

Rejuvenating Life through Spirituality: Role of Rajyoga

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Abstract: Research reveals that, about 80 percent of human bodily diseases are due to the psycho-somatic reasons. Because, quality of **thoughts** determines our state of mind and that carries multiple effects on our mind, body, relationship, performance etc. and keeps a permanent record in our mind, and in spiritual language called creates 'Karmic Account'. Thus, keeping right thoughts (i.e. positive & necessary thoughts) heals our mind and when positive energy radiate through the body, it rejuvenate our life. **Rajyoga Meditation** is the highest form of meditation, where Soul in a deep sense of remembrance connect with the **Supreme Soul (Paramatma)** and receive all His blessing and divine quality. Rajyog is based on Gita Gyan (i.e. on the knowledge & philosophy of Srimadbhagavadgita), which strengthen human souls for practicing its knowledge to empower the Souls. The paper has attempted to highlight the importance Gita Gyan in present day context and the role of Rajyoga Meditation followed by **Brahmakumaries** for **Stress-free, Happy & Peaceful Living**.

Key Words: Happy, Life, Meditation, Peace, Rajyoga, Spirituality, Stress-free.

**Gurubrahmaa guruvishnurgururdevo maheshwarah;
Guruh saakshaat param brahma tasmai shree gurave namah.**

Guru is the creator (Brahma); Guru is the preserver (Vishnu); Guru is the destroyer (Maheshvara); Guru is verily the Supreme Absolute. To that Guru we prostrate.

**Dhyaanamoolam gurormoorth poojaamoolam guroh padam;
Mantramoolam gurorvaakyam mokshamoolam guroh kripaa.**

The Guru's form is the root of meditation; the Guru's feet are the root of worship; the Guru's word is the root of Mantra; the Guru's Grace is the root of liberation.

1. INTRODUCTION:

The **Srimad Bhagavad Gita** is one of the most beloved and popular book of Hindu: Holy Gita is considered to be the greatest contribution of India to the World. **Srimad Bhagavad Gita** is for all, for every nation, for every race and for every man and woman, whatever be their spiritual level and capacity. In this decade human being are greatly in need of an effective guide to spirituality and to peace. The relevance of **Gita Gyan** is essential in the life of every human being. As human beings are living a stressful life, where they are living in a falsehood and attracted more to the materialistic things (such as car, house, money, etc) and ignoring the real-self i.e. the **Soul (Atmaa)**, also forgetting the divine knowledge of **Srimad Bhagavad Gita**. Srimad Bhagavad Gita is a complete spiritual text which explains about the Atmaa and the mentality of a person in distress and way to escape from suffering. Gita Gyan helps us to find our own weakness and to come out of that weakness through spirituality. Srimad Bhagavad Gita gives clarity to life and **Gita Gyan** helps in living **Stress Free, Happy & Peaceful life**. In present world even the psychologist is now developing Srimad Bhagavad Gita's a great clinical tool to cope up with life challenges psychological problems.

The word Yoga itself refers to "linking with God". The Sanskrit word **Yoga** comes from the verb root **Yuj**, which means to **link** or **to connect**. The Srimad Bhagavad Gita discussed about the Yoga in Chapter-6 (entitled Abhyasa Yoga), the first time the word Yoga appears it is as a solution Lord Krishna offers Arjuna for overcoming his inability to participate in his life. Arjuna had fallen into despondence and Lord Krishna presents Yoga to him as an alternative way of being. Lord Krishna uses the word Yoga over 100 times in Srimad Bhagavad Gita. In the first verses of the Gita's third chapter, Lord Krishna introduces two forms of spirituality that might be identified with Yoga: The Contemplative Life and The Active one. The original purpose of Yoga was to connect one's



consciousness to the Supreme consciousness by controlling one's body, mind and senses and good-health. There are four main paths of Yoga – *Karma Yoga*, *Bhakti Yoga*, *Raja Yoga*, *Jnana Yoga*.

Karma Yoga – The path of action (selfless service): Karma Yoga is the path of action, service to others, mindfulness, and remembering the levels of our being while fulfilling our actions or karma in the world.

