

**EFFECT OF BRAHMA KUMARIS RAJA YOGA MEDITATION  
FOR INCREASING HAPPINESS AND LIFE SATISFACTION-  
OVERALL HEALTH & WELLNESS: CASE STUDY IN THAILAND**

A thesis submitted in partial fulfilment of  
The requirements for the degree of  
**Doctor of Philosophy**

By  
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**2021**

## RESEARCH GUIDE CERTIFICATE

This is to certify that the thesis entitled **EFFECT OF BRAHMA KUMARIS RAJA YOGA MEDITATION FOR INCREASING HAPPINESS AND LIFE SATISFACTION-OVERALL HEALTH & WELLNESS: CASE STUDY IN THAILAND** submitted by **AMARJIT KAUR DOOWA** to the YOGA-SAMSKRUTHAM UNIVERSITY, FL, USA for the award of the degree of Doctor of Philosophy is a bona fide record of research work carried out by candidate under my supervision and guidance. The student has undergone an internship and practical training /field work, as relevant to this discipline, for more than two years with me and other specialists in this field in preparing this thesis. The contents of this thesis, in full or in parts, have not been submitted to any other Institute or University for the award of any other educational award.

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The above thesis is being submitted having met all the requirements of affiliate institution, is forwarded with our recommendation for award of the degree of Doctor of Philosophy, through the INTERNATIONAL FORUM to YOGA SAMSKRUTHAM UNIVERSITY, FL., USA.

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## **CANDIDATE DECLARATION**

I hereby declare that the thesis entitled **EFFECT OF BRAHMA KUMARIS RAJA YOGA MEDITATION FOR INCREASING HAPPINESS AND LIFE SATISFACTION-OVERALL HEALTH & WELLNESS: CASE STUDY IN THAILAND** submitted by me to YOGA-SAMSKRUTHAM UNIVERSITY, FL, USA in partial fulfillment for the award of the degree of Doctor of Philosophy is a record of work carried out by me under the guidance of PROFESSOR DR. ITTIKORN WATTANA, Ph.D., D.Sc. at HUMAN RESOURCE DEVELOPMENT INSTITUTE OF THAILAND, Nonthaburi, THAILAND

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## **DEDICATION**

THIS RESEARCH WORK IS DEDICATED TO THE SUPREME DIVINE THAT HAS BEEN THE SOURCE OF MY LIFE AND PURPOSE OF LIVING IN DIMENSIONS THAT IS BEYOND EXPRESSION.

THIS STUDY IS IN COMPLETE HUMBLE SERVICE AND OBEDIENCE OF YOUR TEACHINGS, AND IS DEDICATED TO YOU, FOR THE SERVICE OF HUMANITY, AND WITH YOUR GRACE ONLY.

## **APPRECIATION & ACKNOWLEDGEMENT**

To my advisor Dr. Ittikorn Wattana for all his knowledge, dedication and endless support. With the highest gratitude.

To Dr. Azeem Dana for his guidance in Delta Healing and his generous and kind support. You are much appreciated.

To all my research participants for their dedication and believing in me. Without you all, this research would not be realized.

To my PhD Classmates, who made this study period more enjoyable and interesting, some of you have become life-long friends.

To Siri Guru Granth Sahib, (SGGS), the Sikh living Guru and Scriptures, and the wonderful messages of all Religious Scriptures, the Divine words of such wonderful Masters; and many spiritual guides along the way, which formed the foundation for my mind to begin my true spiritual journey.

To my husband. Without your quiet, endless support in so many ways, I would not have been able to reach this point in life.

To my parents, parents in-laws, family, my beloved friends, and all the teachers, that have helped me grow into the person that I have become.

To all the authors of the books that I have read, they helped shape my being.

To The Brahma Kumaris World Spiritual University, in which I am blessed to still be a student and teacher, and continue to serve humanity daily.

To all the senior Brahma Kumaris, that have lived, and those still alive that live the truly virtuous and Godly lifestyle, serving endlessly in so many numerous ways, my current role-models. And to all my spiritual family, in Thailand and all over the world.

To all those I have shared depths of Gyan (knowledge) and Yog (meditation) experience with, for each of you gave me the unlimited opportunity to connect

to and draw from God, as I shared, and grow deeper with each session, thus bringing me nearer to the goal of fulfilling my life's purpose.

**And most of all To God. The Divine Father and Mother. The Divine Teacher. The Liberator. Without you, there would not be me.**

May all dwell in harmony, happiness, peace, purity, love, truth, oneness..  
I am eternally grateful.

AMARJIT KAUR DOOWA

Place: THAILAND

Date: 2021

**Personal Note**: Besides the references, all information produced, has been absorbed over the years of studying and working, and living, and reproduced as per experience and understanding (as explained in this Paper in Chapter I, under the topic "**6. Life Changing Personal Experience**" and at the end of this paper, under **Researcher Biography**), or taken from various readings, Murlis, discourses, researches, journals, books, Scriptures, and applied to this study to prove the Hypothesis that Brahma Kumaris Raja Yoga Meditation brings Happiness and Life Satisfaction.

## **ABSTRACT**

This research was aimed to find the effect of Brahma Kumaris Raja Yoga Meditation, for increasing happiness and life satisfaction in the candidates, resulting in overall health and wellness. This study employed a quantitative research design, using the Oxford Happiness Questionnaire (OHQ) - 29 Questions; and Satisfaction with Life Scale (SLS) - 5 main Questions, as the aim of the study was to explore the level of Happiness and Life Satisfaction of the participants in Thailand, before, and after practicing Brahma Kumaris Raja Yoga Meditation (BKRM). Random and selected target group of 20 people in Thailand, participated in this research.

The variables have been selected from different professions and genders and cover a wide age group, to show that **Raja Yoga is effective for all, and can be practiced in every household, with positive results in enhancing Happiness and Life Satisfaction - overall Health and Wellness.** To qualify as a respondent, participants should have completed the Basic Raja Yoga Meditation Course, and been practicing the meditation for at least over 2 weeks. 20 participants, from different professions, and mixed genders, participated in this study. Of these participants, 3 were males (15%), and 17 were females (85%), and the age range is from 20years to 64 years; with a varied occupation such as, CEO, Military Officer, Housewives, Professor, Teachers, Physical Yoga practitioners, Household helper, etc.

Both pre and post '**Brahma Kumaris Raja Yoga Meditation (BKRM)**' questionnaires were filled out by participants and analyzed.

**1). Scores and Analysis of Oxford Happiness Questionnaire (OQH): Mean Happiness Overall scores Post Raja Yoga were significantly higher at 85.90%, improved by 26.70%, as compared to those of Pre Raja Yoga Overall Happiness scores at 59.20%.** Post Raja Yoga Practice scores were ranging from 4.55 to 5.76, which was above the score of '4' (66.6%) - the mark point of difference (between being Happy and Unhappy), in the OHQ.

**2). Scores and Analysis of The Satisfaction of Life Scale (SLS): Mean Satisfaction with Life Overall scores Post Raja Yoga were significantly**

higher at 29.4, improved by 12.05 or 34.43%, as compared to those of Pre Raja Yoga Overall mean score at 17.35 or 49.57%. Significantly showing that the subjects currently are much more satisfied with their lives, which indicated that all Raja Yoga meditators [n=20(100%)] were happier than Pre Raja Yoga meditation. Post Raja Yoga Practice scores were ranging from 22 to 35(100%), which were all above the score of '20' (57.14%%) - the mark point of difference (between being Satisfied and Dissatisfied with Life), in the SLS.

**The results of this study showed that Brahma Kumaris Raja Yoga Meditation (BKRM) increased Happiness and Life Satisfaction significantly in all participants.** When interviewed, it was also seen that all the participants were able to recognize and feel a distinct increase in Happiness and Life Satisfaction, and felt that **BKRM significantly improved their lifestyle and state of mind, thus improving overall health and wellness.** Some participants were able to shift from a marked 'depressed' state of mind, to being able to self-manage themselves to have a more positive and peaceful state of mind, and empowered to a great extent.

**Conclusion:** A proven record that practicing Brahma Kumaris Raja Yoga Meditation has resulted in increasing positive energy, happiness and life satisfaction, resulting in overall health and wellness as well. The objectives have been completely achieved.

**Recommendations:** Further studies and documented research is suggested to help spread and clarify the power of the practice of Brahma Kumaris Raja Yoga Meditation in enhancing life. The practice of Raja Yoga is highly recommended for all, to have a better mindset - positive self transformation, social benefit, world transformation, and freedom from mental issues (the current major cause of all diseases).

Thus it is recommended as outlined in the points below, and has been explained briefly as separate topics in Chapter V of the Full Research Paper:

1. Raja Yoga needs to be practiced by every soul.
2. This Study and similar studies reach as many Education Institutes, Hospitals and all People.
3. Increase in SQ – For the Awakening and Awareness of Mankind.
4. Raja Yoga helps in all Mental Issues & Overall Health and Wellness.
5. Benefit of further Effects of Raja Yoga Research in different categories of Mental Issues.

**Key Words:** Raja Yoga, BKRM - Brahma Kumaris Raja Yoga Meditation, Brahma Kumaris, Soul, Happiness, Life Satisfaction, Mental Issues, Maya/Vices, Inner Powers.

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## LIST OF ABBREVIATIONS

1.	BK	Brahma Kumaris
2.	BKRM	Brahma Kumaris Raja Yoga Meditation
3.	BKWSU	Brahma Kumaris World Spiritual University
4.	SGGS	Siri Guru Granth Sahib
5.	UN	United Nations
6.	WHO	World Health Organization
7.	RY	Raja Yoga (Meditation)
8.	OHQ	Oxford Happiness Questionnaire (29 Questions)
9.	SLS	Satisfaction with Life Scale ( 5 Questions)

# **EFFECT OF BRAHMA KUMARIS RAJA YOGA MEDITATION FOR INCREASING HAPPINESS AND LIFE SATISFACTION - OVERALL HEALTH AND WELLNESS : CASE STUDY IN THAILAND**

## ***CHAPTER I***

### ***INTRODUCTION***

#### **1. REASONS FOR SELECTION OF THE TOPIC:**

In the fast and **changing world of today**, people are faced with the fast pace of life, including technology, pollution, changing political situations, unstable economy, while carrying a lot of responsibilities on their shoulders in trying to achieve their goals and utmost potential, resulting in stress, depression and anxiety and thus unhappiness. Anxiety, stress, and exhaustion of trying to keep up with this fast pace, and competitive world, people's energies have dropped resulting in a drop in happiness index when measured. This in turn has resulted in less creativity and the ability to live life to the maximum benefit of themselves and all around them. And has resulted in the increase of diseases of the mind and body, affecting mental and physical health. Lots of ways have been tried to bring up the inner happiness index such as meditations, music, art, and even medication. However, in some of these cases worries and stress are subconscious which makes it difficult to be cured and dealt with. Later, in this Chapter, under Topic 6, my **Personal Experience**, has been addressed separately, as it is a major reason for selecting this Research Topic.

Today, 80-90% of the diseases are due to **mental issues**, stress related. People all over the world, across all age groups suffer from stress, depression, anxiety, insomnia, etc. The reason to choose this topic is so that everyone can realize the positive and powerful effectiveness of Raja Yoga meditation in helping each and everyone to understand the self (the soul and mind), and thus be able to empower the self, in order to achieve everlasting Happiness, and Peace within, and thus in turn achieve Peace in the world.

Also, although many studies on Raja Yoga Meditation have been done in India and a few countries, this is the **first study of its kind being done in Thailand.**

Thus **the main reasons for topic selection are:**

- i). Current World Situation of Mental Illnesses / Diseases - Requirement of Holistic Healing
- ii). The First Study of its kind in Thailand
- iii). SQ - Spiritual Quotient Awareness & Importance for Holistic Healing (addressed separately below, in topic 4 of this Chapter)
- iv). Life Changing Personal Experience (Detailed account addressed below, in topic 6 of this Chapter)
- v). Mission of Brahma Kumaris tallies with my soul purpose. (Addressed below, topic 8 of this Chapter)

## **2. OVERVIEW OF HAPPINESS AND LIFE SATISFACTION:**

**Happiness and Life Satisfaction** are two main factors positively affecting **Mental and Overall Health and Wellness.** When one is able to remain happy, in whatever one does, and in relationships, one also then feels overall satisfaction with life. Happiness is one of the key innate qualities of the very essence of man - the soul. Happiness is a state of mind, as it is what happens inside the mind. It is what everyone wants and the essence of the search of man. The very reason for each person to do what they do every day of their lives. However, happiness has often been confused with pleasure, which is temporary, as happiness has been sought externally, through various activities like hobbies, traveling, accumulation of wealth, seeking good relationships, etc.. But it can easily be seen that Happiness is internal, it is in the mind and can be, but is quite unrelated to our external situations. For example, a really healthy and rich, famous person can still commit suicide because of his unhappy state of mind, and on the other hand, a very poor, homeless person, can be totally carefree and happy. How one feels can be affected by external issues, but only if one allows it, consciously or even unconsciously to affect. Our mind can be in our control, (and once it is, we have accomplished everything- "Mann Jeete Jag Jeet" - SGGS) although it often seems impossible, and uncontrollable, but an awakening, an awareness, and an innate desire to be able to accomplish this, accompanied by continuous search and effort can give this fruit. Raja Yoga meditation helps win over the mind, effortlessly, especially if it is for the universal good of man and others.

The things by which man generally defines himself such as – appearance, personality, abilities, work, relationships, etc – can all change. The sense of self gets influenced by what people say, the situations around and the problems faced. What then defines who man is. Much of the unhappiness and insecurity in the world is a result of this limited, external perception of self. Man is awakening to this realization, as ‘the call of times’ in this era, is creating an awareness in the world of depths within, that were perhaps, sought by a rare few in the previous centuries. Thus the rise of so many PEACE focused organizations, bodies, groups, gatherings springing up all over the world.

The inner being, the spiritual self, the true identity, the soul, is the rising trend people are searching for today. This spiritual identity can give hope in a situation of despair, show a solution to any problem and inspire one to change the direction of life. And it is through recognising and experiencing the spiritual self that one can connect with God, the Supreme Source, and receive all the inner virtues, and strength and this broader vision is needed to contribute positively to the world. RAJA YOGA is the deep spiritual insight, backed by true knowledge, along with the teachings in experiential meditation - connection/union with the Divine, that magically empowers the mind, the self, to bring back in man, a state of MIND and EMOTION that is free of negativity and vices (maya), and filling one with all the true values and virtues, such as peace, happiness, purity, truth. Thus bringing back a higher purpose to life, than what is visible or attainable by the 5 senses of the body, leading to true Life Satisfaction.

A good way to get to know the self, to understand true life satisfaction issues on a deeper level, is to start with the question: “what do I really value in life?” It will probably be found that the value is mainly on qualities such as love, happiness, compassion...the things that makes one feel valued and brings inner happiness. And then perhaps to question further, whether one’s thoughts and life reflect that – and what is there in life that matches what is valued?

Seeing the self as a spiritual being, one rediscovers the natural, inner treasures of peace, love, purity, happiness, truth and wisdom, which tends to be forgotten. The experience of these qualities within oneself, makes one much happier, more stable person. Understanding one's values, one is able to keep self-respect, even when someone is trying to bring one down, and so can help others come out of their limited perception.

This is why it is so important to spend time in understanding the workings of the mind, stabilizing it and even empowering it, to do some meditation every day. It helps to understand one's inner self. Reflecting in this deeper way increases strength in spiritual identity, so that happiness and inner power is maintained - and can also influence the world in a positive way.

Science and technology, or industrialization and rapid pace of life, education that creates a spirit of competition and rivalry, the great expansion of cities, the change in values and life-styles, the break-up of family-life and loss of faith and love in mutual relations, the generation-gap and many other factors, and even man's deviation from holy practices, are responsible for various forms of stress, and his moving away from the 'core nature' of happiness and peace.

Thus if man is able to have an 'integrated' and 'harmonious' personality and is free of complexes, such as inferiority complex, then he is free from stress and unhappiness. The problem of unhappiness and stress arises when man lacks the power and tact to face problems in life. In this era of the dark ages of the iron age, whence it can be seen that even nature is so polluted (air, water, earth), man needs the inner power and strength of mind to cope with adverse circumstances with courage, conviction, and confidence. The mind is faced with situations that can be termed as 'maya', which is 'tempting', 'alluring', 'provocative', 'serious', or 'adverse', and the ability to overcome with poise these situations, without being drowned by impulses, urges, and pressures, negative moods, stresses that they are likely to cause, which in turn can complicate and drain his energies.

The root cause of all unhappiness, stress, many issues and diseases, stems from humans not being able to have any control of the mind. Diseases do also affect our happiness. Disease is Dis + ease. Disease is also simply the result of a body not being at ease for a long period of time, because of negative feelings like stress, worry and fear, which is again in the mind. The lack of peace within the mind. Most diseases start in the mind as Stress. Prolonged stress causes diseases in the body. These are the main causes of unhappiness.

### **3. STATEMENT OF THE PROBLEM :**

#### **MENTAL ISSUES & NOTES ON STATUS- THAILAND & GLOBAL**

The issues that affect happiness and life satisfaction, all stem from the MIND: Stress and Anxiety- Human Perspectives, Waste and Negative feelings, all are causes of Mental Issues prevalent in the world today.

#### **HUMAN PERSPECTIVES:**

Although each human being is not even a spec in this vast universe, the 'EGO' of man leads him to believe and feel that he knows everything, and thus often assuming the other is wrong or ignorant, rather than pondering that everything is perhaps merely different perspectives, and that due to the fact that man is just a spec in the vast universe, and that it isn't possible to understand or know all the different perspectives. Also, the human mind has a tendency towards Negativity, to 'exaggerate' a situation one doesn't like, replaying it within the mind according to one's own perspective and thought, often one even takes it out of all proportion. This takes one into over thinking, which often leads to frustrations, irritations, helplessness, anger, pain, and a whole lot of negative emotions and feelings, thus eventually causing various MENTAL ISSUES, such as STRESS, DEPRESSION OR ANXIETY.

All based on one's OWN INDIVIDUAL PERSPECTIVE, and yet without the awareness or the realization of this. To be RIGHT, especially in one's own mind seems mandatory, because ultimately one needs to live with oneself which is the basic need, and so the mind adopts this self preservation method automatically, often wrongfully wronging others or blaming situations in the process.

