

Spirituality as Nepal's Soft Power

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Letter of Recommendation

I certify that this dissertation entitled “Spirituality as Nepal’s Soft Power” was prepared by Prakash Khanal under my supervision. I hereby recommend this dissertation for further examination by the Research Committee at the Department of International Relations and Diplomacy, Faculty of Humanities and Social Sciences, Tribhuvan University, in fulfillment of the requirement for MIRD 526 Thesis for the Master’s Degree in International Relations and Diplomacy.

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Mr. Prem Khanal

September, 2022

Declaration

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2022

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Sincerely,
Prakash Khanal

Abstract

Spirituality, in basic understanding, is world-centric attitude over self-centric, fundamentally a spiritual path that leads in certain direction. A spiritual diplomat needs to be ideally a harmonizer bringing agreement and understanding where there is fear, distrust and violence. The roots of all major war and violence seen in the world lies in collective fear of humanity assimilated by individual fear of every human. In this dissertation, the emergence and the importance of the Spirituality is examined, evaluated and discussed in the context of Nepal.

The general objective of this research was to reflect the possibilities of spirituality making an impact amongst relationships bounded together by notion of nations, communities and organizations. The specific objective of this research was to examine role of Spirituality in the management of relationships between nations. Secondary data collection methods were used to collect information. The study is highly based on the qualitative data where the findings and results of the available literature are evaluated and discussed for the analysis.

This study concludes that Spirituality which generally is seen to be connected with the spiritual leadership has been creating multiple avenues of problem-solving opportunities for the country and making huge difference on the international relations while also contributing to the socio-economic growth of the country like Nepal. The research suggests that, spirituality can be an effective soft power for Nepal in International Relations and Diplomacy and a common thread to bind different actors in international arena.

Letter of Approval

Table of Contents

Letter of Recommendation	ii
Declaration	iii
Acknowledgement.....	iv
Abstract	v
Letter of Approval	vi
Table of Contents	vii
Abbreviations.....	ix
Chapter One: Introduction	1
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Research Questions	5
1.4 Research Objective	5
1.5 Delimitations of the study	5
1.6 Organization of the Study.....	6
Chapter Two: Review of the Literature	7
2.1 Introduction to Spirituality	7
2.2 Spirituality and Cultural Diplomacy	12
2.3 Land of Mystics and Seekers.....	20
Chapter Three: Research Methodology	24
3.1 Research Design	24
3.2 Sources of Data.....	24
3.3 Interpretation and Method	24
3.4 Conceptual Framework	25

Chapter Four: Introduction to Spirituality	26
4.1 Introduction	26
4.2 Example of Spiritual Diplomacy	29
Chapter Five: Spirituality in relation between Nepal and its neighboring countries	31
5.1 Foreign Affairs and Diplomacy of Nepal	31
5.2 Importance of Spirituality.....	32
5.3 Diplomacy with the Neighboring Countries.....	34
5.4 Challenges	36
5.5 Possibilities.....	38
Chapter Six: Effectiveness of Spirituality in Managing Relationship Between Nations ..	41
6.1 Effectiveness of Spirituality	41
6.2 Spirituality as a part of International Affair	42
6.3 Spirituality and Leadership.....	43
6.4 Challenges	45
6.5 Analysis and Findings	47
Chapter Seven: Summary & Conclusion.....	50
7.1 Summary.....	50
7.2 Conclusions	51
References	54

Abbreviations

AD	Anno Domini
AIDIA	Attention-Interest-Desire-Action
BCE	Before Common Era
BRI	Belt and Road Initiative
MBBS	Bachelor of Medicine and Bachelor of Surgery
MCC	Millennium Challenge Corporation
SAARC	South Asian Association for Regional Cooperation

Chapter One: Introduction

1.1 Background of the Study

Spirituality has been an existential topic of all time. It is of the biggest reasons for the bond among the countries in the South Asia. The culture and religions are similar in the countries in South Asia since years that have paved a long way with its own identity and involvement. Spirituality is the cultural related involvement between two or more countries for solving an issue or agreeing on a common terms and circumstances. Nepal is one of the developing countries known for its rich spiritual and cultural heritages that it presents and follow effectively. The spiritual well-being is also found to be one of the effective ways of developing relationships with the foreign countries which means it contributes in the enhancement and building of the cultural diversity and common grounds of people from the global market (Keiswetter & Chane, 2013). In this thesis, the emergence and the importance of the Spirituality is examined, evaluated and discussed in detail in context of Nepal.

Cultural exchange is now an important means of fostering mutual friendship, goodwill and image between nations. Mutual understanding and goodwill can now be achieved through cultural exchange. Many people believe that powerful nations use their culture to promote soft power in other countries. This creates positive impressions about them in the host countries. Cultural exchanges that take place through diverse channels serve as stress relievers during times of diplomatic tension.

An effective diplomacy allows countries to cooperate in order to achieve results in their mutual interests. Diplomacy is the process of making a country, nation, or organization stronger by advancing their interests relative to others (Marks, 2022).

The concept of 'new diplomacy' includes the efforts of governments, international organizations, and nongovernmental actors to influence conditions inside other countries. Effective diplomacy requires the building of successful international and transnational coalitions.

Spirituality on the other hand refers to a belief in something greater than oneself. Religious traditions may be associated with the belief in a higher power, but it may also be associated with a holistic belief that a person is connected to others and to the world at large (Scott, 2020). Many people have relied on spirituality and religious activity for comfort and relief from stress. It has been identified that, people who are more religious or spiritual and use their spirituality to cope with challenges in life have many benefits to their health and well-being.

In 2020, Saudades described Spirituality as the art of navigating, connecting, and nurturing relationships between nature and humanity, including the divine and spiritual forces. Ancestral traditions emphasize respectful relationships with nature. The enormous efforts our ancestors made to ensure that their livelihoods and cultures were sustainable cannot be disputed, regardless of whether deities are real to people or whether indigenous spirituality is for people who lived in a circle, both living and dying in it.

It is stated that cultural diplomacy refers to "the exchange of ideas, information, values, systems, traditions, beliefs, and other aspects of culture in an effort to promote mutual understanding. (Hemming, 2020)." However, the concept of culture has multiple meanings, from the way people interact to their beliefs and behaviors. Cultural diplomacy has become more of a necessity than an ornament in a world that is often ruled by war and conflict. Intercultural dialogue and diversity, along with

universal principles and human values, are increasingly important in cultural exchange.

In order to establish and maintain relationships with other countries, as well as to foster peace and cooperation, all countries use diplomacy. Diplomacy is required to settle disputes over thoughts, cultures, and religions due to the end of two great world wars and the progress of globalization. Since one's thought is largely derived from the cultural background of the members of the international community, it is impossible to attain this without knowledge of the cultures of the various nations. To obtain preferred outcomes, the country is using every means available to it to frame the agenda, persuade, and elicit positive attraction among others through collaborative means. As a result, the concept of cultural diplomacy was gradually built up in international relations.

In Nepal, the Spirituality is shaped by a number of factors due to the country's multi-ethnicity, multiculturalism, and multilingualism. There are different ethnic groups who have their own lifestyle, religious practices, culture, languages and tradition that is diversified all over Nepal. The cultural unification was done by the late king Prithvi Narayan Shah in Nepal and this culture and heritage of Nepal helps it to build and develop relationships with the foreign and neighboring countries like China, India, Bangladesh, etc.

Nepal can utilize its culture and heritage in different ways besides from the tourism, agriculture and hydropower that are its major strengths for making relationships in the international market. The culture, religion and customs are highly accepted in Nepal as compared to the foreign countries but however, due to the influence of the western culture and lifestyle in the young generation of Nepal, Nepal's culture and heritage is

fading away. Furthermore, a proper Spirituality of Nepal requires addressing the psychological distress and lack of unity among people following different cultural practices. Nepal may still have some areas where cultural diplomacy can be strengthened despite these obstacles and disturbances (Constantinaoiu, 2006).

1.2 Statement of the Problem

South East Asia has been seen as a spiritual epicenter as seen through ageless knowledge's that have been passed down through various religious texts and books. The Vedas, Bhagvad Gita, Ramayana, Mahabharata have been an important source of cultural interactions and spiritual practices between the billions of people in South Asia. In fact, South Asia has been the birthplace for many religions and a place where even religions from other regions can prosper. Buddhism, Hinduism has all found a home in South Asia and the region has produced many enlightened beings.

Spirituality, although may not have been specifically practiced in a formal aspect, it has been an informal method of diplomacy, even amongst people for many years. Recently however, due to increased connectivity and information that spreads rapidly, South Asian spiritual culture has garnered immense attention. Spirituality has even made its way to mainstream media, academia, and popular cultures. Millions of people every year come to South Asia for spiritual guidance as pilgrims. Even people across south Asia travel to religious sights, regardless of borders.

