### **3. GLOBAL JUSTICE AND SPIRITUALITY: COMPLEMENTARY APPROACH**

The concept of global justice in an increasingly interconnected world transcends traditional legal frameworks that dictate state and international interactions. It necessitates an inclusive approach that considers a range of cultural, social, and spiritual contexts. The philosophical foundation

of global justice must extend beyond mere legal norms to encompass principles of equity, humanity, and moral responsibility.

Spirituality, as advocated by the NGO Art of Living, plays a vital role in shaping this expansive understanding of justice. In its highest form, justice involves not only the resolution of disputes or the application of legal standards but also the restoration of societal harmony and balance. Global justice is inherently linked to values such as peace, compassion, and reconciliation—principles deeply rooted in spiritual traditions across the globe. By integrating spirituality into the discourse on international justice, we can develop a more holistic framework that addresses not only the legal dimensions of conflicts but also the emotional, psychological, and moral considerations that underpin them.

The Sudarshan Kriya technique, with its emphasis on fostering mental clarity and emotional well-being, cultivates the qualities essential for building peace both at the individual and societal levels. It nurtures a sense of inner tranquillity, which is a prerequisite for achieving external peace and harmony in the broader social context. A society made up of individuals who are mentally and emotionally balanced is less likely to experience conflict. By fostering inner peace and emotional stability, this, in turn, contributes to the resolution of disputes and the promotion of global justice at both the individual and societal levels.

#### **4. ROLE, IMPACT AND APPROACH OF THE ART OF LIVING IN GLOBAL JUSTICE**

##### **4.1- Case Studies: The Impact of Art of Living Initiatives on Global Justice and Peacebuilding**

Numerous case studies underscore the effectiveness of the initiatives spearheaded by the Art of Living organization in fostering peace and reducing violent conflict. Notably, in regions plagued by persistent violence, such as Iraq and Colombia, these programs have played a pivotal role in mitigating conflict and fostering dialogue between disparate groups. In Iraq, the NGO has implemented comprehensive trauma relief and life skills training for individuals affected by war, particularly focusing on vulnerable populations including women and children. The impact of such interventions is profound; they not only aid in immediate recovery but also promote a cultural shift towards dialogue and reconciliation.

Similarly, in Colombia, the Art of Living has facilitated the reintegration of former guerrilla fighters into society by providing vocational training and psychological support. This initiative has been instrumental in aiding former combatants to transition peacefully into civilian life, thereby contributing to the broader objectives of post- conflict rehabilitation. These initiatives have demonstrated a capacity to effectively heal deep-seated trauma and foster resilience, allowing individuals and communities to rebuild and thrive in the aftermath of conflict.

In regions characterized by protracted violence, such as Colombia, Sri Lanka, and Iraq, conventional legal mechanisms often fall short of achieving lasting peace and justice. Legal reforms, while necessary, frequently fail to address the profound psychological and emotional scars inflicted by violence. This insufficiency highlights the critical role of NGOs like the Art of Living, which complement legal processes by focusing on emotional healing and dialogue among former combatants, victims, and their communities. For instance, Colombia's recent peace agreement exemplifies the successful amalgamation of legal reforms and spiritual practices aimed at fostering emotional healing, showcasing a holistic approach to building a peaceful society.

In Brazil, where cities such as Rio de Janeiro grapple with rampant gang violence and organized crime, the Art of Living has engaged communities in addressing the root causes of such violence—namely fear, stress, and economic inequality. Through meditation and targeted programs, the organization has contributed to a significant reduction in violence and social injustice, aligning its efforts with broader goals of global justice.

#### 4.2- The Role and Approach of the Art of Living in Promoting Global Justice

The Art of Living's approach to global justice distinguishes itself from traditional legal frameworks that predominantly rely on formal structures, sanctions, and judicial processes. While such legal systems are vital for delivering justice, the organization asserts that true justice cannot be achieved without addressing the emotional and psychological dimensions of conflict. This perspective suggests that emotional healing is integral to effective reconciliation and peacebuilding.

Central to the Art of Living's peace-building endeavours is the understanding that conflict often stems not only from political or material disputes but also from deeply rooted emotions such as anger, fear, and mistrust. Addressing these emotions becomes paramount for the attainment



of sustainable peace. Practices like meditation and the Sudarshan Kriya are promoted as vital tools for emotional regulation, enabling individuals to transcend negative emotions and engage constructively with one another.

The unique approach of the Art of Living to global justice lies in its integration of spirituality, education, Ayurveda, and psychology. The foundation posits that authentic justice extends beyond mere legal or political mechanisms; it necessitates a comprehensive understanding of the emotional and psychological facets of the human experience. By advocating for practices such as meditation, Sudarshan Kriya, educational initiatives, and Ayurvedic principles, the organization contributes to global justice in profound ways.

These practices provide individuals with essential tools for recovering from trauma, managing stress, and cultivating inner tranquillity. The organization posits that such inner transformation is crucial for achieving external justice and enduring peace. Through its multifaceted approach, the Art of Living not only addresses the immediate needs of affected communities but also fosters a broader cultural ethos of compassion, dialogue, and mutual understanding, which are essential for lasting global justice.

#### 4.3- Promoting Human Rights and Dignity

The Art of Living Foundation plays a vital role in advancing human rights and dignity through its various programs and initiatives. By addressing the underlying causes of conflict and violence-such as stress and emotional instability-the Foundation empowers individuals to rediscover their inherent self-worth and dignity. This mission aligns with the principles of international human rights law, which emphasize the protection of each individual's intrinsic dignity and value.