It takes HUGE COURAGE, and AWARENESS to realize EVERYTHING is purely PERSPECTIVES, without blaming anyone and yet knowing that one can't enforce one's perspective on anyone. Ultimately, someone can do something for a second or few minutes, but it is one's own mind that replays this over and over, inflicting the harm over and over, with each replay. Even talking about it to others, 'replaying it' each time, so many times over and over, which is akin to 'doing it to ourselves' (again and again)- that same thing, that one didn't actually approve of or even like when the other did it only once!

#### WASTE AND NEGATIVE THOUGHTS:

Most people can relate to negative thoughts and emotions, such as jealousy, anger, irritation, blame, etc., as being harmful, as these stem from our 5 main vices of Anger, Lust, Greed, Attachment, Ego - ALGAE. But very few are aware that WASTEFUL thoughts are negative too, and affect happiness as well, as these too sap the energy of the mind, such as overthinking, too much focus on gossip, or what others are thinking, etc.

People spend 46.9 percent of their waking hours thinking about something other than what they're doing, and this mind-wandering typically makes them unhappy. So says a study that used an iPhone Web app to gather 250,000 data points on subjects' thoughts, feelings, and actions as they went about their lives.

The research, by psychologists Matthew A. Killingsworth and Daniel T. Gilbert of Harvard University, is described this week in the journal *Science*. "A human mind is a wandering mind, and a wandering mind is an unhappy mind," Killingsworth and Gilbert write. "The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost."

#### EPIDEMIC OF ADDICTIONS:

According to the **2019 World Happiness Report**, negative feelings are rising around the world—and the United States is particularly hard-hit with an "epidemic of addictions". The human race is so addicted to technology, such as phones, computers, television, etc., that it has taken the mind away from Nature and general Physical Interactions of meeting up and talking and going out and enjoying each other's company rather than just technology. This has made a great impact on man's stress levels.

Mental Issues have been affecting the human race as a whole even before the pandemic. But with nationwide lockdowns and pandemic-related movement restrictions, it has been even more strenuous on people especially children, when day after day, you are away from your friends and loved ones, and perhaps even stuck at home with an abuser, the impact is significant. Many are left feeling afraid, lonely, anxious, and concerned for their future. We must approach the future by giving concern to mental issues the attention it deserves.

**NOTES ON MENTAL ISSUES STATUS IN THAILAND:**

A survey conducted in Thailand in April 2020 by **UNICEF** and partners found that more than 7 in 10 children and young people reported that the pandemic was affecting their mental health, causing stress, worry and anxiety. It is estimated that globally 1 in 4 children live with a parent who has a mental disorder.

Even before the pandemic, children and young people carried the burden of mental health risks, with half of all mental disorders developing before age 15, and 75 percent by early adulthood.

The global rise in depression and anxiety needs attention. Fore added that “Countries must dramatically invest in expanded mental health services and support for young people and their caregivers in communities and schools. We also need scaled-up parenting programmes..”

**Dr Surawit** said the latest study by the **Department of Mental Health** concluded that around 20% of Thais, or about 1 in every 5, suffer from some form of mental illness, including anxiety and depression.

The global COVID-19 pandemic is affecting the health of individuals and leading to psychological problems. Students in higher education who are graduating, facing online learning challenges, and future job opportunities are among the most at-risk group for psychological issues. Due to the new normal of the COVID-19 pandemic, limited studies have been conducted concerning the mental health of students, especially in the Asia-Pacific region. Therefore, this study aimed to assess student’s depression, anxiety, and stress status in four countries in the Asia Pacific region, namely, Malaysia, Indonesia, Thailand, and China. This study employed a quantitative research design with a pool of 1,195 student participants. The DASS-21 questionnaire was used for data collection through an online platform to measure the severity of depression, anxiety, and stress. Descriptive statistics were conducted to achieve the research objectives, and all reliability values were reported greater than 0.70. Findings revealed that up to 38% of the students reported mild or moderate depression, anxiety, and stress, while 20.5% reported severe or extremely severe anxiety. Overall, anxiety was reported to be the most significant problem among the students, followed by depression and stress. Students are at risk of mental health challenges during the coronavirus



pandemic, likely due to unexpected life changes. This study contributes an overview report of students' mental health problems. (JPSS, 13 April 2021).

Amornthep Sachamuneewongse, Founder of Sati App, (2020), in Turning traumatic experiences into solutions, after many years of dealing with his own mental health, investigated the problem in Thailand. Through research, he started piecing together the lack of understanding, help and empathy towards mental health.

Here are some of the facts from his findings:

- More than 3 million Thais live with poor mental health;
- Every 9 mins 55 secs, one person attempts suicide;
- Every two hours, one person is pronounced dead as a result of suicide;
- More than 50,000 people attempted suicide in 2018;
- There were 4,134 deaths registered as suicides in 2018;
- Not all deaths were reported owing to stigmatization

#### ***NOTES ON MENTAL STATUS IN THE US:***

Self reporting of anxiety symptoms and prescription medication use are high in America's employees.

Anxiety is the most common mental disorder in the U.S., affecting 40 million adults (18.1% of the population). (ADAA,2020)

Nearly half (47%) of respondents experience anxiety regularly, and 62% of respondents reported experiencing some degree of anxiety (SingleCare, 2020)

Some symptoms include:

\*Feeling restless or on-edge

\*Feeling fatigued often

\*Irritability

\*Excessive feelings of worry that are difficult to control

\*difficulty with sleeping

#### ***NOTES ON GLOBAL MENTAL STATUS:***

In 2012, The World Health Organization claimed that 1 in 13 people have anxiety. 7.3% of people in the world had an anxiety disorder, according to a systematic review published in the journal Psychological Medicine.

For 2017 this study estimated that 792 million people lived with a mental health disorder. This is slightly more than one in ten people globally (10.7%) (Our World in Data, Mental Health, 2017)

According to the WHO, there is one death by suicide every 40 seconds and each year more than 800,000 people end their own lives. One of the leading causes of suicide is mental health disorders. Globally, one in four live with some sort of mental health disorder – around 450 million people.

Rialda Kovacevic (2021-World Bank Blogs) reports that Mental health is one of the most neglected areas of health globally. This was true before COVID-19 (coronavirus), but the pandemic has further worsened the status of mental health.

There are several reasons why mental health has been ignored. The first one is an associated stigma. The second is a perception of mental health disorders as a “luxury good”, as opposed to actual illnesses. The additional top reasons include a fragmented and outdated service model. Some of these include the provision of mental health services mainly in psychiatric hospitals, severe lack of preventative mental health service; lagging policy changes and also a shortage of human resources.

The numbers are staggering. Today, nearly 1 billion people live with a mental disorder and in low-income countries, more than 75% of people with the disorder do not receive treatment. Every year, close to 3 million people die due to substance abuse. Every 40 seconds, a person dies by suicide. About 50% of mental health disorders start by the age of 14.

It is estimated that over 160 million people need humanitarian assistance because of conflicts, natural disasters, and other emergencies. The rates of mental disorders can double during such crises. 1 in 5 people affected by conflict is estimated to have a mental health condition.

According to the World Health Organization (WHO), the COVID-19 pandemic has disrupted or, in some cases, halted critical mental health services in 93% of countries worldwide, while the demand for mental health is increasing. Given the chronic nature of the disease, this translates into a significant economic impact worldwide. Countries spend less than 2% of their health budgets on mental health. It is expected that in the next ten years, depression will put more burden on nations than any other disease.

## **HEALTH APPROACHES: AYUR YOGA**

### **COMPLIMENTARY, ALTERNATIVE & INTEGRATIVE APPROACHES**

- Nutritional (e.g., special diets, dietary supplements, herbs, probiotics, and microbial-based therapies).
  - Psychological (e.g., meditation, hypnosis, music therapies, relaxation therapies).
  - Physical (e.g., acupuncture, massage, spinal manipulation).
  - Combinations such as psychological and physical (e.g., yoga, tai chi, dance therapies, some forms of art therapy) or psychological and nutritional (e.g., mindful eating).
  - OTHER complementary approaches Eg: the practices of traditional healers, Ayurvedic medicine, traditional Chinese medicine, homeopathy, naturopathy, and functional medicine. (NCCIH - National Center for Complementary and integrative health)
- The 2017 NHIS also showed that the use of meditation increased more than threefold from 4.1 percent in 2012 to 14.2 percent in 2017.

### **AYUR means Life. YOGA means Connection and Health.**

Thus the Divine Connection for good mental and physical health and long life.  
YOGA FOR GOOD HEALTH, DIVINE CONNECTION & LONG LIFE.

Meditation is the future Medication.

What is the health of a whole person?

Whole person health refers to helping individuals improve and restore their health in multiple interconnected domains—biological, behavioral, social, environmental— rather than just treating disease.

-expanding the understanding of the connections between these various aspects of health, including connections between organs and body systems.

-MIND & IT'S EFFECTS ON BODY

Meditation can be used as a technique or it can be a meditative lifestyle.

Medicine and meditation come from the same root word 'medere' – making whole.

#### **4. SPIRITUAL QUOTIENT AWARENESS & IMPORTANCE:**

##### **TO REACH THE CORE OF CONSCIOUSNESS.**

This research probes into the core of consciousness to reach the very heart of the human soul, and the mind, and in so doing, understanding its identity, to become the detached observer of the flow of life that is happening through this external body, thus being able to look at life from a third eye perspective, removing the sense of self and identity that causes stress and anxiety and sadness, resulting in the opening up to the inner self of joy, happiness, love, purity, peace, contentment, thus enhancing the positive nature of man. Doing this will bring positive outcomes that will keep them boosted in their creativity, positive demeanor, and assist the spirit to be in the highest performance potential and thus bring higher quality to life and living and relationships, resulting in peace and happiness.

Great Religious leaders like Guru Nanak, also stated that the entire world is filled with sadness and unhappiness. “Nanak, dukhiya sabh sansar” (SGGS). And that the solution to finding peace and happiness is through understanding and ‘winning the mind’, through ‘union with the Divine’, also known as ‘Raja Yoga’, thus enabling the mind and soul to receive unlimited powers from the Creator to stay empowered within and thus even win over external situations and problems. “Mann jeete jag jeet” (SGGS).

Researchers have also found that more than half of happiness depends on things that are actually under our control, as a big part of how happy we are depends on our mindset, the habits we practice, and the way we live each day.

##### **4.1. IMPACT ON EDUCATION: KNOWLEDGE verses WISDOM**

Increase in Knowledge isn't necessarily the increase in Wisdom. Gathering of information and IQ, doesn't necessarily lead to a high SQ, which is about Spirituality and winning the mind.

Knowledge is required in all walks of life. The knowledge of our own body and how it functions, its nature, and the environment, the food we eat, the different cultures in which interaction and coexistence is required, and all this and more we study in institutions as we grow and adapt in the world throughout our lifetime. Physical Sciences, History, Geography, Literature, Languages, Social Sciences, Mathematics, Finances, The Arts, and every subject possible to deal with the outer world that we live in. Our education system has created

great facilities, and physical comforts and conveniences in life today. Communication and Transportation has reached a level that was unthought of some decades or a century ago. Flying vehicles, the super computers, internet, and facilities to connect with the entire world in a few seconds, have made lives miraculously more comfortable and faster. And all this is the physical knowledge that has given us physical facilities and comforts.

Physical and intellectual development are all necessary, but there is a void in the education system for the knowledge to nourish the 'real self'. For example, the workings of the 'Mind' - the conscious, subconscious and unconscious levels, and how they affect our behavior, temperament and attitude, uncontrollably, to an extent that no matter how well we live physically, happiness and peace can be totally illusive. And many are already awakening to the need of the 'SQ- Spiritual Quotient', which is beyond the once popular 'IQ – Intellectual Quotient', or even the later 'EQ- Emotional Quotient', whence the idea of an educated person was, for many decades based on his general knowledge (IQ), and much later on his ability to deal with his emotions (EQ). SQ – “Spiritual quotient is going **beyond your cognitive and emotional skills**. It is acknowledging your mortality and thinking of what you could offer humanity. It is living in humility; bearing in mind that you are just a tiny compared to the vastness of the universe”.

Education is the process of gaining knowledge which enlightens an individual to lead a better life. It is the process of de-learning and re-learning, deconstructing and reconstructing experiences which makes one mature. It has been seen that good virtues such as humility, simplicity and tolerance are the hallmarks of an educated person. And these qualities are not anything externally attained, or bought, but are innate within man, and the dire need to find a way to tap into, and live these virtues, not merely to just know and preach about them, has started coming to the surface of man's mind. War and violence, anger, greed and jealousy, have never established peace on earth nor settled any problems. Thus the attempts towards World Peace, and the formation of such bodies and organizations as the United Nations, World Peace Organizations, The United Religions Initiative, etc, have sprung up over the years. And yet, man is still very much, at large, and even in every home, not at peace with himself, his mind, or his relationships. Happiness is quite elusive, and so the tendency and urge to spend huge amounts of finances and time, to attain that through materialism, accumulation of properties, holidays, traveling, shopping, even popularity, praise, name and fame, and all physical ways to look and feel better, is the on-going trend of the

day. Modern Science has given man intellectual energy and the command of immense physical energy resources; both these energies are unfortunately digesting him and making him alienated, frustrated, bored or anxious, tense and cynical. "We are in the middle of a race between human skill as to means and human folly as to an end. Unless men increase in wisdom as much as in knowledge, the increase of knowledge will be an increase of sorrow", observed Bertrand Russell in his book "Impact of Science on Society".

Educated people seem to have an abundance of knowledge which seems to be but an accumulation of information and facts that are misused, misinterpreted and misapplied. One is quite lost with the relationship with oneself, ones loved ones, one's family, society and even in one's relationship with God (The Creator).

There are groups of souls springing up in different walks of life, all over the world, awakening to the 'Call of Time', the need of the hour, the realization that the solution lies "within". That happiness and peace, aren't achievable in the long run externally. And thus, an inner journey is required for this. Turning to Religious ways and scriptures, is often considered, but beyond the religious institutions and ways, in the regular household, and offices, the failing and falling mind of man suffers and is peaceless and discontent. The realization that the 'Inner self' is beyond the external body and its physical identifications of gender, caste, creed, religions, cultures, nationalities, age, talents, abilities, and even beyond all relationships, or any external knowledge or facilities.

## **5. RAJA YOGA OF BRAHMA KUMARIS BRIEF INTRODUCTION:**

**RAJA:** in Sanskrit, the word raja means "king," or one who has achieved self-mastery.

**YOGA:** itself means "union" or "connection." Having originated as early as 300 B.C., it was practiced by actual kings, most notably the eleventh century King Bhoja, who wrote an extensive and influential commentary on it.

Raja Yoga of Brahma Kumaris is the practice and study of the 'Inner being'. The 'life force/life energy' that keeps this body alive. The 'real self', that man has been seeking and searching without realizing. **Soul consciousness** or the consciousness of this 'real inner self', with the mind, intellect and impressions as the main faculties, is the primal understanding of Raja Yoga, the first Lesson of which is "who am I?". The natural virtues of the self which are love, peace, purity, happiness, contentment, inner power to handle the self, are realized, understood and experienced. The moment the knowledge of

the self is clear, the brotherhood of man / oneness is also felt, as one realizes how the whole world, at the soul consciousness level, are inter related and one big family world. And that is why there is also the need to take care of the Earth, our home, in union and cooperation with each other. This brotherhood of man is understood and experienced, pointing to the fact that there is the father on High. The darkness within and without is driven away with the new light, the understanding of the self worth, the virtues of peace, love, compassion, happiness, contentment and maturity begin to manifest in inter human relationships, knowing fully well the type of relationship one has to have with one's self, with one's family members, the members of society and **the Creator – God**. Thus the light of knowledge is converted into divine insight – wisdom. Virtues and applied values in life and relationships is wisdom, and this gives happiness and improves the quality of life. We become stressed when we don't pay attention to our thoughts, words, deeds and relationships. Sometimes we become arrogant and negatively aggressive. Decisions taken quickly without considering the consequences of words and actions cause harm in relationships. Stress is a pressure that is telling us that there is a need to accept, to accommodate, change, transform, or face certain repercussions in situations or events. Soul consciousness gives us power to understand our mind, our thoughts, feelings properly, in a detached manner, thus giving us a broader picture of life and situations. It helps us to connect well with others and also with God, with a sense of belongingness and proximity. It empowers us to be flexible and mouldable. Knowledge is light and might and power. And its application again and again makes it wisdom. Stress is also thinking negatively and wrongly about situations, seeing things from only certain perspectives rather than all encompassing. For example, 'The house on fire' of Thomas Edison, was seen by him as enjoyment with ease, as he was totally unattached to things and in alignment with his core nature and wisdom. Many great souls have succeeded, and are like role models to us, confirming that it is our thoughts, our approach, our attitude and our understanding towards a situation, event or person which makes us stressful and sad, or at ease and happy. Thus True knowledge, which brings about Wisdom, plays an important role.

So we can say, **Raja Yoga is the ability of I the Soul, to Connect or have a union with the Supreme Soul / God, to be able to live the true Kingly or Divine way, with those core values and to stay empowered from within, winning over the mind and navigating it in true awakened awareness, thus overcoming all the vices/maya.**

### **BRIEF HISTORY OF RAJA YOGA:**

- 300 B.C practiced by actual kings
- Eleventh century King Bhoja, who wrote an extensive and influential commentary on it.
- Swami Vivekananda (1886), a great persona. His Interpretation of Patanjali yoga Sutras adapted for a Western audience.
- Many Scriptures also refer to Raja Yoga.

**BRAHMA KUMARIS RAJA YOGA:** 1936 till today. Expanding daily WORLDWIDE. Founder: Dada Lekhraj, also lovingly addressed as “Brahma Baba” - host of Supreme Soul (Bhaghirath).

### **Who uses Raja Yoga**

Anyone and everyone who wants to can use, and benefit from, Raja Yoga meditation. Some choose to come to a Brahma Kumaris centre once a year to confirm a connection, others incorporate meditation into their daily lives, yet others add meditation to their other spiritual practice. It all works and it all enriches the lives of those who choose it. Those who make use of Raja Yoga meditation include people who:

-have spent time searching for spiritual solutions, and now find something they did not find elsewhere.