In this context, this research aims to identify how Nepal has benefited from Spirituality and how Spirituality has played an important role in maintaining a cordial relationship with its neighbor countries. It also explores the prospects of using Spirituality as a guide in the future to balance its neighbors and improve its relationships with other nations.

1.3 Research Questions

Following are the research questions in regards to this topic

- i. How can spirituality be harnessed as a soft power of Nepal?
- ii. How spirituality can be used to make Nepal's diplomacy more effective?

1.4 Research Objective

The research objectives of this study are as follows:

- i. General Objective:
 - To examine the light casted upon diplomacy by spirituality.
- ii. Specific Objective
 - To examine the role of Spirituality in maintaining balanced International Relations by Nepal in 21st century.

1.5 Delimitations of the study

The major limitations to the study are that the research on Spirituality is limited in nature and has not been conducted widely in context of Nepal. This can lead to partial accuracy and reliability in the study. Moreover, the historical diplomacy applied might not be applicable in future scenario.

There are very few intensive researches conducted in the topic of Spirituality with focus on Nepal. Only few of the researchers have conducted the research in this topic. There exists many research conducted in the topic of spirituality and diplomacy but rarely has research been done in the topic of Spirituality. An attempt is made in the present thesis. This general objective of this research is to examine the Spirituality in context of Nepal in 21st century. The specific objective of this research is to examine role of Spirituality in the management of relationships between nations. This research

has been conducted using various journals, articles and website and the findings of this research could help future researchers who would be further exploring similar topic.

1.6 Organization of the Study

The first chapter includes general background information related to the topics and the research questions. It includes the statement of the problem, objective of the study, research questions, and significance of the study and the organization of thesis. The second chapter reviews the existing literature regarding this topic. It has identified the gap in the research that the study attempts to fill. The third chapter examines the design of the research, the methods used to collect data and information, research instruments, and the methods used to analyze are various research information, data, case study and other contents of the research. Consequently, the fourth chapter focuses on general introduction of spirituality and Spirituality along with examples from various religion and periods in history. This chapter builds the foundation for further analysis and examinations.

The fifth chapter includes research on the foreign affairs and diplomatic practices of Nepal, including discussions about various spiritual personalities and their influence in internal politics. It also examines the role Nepal can play in Spirituality by reviving its spiritual heritages and endless spiritual knowledge. Finally, the sixth chapter examines the effectiveness of Spirituality in managing relations between nations. It analyzes whether Spirituality is effective in being a part of the overall national diplomacy. It includes various challenges that can occur through this practice and how political figures and leaders are influenced by spirituality.

Chapter Two: Review of the Literature

2.1 Introduction to Spirituality

Spirituality is known as Adhyātma in Sanskrit, which is derived from two words Adhi and Ātman (Ātmanahā). Adhi means pertaining to the topic and Ātmā means the Soul (Rajendran, 2020). Spirituality encompasses wide range of fields and also includes answers to profound questions such as, ‘who am I’, ‘where did I come from’, ‘what is the purpose of life’, ‘where will I go after death’, etc. Spirituality includes knowledge and memory of the past, present as well as the origin and end of the Universe.

Diplomacy is the art of achieving agreement between countries for a common purpose. Diplomacy is traditionally equated with negotiation to resolve conflict, and war is generally regarded as diplomacy failure. Diplomacy can also be used to achieve the best results on a common project without adversarial interactions (Cornago, 2022).

Spirituality can be defined as the art of navigating, fostering, and establishing relationships between mankind and the rest of nature including divine and spiritual forces (Saudades, 2020). People are not separate from nature, they are not separate from the biosphere, and they are not separate from the trillions of interactions that happen every day on this planet. The indigenous spiritualist-healers through the world, of any continent, must learn how to engage with plant life properly in order to make medicines. Their ancestral traditions were built on respect for nature.

Factors that shape Spirituality in Nepal

The task of diplomacy conceived in spiritual sense is to bring the soul-spirit into harmony with life-body. Nepal is a perfect geographical location to question western assumptions, study other's thought processes and open oneself to different dimensions of living life. Every year beside city tourists many travelers and seekers come to Nepal to practice meditation, yoga, various spiritual healings, astrology, Buddhist studies, alternative medicines, and homeopathy. Nepal has much to offer to individual's mind, body and soul.

Nepal is home to both Hinduism and Buddhism. Though the history of Hinduism is rooted in name Nepal itself. It is said that Hinduism emerged at Kathmandu valley coming from Indus valley at some point around 2000 BCE. The story goes that a sage called Ne moved to the Kathmandu valley where he performed religious ceremonies known as Pala to protect the inhabitants. This is one of the many possible origins of country's name Ne Pala. Similarly, the birth of Buddhism came along with the teacher and monk Siddhartha Gautama who was born in the 5th century BCE in the Lumbini of Nepal (Cherry, 2020). Gautama later achieved his highest development of consciousness and known simply as 'Buddha'. His birthplace Lumbini has now become one of the most holy pilgrimage sites in the world and has already constructed 25 Buddhist monasteries. Among them, Mayadevi Temple is the most holy and said to be built on the exact location where Siddhartha Gautam was born. Nepal is the place where the 'adepts' and the learned men, both of ancient legend and of recorded history, taught and meditated; places where the awakened one had mystical divinations or attained enlightenment; places to which ascetics, seekers and pilgrims still come from the world. One could meditate in different spiritual heritages

where yogis and monks have performed their austerities, witness rituals steeped in mysticism and ancient beliefs, or share words of wisdom of learned gurus.

With Peace in ourselves one can share Peace with others and have enough strength and equanimity to take many crucial decisions of national and international level. As the future of earth and its habitants depends upon the decisions made by these representatives of international arena, Nepal can be a retreat place for different spiritual activities before they begin their duties so that they perform their job with more effectively, empathetically and clearly.

The factors that shape the Spirituality and needs to be preserved for the long time includes the yoga, meditation, Ayurveda, Buddhist studies, travelling to a thin air, and many more. These factors deeply affect the overall diplomatic practices of Nepal and its impact on different aspects. Basically, these factors blend to make the significance of the spirituality of the nation and portray it in different platforms. Each of these factors can be deeply analyzed for understanding the diplomacy.

Travelling into the thin air

Traveling alongside the great Himalayas is a natural process of healing one's mind, body and soul as it automatically soothes one's connectivity with nature tuning their frequency with the universal frequency. Nature carries answers for larger portions of unsolved mysteries of human curiosities. Nepal is full of serene beauty and covers high range of tourism in trekking and other adventure towards the high lands (MoFA, 2022a).

Meditation

As present moment awareness is the gist teaching of different spiritual paths adopted in the world, Meditation is one of the most effective ways to bring one in the here and now. Vipassana is one of the most ancient eastern techniques of Meditation. It was rediscovered by Gautam Buddha more than 2500 years ago after being long lost amongst people. Through the practice of conscious breathing, silence and stillness it frees the individual from toxicities of mind such as grief, grudges, anger, greed and ignorance. By its practice one can develop positive, creative energy for the betterment of individual and society. Meditation can be practiced here comfortably by anyone without conflicts with race, religion or caste, in any place, and at any time and it would prove beneficial to everyone (Cherry, 2020).

Yoga

The name 'Yoga' signifies oneness or non-duality having its origin from the Sanskrit word "YOG" which means "TO JOIN". Yoga aids in flexibility making easier for the physical mobility and gain connections with the higher spiritual realms (Sanwari, 2021). Yama (self-restraints), Niyama (self-observances) Asana, Pranayama (breath techniques), Dhyana (meditation) and Samadhi (submission with pure consciousness). The Himalayan Kingdom has played a big role in self-realization. It is an ideal environment that makes Nepal, an ideal place to practice yoga.

Buddhist Studies

As the birth place of one of the greatest healers known, Shakyamuni Gautam Buddha there are many monasteries and schools where teachings of Buddha can be heard, the same as it was 2500 years ago (Conze, 2012). Scientific, logical and reasonable

explanation of life makes Buddhism unique and progressive. Buddha tells to take one's responsibility of life situation by oneself and that with practical methods we can achieve highest stage of consciousness development in this extremely lifetime. Buddha's teachings of peace, love and compassion are practices as a way of life and are more relevant today than ever before. Many Buddhist institutions offer teachings for those wishing for peace of mind and happiness. In ancient times, it was taught that Shambala lies in the heart of the Himalaya and the Himalaya lie in the heart of many Buddhists, where Shambala exists. There and many spiritual places to experience the teachings of Buddha in many places of Nepal.

Ayurveda

The practice of Ayurveda is prevalent in Nepal since the beginning of civilization. The Himalaya is the base of clarity, harmony and purity, which is the ultimate goal of every human being. Being such a small country in geographical area Nepal is one of the richest countries in vegetation ranging from tropical to alpine. There are varieties of floras having medicinal purpose which are considered part of the cultural heritage of the country. The word "Ayurveda" is a Sanskrit word with meaning "the science of life or "natural way of living" includes yoga, meditation and the natural-spiritual science (Kunwar & Leboa, 2017).

