



Contribution of Rajyoga Meditation of Brahmakumaris towards Physical and Spiritual Well Being: An Analysis.

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Abstract : Rajyoga Meditation of Brahmakumaris is a modality of Yogic Science through which we can make change we can transform our self being from stress , anxiety and any negative emotions which are within all of us. We can achieve a Positive Aura formation by daily follow up of Rajyoga Meditation as a part of our life will make us self conscious easily using different tools under this Modality.

Amritvela is the time for connection with Supreme Soul and after its practice we keep on introspecting ourself full day while we are anywhere (At Home, At Work , Travelling , Driving etc.)

Through study of practice of Rajyoga Meditation we will be able to in deep connection with physical as well as Spiritual world.

Keywords: *Rajyoga Meditation , Soul , Supreme Being , Eight Powers , Cycle of Time , Tree of Humanity, The Law of Karma.*

INTRODUCTION

Rajyoga is a combination of term Raj+Yoga Raj means ruler and Yoga refers to communion or connection. It is a connection with ourself under the concept of soul (a point of light.) its practice is done in easy and natural way with open eyes.

It is a self healing process and practicing makes us to connect with the natural processing of life and make us more aware and attentive in all areas of life. We will be able to connect with our true self and can answer about "Who Am I?" and can explore the inner and original qualities of soul.(A point of light)

This modality teaches us how our Karmas and Sanskars shape our destiny . It easily energize with God's Power. It gives us a clear spiritual understanding of true self and helps to rediscover and use the qualities and powers already latent within us.

HOW TO PRACTICE FOR RAJYOGA MEDITATION.

For practice we can approach to our nearest local Brahmakumaris Centre and can start the 7 days Introductory course which being designed for soul consciousness under guidance of appointed and designated DIDI's there.

And become aware firstly with five steps practices of

Step 1: Relaxation

Sitting in front of image of point of light and making our body and mind relaxed with breathing exercise and then concentrating ourself from head till toe , different sensations and with innerself connection relaxing all external and internal body parts.

This makes our Automatic Nervous System also habitual with daily practices sitting in easy posture as we like.

Step 2: Concentration

After relaxation now is the stage of concentration as we become habitual for relaxing ourself for few days then we will now see and focus on current scenario of our present life areas.

Choosing and picking one life area while practicing concentration will able to focus to improve that particular situation which can be example : any relationship issue in family.

Step 3: Contemplation:

This is the stage now after relaxation and concentration to make ourself practice for sitting in silence for few days to get experience of this step as we proceed further with its practices we are able to read our Inner thoughts and emotions gradually in

deep level and can use further more tools of writing these waste thoughts on paper and putting letter or paper in Baba's letter box further these letter given to Baba are put in fire. It will renew our inner body cells and create new space for newness.

Step 4: Realisation

It is the stage when our understanding and feelings both combine mind and intellect and we experience a meaningful reality within.

Step 5: Meditation

We know all these stages now we are on stage where we can now sit relax, easily focus can be silent and choosing the area we need improvements in life. within and can now reawaken to built new positivity within and grow in all areas of Physical , Emotional, Mental and Spiritual levels. (As we think we become , i.e. as we sow will reap.)

Where to Meditate

We know that life on Earth is a cyclic process of Birth and Death and it is full of different activities and responsibilities. After going through these steps given above we are on beginning knowledge of Rajyoga meditation this above exercise will make us soul conscious feeling and understanding of originality (original qualities) of soul. After reaching this level we will be consciously able to connect while doing our daily tasks either we are travelling or we are working in home or office.

When to Meditate

- 1) After waking up in the morning.
- 2) While getting ready.
- 3) While cooking.
- 4) While all meal times.
- 5) While driving
- 6) While after every hour for 2 minutes. (Traffic control of thoughts)
- 7) While free time.
- 8) While going to bed.
- 9) While starting a task before starting it for 2 minutes silent connection with Divine for more light and energy.

Who can Meditate

Rajyoga Meditation is open for everyone there is no distinction for learning and practicing for Rajyoga Meditation. As we know that Rajyoga meditation is a modality of Brahmakumaris and motive of Brahmakumaris organization is self transformation will transform world. Anyone who want to take active participation for renewal of World from Kalyug to Satyug can learn. It's a deep exploration of Cycle of Time.

No restrictions or limitations for learning this modality.

Its for all categories there is no limitation for any kind of divisions. They can be any age, nationality, sex, religion , profession.

- 1) Have spent time searching for spiritual solutions.
- 2) Have achieved and gained much in their lives, and come to wonder , "Is that all there is?"
- 3) Have experienced difficulty and challenge in their lives and seek extra power to help them.
- 4) Have a deep desire to deepen their understanding of , and connection with the Divine.
- 5) Have a wish to use their own energy and good wishes to bring the sense of well being and contentment they have found with other souls in the world.

The Seven Days Course details:

Soul Day1

Through Brahmakumaris

Who AM I? A point of light which is connected to my innerself I m not a body, I m a being which makes this body functional and operational. Through me (self conscious) a point of light I can hear with my ears, I can see with my eyes, I can sense through skin, I can smell through nose, I can taste with my tongue and all these sense organs are under my own control me as an Energy being a point of light.