-have achieved and gained much in their lives, and come to wonder, "Is that all there is?"

-have experienced difficulty and challenge in their lives and seek extra power to help them.

-have a deep desire to deepen their understanding of, and connection with, the Divine.

-have a wish to use their own energy and good wishes to bring peace to the world and share the sense of well-being and contentment they have found with other souls in the world.

This spiritual practise is for any soul who desires to rediscover who they really are.



## **6. LIFE CHANGING PERSONAL EXPERIENCE:**

A key factor in choosing to do Research on this topic, is my own personal experience, how my life, and my own state of mind transformed magically and my ability to stay 'Happy" and "Satisfied with Life", no matter what adversities or problems comes along, throughout these over twelve years of the practice of Raja Yoga Meditation.

The year before I did the Basic Course of Raja Yoga of the Brahma Kumaris, I was at a deep spiritual low in my life. Although I was very grateful for the blessed life I was leading, in which I didn't lack for anything materialistically and had a lovely family and good relationships too. I was also very successful professionally, as I was not only an English Teacher for many years, but was also assistant to the Principal at a prestigious Bilingual School, and had also completed my Master's degree in Education from Australia at the time. I was already on the search for Truth (through various scriptures and spiritual books at the time), long before I did the Raja Yoga Basic Course, in fact about 13-15 years before.

But, somehow, my life had led me to a point where I deeply felt that happiness seemed elusive, and temporary, relationships with people weren't lasting, as love didn't seem to last and I had started to even doubt the existence of true love. People seemed to use each other, and were ready to betray each other, in order to perhaps rise-up themselves, especially so in the religious fields. I was serving as a religious leader, conducting religious and spiritual lessons, and even one week camps (which I served around 13 years), for the youth and children in my community, but I had reached the point of realization that 'I wasn't truly happy inside'. There was an unexplainable emptiness and hollowness deep within. That true lasting happiness seemed unattainable. I felt I was different from all the people around me, who seemed fine with living life without too much deep thought about existence, life, simply being busy in daily mundane routines. I seemed somehow more searching, had a high capacity of loving (I never hated anyone even then), and even more forgiving despite often going through deep inner hurt and pain and sadness. I was already seeking answers through the Sikh scriptures, '*Sri Guru Granth Sahib - SGGS*', and the sacred words that I began to understand, seemed to reinforce that I needed more than just recitations, and knowledge as information. I was deeply searching for Truth, and true beings that lived the 'gyan' (true knowledge), and true lasting love in the world, but I failed to find it or find those true beings (*Brahm Gyanis, Sadhs, Sants*- basically the saints and enlightened beings, that the Scriptures talked about) in my daily life. However,

I met a few great souls that truly helped my inner spiritual growth, but yet upon closer interaction I became aware of their own 'lack' of constant happiness too, in their personal lives, and even more intensely aware of the 'feeling of hollowness deep inside - a lack' within myself, and 'the sense of not belonging'. These feelings of being lost, incomplete, ignorant of life's purpose, finding life unfair, affected my health and well-being. I started actually feeling unwell, dizzy and couldn't even get myself to exercise (and I was a very active sports person before) or go out anywhere. For around 3 months initially I was home bound. During this period, as I turned more to my meditations and chants (from my religious background) - my various attempts at spiritual practice then, and conversations with God, I did receive lots of intuitive understanding of the '**Japji Sahib**', the first prayer of the Sikh Scriptures - **Siri Guru Granth Sahibji - SGGS**, which I ended up translating into Poetic English which flowed through me in the early hours of dawn during this period, as Grace. (Much later after doing the Raja Yoga Course and practicing it for many years, I revised my writings with this 'newfound clarity', and 'practical experience', and a Table Top book has been printed and is also online in YouTube, and now available to anyone free of charge.) Then, I had the knowledge of the scriptures, but I had begun my search for the true experience and the embodiment of it. I realize now, that my search and longing, yearn, was so intense, and deep and true, that destiny had to bring the best my way.

Even in religious institutes I searched, but didn't find any true loving souls. Although in the process, I gained a lot of knowledge. I was studying the Sikh scriptures in depth and understood everything and even while sharing it as a religious leader, and yet I felt it wasn't becoming an experience in my daily life. Something was missing. I wasn't happy deep inside. What was the purpose of life? Of being born? Why so much sadness? Why was life a yoyo between happiness and sadness? Where was the constant stable joy? Lasting love? Inner Contentment? Why the fluctuation of Peace inside? Why did my mind not listen to me? Who am I? What happens after death? Where was I before my first birth? What was enlightenment? Could regular normal people become enlightened? Where were the enlightened beings of today? Where were the true loving beings '**Sants**' - saints? Why was every day so routine? Wake up, eat, work, sleep, do this and that..that's it? By then, I had already tried so many types of meditations. I had joined lots of Mind and Spiritual Courses that came my way, and gained a lot too, such as Art of Living, Radha Swami Satsang, Osho's courses, Kundalini Yoga, Ashtanga Yoga, Sadhguru, and many other groups, and also read many deep spiritual books by many world

renowned authors such as Louise Hay, Neile Donald Walsch, Gary Zukav, Kryon, Eckhart Tolle, Harold Kemp, James Redfield, Dr Brian Weiss, Deepak Chopra, Paulo Coelho, Templeton, John Gray, J. Krishnamurti, Ruzbeh N. Bharucha, Yogi Bhajan, and many Sikh Scriptures translators too. I was very familiar with Christianity and the Bible, as I grew up studying in a boarding Convent School for 10 years. Living in Thailand I was also very familiar with the Bhuddhist ways of mindfulness and breath focus. Mantras, prayers, inner conversations, reading scriptures, daily religious prayers, breathing, ashtanga yoga, kundalini yoga, chants, music, song, kirtan, Jap, etc. I had tried so many ways of meditating and was open to all religions and writings in my search for Truth, as I was very clear about the concept of One World Family, and that as humans we were all together in this world, interdependent on each other, and that we all were children of One God - The universal concept of "*Ek Onkar*" as spoken by Guru Nanak Devji - also the first words He uttered, and the first words of the Sikh Scriptures, and the base of everything else that is written. Although God's and soul's identity and clarity for me, were vague at the time, and I had begun to think that no one had the complete answer to spirituality, mortality, evolution, and existence.

Then **Raja Yoga** came my way. This was around 12 years ago. In a way, my inner self manifested it my way. And my life changed. I was now in control of my happiness. Or at least I could bring it back quickly when I focused. I learnt to practice Raja Yoga daily and my life changed. The purpose of my life became clear. I also became much more serviceable in a much more egoless way. Flowing with any service of humanity, and things that came my way, rather than yearning or seeking or desiring to do something.

It was magic from day 1 of the Course. I had the discipline of getting up early (*Amritvela*) already from my true and deep search of over 15 years and had become vegetarian too, but this newfound Truth, gave me magical experiences immediately. So I was like a ready-made vessel, as I was thirsty for the Truth and solution to constant stable inner happiness and peace.

Constant Happiness became attainable. My mind started listening to me. Even physical pain could be controlled, and lived with easier. I got all my answers. I could shift from sadness to happiness easily. I stopped seeking and started becoming. All my questions got answered. My happiness index and self satisfaction shifted positively. My love increased. My expectations decreased. The true experiential knowledge was perfect. Life had meaning and purpose, and I had found it. Although all situations around me didn't change, and till today I still face lots of challenges that I now see as 'test

papers', in the bigger picture of the soul's journey - to pass each time I face an issue. (The Soul and its journey is explained in Chapter III, Raja Yoga Basic Course Lessons). And so one of my purposes became sharing this new found knowledge and wisdom with all, (yet not to enforce it on anyone, as each soul has their own time of awakening and purpose), so as to help people be happy and thus also less dis-eased. For Disease, is nothing but rooting from dis ease within the self, from the mind and soul. I had found the "Truth of Life", and thus the "tool" to enable easily, the elusive inner peace, happiness, contentment, love, purity. I just had to keep practicing it and making it part of my daily life, which was easy, as Raja Yoga is very easy, and simple, just like thinking, imagining and breathing. And anyone can practice it, irrespective of upbringing, language, culture, nationality, religion, gender, age, education, even physical disability. It is truly universal, and very rightly the institute to teach it is a university of spiritual learning, centers have opened all over the world in over 130 countries worldwide, and meditation courses are taught free of charge for all too. It is registered as a "Universal World Spiritual University" - Internationally known as, **Brahma Kumaris World Spiritual University (BKWSU)** and in India known as "**Brahma Kumaris Ishwariya Vishwa Vidyalaya**" (BKIVV).

We live in a world where conflict seems to be the norm. I think that we've lost our inner strength and the ability to exercise what we understand to be right and true. We know that fighting doesn't get us anywhere and quarreling doesn't get us what we want, and neither does anger - it just creates a lot of negative energy - but yet we just can't help ourselves. What we need to do is develop our own internal strength, recognise our own value, recognise the value of other people and accept and understand the diversity in our world.

We may recognise the need to change but how do we do it?

We eat to survive physically, but if I want to survive mentally in a happy state, I have to feed myself with silence (in solitude), positive thoughts, the qualities that I have inside me, and the inner ability/power to be aware and apply, to manifest these into actions. I have to be conscious of these every day, as many times as I can, and so build up my inner strength.

### **The Inner and Outer Connection**

There is a connection between inner conflict and conflict with others. Everything begins with ourselves. If I'm fighting with other people, I'm battling with something inside myself. Perhaps I'm not able to put into practice something I believe in or am having to compromise my values. This battling

makes me lose my inner strength and value. When I'm unhappy with myself, it comes out in my interaction with others. (Mandala Patel)

## 7. PURPOSE / OBJECTIVE OF STUDY:

1. To help all people to learn to practice Raja Yoga.
2. To help people understand the Mind and Soul, in order to be able to empower the self to be able to control it/or redirect it to bring about Happiness, Peace, Love and all virtues (See Fig, pic below) and the key inner powers of the soul.
3. To know the effectiveness of Raja Yoga for Thai people (working people and homemakers), so as to increase their Happiness and Life Satisfaction index.
4. To help heal people in their various Mental Issues and overall Well-being.



Fig 1. Attributes of the Soul



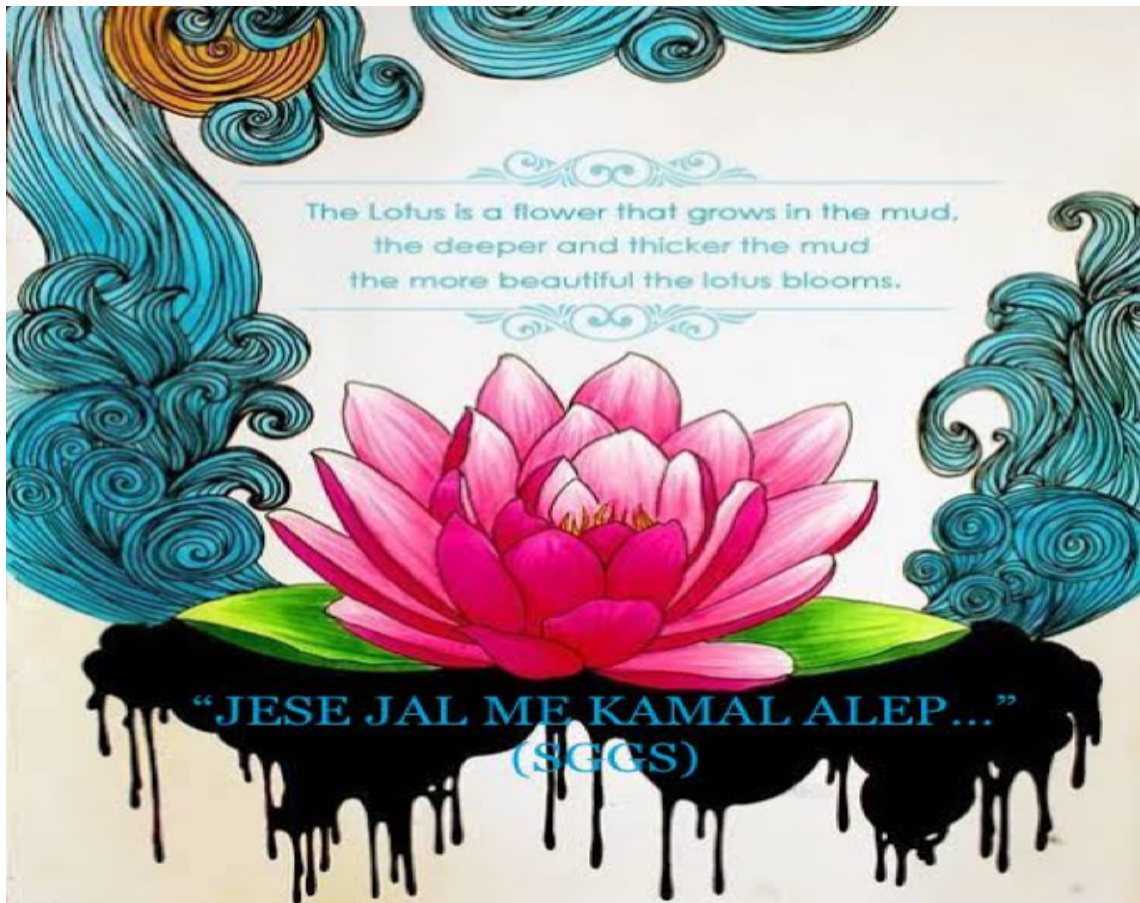
Fig 2. Raja Yoga (Soul Union with Supreme Soul)

## 8. BENEFITS: HOLISTIC HEALING

Raja Yoga meditation aims to heal and sustain the healing process. It brings happiness. It brings the in-depth understanding of one's true core identity, and thus also the ability to tap into the endless Source for unlimited empowerment to ensure one can control one's mind and emotions and fill the self with all the true virtues and powers of the soul, which ensures constant happiness. It fills the soul with its original virtues of Love, peace, purity, bliss, knowledge and the inner powers of the soul.

Knowing how Raja Yoga works on instilling happiness in each individual, will give us the insight of how to help various individuals, and even groups of people, spanning all ages, cultures, and lifestyles. Mental issues such as stress, depression and anxiety are the main reasons Happiness eludes man. Finding out more about how the 'Mind' triggers happiness, and what we can do to understand and control the mind, know and understand and experience the 'Inner Self' or 'Soul', so as to, use this wisdom and experiential easy

method to generate positive emotions, good values, and empower the self to stay joyful, loving and peaceful, despite and inspite of all external situations and turmoil. Like the Lotus rising in the muck. *“Jese jal me kamal alep”* (SGGS). (Fig 3. Lotus in the Muck)



Raja Yoga meditation is a spiritual process for helping you understand yourself better and controls the body using the power of the mind. It helps awaken your positive qualities that are buried deep within. Thus, it allows for enhanced performance and teaches the importance of introspection and silence

**Mission of Brahma Kumaris Raja Yoga Meditation (BKRM):**

BKRM gives a clear spiritual understanding of self and helps one to re–discover the use of positive qualities which are already latent within oneself, this enables to develop strengths of character and to create new attitudes and responses to life.

The mission of the Brahma Kumaris World Spiritual University is:

- Rejuvenate the spirit of man
- Re-enlighten the intellect
- Sublimate the mind of the person

Recreate nature so as to reform our norms and habits there by transforming the individual into a glorified uplifted personality from the previous fallen one, and in so doing, transform our world into a place of peace and happiness and oneness.

## **9. HYPOTHESIS:**

Brahma Kumaris Raja Yoga Meditation is effective in increasing Happiness and Life Satisfaction in individuals in Thailand, thus enhancing overall Health and Wellness.

## **10. DELIMITATIONS:**

The study was delimited to the following:

- \*Both Male and Female subjects.
- \*Within the age group of 20 years to 64 years.
- \*All subjects had practiced Raja Yoga for more than 2 weeks.
- \*All subjects are general people living in households, not at the Raja Yoga Centers.
- \*All subjects are residing in Thailand.
- \*The total number of subjects was 20

## **11. LIMITATIONS:**

\*Due to the peak of the pandemic COVID19 SITUATION, during the data collection period, the data was collected online through various applications, as was found comfortable by the subjects. Many also preferred hand filled out data, and took pictures of the completed Questionnaires and sent it to me by phone.

\*There are over 300 people in Thailand, who are regular practitioners of Raja Yoga of the Brahma Kumaris, that I have personally interacted with, and can be subjects for further research, to prove the magical effectiveness of Raja Yoga. Due to time limits, and the pandemic situation, it wasn't possible to reach out to a larger group for this research study. However, if given the opportunity in future, I would be happy to add to the Data Collection of this research study.



## 12. KEY WORDS:

**Raja Yoga:** Raja Yoga is the ability of I the Soul, to **Connect (Yoga)** or have a union with the Supreme Soul / God, to be able to live the true **Kingly or Divine (Raja)** way, with those core values and to stay empowered from within, winning over the mind and navigating it in true awakened awareness, thus overcoming all the vices/maya. The experiential Meditation technique and practice that draws from the Divine Source and transforms man.

**BKRM - Brahma Kumaris Raja Yoga Meditation:** Raja Yoga meditation is one of the training courses of Rajyoga Education and Research Foundation of Brahma Kumaris World Spiritual University (BKWSU).

**Brahma Kumaris:** The Brahma Kumaris World Spiritual University with branches and centers in over 180 countries, teaching the practice of Raja Yoga. It is a Non-Governmental Organization (NGO) that has consultative status with UNO, UNICEF and WHO.

**Soul:** The life force energy that keeps the human being alive, and the inner consciousness that includes the Mind and its layers of consciousness, intellect and impressions.

**Happiness:** Positive state of Mind. Core nature of soul.

**Life Satisfaction:** Indication of the satisfaction of life and living.

**Mental Issues:** All negative emotions and issues that ultimately cause Mental Diseases and issues, such as anxiety, trauma, stress, depression, insomnia, etc.

**Maya/Vices:** The weakness of man, stemming from the 5 vices - Anger, Lust, Greed, Attachment, Ego (ALGAE), and all other weaknesses branching from these. Negative emotions and feelings of man.