Tantric Healings

Long before the age of medical science and western psycho-analysis the roles of shamans in spiritual and mental healings cannot be left out of equation. Shamans possess garlands of bells around their necks, dance and chant at the beat of the drum, which they play in the presence of spirit. India saw its great tantric period between 7th and 13th centuries (Timalsina, 2012). The visit of Padmansambhaba, a great Indian

spiritual master, during the 8th century, introduced his own type of Buddhism to Tibet. Mughal invasion in India after 23th century was responsible for the tantric cult to come to Nepal and Tibet (Timalsina, 2012). Similarly, “Gubhujus”, people from highest priestly class of the Newars got their hands on this cult. The contributions of Lamas from the monasteries in tantrism have become a big part of faith healing both in Nepal and Tibet.

Spiritual Retreat center

This modern world which came as an outcome of technological advancement following the industrial revolution for sure made ease for humans in physical level but the connectivity with the ultimate source and the inner universal spirit has been faded on day-to-day basis. As a result of this people are losing their mental sanity and are seeking the place where they can attune their rhythm by achieving mental peace. Nepal is the perfect location for various spiritual retreat centers like Tapoban, Vipassana center, monasteries and ashrams where annually thousands of global citizens spend their little time of existence (Schedneck, 2021). Moreover, the initiative from Tapoban Nepal to celebrate International Meditation Day on the occasion of Buddha Jayanti inviting practitioners from not just the South Asian region but around the world would be a milestone in practice of Spirituality both from bottom-up and top-bottom approach.

2.2 Spirituality and Cultural Diplomacy

Spirituality being culturally leaning diplomacy it includes the arts, literature, tourism, media, Nepali movie, music and stage performances, theatre performances, holidays on Nepali festivals, etc. These factors deeply affect the overall cultural diplomacy of Nepal and its impact on different aspects (Giri, 2017).

Arts

Culture includes aspects such as art. Objects or concepts that are made through art can be defined as artistic creations. The cultural context within which people create art determines the type of art created. The art of Nepal stretches back as far as the culture itself. The Lichchhabi period is considered by many to be the golden age of Nepal's art. There are numerous arts incorporated into the traditional rituals and festivals celebrated in Nepal, such as sculpture, painting, music, and performance (Ghimire, 2019). During that era, art was not just for art's sake, but for living. There was a spiritual and pragmatic aspect to art. This trend can be seen in Mithila art even today.

The most common types of art in Nepal are paintings and sculptures. Wall art, paubha, mandalas, pata, and narrative scroll paintings are among the earliest forms of Nepali paintings. Examples of architecture include pagodas, Shikhara style temples, stupas, and monasteries (Sharma, 2020).

Under the Rana Regime, Nepal's architecture was influenced by Western Neoclassical architecture, replacing religious themes, symbolism, and home-made colors with secular themes, realism, and oil colors. As a result of the cross-border flow of people within and across the border following the fall of the Rana regime and the establishment of democracy, western influences entered Nepali art (Nepal Academy of Fine Arts, 2022). The art changed from realism to abstraction, public to personal and from objective to subjective. Rather than merely illustrating external objects and events, Nepali artists began exploring their inner selves.

Artists in Nepal are conscious of both the world's art trends as well as their own traditions. Their knowledge of the past and the present has led them to try to unlearn the rules and formulas they had learned. They listen to their inner voice, create their

own codes, and create their own signatures subconsciously. Listening to one's own voice and expressing oneself in one's own visual language are two of the best ways to create art.

Nepal can promote its cultural diplomacy through Mithila paintings. A story is narrated in five distinct styles, including Bharni, Katchni, Tantrik, Godna, and Gobar, according to Hindu mythology (Giri, 2017) . Primarily, there are paintings done in primary colors of natural origin on wall hangings that are hand-painted, wooden stools, miniatures in paper and leaves, stoneware, bamboo, leather, and appliquéd objects.

Additionally, Thangka paintings can also serve as a platform for diplomacy and strengthen cultures. Tibetan Buddhist thangkas are scroll paintings depicting Buddhas or mandalas. Buddhism can be fully understood through the paintings of thangkas. Thangkas are among the most important and advanced forms of artistic expression. One of Nepal's most popular and advanced forms of art is metal and wooden work. Several statues from the seventh century AD have been discovered in Nepal. Participants from around the world would examine how art plays a role in societal transformation during the Art as a Cultural Diplomacy event. Therefore, it can be seen as a form of cultural diplomacy (Giri, 2017).

Language and Literature

Official national language of Nepal is Nepali, written in Devanagari script. The language is used as a lingua franca among Nepal's ethnic groups. It is the de facto official language of Nepal and the entire Madhesh region. Maithili originates from the Mithila region of Nepal. The language is spoken in Nepal as a second language.

Among Nepal's extinct languages are Kusunda, Madhesiya, and Waling (MoFA, 2022a).

For hundreds of years, Nepali literature existed in Sanskrit. Bhanubhakta Acharya (1814 - 1868) is thought to be the first major poet who wrote in Nepali, translating the epic Ramayana from Sanskrit (Nitikina, 2019). Likewise in Nepal, he is revered as Adikabi (literally, 'first poet'), and his birthday is celebrated on 13 July every year through a variety of literary events and festivals that are organized in his honor.

As stated by the researcher Nitikina (2019), in the 1920s and 30s, Nepali modern literature began to emerge. The writer and poet Balkrishna Sama and mahakavi (the great poet) Laxmi Prasad Devkota tended to adopt Western literary forms and traditions, such as drama, prose poetry, and story. There has been a lot of writing since then, such as the novels “*Muna Madan*” by Laxmi Prasad Devkota, “*The Lives We Have Lost*” by Manjushree Thapa, “*Antahin Anta (The Endless End)*” by Shova Bhattarai and “*Mountains Painted with Turmeric*” by Lil Bahadur Chettri among many others (Nitikina, 2019).

As a result, Nepal's literature contributed significantly to promoting patriotic feelings toward the culture and civilization of Nepal. One of the great literary tragedy novels of Nepal is "Blue Mimosa" (English translation of "Shirish Ko Phool"). Nepal's cultural behavior throughout the world was made popular through Parijat's "Blue Mimosa." In late 2012, Japanese film industry produced a film based on this novel, based on Nepal's socio-cultural and livelihood situation, which was released in Japan (Giri, 2017).

Tourism

Cultural properties are the productions and attributes of a particular people, nation, or nation's culture, which reflect their values, lifestyles, and the factors that ensure their survival (Nepal & Baral, 2016). Every nation or ethnic group has its own unique system of cultural properties and values derived from the characteristics of its natural environment and influenced by its social and historical features. Therefore, culture is one of the elements that make the world's people different from one another. Culture relates to the lives, activities, and concepts of people in many different ways. Hence, culture offers insight into men and society in their essential characteristics. Due to the connection between culture and numerous aspects of human life, it is certainly true that tourism cannot be separated from culture as an active human activity.

Tourism offers a great deal of economic and social opportunities for Nepal. In the tourism sector, Nepal has enormous potential, which was also reflected in Nepal Tourism Policy 2009, which identified tourism as a key tool for economic and social development in Nepal. Himalayan scenic beauty is well known. The two fields of tourism and cultural diplomacy can be blended better, thus Nepal should develop and implement a concept of tourism for cultural diplomacy appropriate for its context (Nepal & Baral, 2016). An economic and diplomatic nexus would be an investment that benefits national development and sustainability. The hippies' movement of sixties as a different aspect of tourism even played an important role in exchange of culture and various spiritual practices between Nepal and the outer world.

Digital Media

Nations with the appropriate wherewithal are better able to develop their cultural norms and values. With the ever-growing digital media, however, nations have been

able to exchange cultural ideas faster and more readily as their physical borders have been pushed back. Modern Digitalization and the internet are characteristics of the modern age.

A new phenomenon has emerged; culture is no longer one-way. Rich nations do not dominate the less developed nations by expanding their culture, as previously believed. In few years, less developed countries' cultures have been not only in the spotlight, but have been celebrated and acknowledged by powerful countries (The Rising Nepal, 2021).

According to the Rising Nepal (2021), US president Joe Biden, has conveyed his best wishes to Hindus, Sikhs, Jains, and Buddhists around the world on the occasion of Diwali. Interestingly, some important foreign diplomats here have actively participated in Nepali festivals and cultural events. Embracing local cultures has helped them gain the goodwill of the locals as well as promote diplomatic ties (The Rising Nepal, 2021).

