

## **Applied Philosophy of Women Empowerment**

**Dr. Ram Kumar Gupta**

Notion of the feminine spirit, ‘ The spirit of the vally never dies. It is called the subtle and profound female. The gate of the subtle and profound female is the root of heaven and earth. It is continuous , and seems to be always existing. Use it and you will never wear it out’. It is said, “ One hour reflection is equal to seventy years of pious worship.”St. Sadhguru Jaggi Vasudev put it prudently, ‘The quality of life depends on how well you manage your body, your mind, your emotion, your situations, your home, your communties, nations, your life in general and the world’. Similarly Socrates had also said, “ an examined life is not worth living.” It is incredible that in the 21<sup>st</sup> century gender discrimination and inequality is still an issue. The idea of autonomy is a blindingly obvious one. It simply means that if I am to act in an ethical or moral way I must choose for myself what I am going to do. I may of course take advice from others and I may be subject to persuasion and pressure from external sources, but when the chips are down I must decide and choose for myself. Only then is what I have done imputable to me so that it is my act, and only then am I responsible for it and praiseworthy or blameworthy for it.