**Inner Powers:** The various inner strengths needed to bring about change in self, such as Power to Tolerate; Power to Accommodate; Power to Withdraw; Power to Pack-up; Power to Know; Power to Discern; Power to Face; Power to Cooperate. (See Lesson 8 of The Basic Course of the Brahma Kumaris in Chapter III - Methodology).

## **CHAPTER II**

### **LITERATURE REVIEW AND RELEVANT RESEARCH**

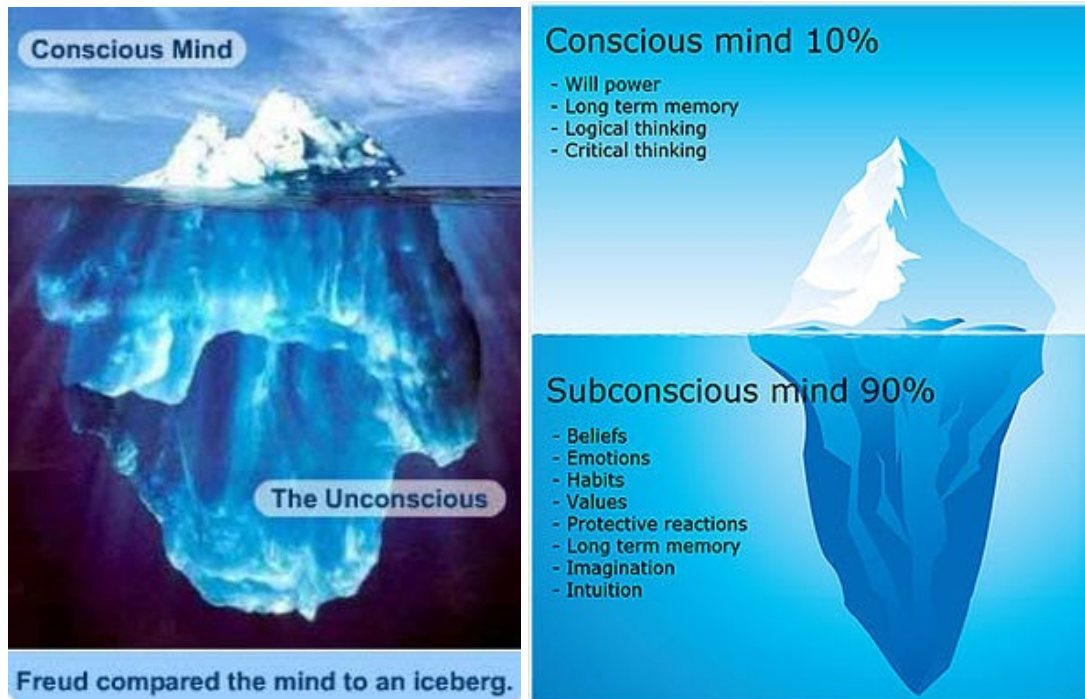
The researcher has gone through available literature which is relevant to the present study. A brief note on the different 'Schools of Psychology' has been addressed at the start, to shed light on Soul and Mind, followed by the relevant issues, problems, studies, researches, on the topics related to, and facts and figures including explanations from the published literature on the 3 main topics of: 1). Happiness, 2). Meditation/Yoga, and 3). Raja Yoga - have been included in this chapter.

#### **★ BRIEF NOTE ON SCHOOLS OF PSYCHOLOGY**

According to **Robert Monroe** of Educational Research Monroe Institute, U.S.A. Soul is the consciousness that is present in the human body at the center of the forehead in the hypothalamus and is the basis of all human actions. Soul is an embodiment of peace and has the instruments of mind, intellect and sanskars, i.e., to think, discern, feel and carry out actions. When the soul behaves in its true awareness without attaching itself with the consciousness of the body, the mind remains tranquil and performs at its best, helping the body to function without illness. Titchner, who developed the theory of "Structuralism", believed that the mind is the basis of all human actions. The mind was regarded as Consciousness and the ultimate elements of it are sensation, feelings, and images. To nature and the structure of consciousness can be studied through introspection, to look within. Psychology thus is the science of consciousness. **J.B.Watson** of U.S.A. and others questioned the validity of introspection and said that psychology should be an objective science. They defined psychology as a science of behavior, which was defined in terms of stimulus and response- the popularly known S-R formula. The response to any stimulus is behavior. Here heredity has no influence whatsoever. **Bernard**, the behaviorist, states that we didn't allow instincts like fear, acquisition, affiliation to operate as they are, but modify them in the midst of our social environment. The **Gestalt School of Psychology** emerged in 1912, which advocated that everything should be

viewed as a whole, and studied in its totality. Perception is unified and learning is nothing but recognition of the field of perception. Perception goes beyond current observation, as previous experiences about them come into play, that greatly influences our thoughts, mind and behavior and actions. People express different responses as per their previous experience. For example, on seeing a snake, some may flee, and some may be brave to catch it. The Viennese physician **Sigmund Freud (1856-1939)** called the school of psychology 'psycho-analysis'. This emphasized the role of the unconscious mind in the actions of individuals, thus also known as depth psychology. The unconscious mind is the seat of repressed tendencies and desires, not approved by society. He marked sex as the villain of peace in human experience. Freud's disciples, **Jung** stressed on past experience and religious beliefs, while **Adler**, said that the birth order of an individual in the family has much influence determining one's way of life. **Piaget's** Cognitive psychology and **Carl Rogers, Maslow** and others have also significantly contributed to the growth of psychology. Psychology can be brought under the 'Biosocial science' category.

*The mind as an iceberg (Freud): (Fig 4.)*



“**Freud** compares the human mind with an iceberg to be able to describe how the mind actually works. On the tip of the iceberg is seen as the conscious mind, which is all of the actions and processes we are aware of and can

control. However, at the bottom of the iceberg is where the unconscious mind is. In the unconscious mind, there is all of the dark and traumatic material that is too threatening to be acknowledged. There are some memories that are too painful to be acknowledged, so that they are locked in the unconscious mind. This process is called repression. Other things that are in the unconscious mind are dreams.”

The term ‘psychology’ comprises two Greek words, namely ‘psyche’ and ‘logos’. The former refers to the soul and the latter means the study of. Thus the word psychology literally means the study of the soul. It is the study of mental processes and behavior. It attempts to explore different facets of the complex mind. The main categories first identified were cognitive, conative and affective (**Titchner**), but later the religious and metaphysical significance were also realized as being part of Psychology. It is also referred to as the study of the mind. Psychologists examine not only observable behavior, cognitive processes but also psychological events, social and cultural influences, and largely the hidden and unconscious processes. As it is a systematic process, it is defined as the scientific study of behavior.

## ★ GENERAL OVERVIEW

### **THE ULTIMATE HEALERS: God and call of true nature:**

**“Natural forces within us are the true healers of disease.” Hippocrates**

**“75 to 90% of all visits to primary care physicians result from stress-related disorders” - Paul Rosch, M.D., President, American Institute of Stress.**

Physicians say 85% of diseases are psychosomatic, in fact 100% of all diseases are psychosomatic, connected with the body and mind **since every action is first created either in our own mind or others mind.**

God created His Children to remain loving, peaceful and happy in this world. But somehow we find it difficult to remain loving, peaceful and happy all the time. And yet, deep down inside, we have the thought that, irrespective of everything happening in our lives and the world, it is still positive to live a loving, peaceful and happy life if we are able to realize our true innate nature. We have glimpses of this, but our Minds pull us towards external objects like people, things, activities, situations and we never find the time to look within. It

is not a complicated process, as sometimes, the various discourses and discussions we hear make it out to be. It needs an inner yearn to awaken and become aware of your mind, all the thoughts that come, and to introspect from where they seem to be coming and to remain a silent observer of this. We need to have the Control of the Mind, to focus on things outside when we need to, and return to the inner being.

We don't need any person or objects to make us peaceful and happy and loving. Our true nature is to remain happy, peaceful and loving. When we go into the vices, mainly attachment and ego (this physical body identity crisis), its branches of anger, greed and lust creep in and take us away from our 'core' being.

The main purpose of Raja Yoga is to be able to bring our attention to our true identity as a soul, a spirit, which is a point (transient energy point of light located next to the hypothalamus and pituitary gland, the 3rd eye point), and thus be able to put a 'full stop' to all other thoughts, especially stressful ones. And once, one is clear in this identity, automatically one realizes that the Soul must have a Home, - Soul World, to go back to, to recharge, and the forever Soul Father, caretaker of that soul world, the Supreme Soul, who can re-energize the soul and bring back all its lost powers and virtues and delete the current vices (drawbacks) of the soul.

God, Supreme Soul, is known as the Almighty, because His soul always remains constantly free from the influence of any external objects, unlike human souls that degrade from the godly nature by being influenced by external natures due to the psycho-bio and social factors. Once we are able to connect to true inner selves, our innate human nature, by drawing on powers and energy through Divine Connection with God, we can become God-like, and just as 'Son shows Father' we can bestow peace, love and happiness instead of longing for it and seeking it from outside. The first drawback we face is body consciousness. We lose our true identity of being just an invisible, eternal point of energy, light, and are totally lost into our external identity, rather than realizing it is just a costume, a role play. If we can awaken to the true realization of 'Soul Consciousness', and become aware of the imperishable, ever existing, ever blissful spiritual point of energy, the true 'me' in all our actions and interactions with the self and with others, we would become ever loving, peaceful, content, pure, and happy, able to lead an empowered life, free of suffering. In this stage, we not only spread that light energy to ourselves, but the brotherhood of man is experienced. Thus the care and love for each being as one world family becomes automatic. The

darkness within and without is driven away with the new light, the understanding of the self worth, the virtues of peace, love, compassion, happiness, contentment and maturity begin to manifest in inter human relationships.

*God's remembrance - Absolute Elevated thought*

We can stop negative, wasteful and vicious thoughts by consciously creating positive, pure and elevated thoughts. When we start thinking about our own (soul's) innate goodness, about our 8 powers\* (explained in Chapter III, Methodology, towards the end of the Raja Yoga Basic Course, in Lesson 8) and the innate 7 virtues of the Soul - Love, Peace, Purity, Bliss, Truth, Power and Knowledge, we start generating pure thoughts. Thinking about God and His attributes, that never get depleted, and our various relationships with Him, we start not only to elevate ourselves but we also benefit the world and positively influence nature. Remembering God, only in crisis is what normally everyone does, and thus stems from negativity, but to experience and realize His care and love with us in every act we do, is positive, filled with love, and stems from reverence and purity and knowledge. This simple act of 'remembering God', empowers the soul to be connected and draw on His Divinity - all His qualities and virtues and powers. The flow of energy fills us, and at the same time, deletes our vices and past negative Karmic accounts\* (detailed explanation later in Chapter III, Methodology, Raja Yoga Basic Course, Lesson 4). Supersensuous joy is experienced in this 'Union'. This has the unique capacity to not only heal the mind of all its wasteful, negative and vicious tendencies, but also empowers it to generate positive, pure elevated thoughts. This flow of energy becomes a curative force that begins the healing of self, bringing happiness and life satisfaction and also healing all its relationships with the human environment and also the natural environment. The Natural environment is connected to man's state of mind. In the early eras of Golden and Silver ages, nature was beautiful and unpolluted and pure, as was man. The Divine era. But today, as time has reached the last period of the Iron age, nature is polluted, impure as is the state of man's mind. (Details of the 4 ages is explained in Chapter III, Raja Yoga Basic Course, Lesson 5).

The following points of the Raja Yoga knowledge create positive, pure and elevated thoughts, as summarized by **B.K. Surendra Bhai**, (2014), in Positive Thinking and God's Healing Power:

1. Each person has his own unique way of approaching and doing work. We must safeguard ourselves from the negative thoughts and vision influencing our performance.
2. If some people find it difficult to cooperate with us, let us try to show them by example and cooperate with them. We should be flexible and ready to change when needed.
3. Easy nature makes the self and others easy. Accept things as they are without trying to change them. Allow yourself to just be. Just go with the flow.
4. Visualize images of a positive future. We must stop listening to the fears, doubts, and limiting beliefs and have more self-belief. Visualize and believe in the best.
5. Let us not place limits of 'I cannot', 'It is impossible'. Have positive affirmation like 'everything is possible', 'I can' and 'I will'.
6. Do not hurt yourself and others, by holding on to past events and situations. 'Let go and let be'.
7. Self-education is indispensable. Steal some time every day for self improvement as a necessity.  
Have company of good people who support you in your efforts for a positive change in life.
8. Have a strong sense of gratitude by focusing on what you have rather than on what you don't have. Count your blessings and see more beauty in your life.
9. Time is wealth, time is life, and time is opportunity. Let us realize this importance of every moment of time and make the best use of it.
10. It is said that failures are the stepping stones to success. Failures allow us to introspect and become bold, active and vigilant. Learn from failures and continue self improvement.
11. Inspire everyone with our virtues and give them an experience of love, peace and good wishes. When they experience our virtues, they will be willing to bring about change quickly. Rajayoga meditation consists of a series of positive, peaceful and powerful thoughts which connect us to God. The understanding of the self, concept of God and ultimate communion with Him stimulates the creative energy of mind and replenishes both the physical and emotional energy. It helps in the healing process thus contributing to the overall well being - physical, mental, social, and spiritual.

## TOPIC 1: HAPPINESS:

### 1.1: Definitions of Happiness:

#### HAPPINESS IS INTERNAL:

To start, we don't really know what happiness is, or how to measure it.

Measuring happiness is like trying to measure love. As **Darrin M. McMahon** shows in his illuminating study – Happiness: A History, ever since the 6<sup>th</sup> Century B.C., when Croesus is said to have said that “No one who lives is happy”, we have seen this slippery concept being a proxy for all sorts of other concepts, from pleasure and joy to plenitude and contentment. Being happy in the moment, **Samuel Johnson** said, could be achieved only when drunk. For **Jean-Jacques Rousseau**, happiness was to lie in a boat, drifting aimlessly, feeling like a God (not exactly productive). And many other definitions of happiness are along these similar lines.

Happiness, if searching externally, can be exhausting. Happiness is not what we see with our eyes and feel with our five senses.

According to Russell, the main causes of unhappiness are Tension, and Tumult. He says, “The present age of human history is the age of turmoil”. In the basic course of Raja Yoga, we also see that the current era is the ‘Iron Age’, the worst of the 4 ages of the Cycle of Time (Golden age, Silver age and Copper age are the other 3 ages, that we will cover later). Life has become complex and the human race are busy in their daily work, and in the constant pursuit of fortune and luxuries of life, with not much time to spare for relaxation and recreation. This has incurred worries, tensions, and restlessness for the people. Thus “Psychological anxiety and mental agonies are the gifts of this hectic life.” Russell maintains that man has limited sources and the realization and acknowledgment that he does not have ‘authentic knowledge or know the secrets of life’, and thus if ‘he tries to overcome them, he can be able to embrace the happiness, from which he is aloof yet. He further states that ‘the growing self-absorption is the first psychological cause of unhappiness’, and douses deep into Freudian psychology. This develops unnecessary adherence to self, which takes the shape of narcissism (too much absorption in self-love to deliberately ignore reality), megalomania (the fallacy of passions that tends to an arbiter or dictator), and too much self-importance’. And this self-worship makes the ground for sense of sins, i.e., to be conscious of one's guilt, and to deliberately break the moral taboos.



There are other causes of unhappiness, such as frustration in childhood, the effects of which appear in maturity, and, under the influence of this frustration, the sufferer isolates himself from society.

According to **Bertrand Russell (1872-1970)**, in his book “The Conquest of Happiness”, one of the main ingredients of a happy life is what he calls a “friendly interest in things”. He also points out factors from our daily life, which become the cause of unhappiness, if not sensed and controlled properly. ‘They are referred to as Byronic attitude, competition, fatigue, envy, persecution mania, and fear of public opinion’. These common reasons causing unhappiness, we can see, stems from within the mind.

*Byronic attitude:* People who take the concept of happiness for myth. Pessimism. Russell believes that life is full of novelties and curiosities. A positive and seeking attitude helps happiness.

*Competition:* This attempt to excel over others, develops into prejudice and enmity, which is harmful to humanity, he states. It can lead to antagonism which is unhealthy. The Sense of competition must be replaced by a sense of Cooperation. Competition, if inevitable, must go in a constructive way. The real cause for competition is the hectic lust for money, which leaves man with mental unrest, thus turning to drug and drinks too.

*Fatigue:* Here Russell is referring to the mental and nerve fatigue that comes from worries, stress, fear of loss, competition. This goes into the man’s unconscious mind. Taking misfortune as part of our life and comparing it with the vast scheme of the universe, then we can change our viewpoint of life.

*Envy:* This is an important cause of unhappiness. This exists in all - men, women, children and adults. Envy is a basic emotion which sours life, and turns life bitter and full of disillusionments. It makes the person rigid, and proof against advice. Such people burn in the fire of grudge and bitterness. They make their lives hell and try to poison other’s lives as well.

*Persecution Mania:* Some people feel insecure and suffer from a certain kind of inferiority complex. They feel the world is out to harm them, feeling some fear of injury. Such imaginations can become a psychiatric problem.

*Fear of public opinion:* This kind of fear is engendered by an unfamiliar environment and lack of confidence in personal opinion. The young should not suppress their own opinions for fear of being scoffed at by the elders. Any kind of repression of opinion kills the talent and mars the young.

Diving deep into the issues of current human nature, is necessary to awaken, and will help in making the effort to change this nature, to bring about happiness.

Living a constructive life in the end also leads a person to see their own life as something constructed with purpose, meaningful rather than random and

meaningless. The wise and happy person should always be oriented outwards, away from their own little world. These external interests are part of a bigger orientation of a person towards the world.

**Barb Carr, 2014**, in an article in TapRoot, states that many people think that wealth; fame; good looks; intelligence; power are the root causes of happiness. But research has indicated that those things don't provide a long-lasting feeling of contentment. Also based on research, the Root cause of happiness are: more respect from others; less stress; reduced feelings of jealousy; happier memories; increase in gratitude. "It is not happy people who are thankful, it is thankful people who are happy." Gratitude is a 'character trait' that can give happiness.