The promotion of Nepali culture through tourism can be an effective medium. Tourism is both the process of knowing and understanding another nation's culture and lifestyle, as well as a tangible reason for visiting. Cultural traders, for example, are common in Nepal's Himalayan region. There is a lot of trade between Tibet and this part of the country. This kind of trade relationship has been accepted by Himalayan people since ancient times. These kinds of economic relations are mostly created by the cultural attraction of those living there (Giri, 2017).

Nepali Movie

Nepal's movie industry has recently become a medium for Nepal's cultural diplomacy. Nepal's cultural diplomacy opened up a new vista in the 1960s. With "Maitighar," Nepal's film industries built a deep relationship with Indian film industries. TV channels and film industries in India are also mainstreaming Nepali actors (such as in the movie 'Mary Kom'), serving as a catalyst to strengthen diplomatic ties between Nepal and India (Nepal Culture and Film Center, 2019). Nepal's Film Industries could also create diplomatic relations with the film industries of other nations by doing so.

With the intent of attracting foreign tourists to Nepal, Nepal's Government declared the year 2020 "Visit Nepal 2020" in 2020. Through Nepal Film Festival held in Canada, the government promoted its vision and created awareness about Nepal and Nepal's culture in Canada. In addition to promoting the beautiful landscape of Nepal, this event also helped to attract producers, directors, and cinematographers to Nepal in the long run, which would help to establish Nepal as an international shooting destination. The promotion of diplomatic relations with other countries would be facilitated by such events (Nepal Culture and Film Center, 2019).

Dance, Music and Stage Performances

Dance is generally considered as the gesture of existence while music its language. Nepal's dancing traditions date back thousands of years. The dances of Nepal vary slightly in style and in costumes depending on altitude and ethnicity. In the Dishka, intricate footwork and arm movement is performed at weddings. A variety of instruments and music are used to accompany the songs, which depict topics such as

harvesting crops, marriage rites, war stories, and a lonely girl's yearning for love, as well as several other villagers' everyday stories (MoFA, 2022a).

Other venues for strengthening cultural diplomacy with other countries include concerts and stage performances by celebrities from around the world. Nepali people were very aware of the importance of cultural advertisement both within and outside Nepal.

Theatre Performances

Nepali celebrities can learn a lot about Nepali people and culture by performing in foreign theatres. This also goes for Nepali theatre. It shows solidarity between two nations. Cultural diplomacy can also be amplified through exchange programs at youth conferences and other conferences.

Nepal is a multicultural nation with lots of cultural diversity in comparison to other nations. Nepal does not have much resources or tools to advance cultural diplomacy in its foreign policy compared to many other developed countries, but it can still use its own indigenous methods to promote the concept. Additionally, a lack of technological tools, a lack of sponsorship in translation and the low number of entrepreneurs in cultural diplomacy, along with a lack of awareness about the importance of advertising national cultures, hamper effective promotion of these cultural resources, which can be backed up by involving and enhancing tourism diplomacy, in the potential areas (Lamichhane, 2020).

Through cultural diplomacy, which is now recognized as an important tool of foreign policy, nations can strengthen, and have been strengthening, their relations between and among each other. Increasing globalization, interdependence, and the use of mass

communication technology ensures that more people have access to each other than ever before. So, cultural diplomacy is essential to fostering stable relationship among each other. The role of cultural diplomacy is unique in that it has the ability to influence the opinions and ideologies of individuals, communities, cultures, and nations, contributing to the maintenance of peace, law, and order between nations and facilitating a more harmonious relationship between the countries.

2.3 Land of Mystics and Seekers

From the time immemorial till present, there are the stories of mystics having their initiation or the submission of their search here at different parts of Nepal. An awakened individual not only illuminates the present but also the future, as one lamp illuminates thousands of nearby lamps. Such legendary great soul is sometimes born on this earth and by their holy existence, knowledge, virtue, service make the whole society and country happy peaceful and prosperous, setting an epoch-making record and leaving an unforgettable example for eternity. Nepal is also rich in various temples and monasteries or some other type of spiritual heritages each with certain untold myths and cosmological arrangements. Awakening the spirit of every story reflecting amongst the people around the world can be a milestone in aiding a spoon full of spirituality into the ocean of international politics and diplomacy.

Shivapuri Baba

Born in 1826 in a village near Kanyakumari, Kerala the great enlightened mystic Shivapuri Baba (Govindananda Bharati) arrived in Nepal after doing the world tour in 1926 (Arun, 2020). Likewise, Shivapuri Baba stayed at Buckingham Palace for four years as spiritual consultant of Queen Victoria long before he left England after the queen left her physical body in 1901. During his stay at the Buckingham Palace, he

had eighteen private meetings with the queen, in which it is learned that she received direct teachings of yoga, meditation and eastern mysticism (Arun, 2020). Of all the countries he visited, Shivapuri Baba loved Nepal the most. As per the talks between Swami Ananda Arun and Renu Lal Singh, Baba loved watching the sunrise from the Shivapuri heights. Baba always stayed away from social recognition and fame only a few people had the opportunity to meet him in person.

Khaptad Baba

In this sequence of chosen place, Nepal found a great soul of the age, Khaptad Baba originally a doctor, who meditated for 50 years in Nepal's icy, isolated Himalayan foothills. He was born into Nehru family in Kashmir, India. He studied MBBS from Tropical Medical College, Kolkata and surgeon from UK (Dhami, 2018). After that, while in medical profession he studied Eastern Philosophy at the Dakshinamurti Monastery in Kashi, then chose Khaptad Lake in Nepal for deep meditation after arriving in Nepal during 1940s (Dhami, 2018). Living in Nepal for the five decades, Khaptad Baba surfaced periodically with his haul of wisdom after long, exploratory dives in the spiritual sea. He then poured his accumulated wisdom into his numerous writings. He expounded on a multitude of subjects such as meditation, rectitude, health, thoughts, theology and spirituality.

Late King Birendra Bir Bikram Shah Dev of Nepal used to have frequent visit at the place of swami and considered Baba as his Spiritual Consultant. Once, King Birendra had proposed to build a sophisticated temple for him in Budhanilikantha and urged swami to reside over there. But he immediately denied his idea saying "Khaptad is my most adorable place, only it itself can be its alternative." Thereafter, King Birendra deployed a brigade of Army so as to assist Swami after more than 30 years of his

arrival to Khaptad in 1985. It is said that it was Baba's persuasion to king Birendra in providing National Park status to Khaptad.

Rinpoche

Born in Nepal in 1975 Mingyur Rinpoche is a world-renowned meditation teacher who gave up traditional life of protection to seek the extreme and transformational conditions of an anonymous mendicant monk (Lama, 2020). Author of four books, including the New York Times bestseller "The joy of living", he believes in blending of traditional practices and eastern philosophy with modern psychology. At an early age he began a series of informal talks with the famous neuroscientist Francisco Varela, who came to Nepal to learn meditation from his father, Tulku Urgyen Rinpoche. Later in 2002, Mingyur Rinpoche and a other long term meditators were invited to the Waisman laboratory for Brain Imaging and Behavior study at the university of Wisconsin Madison, where Richard Davidson, Antoine Lutz, and other scientists experimented the effects of meditation on the brains circuitry of advanced mediators (Lama, 2020). The outcome of this ground breaking research was reported in many of the world's widely read publications, including National Geographic and Time.

Rinpoche first started practicing meditation when he was nine, and at the age of 13 he went to India to study Tibetan Buddhism. Rinpoche now heads the Kathmandu-based Terger Osel Ling Monastery and almost spent three decades teaching Buddhism and meditation in not just Nepal but all over the world (Lama, 2020). Subsequently, during 2011, Rinpoche walked out of his monastery in Bodhgaya, India, and began a "wandering retreat" through the high Himalayas and plains of India that lasted four

and half years. Rinpoche spends his time travelling and teaching around the world when not attending to the monasteries under his care in Nepal and India.

Chapter Three: Research Methodology

3.1 Research Design

This research mainly involves qualitative research method. The design of this research is guided by identification of relevant information sources, the collection of information itself and its analysis. The research focuses towards defining Spirituality while examining how Nepal manages its relationship with another nation through various means of Spirituality. The findings from different articles are compared and critically analyzed to draw conclusions and recommendations for the study.

3.2 Sources of Data

The sources of data include existing literature, statements, and reports from various academics, diplomats, reporters, spiritual personalities amongst other accredited individuals. The research does not include quantitative analysis, experiments or gathering of surveys, rather it focuses on past events and experiences.

Secondary sources of data are major sources of this research. Various publications and authorized information, along with an interview with spiritual leader is included. Further information from ministry of foreign affairs information on cultural diplomacy and private think tanks engagement in diplomatic arena with guidance through Spirituality is also stated.

3.3 Interpretation and Method

The research has been interpreted through analysis of relevant information which are collected through secondary sources. Various books and articles are included. Historical events have also been used as examples of Spirituality and to analyze its

effectiveness to encourage Spirituality as an important aspect of overall national diplomacy.