Supreme Being Day 2

Supreme Being is Divine Energy who is the creator of this Universe 5 elements(Earth, Water, fire , Air and Sky), the nature and all Flora, Fauna and Human Beings . We will be able to learn and be introduced with connection and qualities of Supreme Being. He is Nirakar without any body which makes this Universe operational by all qualities of Peace, Unconditional Love , Happiness, Bliss, Purity, Knowledge and Power.

As is the Supreme Being the same are the qualities of soul (point of light) . Through practice of connection with Supreme Being we will be ble to reflect all these qualities within ourself and become aware about the role of Supreme Being in our own life.

Easy Practice Day 3

With Connection of Divine in Day 3 of Rajyoga Meditation we will be aware with how to make easily connection with Supreme Being by using Guided Meditation as well sitting in silence in front of Point of Lightimage with open eyes even if any

human being who is not able to do this practice in sitting posture can lay down on his/her own comfort and can imagine with abstract mind a connection with point of Light. This Easy practice will make us stable and more closer to Divine Supreme Being.

8 Powers Day 4

In Day 4 we will be able to explore all challenges of life with Stability and Peace by working with Divine Supreme Being connection where we can achieve our Powers which were deactivated with Life (Birth and Death Cycle) process and with this practice of Divine connection we will explore our Powers or activate these Powers.

Power to Face , Power to Tolerate , Power to Packup, Power to Accommodate, Power to Discriminate, Power to Judge , Power to Cooperate, Power to Withdraw.

These powers were within us but by taking many births again and again Our Soul was covered with different deep layers of negativity records around and all these Powers were deactivated but with Connection of Divine being Practice.(Rajyoga Meditation) all Powers be Activated.

Cycle of Time Day 5

In Day 5 we will get knowledge about Cycle of Time. As we know that there are no scientific evidence of existence of soul and soul is immortal and the process of birth and death with new body is cyclic, it keeps on going within Natural process. Same is for different Yugs which occur on Earth after every 1250 years Satyug, Treta , Dwapar and Kalyug but with Brahmakumaris study Kalyug has 100 years of Sangamyug also. So cycle keep on going one after the other as when soul time period over it leaves the body and get ready for new cycle.

Also will be able to explore knowledge why we have reached to peak of Kalyug and why Sangamyug is important for the renewal of world for Satyug.

Tree of Humanity Day 6

Day 6 will make aware about the history of different religions and dynasties from the beginning of Era(Satyug) in which we all were in unity there was only one religion and as the time passed by we were divided into different religions. And as its peak of Kalyug (Sangamyug of 100 years) you will be able to understand the God's direction and will be able to create a new world by self transformation(a period for preparation of new age Satyug.)

The Law of Karma Day 7

Day 7 will be exploration of How adopting lifestyle of Rajyogi we can keep check on Karmas on subtle level as we know that law of karmas keep our records of righteousness and wrong decision and so after going through Rajyogi lifestyle we can achieve a stage of consciousness through which we know consequences of our Karma and so regular practice of Rajyoga Meditation will help to create elevated Karmas which will bring Peace, happiness , Bliss , Purity in Unconditional Love.

Conclusions

In conclusions, the analysis of Rajyoga Meditation of Brahmakumaris reveals a holistic approach to achieving both physical and spiritual well-being. This unique modality emphasizes the connection between the individual soul and Supreme Being, enabling practitioners to transform themselves from a state of stress and negativity to one of positivity and self – awareness. Through the structured practice of relaxation ,concentration,contemplation,realization, and meditation , individuals can harness their inner energies and activate their latent powers.

This meditation practice offers a profound understanding of the self, ,delving into the depths of soul and its connection to the divine. By establishing a daily routine of meditation , individuals can integrate this practice seamlessly into various aspects of the lives, including during daily tasks , work, and personal interactions. This facilitates a continuous state of mindfulness and self awareness , enabling individuals to respond to life's challenges with stability and peace.

The seven -day introductory course provided by Brahmakumaris offer a comprehensive journey, covering key concepts such as the nature of the soul, the Supreme Being the cycle of time , the law of Karma , and tree of humanity. Through this structured learning, individuals can gain insights into their own existence, the purpose of life, and interconnectedness of all living beings.

It's important to note that the practice of Rajyoga Meditation is open to all individuals regardless of their background , age , or profession. This inclusivity reinforces the belief that spiritual growth and self- transformation are attainable for anyone seeking a deeper understanding of themselves and their place in the world.

In summary, Rajyoga Meditation of Brahmakumaris provides a valuable pathway to achieving physical and spiritual well-being. By establishing a connection with the inner self and Supreme Being, individuals can tap into their inherent powers, develop mindfulness, and navigate life's challenges with resilience and positivity. This meditation modality offers a profound exploration of the soul's journey and its potential for self transformation , making it a transformative tool for anyone on a quest for deeper self awareness and fulfillment.

REFERENCES

[1] <http://www.brahmakumaris.com/>(Website Brahmakumaris)