According to **Basic, 2021**, psychologists and other experts say there are ways to find or maintain a sense of happiness during difficult or stressful times. **Ethan Kross**, a professor and director of the Emotion and Self-Control Lab at the University of Michigan, said looking for awe-inducing experiences can be beneficial. "When you experience awe, that's an emotion we have when you're in the presence of something that's vast and hard to explain", Kross said, citing his own awe-inducing experience of watching Perseverance rove Mars. Science has shown that when you experience awe, that leads to a 'shrinking of the self', so our own problems feel smaller by comparison. Basic, 2018, also had a similar conclusion in the Journal – Emotion.

And in Raja Yoga, we draw on this 'awe' or 'oho' sense and feeling during Meditation. (As will be seen under the topic Raja Yoga)

Social support is also key, the **World Happiness Report** found, with 'the ability to count on others' being listed as a 'major' support to life evaluations in 2020. In Basic reports, **Lyubomirsky** said, "Social support is by far one of the best ways to help people cope with any kind of adversity or stress or tragedy."

Finding Meaning in difficult experiences can also be an effective coping mechanism, especially in trying times, according to **Tasha Eurich**, an organizational psychologist. "Humans are meaning-making machines". Asking questions such as 'What are the strengths or insights that I showed up with in facing the situation?' or 'What have I learned about myself or about my most important relationships?', can help to consider how your future self may benefit from what you're currently experiencing.

## 1.2: Reason for Sadness:

**David Cadman**, Quaker, sustainability consultant and writer says:

Most of us who read *The Inner Wave* live in a society that is driven by a very particular form of economy – one based upon rising consumption and endless growth. Although it is hardly ever challenged (least of all by those that govern us) this economy is founded upon a very particular (but as it happens flawed) proposition. Although it seems to offer satisfaction it must never do so. It only works if – whilst believing that the next purchase will satisfy our need, and having made the purchase – we remain dis-satisfied and once more in need. Despite the promise of satisfaction, we must always feel we need more.

The link between this form of economy and resource depletion, global warming and climate change seem self-evident

Indeed, since we have clearly come to live beyond our natural capacity – physically and economically – we must reduce both global consumption and the pollution that flows from it.

## 1.3: Spiritual Insights:

Happiness is part of the Soul :

Real happiness needs to be constant and not just wax and wane like the moon. There needs to be some real purpose, stability and focus in our life for us to experience success and to be happy.

Is the definition of happiness that we are happy when we get what we want? Then given that no one is happy even after getting their aims met, what then? This implies that we are aiming for the wrong things! Perhaps we need to either look more closely at what we are aiming for, or look at our beliefs about happiness.

Firstly, in **spiritual terms**, happiness does not need a reason to exist. The soul in its natural state is in bliss, which is a deep state of happiness. How do we know that? Because whatever is natural will return to its original state. Look at a natural element like water... steam turns to water, ice as it melts returns back to water. So too when all is “natural” and “normal” around us, then the soul returns to its natural state of being... happy.

So, to conclude, happiness is not so much an aim we need to create, but we need to start to eliminate all the things that take us away from happiness. As in the water example, remove the hot and the cold, and the water returns to its natural balance. So too when the soul gets too 'hot'... too hyper and heated with expectations, passion, anger or desire, we move away from our real state of happiness... When we become too 'cold' – depressed and disheartened, then the same applies. Therefore, we need to always keep ourselves in that neutral state. Nothing is good and nothing is bad. It just is... when we add the energy of our attention and emotions to something, the pendulum swings towards more happiness or more sorrow.

This is a perfect story to illustrate the point.

A man asked Lord Buddha: "I want happiness."

**Buddha** said: First remove "I" that's Ego.

Then remove "want", that's Desire.

See, now you are left with only "Happiness."

There does not need to be a 'reason' for happiness. When I say: "I am happy because... I can now drive, or I got a new car; because I have a new hair style; because I graduated; because I got married..." What does that imply? That I was not happy before? And if I am happier now, then will that state last or, am I simply waiting for the next hit to make me happy... again!

*"Bhukhiya bhukh na utree je bannana buriya paar.."* (**Sri Guru Granth Sahib - SGGs**) meaning, Desires and Wants are endless like never ending piles of mountains...they keep growing endlessly.

In real deep happiness, there is no 'because', there is just being happy. Pure happy. Happy and eternally happy!

To follow this idea further, we lose power the moment we say someone is the reason for our happiness, such as in the case of romantic love. As soon as the cause/object of our happiness goes, so too will go our happiness. So, if the shiny new car got scratched, especially on the first day, well, that will be a roller coaster of emotions, up and then down the next moment! So, it is very important to recognize that superficial happiness, or we could call it human happiness, can be all too fleeting... Soul happiness is deep and unlimited.

Only in deep soul happiness can transformation take place.

As **Abraham Maslow** has shown in the hierarchy of needs, when we are happy then we can consider making shifts and ascending to higher spiritual realms. This applies for the spiritual hierarchy too. First we need enough spiritual power to create a strong foundation, this will help us to go beyond all

the physical aspects that pull us and make us unhappy. Then we can aspire to higher spiritual aims!

The way to get there is to constantly be appreciative and be in gratitude. To be positive and thankful. Shed the criticizing, the complaining, and the correcting. All this simply takes away from our own happiness. These habits put us in a negative state, far from our original state.

When I am in a happy state, I can think of doing 'good' for others. Then good karma naturally kicks in, and I am able to be successful on all fronts... In other words I can put in the effort and I will definitely claim some good results. If I do the same action in a state of sorrow or depression, the thought and action will not match, and so there will not be a synchronicity in thoughts, words and actions. Then I wonder why I do so much and why there are so few results!

Always remember that happiness is our innate treasure, and when something is our precious treasure then we keep it very safe. So do not allow anyone or anything to steal your treasure of happiness from you. Yes, things will happen and people will come. I know some people who have become very angry over some spilled milk (past situations). At least if you are to lose your happiness let it be over something greater than spilt milk!

When I am happy, I am content. Contentment means to be at peace. Then I am not restless or peaceless. Contentment means to be satisfied... I do not want anything different. That means I accept everyone and everything as they are. Can you see... where I am going with this? Yes! There is no conflict! There are no disputes or... misunderstandings. Everything is clear and even if it isn't, it doesn't matter. Nothing has been lost! I keep my peace of mind.

When I lose my happiness that becomes a form of punishment for the soul. There is no other punishment than this. Even on the Day of Judgment, there is no God whipping me up, or boiling me in hot oil. I simply lose my happiness. I am dis-connected. I feel guilt and regret, and I feel sad and alone.

Let us learn those lessons now and do not leave until tomorrow what we can do today. And do not leave until today what we can do now! So get happy and get moving.

Happiness is contagious. Try spending an hour with someone unhappy and depressed, it feels like eternity! Then spend a day with a happy person, and a day is not enough! When we are happy, we make others happy, and that creates a happy world.

Change your goals! We are eternal souls and we therefore deserve eternal happiness. Our purpose in life is to be happy, we just have to realize this truth.

It's Time... to be happy... no matter what... and to get moving with happiness. If happiness is lost, everything is lost. See yourself as a soul.

**Marie-Louise Von Franz, in Lesley Edward's, Beauty and the Beast,** writes very intuitively, “she realized with horror she saw nothing, only a reflection of herself in other people’s eyes, and she was experiencing a profound feeling of being disconnected from herself.

It is a frightening feeling when we don’t know who we are. And many of us don’t, or have come to a point in life where we are seriously seeking some clarity. There has never been a time when we were more in need of some simple ancient wisdom—a spiritual as opposed to a material explanation of who we are. For so long we have been caught up in an identity based on external factors such as our job, appearance, talents and relationships. We have looked to other people, situations and circumstances to define us, to affirm us and to be the source of our pleasure. We have lost ourselves by comparing ourselves with others and measuring ourselves against material standards of success and achievement.

To begin to retrieve ourselves from this mess means a change of perception from physical self-awareness to spiritual self-awareness, seeing ourselves as a soul or spiritual consciousness that is beyond form. The natural state of the soul is internal strength and highest expression of the soul is to express that strength in the form of love, confidence, courage, and many other positive qualities. To have our center of gravity firmly anchored in this part of us makes us bigger than the detail of our daily lives, so that whatever challenge life presents us with we can stand firm and solid. It is to have an experience of Self that “brings a feeling of standing on solid ground inside oneself, on a patch of eternity, which even physical death cannot touch ...”.

It’s quite a challenge to work with a vision of the self that is beyond image!—for the butterfly to have wings of compassion, peace, courage and love as opposed to promotion, beauty, wealth and success! Yet it has been seen by many people meditating for the first time, connecting with this inner reality, breathing sighs of relief and sharing experiences of an inner freedom and lightness that they have never felt before.

Of course the real challenge comes in integrating this experience into daily life, for spiritual self-awareness does not mean ignoring one's physical, social and emotional world, but using it to give the will power, the tools and strength to bring healing and change into all areas of life.

The energy and inner strength that is experienced in meditation equips one with the right weapons to fight a non-violent war—weapons such as patience, tolerance, forgiveness, compassion, acceptance and generosity. For however deeply one believes in positive selves and however real experiences of the spiritual self have been, this reality will inevitably be challenged. The belief that one is a peaceful, loving soul, but the ability to maintain this experience in the face of sickness or criticisms. A spiritual awareness means always being ready with the right weapons, where battle and victory are an opportunity for alchemy. Where there was fear let there be courage, where lies and illusion—truth, where anger—acceptance, where hurt—forgiveness. Attacks will not just come from outside. One's own self-image is made up of layers and layers of past experiences in one's own subconscious in the form of deeply ingrained habits of negative thought patterns and behavior. Lasting change and healing requires a deep commitment to emerging gold from lead.

When awakened to their spirituality, people typically discover a sense of purpose and meaning in life. This should not just be a fleeting sensation! The challenge is to live every day with a sense of meaning and purpose

Kira M. Newman, World Happiness Report 2019, states that Negative emotions are rising around the world, and the United States is struggling, and is particularly hard-hit with an "epidemic of addictions." Tellingly, the report also shows a widening happiness gap, with some people reporting much more well-being and others showing much less within each country.

That year's report also analyzes how global happiness has changed over time, based on data stretching back to 2005. One trend is very clear: Negative feelings—worry, sadness, and anger—have been rising around the world, up by 27 percent from 2010 to 2018.

"We are in an era of rising tensions and negative emotions," says economist Jeffrey D. Sachs. "These findings point to underlying challenges that need to be addressed."

Since 2007, happiness inequality has been rising within countries, meaning that the gap between the unhappy and the happy has been getting wider. This trend is particularly strong in Latin America, Asia, and Sub-Saharan Africa.

The report also features commentary and analysis from economists, psychologists, and public policy experts about urgent issues in well-being, and one theme this year is the “sad state of happiness in the United States.” Research suggests that American adults have been getting less happy since 2000, while adolescents have been experiencing more depression, suicidal ideation, and self-harm since 2010. It’s difficult to say why this is happening, and to tease out symptoms from causes. Some researchers blame rising income inequality; others blame political polarization.

One thing is certain, says Sachs: “The U.S. is suffering an epidemic of addictions.” This includes an addiction to technology, which researcher Jean Twenge largely blamed for the worrying mental health trends among U.S. adolescents. In her chapter of the report, she argues that screen time is displacing activities that are key to our happiness, like in-person social contact. Forty-five percent of adolescents are online “almost constantly,” and the average high school senior spends six hours a day texting, on social media, or on the Internet.

But we’re hooked on more than just technology. According to researcher Steve Sussman, around half of Americans suffer from at least one addiction. Some of the most prevalent are alcohol, food, and work—which each affect around 10 percent of adults—as well as drugs, gambling, exercise, shopping, and sex.

Most studies on what makes people happy agree that family and relationships rank right at the top. Next come meaningful work, positive thinking, and the ability to forgive. In rough order of importance, here are the top 10 things you can do to increase happiness in your life.

#### **1.4: What makes most people Happy:**

##### **1. Family and relationships**

The happiest people spend time with those they love. Intimacy with others fulfills two basic human needs. We need social connections with



others of our kind. We also need the personal growth that relationships provide which makes us feel fully alive.

Try to accept social invitations whenever possible, or initiate social gatherings with family and friends. Face-to-face meetings make us more happy than online networking, because hugging and other forms of physical touch release endorphins. So use technology to set up meetings, but get out there and hobnob the old-fashioned way.

## 2. Meaningful work

We are happiest when engaged in activities that make us forget ourselves and lose track of time. Psychologist Mihaly Csikszentmihalyi calls this the “flow” experience. Flow can be achieved when making music, gardening, playing with children, practicing sports, writing, or even pouring over a spreadsheet. You achieve flow when you enjoy doing what you do best. Abraham Maslow defines “self-actualisation” as the innate human motivation that each of us has to achieve our potential. This is why we experience a sense of fulfillment when using and developing our skills, talents and abilities. When we complete a challenge or task that we are pleased with, we achieve a peak experience of self-actualisation.

## 3. Positive thinking

Refuse to compare yourself with others. Be content you have “enough house” instead of envying your neighbor’s bigger house. If you really have to compare, compare down and not up. Olympic bronze medallists who consider themselves lucky to get a medal are happier than silver medallists who feel that they missed the gold medal.

You can also choose to believe the better option. For example, if your partner often works late, accept that he is overwhelmed with deadlines instead of telling yourself that he just doesn’t care enough to spend time with you.

What also makes people happy:

## 4. Gratitude

This is a subset of positive thinking, yet it is such an important aspect that it deserves a place all by itself. Grateful people are happy people. Gratitude is best expressed in writing or talking. Keeping a gratitude

journal or saying prayers aloud every night is a surefire way to increase your happiness.

Gratitude leads to psychological and physical well-being

by **Dr. Steve Wright**

Gratitude is something that psychologists have started studying in a scientific way recently, thousands of years after its importance was recognized by philosophers, religious thinkers, and spiritual teachers. It turns out gratitude is strongly associated with quite a few aspects of psychological *and* physical well-being. According to research, grateful people have more positive emotion, life satisfaction, vitality, optimism, pleasant feelings, empathy, generosity, and less depression and stress. But how do psychology researchers know that's not just because being a happy person causes gratitude? Or because having a good life causes both happiness and gratitude?

*"Gratitude is not only the greatest of virtues, but the parent of all the others"*  
-Cicero

#### 5. Forgiveness

Those who cannot forgive become angry and depressed over time, and suffer poorer health due to the physical reactions to these negative emotions. Give the gift of forgiveness, and you increase your happiness.

#### 6. Giving to others

Many people testify that what lifted them from depression was helping others. So you could volunteer at a homeless shelter, hold the hand of a terminally ill patient, raise funds for charity, or tutor children from poor families. All these forms of giving take us out of ourselves and set us back on the path to normalcy and happiness.

#### 7. Religion

Religion provides direction in life, and this sense of purpose contributes to a person's well-being and happiness. A person's specific religious belief does not seem to matter as much as the fact of the belief in something.

#### 8. Personal freedom

We cannot be happy unless we determine our own fate and are left to make our own choices. Each of us may need this freedom in varying degrees. If this is extremely important to you, starting your own business, freelancing, or even choosing a single life may contribute to making you happy.

#### 9. Good health

Surprisingly, health does not contribute much to happiness. This is because health, like money, is a hygiene factor. We are unhappy with it, but once we have it, we take it for granted and do not become any happier with more of it. So keep yourself in reasonably good health so that you can enjoy life, but do not obsess over it.

#### 10. Watching TV

Psychologists and economists confirm that this simple activity increases our enjoyment and happiness in the moment. While excessive TV may reduce your quality of life by taking away time from other important things, a little TV is harmless and may even be good for you.

### 1.5: Table of 55 Academic Research on Happiness

The below table is a review of 55 landmark studies on happiness, (that explain why it makes business sense), a state of being that **Laughter Wellness** helps to temporarily experience (long-term happiness is a multi-faceted endeavor that requires a life-commitment): laughter uplifts your mood-states, directly impacting how you perceive the world around you and, therefore, how you react to what happens to you. When you feel good, you are more likely to redefine stress as a challenge rather than as a threat, and face demanding situations constructively and with a positive attitude. (Tab 1.)

Theme	Conclusion of Study	Reference
Accuracy in diagnosis	Happy doctors made the right diagnosis faster.	Estrada, C. A., Isen, A.M., & Young, M. J., 1997.

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Business Deals	People who expressed more positive emotions when negotiating business deals did so more efficiently and successfully than those who were more neutral or negative.	Kopelman, S., Rosette, A. S., & Thompson, L, 2006.
Commitment	Happier workers are more committed to their organization.	Herrbach, 2006; Judge et al., 1999; Mignonac & Herrbach, 2004; Thoresen et al., 2003.
Cooperation, Negotiation, Collaboration	Happier employees are more likely to manage negotiations with cooperation and collaboration than avoidance and competition. They are more able to find win-win solutions. They have less contentious behaviors.	Carnevale and Isen (1986); Baron, Fortin, Frei, Hauver, & Shack, 1990; Barsade, 2002; Forgas, 1998.
Creativity	Happy doctors exhibited much more creativity.	Estrada, C. A., Isen, A.M., & Young, M. J., 1997.
Creativity, Originality, Flexibility	Positive emotions can enhance originality and flexibility.	Estrada, Isen, & Young, 1994; Grawitch, Munz, Elliott, & Mathis, 2003; Grawitch, Munz, & Kramer, 2003; Isen, Daubman, & Nowicki, 1987; Isen, Johnson, Mertz, & Robinson, 1985; for nonexperimental work, see Madjar, Oldham, & Pratt, 2002.

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Curiosity, Exploration	Experience of positive emotions is associated with curiosity and has been found to “broaden” a person’s attention and interests.	Kashdan, Rose, & Fincham, 2004.
Effectiveness	Happier employees are 25% more effective than least happy ones.	Jessica Pryce-Jones (iOpener).
Efficiency	Happier employees are 25% more efficient than least happy ones.	Jessica Pryce-Jones (iOpener).
Energy	Employees who are happiest have 180% more energy than those who are most unhappy at work.	Jessica Pryce-Jones (iOpener).
Engagement	Happiest employees are 180% more engaged than unhappiest employees. (Note: Happiness is a wider construct than Engagement. Please see later section for the difference between engagement and happiness at work.)	Jessica Pryce-Jones (iOpener).
Evaluations	Happier employees receive more positive evaluations from superiors.	Cropanzano & Wright, 1999; Wright & Staw, 1999.
Goals	Happier people set higher goals for themselves. Happiest employees embrace goals 30% more.	Baron, 1990; Hom & Arbuckle, 1988. Jessica Pryce-Jones (iOpener).