3.4 Conceptual Framework

The conceptual framework is built around the research questions of whether Spirituality is an effective and worthwhile form of diplomacy while engaging with neighboring countries.

First the research has introduced the concept of Spirituality and define it in modern terms. As spirituality has historically been a root in the Himalayan region, the modern form of diplomacy, national and international engagement and nations working towards their national interest through various methods have led to many countries, especially eastern countries, to look through the lens of spirituality in order for diplomats and nations to engage in diplomatic practices.

Furthermore, the research has analyzed how Nepal can manage its neighbors through Spirituality. Not only is Nepal "yam between two rocks," Nepal is also a bridge between two spiritual and cultural nations. Further, Nepal shares many spiritual and religious sites that are important to both of Nepal's powerful nations. The research has also provided historical evidences and interactions between nations that could be considered to be categorized as Spirituality.

Finally, the research has also analyzed whether Spirituality has been an effective method in managing relationships with its neighbors. As historical evidences of such diplomatic meetings and events are present, the research also analyzed some of those events to identify if Spirituality can become a vital part of a nation's overall diplomacy.

Chapter Four: Introduction to Spirituality

4.1 Introduction

There are different views and interpretations towards the power politicking of the Roman Catholic Church. The Catholics leaders too are concerned and are raising the issues towards the exchange or representation on the spiritual leadership to the world politics. The prayer is known as the effective way or form of diplomacy; this is due to the pure spiritual track. The seminar conducted by PORDIR was to explore and highlights the influence of religion, religious beliefs, values, secularism and spirituality that helps to practice the international diplomacy and this also helps to find out the different of global politics and its governance (Danspeckgruber & Marshall, 2006). The Spirituality is a part to understand and analyze the issues which are related to the crisis, development, economic growth of the country, foreign relations and political affairs. The Spirituality helps the country to maintain the intercultural relations, crisis and manage the conflict (Danspeckgruber & Marshall, 2006).

The human beings are not separate from the biosphere and there are over trillions of interactions between the human and the planet. The indigenous spiritualist is engaged with the guidance and knowledge they got from the ancestors who were connected with the nature and at present world the healers must know and should learn the way of engagement with plant life to make or produce medicines. There are some thin lines between the gods and ancestor so the specializations should not be underestimated to know the spiritual world. As per the writer whether people believe on deities or not or the indigenous spirituality that helps to put the adequate efforts towards the guidelines and efforts they made on the livelihood and cultures for the

sustainable development. The global trend and the war and the colonization through the capitalism has destroyed all the norms and the business people have destroyed it through the financial exploitation and have made and erased it by making impossible regain and exist in the global world.

Spirituality or spiritual science can be understood as the Paravidya, which is called supreme science. The other sciences are known as the inferior science and most of the rationalists define the science and spirituality as two separate disciplines. The spirituality is the knowledge and information of the entire universe with the knowledge of all the topics and subjects. The spirituality is the knowledge and information of the entire physical world and also it covers the unseen world. This is the part of coverage that finds the physical, spiritual regions and is connected with the frequencies, energies and vibrations that includes positive and negative entities of the human and or of the non-living beings that lives in the world and throughout the universe. The part of spirituality covers the knowledge and memory of the past, present and future and reflects all the process from the beginning to the end of the universe (Corneille & Luke, 2021).

For many of the people the religion provides the beginning level of knowledge and learning and the other parts of the knowledge which are not the part of physical world, the religion is connected with the nature and many of the scholars' highlight this as a path to reach to the God. In other hand spirituality is the part or path to the Gods, for example, people get prescription for medicines from doctor and in spiritual practice we take advice and regular practices through the spiritual activities that help or benefit the health and wealth of the human beings. The main part of the spirituality comprises the definition who and where the human comes from, the need of

happiness and what pursuits every lives. This also consist the common things including cultural background, religion, and gender, social or financial status of the human beings.

The main problems human beings are facing is the unhappiness of the people due to the varied problems including physical and psychological problems. The spiritual spirit helps the human beings to get rid of the physical and psychological problems that are caused due to the spiritual root. The main spiritual problems of the human beings are introduced or origin from the destiny, karma, and the problems generated by the departed ancestors or due to the negative distraction of the negative vibes.

The research conducted on the spirituality has highlighted and finds that over 50 percent of the human problems are generated by the spiritual reasons (Kulkani, 2015). The main activities and events of regular human life including marriage, bad relationships, accidents and other major illnesses are the reflection of the human or ancestors' destiny. The importance of spirituality has put the knowledge into the practices, the regular spiritual practices truly help a person to understand the importance of the spirituality and that is the reason the human's spirituality and its journey has got only 2% of the knowledge whereas over 98% has importance of the regular practices (Kulkani, 2015).

The roots of conflict, discrimination, violence, and war are not to be found outside human. They lie within their way of thinking and their perception towards the outer world. The real enemy is human's ignorance and their attachment to views, ideologies, creed, and wrong perception. With looking deeply and the practice of compassionate dialogue, we can alchemize misperception, hatred and grudges into understanding and love, just as a gardener who transform compost to grow beautiful

flowers and vegetables. Skillful negotiation is only the outcome of still mind. The muddier the lake of consciousness the more indecisive and unclear are its reflections. Either the sufferings are of individual person or of entire nation they all represent the suffering of the world. In helping our neighbor, people help the whole world. Unless we have been able to listen to our own fear and anger, we won't be able to listen to and understand the fear and anger of other nations and people. Hatred, violence, anger, and terrorism are born from wrong perceptions and shallow understandings.

As nations and individual, there are plenty of wrong perceptions about themselves and each other, and these are the foundations of our hatred, fear, anguish and distrust. Each one of us needs to be practice looking and listening deeply so we can understand ourselves and others and the situation better and remove our wrong perceptions. Bombs, guns and any sort of military might never be the solutions for this. Nor it can be done by our elected leaders and the personalities of international relations alone. Human beings need to practice deep, compassionate listening and loving speech with ourselves and our loved ones, with our community, with strangers and at all levels of society.

4.2 Example of Spiritual Diplomacy

The visit of Indian Prime Minister Narendra Modi to Nepal in 2018 has brought the connection of Spirituality and the prime minister announced to release Nepali version Bhagavad Gita in the inauguration of Nepal Bharat Maitri Bus Seva (Giri, 2022). As per the writer (Rai R. , 2018) this inauguration in the form of Spirituality helps and strengthen the relationship between the two neighbor countries and open the doors for the religious tourism with an easy access of the transportation and maintain the inter country diplomatic relations. Modi has been able to recognize the cultural and

spiritual bonds between the India and Nepal which could be the foundation to develop the partnership with Nepal and he has visited Janakpur, Pashupatinath, Muktinath and Lumbini which are the spiritual and religious pilgrimage which helps for the economic growth of Nepal and India by attracting these heritage sites and promote the tourism exchange program in both countries (Giri A. , 2022). The entire world is concerned on the heritage sites of Nepal and India and these two countries are connected with different relations and history of gods and books including Ramayana, Mahabharat and there is a direct relation with the family of ancient families through marriage etc. Modi trying to develop with the relationship of Nepal through spirituality is the great interest not only for two nations but all for the whole subcontinent and the entire world. The author (Mohan, 2014) has highlighted the visit programs conducted by Prime Minister Modi was to finalize some agreements with Nepal and that he can submit it to the South Asian Summit and to take these agendas to the election and the Indian government also focuses on the promotion of trans-border connectivity to promote the tourism between India and Nepal.

Beside examples of Nepal the practice of Engaged Buddhism another branch of spirituality by Thich Nhat Hanh has been instrumental in influencing Martin Luther King Jr. to exit the war in Vietnam (Hanh, T. 2018).

Chapter Five: Spirituality in relation between Nepal and its neighboring countries

5.1 Foreign Affairs and Diplomacy of Nepal

Nepal has got relations with over 168 countries and is expanding significantly by maintaining the diplomatic relations (MoFA, 2022a). The country has adopted or integrated numerous ways that enhance foreign investments, improvement on technology transfers, boosting of tourism industry and it's through the safeguard process of the migrant workers throughout the globe. Nepal government got the policy to use the soft power and highlighting its natural beauty and pilgrimage sites including the promotion of cultural heritage site to establish the diplomatic and spirituality (The Himalayan Times, 2021).

The other part of the foreign diplomacy of Nepal covers early and medieval socio-political history and gives a fleeting glimpse of socio-political culture. Nepal has a history of standing between China and India which has helped them to increase the number and types of interactions in increasing the country's culture, politics, trade, tourism and investment, the country has been seeking different diplomacy to maintain and find out the potential bilateral and trilateral arrangements to synergize the bilateral relations with India-Nepal, China-Nepal and India-China (K.C & Bhattarai, 2018). The republic of Nepal has been between the two giant countries to manage the foreign affairs and remarkably adopted the soft power resources in its foreign concerns to manage the diplomatic practices.