Bhakti Yoga – the path of devotion: Bhakti Yoga is the path of devotion, emotion, love, compassion, and service to God and others. All actions are done in the context of remembering the divine.

Raja Yoga – the path of the mind & meditation: Raja Yoga is a comprehensive method that emphasizes meditation, while encompassing the whole of Yoga. It directly deals with the encountering and transcending thoughts of the mind.

Jnana Yoga – the path of knowledge: Jnana Yoga is the path of knowledge, wisdom, introspection and contemplation. It involves deep exploration of the nature our being by Systematically exploring and setting aside false identities.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (also called **Brahma Kumaris**) is an International non-governmental spiritual organization. This Vishwa Vidyalaya has established two centres namely – **Raj Yoga Education and Research Foundation** and **Brahma Kumaris Academy** for better world. Brahma Kumaris are a spiritual institution focused on self-transformation through spiritual education and reflective practices and strengthening human potential. The primary teachings at Brahma Kumaris are **Rajyoga Meditation**. Rajyoga meditation is one of the most effective forms of meditation to help replenish mental and emotional energy enabling individuals to create new attitudes and responses to life. It empowers individuals with a clear spiritual understanding with the **Supreme Soul**. Rajyoga meditation followed by Brahma kumaris used to train their disciplines such that they forsake worldly faults like tension, bias, prejudices, hypocrisy, jealousy, hatred, greed, ego and other such negative tendencies. Brahma Kumaris has explained five step processes to follow Rajyoga such as- **Relaxation, Concentration, Contemplation, Realisation, and Meditation**.

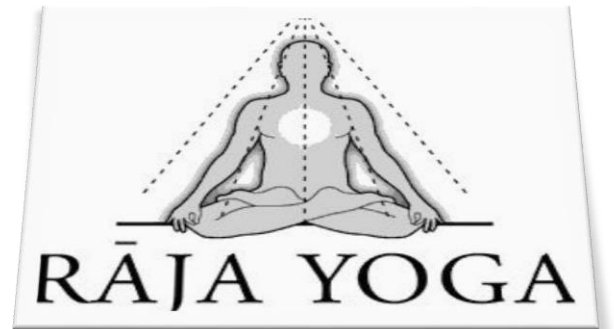


Fig-1. Showing picture of Supreme Soul & how to remember and Connect Him through Rajyoga



2. REVIEW OF LITERATURE:

Dr. Pratibha Bharti wrote Raja Yoga referred to as “royal yoga”, “classical yoga” and “astanga yoga”. Raja Yoga is also referred to as Mental Yoga, or the Yoga of the Mind, because of its emphasis on awareness of one's state of mind. Raja Yoga is the stepping stone for attaining higher realms of spirituality. Raja Yoga is, an essential component of other spiritual paths since meditation is involved in the loving recollection of God, mental discrimination, and is an essential balance to selfless action. In Raja Yoga meditation we use our mental power to realize the ‘Atman’ through the process of psychological control. Raja Yoga helps one to learn to calm the mind and bring it to one point of focus so that we can direct our attention inwardly, towards our true nature, which is Divine.

Sri Swami Chidananda (Lectures on Raja Yoga 1991, WWW Edition: 1999) wrote Raja yoga is a universal science. Yoga presents a system of liberating the spiritual essence from this involvement, this entanglement in mental and physical processes. Raja Yoga is the Yoga that makes use of powers of the mind and the will. The Thesis of Yoga based upon the direct experience of those who became its expounders, is that your true nature, your real and essential

nature, is pure bliss. Raja Yoga is pure Peace and Ananda and Santi. Raja Yoga helps to cope up with sorrow, misery, grief, agitation, tears. Thus, Raja Yoga is a scientific method of liberating the consciousness from the bondage of mind, senses and matter. Raja Yoga enables the person to be one's own psychiatrist, enables the person to one's own psychological counselor, so the he need not have to go to someone else to help him to overcome his problems.(<http://www.SivanandaIshq.org/>).