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Goals	Optimists set more goals, and more difficult goals, stay more engaged when things get difficult and transcend obstacles more easily.	Carver, C.S. & Scheier, M.F., 2005. Snyder, C.R. & Lopez, S.J., Scheier, M.F., Weintraub, J.K. & Carver, C.S., 1986.
Health	Those who are happier take less sick then less happy colleagues.	Jessica Pryce-Jones (iOpener).
Health	People who wrote about a positive experience for 20 minutes three times a week were happier and had fewer symptoms of illnesses three months later.	Burton, C. & King, L., 2004.
Motivation	Employees who are happiest are 50% more motivated than those who are least happy at work.	Jessica Pryce-Jones (iOpener).
Organizational Change Coping	Happier workers cope better with organizational change.	Judge et al., 1999.
Organizational Citizenship Behaviors. These include helping peers and customers, sharing, volunteering for optional tasks, being cooperative, offering suggestions for improvement, spreading goodwill.	Happier people demonstrate more “organizational citizenship” behavior. They go the extra mile, beyond what is expected of their role.	Baron et al., 1992; Borman, Penner, Allen, & Motowidlo, 2001; Credé, Chernyshenko, Stark, Dalal, & Bashshur, 2005; Fisher, 2002; George, 1991; George & Brief, 1992; Ilies, Scott, & Judge, 2006; Lee & Allen, 2002; Miles, Borman, Spector, & Fox, 2002; Rosenhan, Underwood, &

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		Moore, 1974; Williams & Shiaw, 1999.
Performance	People with fixed mindsets miss good opportunities for improvement and consistently underperform while those with a “growth” mindset watch their abilities improve.	Dweck C.S., 2006.
Performance	Happiness is a good predictor of job performance.	Wright & Cropanzano, 2000, Hom & Arbuckle, 1988.
Performance	Employees who feel they have high levels of control at the office are better at their jobs and say they have more job satisfaction.	Sparr, J.L., & Sonnentag, S., 2008; Spector, P., 2002.
Performance ratings	Happy people are reviewed by their supervisors more favorably.	Cropanzano & Wright, 1999, Judge et al, 1999; Staw et al, 1994, Wright & Staw, 1999.
Performance ratings	Accounts who believed they could accomplish what they set out to do were the ones who scored the best job performance ratings ten months later.	Saks, A. M, 1995.
Productivity	Happiest employees are 47 percent more productive than their least happy colleagues. They	Jessica Pryce-Jones (iOpener Institute of People and Performance).

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	are contributing a day and a quarter more per week than their least happy colleagues.	
Receiving Social Support	Happier people receive more social support from colleagues and supervisors.	Iverson et al., 1998.
Respect	Happier employees report that they experience 28 % more respect from colleagues and 31% from bosses than least happy colleagues.	Jessica Pryce-Jones (iOpener).
Retention, Absenteeism	Happy employees are more likely to remain at their jobs and have lower absenteeism.	Seligman & Schulman, 1986; Pelled & Xin, 1999.
Sales	Insurance agents who have a positive disposition sell more policies than less positive peers.	Seligman & Schulman, 1986.
Satisfaction in job, family, relationships.	More feelings of control predicted more satisfaction in job, family, relationships.	National Study of the Changing Workforce, 2002.
Self-belief/Confidence	Happier employees have 25% more self-belief than least happy ones.	Jessica Pryce-Jones (iOpener).



## **TOPIC 2: MEDITATION / YOGA:**

Meditation is the journey inwards, a journey of self-discovery or, in fact, re-discovery. Meditation is time taken for quiet reflection and silence, away from the hustle and bustle of daily living. Taking time out enables us to come back to a centered place of being. In our modern world, the pace of life is growing ever faster and we are losing touch with our true inner peace and power. When we no longer feel grounded, we can experience ourselves pushed and pulled in many different directions. It is at this point that we start to experience stress and a feeling of being trapped. Gradually, over time, this feeling leads to illness and disease, as our mental, emotional and physical health is thrown out of balance.

Meditation is the pathway to experience love and happiness in every moment of life. It teaches you how to maintain a healthy mind in a healthy body. It also improves memory for children, leads to success in profession, heals relationships for better cooperation, gives clarity in decision and improves creativity.

It is the way to "charge" your inner being, just as the body needs food and exercise, and the phone needs to be charged. It begins with the "consciousness" of who you are beyond what's visible to the eyes...and ends with empowering that inner being.

**‘Meditation: The Future Medication’**, by Dr. Avdesh Sharma (2008):

“Complementary medicine is a seven billion dollar business in the U.S. and meditation is one of the top 10 alternative therapies used by its population. The National Center for Complementary and Alternate Medicine reports that 8% of Americans use meditation as a health tool.

Meditation can be used as a technique or it can be a meditative life style. Medicine and meditation come from same root word ‘medere’ – making whole. Even Healing and Holy have the same origin.

Meditation is found in all cultures, religions and regions, both West and East. The standard dictionary definition is ‘thinking deeply or spiritually about a subject.’ Yet it is different from ordinary cognitive processes – being more than relaxation, concentration, contemplation or posturing. It is a technique or method of freeing one’s mind from emotions and other distractions to allow

deeper insights into ourselves and the world around us. The ultimate goal is illumination, and while this may not be fully achieved, along the way peace and relaxation, quietening of emotions, insights and perspectives may be accomplished.

The mind during meditation connects us with our inner selves, the 'Master Within'. Meditation has taken on a very esoteric meaning but is just a disciplined way of reflecting on self, one's relationship with the world and God, the present and future path of life and the meaning and higher purpose in life. The technique and range differs from practices of concentration, awareness or altered states of consciousness. It may be focused (using a mantra) or non-directional. Meditation may be practiced for a short period or as a way of Being (with a particular life style). It is most effective when practiced with a sense of gratitude while letting go of thoughts, emotions and judgements. It may be practiced alone or in a group and may be accompanied by incense, music, special colors or light.

Many practices of meditation may not change, or even address, the belief system of the participant although for some, holding a belief system may be required for the practice of meditation. Similarly, spirituality may be a component of some meditational practices, although certain meditation techniques may be practiced without any underlying spiritual belief system...

...Principles of meditation involve relaxation, oxygenation, imagery, visualization, concentration, self-hypnosis, cognitive restructuring, peak experiences and secretion of endorphins.

How does meditation work?

Meditation raises energy levels and strengthens the immune system to fight or ward off illnesses. It induces the relaxation response and associated psychophysiological processes. It acts on the Karmic/Sanskar levels to neutralize the causes and effects of illness. It enhances the positivity of the person about self and healing, thus setting off chain reactions of healing. It induces a connection to the source (God) to draw the power to heal. It stimulates life style changes, which are useful for self-healing and allows external healing forces to act better. If practiced regularly for 20-45 minutes once or twice daily, all meditations, to various degrees, produce:

- Decreased heart rate and blood pressure.
- Increased blood flow to brain and heart.
- Positive changes in EEG, EMG and skin resistance.
- Improved sleep and digestion.
- Less irritability, anxiety and depression on rating scales.
- Less frequency and duration of illnesses.
- Decreased accidents and days lost at work.

- Improved interpersonal relationships.
- Improved scores on self-actualization inventories, and emotional and spiritual quotients.

Benefits of meditation at body-mind level:

These are found in allergies, asthma, anxiety, acid-peptic disease, cancer, coronary disease, depression (neurotic), diabetes, hypertension, irritable bowel syndrome, migraine, substance abuse (tobacco & alcohol also), tension headache, healing and enhanced recovery from all diseases.

Relative Contra-Indications include: psychosis, severe depression, confusional states, extreme anxiety and the dementias.

Evidence of Efficacy: A recent substantive review has shown evidence of benefit from many therapeutic techniques like Yoga, Meditation, Prayers and Spirituality- based interventions (U.S. Department of Health (2007). The review consists of 813 studies (547 intervention studies and 266 observational/analytical studies). This is out of 11200 references which were searched and those meeting rigorous criteria selected. The highest have been in healthy populations (553 comprising 196 intervention and 257 observational, analytical studies). The second highest is for individuals with mental health disorders (66 studies, 65 interventional and 1 observational).

The populations studied include those with physiological illnesses like hypertension, CVA, CAD, HIV, infections, dental problems, psoriasis, obesity, diabetes, irritable bowel syndrome, infertility, menopause, PMS, epilepsy, chronic fatigue, MS, muscular dystrophy, pain syndromes, osteoporosis, developmental disabilities, migraine and tension headache, COPD, asthma, chronic bronchitis and tinnitus.

Healthy populations included college and school students, the elderly, healthy volunteers, army, industrial workers, athletes, prison inmates etc.

The mental health disorders studied include: insomnia, anxiety, binge eating, burnout, anger, depression, mood disorders, 'neurosis', OCD, personality disorders, PTSD, psychosis, substance abuse, early cognitive deficits and parents of children with behavior problems.

Other Studies:

- Pooled search of 82 studies, of which 20 were RCTs (958 subjects - 397 clients, 561 controls).
- No reported serious adverse effects;
- strong efficacy for epilepsy, PMS, menopause;
- benefit for mood and anxiety disorders; auto immune illnesses and emotional disturbance in neoplastic disease. (Aries et al; 2006)

Outcomes measured include: psychosocial, clinical, neuropsychological, neurophysiologic, neurochemical, neurobiological and health care utilization.

Established correlates of meditation: neurobiological, neurochemical, neuropsychological, neurophysiological and neuroplastic.

Different meditative techniques may produce different and differential neurobiological effects, with corresponding subjective feelings and clinical changes.

The Clients:

- Meditation techniques are already being used by clients for anxiety, depression, OCD, panic attacks, PTSD, PMS, menopause, substance abuse, tobacco/alcohol abuse, psychosomatic illnesses, insomnia, early cognitive deficits etc.
- A planned, strategic, appropriate combination would reduce costs to the client and service providers and minimize investigations and waiting time, promote 'holistic health' and provide what many clients may want as component of therapy.

Complementary medicine is a seven billion dollar business in the U.S. and meditation is one of the top 10 alternative therapies used by its population. The National Center for Complementary and Alternate Medicine (NCCAM) reports that 8% of Americans use meditation as a health tool (2008).

In conclusion:

Meditation, which has been with humanity for thousands of years and which has stood the test of time, is highly relevant today in the management of myriad illnesses, as well as for research into states of consciousness. The challenge in future will be to see how it can be used both as a stand-alone treatment and in conjunction with other medication. There is every reason to think that its place in 21st century medicine will not be confined to alternative or complementary healthcare but available as a mainstream treatment.”

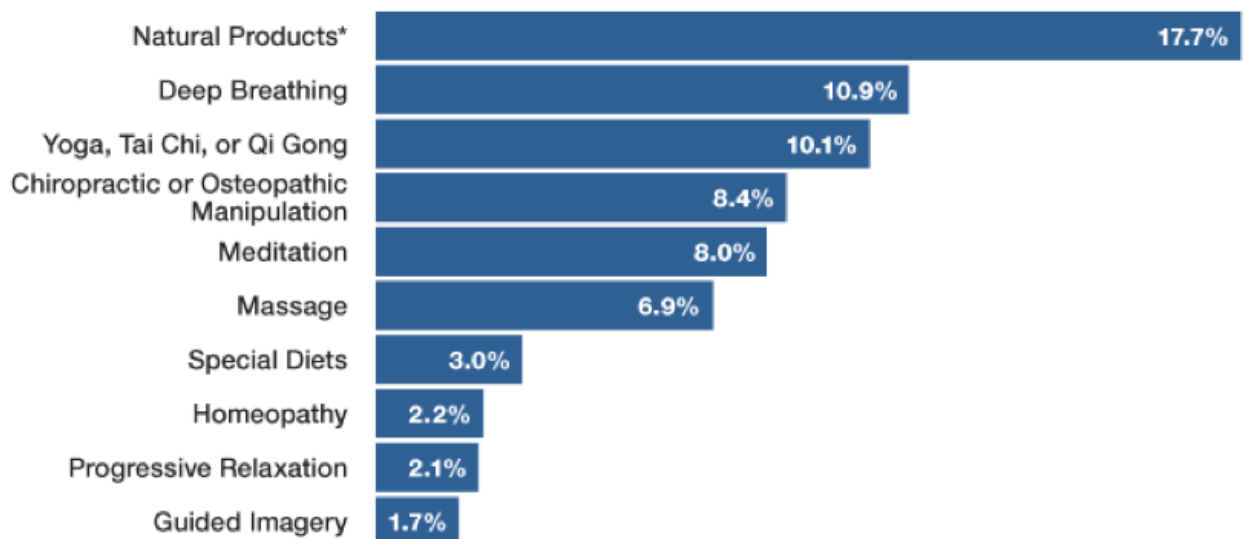
- According to the 2017 NHIS, (National Health Interview Survey) the popularity of yoga has grown dramatically in recent years, from 9.5 percent of U.S. adults practicing yoga in 2012 to 14.3 percent in 2017.
- The 2017 NHIS also showed that the use of meditation increased more than threefold from 4.1 percent in 2012 to 14.2 percent in 2017.

### **Complementary Health Approaches**

- Complementary approaches can be classified by their primary therapeutic input (how the therapy is taken in or delivered), which may be:

- Nutritional (e.g., special diets, dietary supplements, herbs, probiotics, and microbial-based therapies).
- Psychological (e.g., meditation, hypnosis, music therapies, relaxation therapies).**
- Physical (e.g., acupuncture, massage, spinal manipulation).
- Combinations such as psychological and physical (e.g., yoga, tai chi, dance therapies, some forms of art therapy) or psychological and nutritional (e.g., mindful eating).
- Nutritional approaches include what NCCIH previously categorized as natural products, whereas psychological and/or physical approaches include what was referred to as mind and body practices. (Fig 5)

## 10 most common complementary health approaches among adults—2012



\*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports: no 79. Hyattsville, MD: National Center for Health Statistics; 2015.

### Other Complementary Health Approaches

Some complementary approaches may not neatly fit into either of these groups—for example, the practices of traditional healers, Ayurvedic medicine,

traditional Chinese medicine, homeopathy, naturopathy, and functional medicine.

**The Benefits and Importance of Meditation** for health and happiness has been acknowledged by all. As most of the Cause of diseases - are: **Physiological, biological, social and spiritual factors.**

**Deepak Chopra**, a famous writer, speaker and meditation practitioner, says, in one of his online live talks with Sr. Jenna recently (2021), “We have this faculty as human beings, it’s called ‘Metacognition’, we can think about how we think. It’s kind of unique, we can pay attention to how we feel, we can notice how we’re acting and behaving. We can become conscious of these unconscious states. It means we can modify our behaviors and do a better job in life. It’s called ‘Neuroplasticity’. Brain can actually physically and chemically change when you change your consciousness.”

**IBRO Reports**, Large effects of brief meditation intervention on EEG spectra in meditation novices. The overall results of the study suggested that meditation intervention offered positive and immediate health benefits to help combat stress.

**Journal of Happiness Studies**, August 2018, Volume 19, Issue 6, pp 1691 - 1711; Cristian Coo, Marisa Salanova, Research Paper First Online: 31 May 2017.

on the topic: **Mindfulness can make you happy and productive: A Mindfulness Controlled Trial and its Effects on Happiness, Work Engagement and Performance**, states in the abstract, A controlled trial of a Mindfulness Based Intervention (MBI) was conducted on a big Spanish public hospital. The intervention program was offered to the staff as an initiative to promote psychosocial health of workers. 19 employed participated in the program, which consisted of three 150 minutes sessions, and other 15 employees acted as a control group in a waiting list format. Pre and Post evaluations of Mindfulness, Work Engagement, Happiness and Performance were taken and the data analysis suggests that the intervention program was successful in boosting the existing levels of all evaluated variables. The practical implications of these findings suggest that shorter versions of traditional MBI programs could be an effective Healthy Organizational Practice to boost happiness and performance among healthcare professionals.

## 2.1: STUDIES ON MENTAL ISSUES INCLUDING DEPRESSION

**Sharma et al. (2006)** studied the effects of yoga on cognitive functions among those with depression. Total 30 patients suffering from major depression were divided into 2 groups. One group did meditation (Sahaj Yoga) and also received conventional antidepressant for 8 weeks. The other group only received the anti-depressant medication for 8 weeks. Tests were conducted using Neuro-cognitive test battery consisting of letter cancellation test (LCT), trail making test A (TTA), trail making test B (TTB), Ruff figural fluency test (RFFT), forward digit span (FDS) and reverse digit span (RDS) were used to assess the following domains: attention span, visuo-motor speed, short-term memory, working memory, and executive functions. After 8 weeks, both groups showed significant improvement. But RDS scores showed significant improvement in the first group. The results thereby demonstrated that Sahaj Yoga practice led to improvement in executive functions like manipulation of information in the verbal working memory and added improvement in attention span and visuo-motor speed of those with depression.

In studies for Mental Fatigue, Dong et al. (2019), critically evaluated the effect of yoga on cancer-related fatigue (CRF) in patients with breast cancer. All analyses were performed with Review Manager 5.3. A total of 17 qualified studies that included 2183 patients (yoga: 1112 and control: 1071) were included in the meta-analysis. It was shown that Yoga had a large effect on fatigue in post-treatment breast cancer patients and had a small effect on intra-treatment patients. Supervised Yoga had a significant effect on CRF. The study suggested that yoga could markedly mitigate the physical fatigue in breast cancer patients, and had a medium effect on cognitive fatigue, and manifested a small effect on mental fatigue.

Lin et al. (2019) studied the effect of yoga therapy on cancer related fatigue (CRF) and sleep disturbance. The results of CRF which was assessed by the Multidimensional Fatigue Symptom Inventory and sleep which was assessed via the Pittsburgh Sleep Quality Index, were indicative of improvements in participants in both tests, from yoga therapy.

Lundt and Jentschke (2019) studied the long-term changes in anxiety, depression and fatigue in cancer patients by examining the symptoms after six months of yoga intervention. They used an observational design based on randomized controlled study in cancer patients with mixed diagnosis of the

above symptoms, six months after the end of yoga therapy. Yoga therapy was provided in yoga classes of 60 minutes each once a week for 8 weeks in total. The practices included both body and breathing and meditation activities. A total of 58 patients participated in the study. However, symptoms of anxiety and fatigue slightly increased during the follow-up period, whereas the symptom of depression remained stable.