Nepal has also used the adequate soft power to practice in the domestic and international arena; the Lumbini place of birth place of Buddha is the pioneer of peace

and the country boast Mount Everest along with other mountains that is maintaining the foreign relationship with the different countries through the cultural properties. Nepal government has established good political norms and values that become successful to settle the internal arm conflict and have evolved the model to resolve the conflict through peaceful way to solve the domestic politics and establish foreign spiritual relations.

The diplomacy is other part of business and trade that is analyzed through the country's capacity that helps to index analyzed the different prospects of the country's variables including economy, business, brands, taxation, trade and parameters. The Spirituality could also help the country to explore the country's political dynamism which is the part of law, human rights, reduce the crime rate, maintain the security and establish political elite (Timilsina, 2020).

5.2 Importance of Spirituality

The importance of Spirituality is increasing these days due to the religious dimension and the conflicts in the world, the countries like Iraq, Afghanistan, Syria, Kashmir, Sudan etc are facing the internal and external conflict which is the cause of the religion and this has been increased to the nearest reason of Middle East and Africa (Saudades, 2020). The global trade, globalization and the claim of the holy lands and unease situation between the countries like China and India has also affected the diplomacy of Nepal. This is very important for the government and political parties of Nepal to increase the ability on the Spirituality to deal the issues with the neighbor countries along with all the regions.

Nepal's leaders are also blamed of inviting micro intervention and interferences from the diplomats of neighboring countries and inviting conflicts on the internal affairs.

The immaturity and instable political situation of Nepal has dragged the country's political environment and diplomacy in other way which could cost an unexpected result in the country's foreign affairs and internal management. The major leaders and political parties got different types of views with the countries; they say different things in the public and do another commitment and agreement in the internal diplomatic meetings with the diplomats of different countries. Nepal's government and political parties are doing agreement in diplomat level without looking for the long-term vision and plan, there are numerous other parts in the diplomacy that should be integrated with the Spirituality to maintain the unexpected political conflict in the regions, relationship with the neighboring countries, accepting the short or long-term projects that could have long term impact on the security and economy of the country.

The Spirituality is concerned with the development of the country's holistic security. The other concern and focus are related to explore how the other countries overlook the country's national and international affairs. The main part to maintain the diplomacy is to connect them with the regional and international community and to disposition, this include the foreign policy, security, economy and the other opportunities and challenges which can be done by using the theme of the Spirituality. The other part of the diplomacy in Spiritual sense is to find out the other options and problems that affecting the country's international affairs and increasing the conflict in the regions (Rai H. D., 2020).

This research study is concerned and focused on the relations of Spirituality that creates a positive relation between the political leaders to maintain and develop the

political matters and also helps to minimize the conflict and maintain a peaceful environment in country's internal politics and also maintain the same in the region.

5.3 Diplomacy with the Neighboring Countries

The neighboring country of Nepal, China, has started the expansion to move into the indo-pacific region which has altered the other neighbor India. Nepal has so many to do to maintain and balance the relation between China and India where they are the neighboring countries got economic and military influences on the decision-making process. The China has initiated the BRI project whereas India and America have initiated MCC project which are both challenging projects for Nepal and handle with. In some part the implications and result of the BRI project has been seen as unproductive and it's not good for the countries like Nepal as this has got negative impact and result on Srilanka, Maldives and Malaysia as Srilanka has leased the Hambantota port to China for over 99 years as the country was not able to manage and pay back the loan (Sinha, 2021). So, the country like Nepal has got challenge to maintain the diplomacy through Spirituality with the neighboring countries and with all the countries that have got long term relation and collaboration.

The success of Spirituality which is also known as faith-based diplomacy lies in its insights and the value of the religious value and methods help it to insights. The Spirituality is also known as realistic approach that makes the relation with the trust and faith, a promising, needed additional style of diplomacy and cannot be properly located within either track one or track two diplomacies. According to Constantinou (2006), the practice of the Spirituality is not just a part of ancient Greece but is a part of western and other nonwestern tradition that is based on the realistic international

relations. Some part of this diplomacy was considered as the problematic and connected with the spirituality.

There was a brief definition from the side of Christian revival who addresses the relations with the diplomacy with the effective use of spiritual qua which helped the countries to solve the human problems during the period of post-World War II. The moral diplomacy in early Islamic principles has also highlighted the value of Spirituality which has helped to balance the power dominations, discourse, laborious and impressionistic protocol. From the angle of Islam Allah helps to bring all together and encouraging the main theme to use the constant use of *modus vivendi*. The Spirituality is the form of foreign policy that is seen as the subservient to diplomatic methodology which should be considered by the government of Nepal to achieve the country's global goals and becomes the real test of a truly Islamic diplomacy.

In the recent practices, it can be deciphered that that India has now realized that Nepal is in the vital position in the region and it would be better to handle this country with the Spirituality which has reflected the visit of Prime Minister Narendra Modi over 3 times with the specific plan to visit the country's religious and pilgrimage sites (Giri, 2022). India has initiated numerous projects which has got long term impact and effect on the countries relations which has been managed and balanced by the visit of the prime minister and has also initiate the bilateral talk between the countries which are the part to discuss on the boarder issues, road to Kailash and development of new projects and to continue the hold projects by consulting between their authorities on how to resolve the issues and problems (Giri A. , 2022).

The China and India both are participating slowly in different activities inside Nepal and both are trying and using the Spirituality as both of the countries have got their

political interest and are trying to micro manage Nepal's internal affairs. India and China both are trying to restore the ancient and historical relations with Nepal and during the COVID pandemic both of the countries were participated from different aspects through the medical aids and there were regular meetings between the delegates from the department of foreign affairs.

5.4 Challenges

There have been numerous changes and it has also occurred in the international politics due to the globalization, privatization and liberalization which has got direct and indirect impact in the foreign policy of Nepal. There has been a greatest proposal in this century through the Belt and Road Initiative (BRI) has created some unease situation between the relation of Nepal which is very silent and has been reflected through the different diplomatic situations. The political gurus and pundits who are analyzing the political situation in the world have highlighted the inclement of Nepal's government towards the China and its strategy or BRI. The history of Nepal is of balanced and non-aligned foreign policy that took hold during the cold war period and the relation between the two super power countries and in the current situation the government of Nepal seems to fail to balance the relations and has failed to address the burning issues of the global politics. At present the government of Nepal should revise, reformulate, and introduce new foreign policies including the Spirituality to cope with the changes that is going to take place in the global and regional politics (Dixit, 2017).

The foreign policy of Nepal is a part of documentation and codified government policy that is reflected on the foreign affairs. The foreign policy including Spirituality is the international mirrors for any country during the international relation. The

diplomatic affairs or the relations of the country are oriented towards effective results based on the country's policy and their relation with the international communities. Like other diplomacy, Spirituality also comprises the management of the protocols, adherence to diplomatic etiquette, effective communication with the diplomatic statements, managing and coordination with the foreign relations, bilateral and multilateral meetings and agreements including treaties and activities.

Every country has their individual department to archive the history, save the classified accounts and to set the policies. After the political changes in Nepal the parliamentary system has also reviewed some part of foreign policy. The country is based on the vital geographical location, it has got the historical interest and values, civilization and current needs or concepts of foreign policy that need to be addressed to maintain and determine the foreign affairs, integrate the norms and values of foreign policy. The government of Nepal should integrate the Spirituality and to generate the logical framework, there should be regular regulation, management and interaction that are the part of foreign affairs where the government should participate the both private and non-private sectors.

The growing relations with China and India during the visit of Indian Prime Minister Narendra Modi and Chinese President and the foreign minister has developed and increased the strategic relationship. Being a president of SAARC Nepal has got a big role to formulate more assertive and dynamic policies to develop new strategies that helps to cope with the challenging situation in the South Asian region (Bhattarai, 2021). The main part of the Spirituality is to analyze the capability and ability of Nepal in the existing situation to balance its foreign policy and to advise some recommendation that could help them to find the need and situation that should be

implemented to balance the relations with the foreign affairs of the country. The foreign policy shaped by Spirituality should be considered to analyze and find out in national and regional context that helps the country for appropriate solutions which are lacking for the socio-political growth of the country. The country should analyze the parameters in the equation of the present Nepal's foreign policy, what are the variables that should be altered to make it more functioning, what could be the foreign policy that helps to set the goals and implement the effective diplomatic practices, the dynamic and dimensions of the country to integrate the foreign policies.