3. OBJECTIVES:

In modern life, **Problems, Worries, Depression** and so on are affecting the human life. The Srimad Bhagavad Gita gives a clear idea that the problems and worries are the result of the mismanagement of our own mind thoughts and does not depend on the external situation or other persons. Depression, worries, stress, anger, etc. all this sufferings can be escape through teaching of **Bhagavad Gita (Gita Gyan)** and **Rajyoga Meditation** followed by Brahma Kumaris. The objectives of the study is to highlight the importance of **Gita Gyan** in the present day context and the role of **Rajyoga Meditation** followed by **Brahmakumaris** for **Stress-free, Happy and Peaceful Living**.

4. METHODOLOGY:

In today's life style people are more attracted towards materialistic things, but even if they have all they do not get the peace of mind. They are always in search for peace. The most important thing is peace and it cannot be bought. In this respect Raj yoga meditation is playing a very important role in bringing peace and positive change to the human life and rejuvenating human life. To understand role of Raj yoga meditation in rejuvenating human life three factors have been considered viz., **1. Mental health 2. Emotional health and 3. Physical health** and try to understand its influence on these factors through this study.

The study is analytical in nature and is based on qualitative data. For the purpose of primary data two Raj yoga meditation Centre (Prajapita Brahmakumaris Ishwariya Biswavidalaya) of Barpeta district viz.,- Barpeta Road Centre and Howly Centre have been chosen.

From the selected two centers 53 respondents (here respondents mean followers of Raj yoga meditation at least for 2 years continuously) have been considered in this study. The respondents were asked various questions relating to the above three factors with the help of a semi-structured schedule specially designed for the purpose. The collected information have been tabulated and analyzed with the help of statistical tools.

5. ROLE OF RAJYOGA IN REJUVENATING LIFE:

In Today's hectic world, it seems everywhere people are stressed out, burned out, and exhausted. More people are affected by **Depression** than any other disease in this world. Depression is a major public health importance, in terms of its prevalence and the suffering, dysfunction, morbidity and economic burden. Depression has created an immense effect on our mind, relationship, performance etc. Actually depression is not a disease in a conventional sense but a self-created suffering by the patient himself. According to the World Health Organization (**WHO**) Depression is the largest disability worldwide with the number of people living with depression has been rapidly increasing by over **18%** between the years **2005 to 2015**. Globally, more than **300 million people** of all ages have been suffering from Depression. Women are more affected by depression than men. Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite etc.

The new data released by WHO, shows that depression is ranked as the single largest contributor to globally disability worldwide and now is the leading cause of global mental and physical disability. Depression is also the major contributor to suicide deaths, which number close to 8,00,000 a year.

According to the report of **WHO** in **India** total cases of depressive disorder in **2015** were **5,66,75,969** i.e. nearly **5%** of the population (**WHO | Depression**). The Associated Chambers of Commerce & Industry of India (ASSOCHAM) published that during Research on Statistics relate to Depression in India, they came across a survey that out of every **10** Indian Professionals surveyed across the metropolitan cities, **4** suffered from general anxiety disorder of depression. In the list of the top diseases that affect corporate executives, **Depression (42%)** ranks at the top, followed by **obesity (23%)**, **high blood pressure (9%)** and **diabetes (8%)**. The top 3 cities where professionals were the most prone to depression were **Delhi, Mumbai, and Bangalore** (Depression in Corporate India: Statistics, Causes, Symtoms ..., 2015).

To cope with Depression, meditation has great role and it is has been shown for treating depression in clinical studies as well. Rajyoga or Raja Yoga meditation is one of the forms of meditation and it helps the human being to rejuvenate their life and help them to live a stress free and happy life. Brahma Kumaris established Raj Yoga Education Centre for a better world and to make the world better place to live in by teaching humans the importance of virtues like honesty, sincerity, goodwill and high civic sense.

Raja yoga is the royal path of meditation. Raja Yoga mediation is a technique mentioned in the Srimad Bhagavad Gita, popularized by Swami Vivekananda in the 19th century. The meditation is named 'Raja' because the practice aims to impart king like qualities of confidence, awareness and independence.

Srimad Bhagavad Gita says “When through the practice of Yoga, the mind ceases its restless movements and becomes still, the aspirant realizes the Atman”.