## 2.2: STUDIES ON PERCEIVED STRESS:

Sudharkodhy et al. (2019) examined anxiety and stress among medical students due to academic burden. Excessive stress affect their mental health causing deterioration of their psychological variables like attention, concentration, and memory. The study was conducted on 60 healthy medical students. The result was that integrated yoga improved cognitive functions in medical students by shifting the autonomic system towards parasympathetic mode.

Lindahl et al. (2016) investigated whether a 7 week yoga intervention could improve the physical function, perceived stress, and mental/emotional wellness in elderly participants. 8 participants attended 60 min Hatha yoga sessions/week for seven weeks, with pre and post intervention assessments performed. The study concluded that yoga participation can improve mental/emotional wellness, exhaustion levels and stress levels in elderly individuals, even without measurable improvements in physical functions.

Parthasarathy et al. (2014) studied the effect of yogic practices on anxiety and mood states. 45 women with anxiety were selected by a random sampling method and were divided into three groups. Group 1 were subjected to asanas, relaxation and pranayam. Group 2 was subjected to an integrated yoga module. The control group did not receive any intervention. Anxiety was measured by Taylor's Manifest Anxiety Scale before and after the treatment. It was noted that anxiety decreased significantly, without any ill effects.

Gupta et al. (2006) studied the short-term impact of a comprehensive but brief lifestyle intervention, based on yoga, on anxiety levels in normal and diseased subjects. The intervention consisted on asanas, pranayams, relaxation techniques, group support, individualized advice, and lectures and films on the philosophy of yoga, the place of yoga in daily life, meditation, stress management, nutrition, and knowledge about illness. The outcome of Anxiety



scores were significantly reduced. The study suggested that a short educational programme for lifestyle modification and stress management leads to a remarkable reduction in the anxiety scores within a period of 10 days.

Yadav et al. (2012) assessed the efficacy of a short-term comprehensive yoga-based lifestyle intervention in reducing anxiety, improving subjective well-being and personality. Participants included 90 chronic diseases patients, attending a 10 day, yoga based lifestyle intervention programme for prevention and management of chronic diseases. The observation suggested that a short term yoga based lifestyle intervention may significantly reduce anxiety and improve subjective well-being and personality in patients with chronic diseases.

Krishnamurthy and Telles (2007) evaluated the effects of yoga and Ayurveda on geriatric depression among 69 persons older than 60 who were living in a residential home. The 15 Item Geriatric Depression Scale was used to assess depressive symptoms prior to the intervention, and after 3 months and 6 months post-intervention of 24 weeks program. (7 hrs and 30 mins per week). The yoga programme included physical postures, relaxation techniques, regulated breathing, devotional songs, lectures. The result was that an integrated approach of yoga including mental and philosophical aspects in addition to physical practices was useful for institutionalized older persons.

Shiju et al. (2019) conducted a pilot study in Kuwait, which assessed the effect of Sudarshan Kriya Yoga (SKY) on anxiety, depression, and total quality of life in 26 people with type 2 diabetes mellitus (T2DM). Patients visiting the outpatient clinic of Dasman Diabetes Institute were enrolled for the study with mixed genders. Pre and post 5day SKY intervention responses of participants showed significant improvement in the quality in life, depression, anxiety and insomnia.

Kumar et al. (2019) in their study found that the effect of adjunctive yoga therapy on depression and comorbid anxiety was positive.

The study conducted on 30 participants who were enrolled in the study by Chhugani et al. (2018), showed that the potential use of IY (integrated yoga) helped in reducing stress, anxiety and depression. The study also suggested that IY improves sleep quality among caregivers of older adults with Alzheimer's disease.

The above reviews of previous research related to the impact of varied packages of yogic practices on sleep disorder, and associated physiological, cognitive and mental health-related variables. The majority of the research were conducted in recent years and hence are relevant to the current study. These Studies show a beneficial correlation between Yoga and sleep, and anxiety and stress and depression. This shows that Meditation has helped improve mental issues, and thus promoting overall better well-being and happiness.

**Masaru Emoto** was a Japanese businessman, author and pseudo-scientist – He was a Legendary Water Researcher, Author and Emissary for Peace... who claimed that human consciousness could affect the molecular structure of water. THOUGHTS, WORDS, ACTIONS, SPIRITUAL SYMBOLS... AFFECTS WATER... thus affects OVERALL Health as the human body is 70% water, and affects our mental state too. His 2004 book *The Hidden Messages in Water* was a New York Times best seller.



Pic: Molecular structure of water changes with different thoughts and feelings.

### **TOPIC 3: RAJA YOGA MEDITATION:**

#### **3.1: A Research Study:**

In the study, **“Does Raja Yoga meditation bring out physiological and psychological general well being among practitioners of it?”**:

The International Journal of Collaborative Research on Internal Medicine & Public Health, (2012), says that, Raja Yoga meditation is a simple and scientific technique to elicit physical and mental relaxation response, to change one’s attitude and transform life-style. Regular practice of it brings transformation in the overall well being of a person.

Under the topic: Raj Yoga meditation and general well-being, it was outlined very accurately: At the end of the twentieth century, stress and strain of day-to-day life reached its highest peak. Mental tension, emotional ups and downs, anger, irritability, fear, nervousness, depressive feelings and other stressful situations have an all-round effect on human beings. Such experiences influence one’s mental apparatus, emotional life and physiological systems adversely. Prevention researchers have discovered that human strengths such as courage, optimism, interpersonal skills, faith and hope act as buffers against mental illness. In other words, by minimizing the destructive state of mind and enhancing the constructive states of mind mental well-being may be promoted.

Research has found meditation to produce positive and demonstrable stress reduction effects on brain and immune functions. In recent years, the various health benefits of meditation have become more and more acknowledged by the scientific community as well as the layman. While initially, research concentrated more on the physiological benefits of meditation, there have recently been an increasing number of studies on the various psychological benefits, too. Apart from the pioneers of meditation research such as Harvard's Dr. Herbert Benson (“The Relaxation Response”) and Jon Kabat-Zinn, there are now scientists such as Richard Davidson and Sara Lazar using the tools of modern brain research to explore the effects of meditation on mind and health.

“Does Raja Yoga meditation bring out physiological and psychological general well being among practitioners of it?”, is a study among 100 practitioners of Brahmakumaris Raja Yoga meditation of either sex (33 men and 67 women) aged 30 years and above (mean age  $52.06 \pm 12.76$  years). The subjects were

divided into short term meditators (meditating for 6 months to 5 years with mean duration  $3.37 \pm 1.67$  years) and long term meditators (meditating for more than 5 years with mean duration  $11.19 \pm 5.13$  years). Physiological variables like heart rate (HR), respiratory rate (RR) per minute, systolic blood pressure (SBP) and diastolic blood pressure (DBP) were recorded before meditation practice and twice during the practice of meditation after every fifteen minutes. Also, detailed history regarding addictions, negative attributes and spiritual practices before and after practicing meditation was inquired as per the predesigned questionnaire. Fasting blood sugar was also estimated by glucometer.

Results: Both short term as well as long term meditators showed a significant declining trend in HR, RR, SBP and DBP 15 minutes as well as 30 minutes after meditation ( $P < 0.05$ ). The study subjects particularly long term meditators got rid of addictions (tobacco chewing, smoking, alcohol, non-vegetarian diet) and negative attributes (anger, mental stress, negative/waste thoughts and irritability) after learning and practicing meditation. Subjects also experienced various benefits in the form of mental peace and happiness.

Conclusions: Raja Yoga meditation provides significant improvements in physiological cardio-respiratory functions by tilting of autonomic balance from sympathetic in favor of

parasympathetic and also contributes significantly to the psychological well-being of subjects.

This study also reflects, "The principles and practice of Raj Yoga meditation as taught by the Brahmakumaris World Spiritual University are quite different from other techniques of meditation. Raja Yoga meditation is awareness of the metaphysical self and absorption of one's mind in a loveful and purposeful consciousness of God and concentration on Him and on His divine attributes. This art and science of meditation which is based on rationality and truth of being and on philosophy and psychology, brings about an inner transformation. It penetrates deeply into the layers of the mind and removes the immoral, the inner vices and thus energizes the soul and renews it. It leads to self-illumination and to a life-style which gives one satisfaction of leading to a fuller, meaningful and useful life.

Raja Yoga meditation relieves physiological and psychological stress and re-establishes mental harmony when practiced regularly, and is thus a vital adjunct to any programme for maintaining and promoting physical, mental and spiritual health. With this background, the present study was planned with the objective of assessing the impact of Brahmakumaris Raja Yoga meditation on

physiological and psychological wellbeing of subjects practicing Raja yoga meditation”.

Raja Yoga meditation is a simple and scientific technique to elicit physical and mental relaxation response, to change one’s attitude and transform life-style. Regular practice of it brings transformation in the overall well being of a person.

This study proves the effect of Raja Yoga meditation on physiological and psychological well being of subjects practicing it.

### **SPARC RESEARCH WING OF BRAHMA KUMARIS**

The Spiritual Applications Research Center (SpARC), of the Brahma Kumaris, was formed in 1995 as a research group that would dedicate itself to exploring and experimenting with application of the spiritual knowledge of this institution for the benefit of the world.

SpARC Research Program Objectives:

- Explore the Scientific Applications of Spiritual Principles and Raja Yoga Lifestyle
- Confirmation of different meditation states using psychophysiological tools
- Scientifically validate BKRM as first person experience by EEG brain activations
- Differences in Physiological & emotional states during all types of meditative practices of Rajyoga meditation.

Below are some pics showing SpARC research information and technology (Fig 7), that helps to see how Brahma Kumaris has been scientifically involved in proving the benefit of Raja Yoga on Health and State of Mind.

## SpARC Using Scientific Tools and Equipment's to Conduct Res




SpARC has established a lab with highly sophisticated instruments For cutting edge research for Meditation and consciousness related matters.


- Acquired advanced EEG and physiological recording system.
- Utilizing proper psychological tools to assess cognitive/emotional state
- Connecting with leading Scientists

Fig 7 & 8

## eego mylab: 64 Channel Physiological data acquisition sy



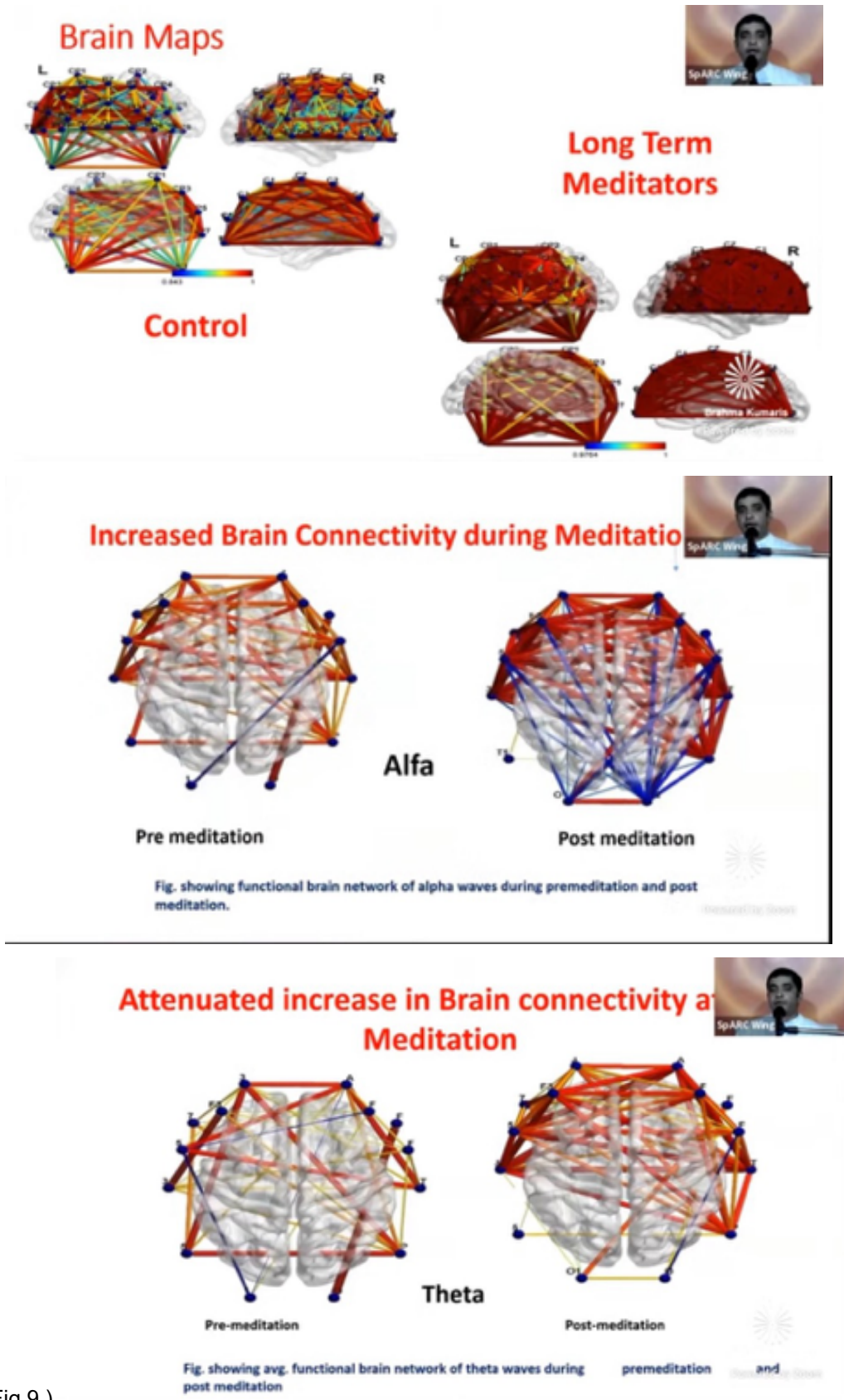
- 64 EEG Channel gives us an unprecedented in-depth understanding of the human brain.
- This is one of the most sophisticated high density portable instrument.
- It can record data while sleeping, working, meditating, running, walking or cycling also.
- 24 bipolar channels are in addition to 64 EEG channels.
- *It also measures following physical parameters.*
- **ERP**- Event Related Potentials: minute activities of brain networks measured in milliseconds.
- **ECG**- Electrocardiogram: Heart activity related parameters
- **EMG**-Electromyography: Neuromuscular coordination
- **GSR**- Galvenic Skin Response: Sympathatic/para-sympathatic activation
- **EOG**- Electrooculography: For eye movement reference
- Real-time data access and physiological sensors for respiration, temperature, skin conductance and acceleration.
- **Standardized low-resolution brain electromagnetic tomography (sLORETA)**



Disciplined by Science



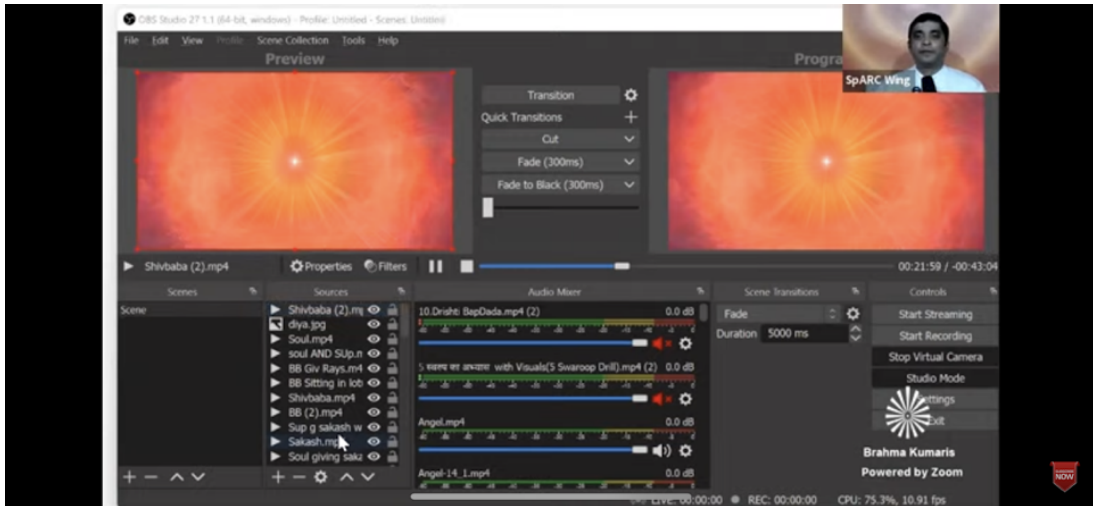
Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



(Fig 9.)