Nepal has faced numerous issues and in the present context the country is facing disrespecting and even the people of Nepal are leaving the country for the better future. Nepal boasts the glorified history with the geographic, political and historical judicial that represent the proudness in telling themselves as Nepali. The history, indigenous culture, language and life style of Nepal has been changed and influenced by the globalization and other global trends which should be analyzed by the government and should change it by using the Spirituality to increase the value of the country, this should be used properly to increase and exchange the culture with the global communities, the dimension of the geography, historical, economy, socio-cultural situation and the religious establishment. The migrants spread all over the world should be used in proper way to connect the global communities and to highlight and promote the heritage sites of Nepal that could help the government to promote Spirituality.

5.5 Possibilities

The government of Nepal should re consider its foreign policy and should integrate Spirituality that could help the country to minimize the conflicts in the region,

manage and maintain peaceful co-existence, minimize the non-intervention in the internal affairs of Nepali politics and to take the benefits of both giants' neighbors through the financial and political growth. Nepal is facing several other issues and has a great role to play in any attempts of internal interference in domestic and foreign policies by other nation, whether they be regional or global powers. The main part to implement and promote Spirituality, is by the vision of the leadership that should be reflected on the political leaders of the political parties and the parties should be able to agree on the common issues to maintain the high standing of the country and to clarify the interest and balance the relations with the other countries.

The ad-hoc policies and diplomacy sometimes could help the country but major consequence could be that it increases the conflict and is a barrier of the external security, sustainable development and the economic growth, so the leaders of Nepal should change and review the by using the experts advise to set a sound foreign policy. The main part of the Spirituality is to provide this peaceful and dialogue-oriented foundation by setting a theme and combining it with the country's interest that includes national integrity, national welfare and national security. Spirituality should set national objectives and interest which integrates the common goals and objectives helping country to maintain the international relations and diplomacy. The participation of the highly conscious government official and the effectiveness of Spiritual realm help country to bargain and make the diplomacy more effective. Spirituality aids the country in various dimension of policy making by submerging core values and major national interest.

The foreign policy of Nepal is already mentioned and integrated in the new constitution of Nepal but it should be revised as per the need as in the current

situation Nepal has faced numerous issues which should be integrated on the national policy as it used to be Panchasheel principle of peaceful co-existence to maintain relations with the neighboring countries. The general logical framework is the part of the government interest, ideology, goals and for the economic growth and prosperity which should be integrated through the Spirituality and that should be the major part of the country to maintain the national interests and priorities.

And, this peaceful and more inclusive platform that spirituality in diplomacy can provide an asset for Nepal in its diplomatic practices throughout the future.

Chapter Six: Effectiveness of Spirituality in Managing Relationship Between Nations

6.1 Effectiveness of Spirituality

The diplomacy has been described as the process of negotiation to find or accept solutions that could be a challenge during the effective communication in a polite manner. The diplomacy in terms of border represent the different approached that helps to demarcate, manage and resolve the numerous border disputes in a very peaceful manner. The word diplomacy has been derived from the Latin word Diploma which has been now become an official document to maintain the international relations, diplomacy is also a process that conduct negotiations between the group of states and is also a tool to foreign policy to increase the international relations (FutureLearn, 2021) . The professional diplomats of the country with the support of experts highlights the major points including trade, war, economy and culture to establish the international treaties, agreements, alliances and other manifesto of the foreign policy.

The Spirituality is a part that helps the countries to support and set its foreign policy or diplomacy. Spirituality can be a tool communicate with the foreign audiences or communities, or to influence the entire globe through its vastness and omnipotent nature of knowledge. The Spirituality has got the long-term potentiality to contribute to the foreign goals and to set the domestic objectives. To enable the Spirituality to get its full swing the potential ways and methods should be understood properly as this has a role to establish national image, brand and increase social cohesion. The Spirituality represents the brand image, helps to overcome audience suspicion and to serve or provide the substance to the national reputation (Mark, 2009). The

Spirituality is a process that helps to deploy the religion and culture of the country in support of the country's foreign policy settings.

The diplomacy obtained in spiritual sense for the country like Nepal is now being used as a subset of the practice that bounds the public diplomacy and helps the government to communicate effectively with the foreign communities and influence them with its main. The Spirituality has the potential to contribute to the foreign policy makers and reach meet the goals, the government also gets a chance to fix the domestic violence and conflicts if the Spirituality is implemented effectively. To enhance and enable the Spirituality it should help to substance the national reputation and it can also help to manage and maintain the relations of social cohesion that is targeted to the minority ethnic groups.

6.2 Spirituality as a part of International Affair

The Spirituality is the part that helps to bridge different diplomacies and to implement the practices to comprise the subjects including national identity, conflicts and the relations. The Spirituality is also a part of cultural diplomacy and it has created a discipline in the international relations by enhancing the world centric approach. The Spirituality can be a key part of nation's diplomacy and helps to practice the diplomatic procedures in the international relations. The Spirituality is a tool that turns the politicians and diplomats to promote cultural and religious trend and practices. This has been reflected on the foreign policy or goals and it has helped to develop the relations with the countries. There are numerous ways and methods that can measure if the Spirituality has been implemented properly or not or has generated feedback from the audiences (Constantiou, 2010).

The key focus of this study has been on the program and tools set that form the foundation for effective Spirituality and how it can influence diplomats and politicians to develop and maintain the peaceful relationships with the neighboring countries and to balance the relations in the region and minimize the conflict throughout the globe. The wide range of definition of Spirituality set the both terms and got two different meanings, the practices of Spirituality depend on how countries use it and implement on the practices. There is no specific practices and integration of Spirituality in Nepal and there is no agreement and approved articles and researches that could be adopted. This is defined now as relationship and practice of foreign diplomacy which is connected with the public diplomacy; this also represents the cultural relations amongst nations.

There can be numerous avenues and objectives of the Spirituality which is used to view and implement the practices that could be the normative, idealistic goals and helps to create mutual understanding through the department of tourism and culture (My Republica, 2019). This is also a part of the political entity which integrates the Spirituality and is important to maintain the independent relationship with the international cultural and religious sectors, bilateral meetings with the government bodies of the different countries. The Spirituality is the part that administrates the mechanism that could set the integration process which includes the stakeholders and concern government of the bodies that helps and contribute to the country's foreign diplomacy.

6.3 Spirituality and Leadership

The leadership is the interesting topic in any organization and in country which help the nations to constantly grow and increase the financial status. There are numerous

leadership theory and approaches which has been published by the writers and authors including the Great Man Theory which includes who is a leader, what does leader do and where the leadership happens. The spiritual leadership is defined as the holistic if we compare with other theories and this is not evaluating the behavior, skill or contextual factors of the other theories. The spirituality in leadership is focused and has integrated the numerous characters including honesty, attitudes, abilities and the convincing power to the audiences (Samul, 2019).

The leaders who got these characters could take the responsibilities, can have ethical values and work for sustainable development of the country, in Nepal and India the leaders have tried the combine or single approach to determine the value of spirituality and include that to the actions through the well diplomatic strategy to develop the positive relations with the countries. In this part the leaders are success because they are establishing the norms and value of spirituality but not for themselves, the situations of the nation and the Spirituality and the leadership skills are the major factors that lead the country and help to maintain the relation and develop the nation. So, the spiritual leadership and diplomacy is very important and can lead the country towards sustainable decision and take the long-term decisions which could help for the development in the context of sustainability (Wetton, 2021).

The Spirituality is the part and has got influence through the charismatic leadership which helps the country like Nepal to understand and implement the foreign policy in all the countries mostly effectively in liberal democratic countries. Nepal is missing and trying to develop a charismatic leader as the country has gone through different political changes and lies in between two giant countries India and China and got influences of both countries and also, they are involving on the many of the internal

affairs of the country due to the weaknesses of the leaders of Nepal. The Spirituality in the current situation of the world including the framework that could lead them to maintain the relationship as well as stop the external interference and could influence the other countries on policy making and decision makings of the region and global situation (Samul, 2019). So, the government and political parties of Nepal should know the importance of the Spirituality, spiritual leadership and the foreign diplomacy for the benefits of the country and also should learn from the spiritually inclined leaders of India including Narendra Modi and Baba Ram Dev and how they are influencing the entire world through the Spirituality and spiritual leadership skills.

6.4 Challenges

In 2019, there was a mixed reaction and Nepal's government had few meetings with the Indian counterparts to review the country's relations and to balance the relation with China and India (Jha, 2018). There were different approaches from the counterparts and Nepal has signed the two controversial agreements with US which are known as the Indo Pacific Strategy and BRI with China as Belt and Road Initiatives. Nepal has also faced numerous border issues with India which is Kalapani border and the road to the Kailash Mansarovar. There was other issue on the statement issued by the leader of Nepal Communist Party created a big tension in Nepal's politics and caused huge diplomatic commotions with the US government. The statement was related to the internal affairs of the Republic of Venezuela. So, the country's foreign policy, Spirituality and the new policies on the foreign relations are very important which could have dragged the country to the worst situation.