According to Swami Vivekananda and the Srimad Bhagavad Gita “Raja Yoga is the highest path, to God-Union”.

As per spiritual master - Walt Baptiste “Raja Yoga emphasizes the benefits of meditation for spiritual self-realization and the purposeful evolution of consciousness”.

Rajyoga is essential in today’s life as man in his ignorance, has been experiencing the horrors of his own personality. Man creates problem in his life and in his anxiety to solve those problems he creates further problems. Rajyoga meditation helps to change the life of human being with spirituality. Rajyoga teaches meditation as the ultimate means for realizing God, and incorporates the highest essentials from all other forms of Yoga. Rajyoga makes the mind pure and helps to establish a relationship with God. Brahma kumaris teaches Rajyoga meditation which focus on all that’s good in life. Through the Rajyoga meditation they help the people to see the best. Their never ending enthusiasm to spread the truth of life is what has made them so accomplished today. Brahma Kumaris and other Institutions of their like that has helped us to retain something of our humanity. People today defend their in human natures by proclaiming that the world coerces them to do what they do. However, the Brahma Kumaris through their values and Rajyoga meditation help us to realize that it is not the world but we ourselves who attracted to such jeopardizing situations. Today people are living stressful life and more attracted towards materialistic things (such as car, house, money etc) and forgetting the divine knowledge, which is the result of depression, anxiety, exhausted. In today’s world people are suffering a lot and to escape from all this suffering it is important to restore our energy by creating both mentally, physically and emotionally strong. To rejuvenate ourselves we have to follow the spiritual learning of Srimad Bhagavad Gita and to learn the most effective form of meditation i.e. Raj Yoga followed by Brahma Kumaris. Through the practice of Raj Yoga meditation one can connect with the Supreme Soul (Atman) and can live with harmony, it helps to create healthier and happier relationship and change the life with most positive way.

6. BENEFITS OF RAJ YOGA OR RAJA YOGA MEDITATION:

- Raj Yoga or Raja Yoga is the king of all Yoga’s. Raja means (king) and Yoga means (communication). Raj Yoga is communication between the Self and the Higher Being (God). Raj Yoga is not Physical exercise; rather it is an easy Mental exercise. Raj Yoga transcends the mind beyond the body and creates lasting peaceful experience.
- Raj yoga is a spiritual process to know ourselves better, and it uses the power to control the mind and body. It awakens the positive qualities, enabling in better performance, and teaches the importance of silence and introspection.
- Raj yoga meditation gives peace of mind and relaxation to the body. It strengthens the mental health, physical health and emotional health.
- Raj Yoga meditation helps to develop a positive attitude and helps to cope up in every situation in a positive way. It helps to gain freedom from stress and anxiety.
- It improves concentration and increase clarity to life, and helps in stable and content life. Mind become clearer and focused through the practice of Raj Yoga meditation. It helps to enhance the mind power and helps to excel in multiple areas such as – Studies, Sports, Extracurricular activities.
- It helps to overcome the Negative habits that formed in the soul in various stages. Raj Yoga meditation focuses on the core values of soul i.e. Knowledge, Love, Peace, Happiness, Bliss, Purity and Power. These are the positive values and if imbibed in our lives then it drives out the negativity from within.

7. DATA ANALYSIS:

Table-1. Showing the impact Rajyoga on Mental Health:

IMPACT ON MENTAL HEALTH ¹						
Questions	Strongly Agree	Agree Slightly	Neutral	Disagree Slightly	Strongly Disagree	Mean Value
1.Helps to be stable in Challenging Situation	50	3	0	0	0	4.94
2. Helps to Stay Positive	50	3	0	0	0	4.94

¹ To understand the impact of Rajyoga meditation on the **Mental Health** of the respondents’ five sub-questions were designed related to mental health of the respondents in five point likert scale. The scale is quantify with options ‘Strongly Agree as 5 points’, Agree Slightly-4 points, Neutral-3 points, Disagree slightly-2 points, Strongly Disagree-1 point. Similarly, this process has also been followed for assessing the impact Rajyoga on Physical & Emotional Health of the respondents.