#### 4.4- Capacity Building, Training, Education, and Awareness

Capacity building and training are foundational components of the Foundation's efforts to promote global law and justice. The Art of Living conducts specialized training programs for legal professionals, peacekeepers, and community leaders, equipping them with the necessary skills and knowledge to adopt holistic approaches to justice. Education and awareness-raising are also integral to the Art of Living's strategy for promoting global law and justice. The Foundation hosts workshops, seminars, and training sessions designed to inform individuals about their rights and responsibilities. These educational initiatives empower individuals to

advocate for their own rights and contribute actively to the pursuit of justice within their communities.

#### 4.5 Supporting International Peace Initiatives

The Foundation's active engagement in international peace initiatives underscores its commitment to global justice. By facilitating dialogue and reconciliation between conflicting parties, the Art of Living contributes to the overarching objectives of international peace, global justice, and security. The effectiveness of its programs has garnered recognition from various international organizations, including the United Nations, for their contributions to promoting global stability and justice.

#### 4.6- Holistic and Integrated Approach

The Art of Living employs a holistic and integrated approach to promoting global law and justice, addressing the physical, mental, and emotional well-being of individuals. This perspective acknowledges that the attainment of true peace and global justice extends beyond legal frameworks and necessitates a comprehensive understanding of human nature and behaviour. Through the incorporation of practices such as Sudarshan Kriya and spiritual exercises, the Foundation equips individuals with techniques, tools, and methodologies aimed at achieving global justice.

#### 4.7- Collaboration with Governments and International Organizations

The Foundation collaborates with governments and international organizations to further the objectives of global law and justice. Such collaborations enhance the Foundation's ability to scale its programs and reach a broader audience. For example, the Art of Living has partnered with the United Nations to implement peace-building initiatives in conflict zones, leveraging meditation, spirituality, and practices from the Art of Living to achieve global justice.

The Foundation's advocacy and collaborative efforts on an international scale are instrumental in promoting global law and justice. By participating in international forums and engaging with global stakeholders, the Foundation raises awareness about the significance of integrating spiritual practices into legal frameworks. These initiatives contribute to cultivating a global consensus on the necessity of holistic approaches to justice and peace.

#### 4.8- Research and Innovation

The Art of Living Foundation is dedicated to research and innovation in the realms of spirituality and well-being. By conducting scientific studies on the benefits of practices such as Sudarshan Kriya, the Foundation provides evidence-based validation for its programs. This research not only affirms the effectiveness of these practices but also informs the development of new initiatives. Non-state actors, such as NGOs, play a pivotal role in advancing global justice. In light of globalization and transnational issues such as terrorism, migration, and environmental crises—that challenge traditional state-centric models, non-state actors fill significant gaps. The interventions by the Art of Living illustrate how such entities can contribute substantially to peace-building and global justice through non-legal means.

While states and international organisations focus primarily on legal reforms and conflict resolution, non-state actors like the Art of Living offer innovative solutions. By employing meditation, spirituality, and psychological interventions, they seek to achieve global justice through diverse and novel methodologies. These efforts do not aim to supplant traditional legal mechanisms but rather to complement them, thereby providing a more comprehensive framework for achieving peace and global justice.

### **5. CHALLENGES AND OPPORTUNITIES:**

While integrating spiritual practices into peace initiatives presents significant opportunities, it also poses challenges. These include resistance from traditional legal and political institutions, cultural differences, and the need for rigorous scientific validation of the practices' effectiveness. However, the growing recognition of the limitations of conventional approaches to peace and justice provides a fertile ground for exploring these innovative solutions.

### **6. CONCLUSION:**

In a world fraught with violence, injustice, and increasing polarisation, pursuing global justice demands innovative approaches that transcend the limitations of traditional legal mechanisms. The Art of Living Foundation, through its spiritual and meditative practices like Sudarshan Kriya, offers a promising alternative to address some of the core issues driving conflict and disparity.

This research has explored how integrating spirituality into global justice frameworks can help



reshape how we think about conflict resolution, human dignity, and international law. The concept of global justice in a globalised world must evolve to include emotional and spiritual well-being as core components, thus recognising that global peace begins with the individual's peace. By addressing the mental and emotional roots of human suffering, practices like Sudarshan Kriya offer a holistic approach to creating a more just, peaceful, and harmonious world.

The Art of Living practices, particularly Sudarshan Kriya, offer valuable tools for promoting global peace and justice. We can enhance their effectiveness and achieve more sustainable outcomes by integrating these practices into legal frameworks and peace initiatives. This paper highlights the need for a more holistic and empathetic approach to peace and justice in a globalising world and calls for further research and policy development in this area.

The intersection of spirituality, Psychology, meditation, global justice, and alternative dispute resolution offers a unique opportunity to rethink how we approach law and international justice in a globalising world. The Art of Living's Sudarshan Kriya emphasises emotional well-being and inner peace. He provides valuable insights into how non-legal approaches can complement traditional legal systems in pursuing global justice.

Integrating spiritual practices into the legal discourse can foster a more compassionate and inclusive approach to global justice that prioritises peace, reconciliation, and restoring harmony. As the world continues to grapple with the challenges of globalisation, spirituality and well-being in pursuing global justice will only become more significant, offering new pathways to achieving global justice, resolving conflicts and building a more just and peaceful world. The Art of Living programs, activities, and work have profoundly impacted global law and justice. The foundation has contributed to the promotion of international justice and peace worldwide. Its holistic and integrated approach, which addresses individuals' physical, mental, and emotional well-being, provides a comprehensive framework for achieving sustainable peace and justice.

The Foundation's commitment to collaboration with governments and international organisations, education and awareness, research and innovation, and advocacy and policy influence underscores its dedication to promoting global law and justice. By empowering individuals and communities, the Art of Living fosters a culture of peace and justice that

transcends geographical and cultural boundaries.

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