The issue during the press statement of a leader of one party has created a huge hysteria and the ministry of foreign affairs has tried to initiate the talk and convince

the US embassy. The relation of Venezuela was rarely figured but the statement related to US was the major issue which has affected the internal affairs and government of Nepal. This is a big lesson and this kind of issue is a challenge to overcome during the relation with the big super power countries who are leading the global politics and economy. In other example the victory of Narendra Modi in India as a prime minister has created a different tension in Nepal's politics as well as inside India as everyone was predicting the government of India changes the foreign policy and try to promote the Hindutva agenda that could support the royalists and the new constitution of Nepal would have influence and affect during the implementation (Jha, 2018).

The prime minister of India, Narendra Modi initiated his Spiritual diplomacy by organizing Pasupatinath temple visit during his political visit in Kathmandu, it was also a good example of spiritual leader and diplomacy that has created a positive relation with Nepal and also, he was able to establish his agendas in India and got good number of votes from the public in the state election. Similarly, recently on May 2022, Modi made an hours long trip to Lumbini on the occasion of Lord Buddha's 2566th birth anniversary. After becoming a prime minister, this became his fifth visit to Nepal (Giri A. , 2022).

India has established this kind of diplomacy since 1960 in the global market to establish its diplomacy and even the famous pop singer band Beatles visited Maharshi Mahesh Yogi and now we can see the relevant of Yoga and its presence in the globe (Jha, 2018). So, Nepal got so much to do in the foreign policy to maintain the relation as there are numerous issues with India in transforming the economic growth and fortune as well and there are huge tens in India Nepal border, Nepal got so many

heritage sites and religious sites that could regain the relation with India including Lumbini, Ayodhya and there is a connection of India and Nepal with Janakapur as this is the land associated with Ramayana.

In conclusion, it can be concluded that the Spirituality through the connection of spiritual leadership can create a huge difference for the tourism development and the economic sustainability of the country. This also maintain the relations with the neighboring countries and balance the heritage sites which could be for the history and preservation that could create benefit for the long term.

6.5 Analysis and Findings

Nepal has initiated foreign policy and diplomacy since the country was united by the King Prithvi Narayan Shah in 1769 BS (MOFA, 2022b). The country initiated formal and professional diplomacy from the starting and it has been very successful due to the well management of the diplomats and government officers. The foreign diplomacy has been increased and structured with the Spirituality and it was followed by the other rulers and has got numerous benefits.

There are numerous agreement and objective of the Spirituality which is used to view and implement the practices that could be the normative, idealistic goals and helps to create mutual understanding through the department of tourism and culture. This is also a part of the political entity which integrates the Spirituality and is important to maintain the independent relationship with the international cultural and religious sectors, bilateral meetings with the government bodies of the different countries. The Spirituality is the part that administrates the mechanism that could set the integration process which includes the stakeholders and concern government of the bodies that helps and contribute to the country's foreign diplomacy. The spirituality in leadership

is focused and has integrated the numerous characters including honesty, attitudes, abilities and the convincing power to the audiences.

The leaders who got these characters could take the responsibilities, can have ethical values and work for sustainable development of the country, in Nepal and India the leaders have tried the combine or single approach to determine the value of spirituality and include that to the actions through the well diplomatic strategy to develop the positive relations with the countries. In this part the leaders are success because they are establishing the norms and value of spirituality not for themselves, but to the contextual situation of the nation and the Spirituality and the leadership skills are the major factors that lead the country and help to maintain the relation and develop the nation. The diplomacy initiated from the King Prithvi Narayan Shah was established by the other Shah kings and after monarchy the new constitution developed by the ruling parties of Nepal has also created and developed the alliance, economic diplomacy and they are dealing effectively with the neighboring countries and with the countries throughout the globe.

In Nepal there are remarkably interesting spiritual heritages. From the time of vedas to recent Hollywood movie “Dr strange “there can be seen the importance of this geographical location. Down the ages Nepal has been rich of various temples and monasteries. Each location those places carries certain untold myths and cosmological arrangements. Giving life to the spirit of each story reflecting amongst the people around world can be finest way in manifesting Spirituality as Nepal’s soft power. The practice of presence not just to be aware of little person involved in international negotiation but being a part of greatness, entire wholeness and availability to the life that is in us and around us can be a divine art of negotiation. Spirituality is a

tremendous gift to be able to cut through everything conventional and make a contact being to being immediately. It's more about inner spiritual connection and addressing that rather than the mental association. for achieving mutual goods and benefits. The task of such diplomacy is to bring the soul spirit into harmony with life body. With peace in ourselves, we can share peace with others, and we have enough strength and equanimity to face the many hardships in life with patience and perseverance. As Swami Ananda Arun says “Adding a spoon of spirituality in diplomatic practices will have the impact like adding a spoon sugar in a cup of tea”.

Chapter Seven: Summary & Conclusion

7.1 Summary

The Spirituality is an integrated part of international diplomacy that helps to implement and practices to compromise the subjects including national identity, conflicts and the relations. The Spirituality is also being a part of cultural diplomacy and it has created a discipline in the international relations which has created an attention to cultural diplomacy. The cultural or Spirituality is both part of nation's diplomacy and helps to practice the diplomacy procedures in the international relations. The diplomacy has been described as the process of negotiation to find or accept solutions that could be a challenge during the effective communication in a polite manner.

The diplomacy in terms of border represent the different approached that helps to demarcate, manage and resolve the numerous border disputes in a very peaceful manner. In terms of Nepal the border diplomacy always connects with the dynamic equilibrium which helps to maintain the neighbors India and China. Like other diplomacies, Spirituality intends to maintain the international relations and initiate the process to conduct negotiations between the group of states and is also a tool to foreign policy to increase the international relations. The leaders who got these characters could take the responsibilities, can have ethical values and work for sustainable development of the country, in Nepal and India the leaders have tried the combine or single approach to determine the value of spirituality and include that to the actions through the well diplomatic strategy to develop the positive relations with the countries. In this part the leaders are success because they are establishing the norms and value of spirituality but not for themselves, the situations of the nation and

the Spirituality and the leadership skills are the major factors that lead the country and help to maintain the relation and develop the nation.

The Spirituality is the part and has got influence through the charismatic leadership which helps the country like Nepal to understand and implement the foreign policy in all the countries mostly effectively in liberal democratic countries. Nepal is missing and trying to develop a charismatic leader as the country has gone through different political changes and lies in between two giant countries India and China and got influences of both countries and also, they are involving on the many of the internal affairs of the country due to the weaknesses of the leaders of Nepal. The Spirituality which is been connected with the spiritual leadership has been creating different opportunity for the country and making huge difference on the international relations and increasing the economic growth of the country like Nepal.

7.2 Conclusions

The success of Spirituality which also falls under faith-based diplomacy lies in its insights and the value of the religious value and methods help it to insights. The Spirituality is also known as realistic approach that makes the relation with the trust and faith, a promising, needed additional style of diplomacy and cannot be properly located within either track one or track two diplomacies. The practices of the Spirituality are not just a part of ancient Greece but is a part of western and other nonwestern tradition that is based on the realistic international relations. Some part of this diplomacy was considered as the problematic and connected with the spirituality.

The Spirituality has been started from the various wars including first and second world wars, which was addressed and implemented through the relations with the diplomacy with the effective use of spiritual qua which helped the countries to solve

the human problems. The moral diplomacy in early Islamic principles has also highlighted the value of Spirituality which has helped to balance the power dominations, discourse, laborious and impressionistic protocol. The Spirituality in the current situation of the world including the framework that could lead them to maintain the relationship as well as stop the external interference and could influence the other countries on policy making and decision makings of the region and global situation. So, the government and political parties of Nepal should know the importance of the Spirituality, spiritual leadership and the foreign diplomacy for the benefits of the country and also should learn from the leaders of India including Narendra Modi and Baba Ram Dev and how they are influencing the entire world through the Spirituality and spiritual leadership skills.

There have been some initiations from Nepal's government to connect the Spirituality to develop international relations and foreign diplomacy. The government of Nepal also initiated the visit Lumbini program that helped them to increase the relation with the south East Asian countries, this Spirituality has created huge opportunity to develop the relation and increase the economy growth of the country. The leaders who are leading the countries are using different approaches when they are leading the government, the major of the country international diplomacy is always connected with Nepal's religious and heritage sites. The country has initiated many bilateral meetings and organized the visit of Indian prime minister in the different places including Janakpaur which has created a huge opportunity to increase the long-term relationship with India and other countries like China and Bhutan.

Thus, promoting above mentioned different spiritual activities through tourism sector and national level policy making, spirituality can be an effective soft power for Nepal

in International Relations and Diplomacy. This peaceful and more inclusive platform that spirituality in diplomacy can provide would be an asset for Nepal in its diplomatic practices throughout the future.

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