3. Controlling mind by controlling unnecessary thoughts	50	2	0	1	0	4.90
4. Gives mental relaxation	50	2	1	0	0	4.92
5. Improve mental efficiency and energy	45	8	0	0	0	4.90

The overall mean value of responses of Rajyoga on the Mental Health is **4.92**, it simply reveals that most of the respondents are strongly agree that Rajyoga Meditation has positive impact on mental health and strengthen the mind.

Table-2. Showing the impact of Rajyoga on Physical Health:

The overall mean value of responses of the respondent about impact of Rajyoga on Physical Health is **4.79**, it simply reveals that most of the respondents are strongly agree that Rajyoga Meditation has positive impact on physical health of the persons who practice Rajyoga.

IMPACT ON PHYSICAL HEALTH						
Questions	Strongly Agree	Agree Slightly	Neutral	Disagree Slightly	Strongly Disagree	Mean Value
1. Rajyoga meditation Brought Physical comfort	45	6	2	0	0	4.81
2. Has improve physical energy & work Performance	50	3	0	0	0	4.94
3. helps to Control Diseases like BP, Sugar, headaches etc.	41	4	7	1	0	4.60
4. Glow Appear in Face & in Body	44	7	2	0	0	4.79
5. Helps in smooth functioning of intestine	44	8	1	0	0	4.81

Table-3. Showing the impact of Rajyoga on Emotional Health:

IMPACT ON EMOTIONAL HEALTH						
Questions	Strongly Agree	Agree Slightly	Neutral	Disagree Slightly	Strongly Disagree	Mean value
1. Prime source of happiness in life	49	4	0	0	0	4.92
2. Strengthen emotional stability & bring quality in relationships	43	9	1	0	0	4.79
3. Easily accept & understand other rather complaining	45	8	0	0	0	4.85
4. Help to understand positive side of every situation	47	5	0	1	0	4.85
5. helps to control anger and harsh behaviour	46	7	0	0	0	4.87

The overall mean value of responses of Rajyoga on Emotional Health is **4.86**, it simply reveals that most of the respondent are strongly agree that Rajyoga Meditation has a positive impact on emotional health and it brings emotional stability.

8. SUGGESTIONS:

The researchers like to put-forward some suggestions:-

- People should practice Rajyoga Meditations for calm, peaceful and better life style. Rajyoga meditation helps to develop a positive attitude and teach to cope-up in every situation in a positive way.
- Rajyoga Meditation helps to know ourselves and the soul; it also helps to make connection with the Supreme Soul.
- Practicing Rajyoga Meditation helps to control anger, anxiety, remove negatives and waste thoughts.
- People should practice Rajyoga Meditation to strengthen their mental, physical and emotional stability and to improve quality relationship with others.

- People should follow the spiritual learning of Srimad Bhagavad Gita and to learn the most effective form of meditation i.e. Rajyoga followed by Brahma Kumaris for stress-free, happy and peaceful living.

9. CONCLUSION:

Rajyoga is one of the highest forms of meditation. It is stepping stone for attaining higher realms of spirituality. When the mind is pure and calm one can connect with the Supreme Soul and Rajyoga meditation helps us to link with the God. In this hectic world, human beings are living in falsehood and forgetting oneself (i.e the real-self), it is necessary to make connection with the God (Supreme Soul) for peaceful life. Practicing Rajyoga Meditation one can improve their clarity to life and one can lead stable and content life. It is very important in today's world to increase the spiritual knowledge for better living as human beings are attracted towards materialistic things and forgetting the Gita-Gyan and spiritual knowledge. Through the practice of Rajyoga meditation one can remove the anger, anxiety, unnecessary negative thoughts, that may form in our soul. Raj Yoga meditation focuses on the core values of soul i.e. Knowledge, Love, Peace, Happiness, Bliss, Purity and Power. These are the positive values and if imbibed in our lives then it drives-out the negativity from within. It is necessary to establish a relationship with the God to increase the moral values and humanity among us. Spiritual awareness gives us the power to choose good and positive thoughts, so that we can live with harmony and in happier and healthier relationship, it can change our lives in a most positive way.

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