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

(Fig 10)



## Activated Regions during Diff. Rajayoga State

### Angelic State

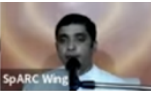
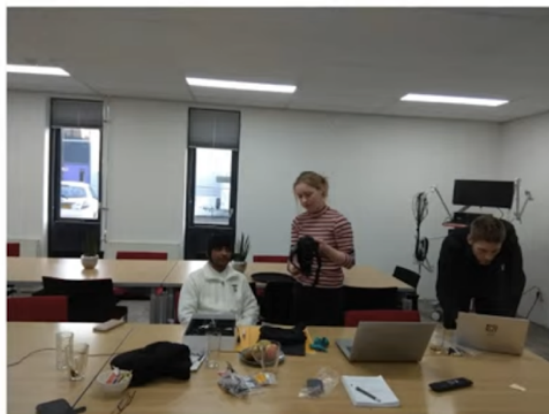
- Superior parietal lobule
- Angular Gyrus (Self Awareness)
- Precuneus
- Post central Gyrus

### Peaceful Soul

- Inferior parietal lobule
- Post central Gyrus
- Superior Frontal Gyrus
- Precuneus



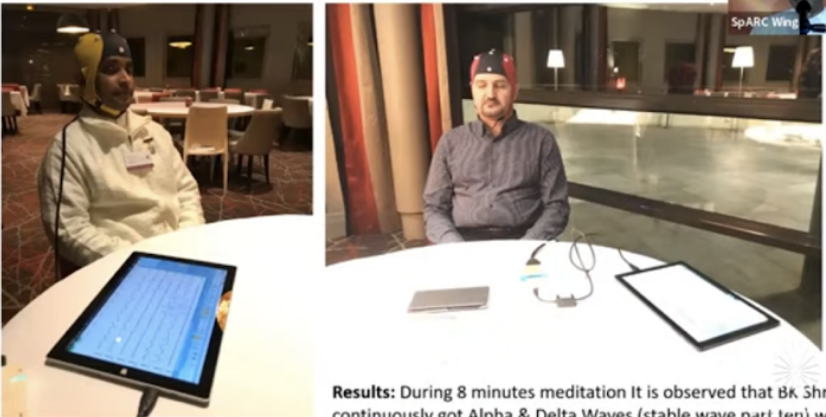
## fNIRS – Functional Near-infrared spectroscopy





Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

### EEG Recoding between Rajyogi and Scientist in France (Beaune)



**Bk Shrikant**

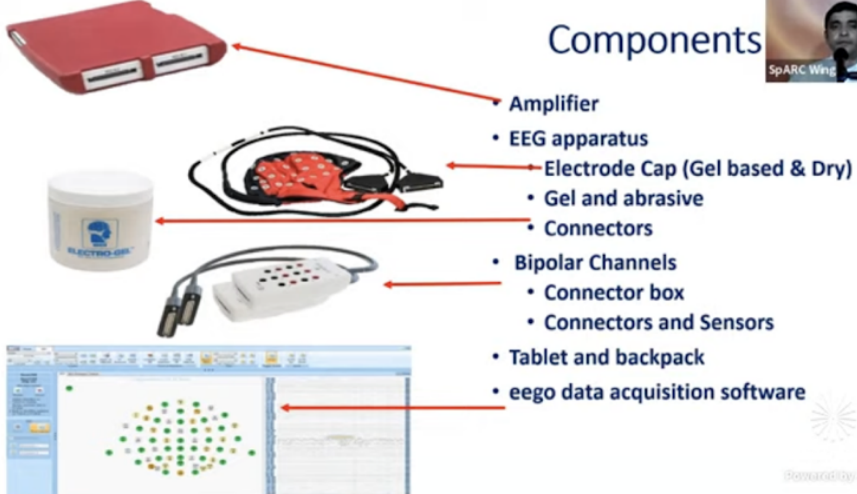
**Dr. Physiologist from Iceland**

**SpARC Wing**

**Research by Gopin**

**Results:** During 8 minutes meditation It is observed that Bk Shrikant continuously got Alpha & Delta Waves (stable wave part ten) with open eyes and close eyes experiment.

### Components



- Amplifier
- EEG apparatus
- Electrode Cap (Gel based & Dry)
  - Gel and abrasive
  - Connectors
- Bipolar Channels
  - Connector box
  - Connectors and Sensors
- Tablet and backpack
- eego data acquisition software

**SpARC Wing**

**Research by Gopin**

### 1. Psychological Parameters:

- Neo-PI R (Neuroticism Scale)
- Happiness Scale
- Hope Scale
- Quality of Life Scale
- Anger/Irritability Scale

### 2. Cognitive Function:

- Memory-verbal and nonverbal
- Attention and concentration
- Motor performance (Reaction time, processing time)
- Fluid Intelligence
- Memory and recall
- Attention and alertness
- Emotion regulation
- Stress measurement
- Sleep quality
- Consciousness

**SpARC Wing**

**Research by Gopin**

(Fig 11): Dadi Janki, The most stable mind in the world.



In 1978 Scientists at the Medical and Science Research Institute at the University of Texas, USA examined the brain wave pattern of BK Dadi Janki, Joint Chief of Brahma Kumaris. She was described as the 'most stable mind in the world' as her mental state remained completely undisturbed whilst undergoing tests at the Institute

### **3.2: Advantages of Raja Yoga over other techniques and methods:**

(self conducting, easy to follow, can do anywhere anytime)

**Raja Yoga meditation is one of the training courses of Rajayoga Education and Research Foundation of Brahma Kumaris World Spiritual University (BKWSU), a Non-Governmental Organization (NGO) that has consultative status with UNO, UNICEF and WHO.**

Meditation is the journey inwards, a journey of self-discovery or, in fact, re-discovery. Meditation is time taken for quiet reflection and silence, away from the hustle and bustle of daily living. Taking time out enables us to come back to a centered place of being. In our modern world, the pace of life is growing ever faster and we are losing touch with our true inner peace and power. When we no longer feel grounded, we can experience ourselves pushed and pulled in many different directions. It is at this point that we start to experience stress and a feeling of being trapped. Gradually, over time, this

feeling leads to illness and disease, as our mental, emotional and physical health is thrown out of balance.

### **3.3: Holistic Healing: Intro to Raja yoga and spirituality**

In today's world of Health and Healing, the focus is more on physical symptoms, which isn't really dealing with the real problem of disease. Adequate attention isn't given to thinking, memory, emotion, outlook, attitudes, personality-type, life-style, family dynamics, relationships, interests, influence from books and movies, etc., which are factors that contribute to the cause of world-wide ill health. These are all mind related issues that take a toll on your health and body. It is realized that stress or mental tension is a great killer and that high blood pressure and Diabetes cause and complicate the diseases but it is not yet fully realized that their link with almost all diseases is indeed a very great problem of psychological nature and therefore diseases must be treated at that level too. In other words, it is not yet understood clearly and deeply as it should be, that most diseases stem from the psychological nature. More attention needs to be given to the moral, social and spiritual factors of nature that are still mostly neglected.

Holistic health care is the new emerging concept that has emerged and is beginning to be accepted all over the world, as people are turning to alternative therapies and cures to diseases, especially chronic diseases that seem to have no cure.

The very word patient implies the need to observe patience in that condition of pain, disequilibrium and disharmony in the functions of the body. Most physical conditions are caused because of the feelings of lack of patience and uneasiness. When one is under stress and in duress for some period with emotional turmoil that strains or exhausts his patience, then there is malfunctioning or harmful functioning of the body and these manifest in various form of diseases. There is a strong body-mind connection, as an attitude of uneasiness leads to malfunctioning of the body. The body needs help, but beyond that the root cause of issues of the mind that needs to be soothed, pacified, comforted, and put at ease. And the reason for the mind being peaceless is that the spirit lacks empowerment and feels tormented. The feeling that all isn't well is what makes one unwell. The will to be well, is also the first reason to the way to recovery. If a person feels that life isn't worth living, or there is no purpose, then the recovery process is definitely

hindered. Thus the 'Holistic' or complete way of healing takes into account - the body, mind, and soul.

In the changing times people are suffering from the stress, anxieties, depressions, which are all mind, spirit issues. Some main factors that constitute one's style of living, functioning and conducting of oneself, as outlined in Counselling and Spiritual Health, Paper I, are:

Vichar: Pattern of thoughts, views, beliefs

Drishti and Vritti: Attitude and outlook

Achar: Character, or personal traits and ethical or unethical response to situations

Vyavhar: Behaviour, a person's conduct, mode of interaction and relationships with others

Aahar: Diet of habits of eating and what and when one eats and drinks

Whar: habitat or place of dwelling and working

Samachar: news and views one keeps getting

Yar: circle of friends and colleagues

Praiyahar: whether one can get detached or withdraw from situations persons, and one's body

Karobar: whether one feels attached to one's profession or the nature of one's work

Sudhar: how one corrects oneself in the light of experience and understanding gained.

So the treatment has to be on all these counts, to overall health and happiness.

Scientific investigations have come to the conclusion that Raja Yoga Education and Meditation is the best preventive, corrective and supportive medicine. Not only does it treat a person at all the above levels but it gives him more immunity, better mindset and spiritual solace. It is medicine without side-effects, and does not vitiate the chemistry of the body and psyche of a person but rather is a holistic treatment for all the molecules, systems and functions of the body and restores health and manges the disease from many parameters. So, spiritual wisdom, in these changing times, enables both doctors and patients to work better for holistic health by means of spiritual treatment along with other necessary medical treatment. To merely treat the external physical symptoms, wouldn't heal the patient, but would simply douse the symptoms for sometime, and wouldn't be holistic, as the root cause would still have not been addressed. The dire need to give up pessimistic thinking, melancholy and hysterical bent of mind and the use of harmful things such as tobacco, narcotics, excessive alcohol, etc.

*Numerous Research Studies:*

In a research study, **the medical wing of Raja Yoga Education and Research Foundation** examined 181 persons who were addicted to tobacco before they were introduced to Raja Yoga meditation. Out of 181 persons, 74 % were able to get rid of addiction to tobacco within a month. Another 19% were free from the addiction just within 3 months. Thus 93% were free from the addiction just within 3 months. This strongly implies the use of Raja Yoga for de-addiction.

In another study, 1500 people practicing Raja Yoga for variable duration were surveyed. It was found that, out of 1500, 824 people were suffering from sleep disturbances before learning meditation. 82% experienced over 50% benefit just within a period of one month. Among the 1500, 183 persons were smokers. 75% got rid of the unhealthy habit within one month, 93% stopped smoking within 1 year, out of 80 alcoholics, 98% were alcohol free after one month. It is interesting to note that 80% got more than 50% improvement in their general health.

Activities of sympathetic and parasympathetic systems are regulated by the respective centers located in the hypothalamus. Mental tension creates an imbalance in these two components of the autonomic nervous system. Anger, mental stress, hatred, irritability etc stimulate the sympathetic nervous system, leading to high blood pressure, angina pectoris and heart attack whereas negative emotions like fear stimulate the parasympathetic nervous system leading to acidity, peptic ulcer and diarrhea. It is caused due to the over activity of the parasympathetic nervous system. Thus the balance between sympathetic and parasympathetic nervous systems, which is essential for health, is disturbed due to various negative feelings. This imbalance leads to many physical diseases, ranging from diarrhea to heart attack. This balance has, therefore, to be maintained in the interest of health.<sup>16</sup> The negative emotions like worries, nervousness,, anger, suspicion, hatred, fear etc can disturb the normal functioning in several ways. Raja Yoga meditation is the most promising technique for transforming attitudes towards stressful situations and to elicit the relaxation response. It helps to get rid of dependence on tobacco, alcohol and drugs in a number of ways.

\*First of all, a practitioner experiences an immediate sense of tranquility and relaxation during Yoga. This natural feeling of wellbeing removes the intense craving for the artificial alternative.

\*Secondly, by turning his mind to God, who is the ocean of all spiritual powers, the subject is able to increase his own will power and thus to reduce the dosage of medicines and regularity of his addiction.

\*Thirdly, the deep experience of peace, love and purity as the original attributes of the soul results in a natural aversion therapy and creates a real and inwardly felt emotion of repulsion towards the unhealthy habit.

\*Lastly, when a person reduces the dose of the drug with the help of meditation and his general habits and ways of thought are changed, his inner power keeps on increasing and in due course, he is able to overcome the unhealthy habit completely.<sup>21</sup>

Thus it can be seen that reasonable evidence indeed exists for the use of meditation to promote well being. Scientific studies are available demonstrating the beneficial effects of meditation; a few of them tell about changes that are potentially more enduring. The long lasting effects of meditation are probably what is being looked for in improving well-being.

Suggestion: Thus, it can be said that further scientific studies are required for understanding of the neural circuitry underlying emotions, cognitive behaviour, negative and positive psychological processes which will definitely help scientists to explore the evidence we are seeking for the effectiveness of traditional practices like meditation.

#### CONCLUSIONS

The study findings indicate that Raja Yoga meditation provides significant improvements in cardio-respiratory functions by tilting of autonomic balance from sympathetic in favour of parasympathetic. Also, it has been proved that the study subjects, particularly long term meditators, improved significantly in the areas of wellbeing, anxiety and mental stress by learning and applying a program based on Raja Yoga meditation. It transforms one's lifestyle and relieves emotional and mental conflicts as well as brings lasting peace and satisfaction in one's life. **Thus the control over the mind achieved through Raja Yoga meditation has a profound impact in overcoming unconscious anxieties, fears, mental stress etc. It helps to get rid of dependence on tobacco, smoking, alcohol and drugs by recharging mental energies into positive and blissful directions and intuit solutions to stress-causing events which are life enhancing for all concerned.**

**The Study: Efficacy of Rajayoga Meditation on Positive Thinking: An Index for Self-Satisfaction and Happiness in Life, (JCDR, 2014), outlines:**

**“Positive psychology”**, is a recent method which is being employed in psychological treatment protocols, in an effort to better understand happiness, meaning of life, character strengths, and how all these can be developed and enhanced in life to have a better quality of life. Positive emotions promote discovery of novel and creative actions, ideas and social bonds, which in turn, build an individual’s personal resources; ranging from physical and intellectual resources, to social and psychological resources. Positive emotions play a crucial role in enhancing resources and coping in the face of negative events. Subjective well-being and satisfaction with life are important domains of life. Brief training on mindfulness meditation or somatic relaxation reduces distress and improves positive mood states. Meditation is an age-old self-regulatory strategy that is gaining more interest in mental health counsel and psychiatry, as it can reduce arousal states and anxiety conditions. Meditation is considered as a type of mind-body complementary medicine. It can give a sense of calmness, peace and balance that benefits both emotional well-being and overall health. Spending even a few minutes in meditation can restore mental calmness and inner peace. Brahma kumaris Rajyoga Meditation (BKRM) gives a clear spiritual understanding of self and helps one to re–discover the use of positive qualities which are already latent within oneself, this enables to develop strengths of character and to create new attitudes and responses to life.

The present study was aimed at assessing the efficacy of BKRM on positive thinking, essential for enhancing self-satisfaction and happiness in life. Studies done by psychologists have identified significant improvement in critical cognitive skills following a brief period of mindful meditation. But, at the time there were no studies which have related the effect of Brahma Kumaris Raja Yoga Meditation (BKRM) practice on positive thinking and happiness in life. The present study was designed to test the hypothesis that meditation enhances positive thinking and that it is essential for increasing self-satisfaction and happiness in life.

**Conclusion:**

Happiness is associated with multiple benefits, including better health. BKRM helps in significantly increasing self-satisfaction and happiness in life by

enhancing positive thinking. Irrespective of age and years of short-term or long-term meditation practice, enhanced positive thinking increases self-satisfaction and happiness in life.

**“Effects of Brahma Kumaris Sahaj Raja Yoga Meditation on Health”** by Siddappa Naragatti (2018), in the International Journal of Science and Research (IJSR), writes that Raja Yoga Meditation is one of the ancient solutions to modern problems. It has gained a lot of popularity around the world during the century. Raja Yoga Meditation, as many people often subscribe to, is not merely a method to attain mental peace, but also a powerful method to get rid of ignorance which causes various kinds of suffering in human life. Education is the manifestation of the divinity already in man. It emphasizes on life-building, man-making, character-making assimilation of ideas. The very essence of education is concentration of mind, not the collecting of facts. Raja Yoga Meditation is not simply sitting and Gazing eyes on light. Raja Yoga Meditation stabilizes a person in the real and original self and enables him to have his divine worth and dignity. It also involves certain ethical practices. These ethical practices are known as Moral, Spiritual, social, Professional and family values. Raja Yoga Education and Research Foundation, is an education system that is effective and incorporates into itself these ethical practices. Raja Yoga Meditation provides peace of mind, relaxed body, positive attitude in every situation, improves concentration and increases clarity of thought, develops positive relationships, it realizes the purpose of life, feeling of content and stability and it provides good health, happiness and prosperity in life.

In an article, **“Rajyoga meditation induces grey matter volume changes in regions that process reward and happiness”**(Sci Rep. 2020), it is proved scientifically.

Studies provide evidence that practicing meditation enhances neural plasticity in reward processing areas of the brain. No studies till date has provided evidence of such changes in Rajyoga meditation (RM) practitioners. The present study identify gray matter volume (GMV) changes in reward processing areas of brain and its association with happiness scores in RM practitioners compared to non-meditators. Structural MRI of selected participants matched for age, gender and handedness (n = 40/group) were analyzed using voxel-based morphometric method and Oxford Happiness Questionnaire (OHQ) scores were correlated. Significant increase in OHQ happiness scores were observed in RM practitioners compared to



non-meditators. Whereas, a trend towards significance was observed in more experienced RM practitioners, on correlating OHQ scores with hours of meditation experience. Additionally, in RM practitioners, higher GMV were observed in reward processing centers-right superior frontal gyrus, left inferior orbitofrontal cortex (OFC) and bilateral precuneus. Multiple regression analysis showed significant association between OHQ scores of RM practitioners and reward processing regions right superior frontal gyrus, left middle OFC, right insula and left anterior cingulate cortex. Further, with increasing hours of RM practice, a significant positive association was observed in bilateral ventral pallidum. These findings indicate that RM practice enhances GMV in reward processing regions associated with happiness.

Another article cited, **“Enhanced White Matter Integrity in Corpus Callosum of Long-Term Brahmakumaris Rajayoga Meditators”**, (*Sharma K, Trivedi R, Chandra S, Kaur P, Kumar P, Singh K, Dubey AK, Khushu S. Brain Connect. 2018*), states that:

Meditation has a versatile nature to affect cognitive functioning of human brain. Recent researches demonstrated its effects on white matter (WM) properties of human brain. In this research, we aim to investigate WM microstructure of corpus callosum (CC) in long-term meditators (LTMs) of rajayoga meditation using diffusion tensor imaging. For this cross-sectional analysis, 22 LTMs and 17 control participants of age ranging from 30 to 50 years were recruited. Results show high fractional anisotropy values with low mean diffusivity in whole as well as different segments of CC in the LTM group. Also the experience of meditation was correlated with WM properties of CC tracts. Findings may suggest rajayoga meditation to bring potential changes in microstructure of CC segments. Further studies are suggested in clinical population to check its validity and efficacy against disorders involving agenesis of WM.

In the article, **“Spiritual Healing through Brahma Kumaris Raja Yoga”**, Siddappa Naragatti, International Journal of Science and Research (IJSR - 2019), states, Brahma Kumaris Raja Yoga is the science of silent meditation, Art of establishing soul and Supreme Soul in union. By shedding body-consciousness with spiritual contemplation. Culminating in self exploration and God realization. The link takes one in a state of absorption in peace, purity, bliss and mental relaxation by unfolding benign qualities of

benediction of soul and Supreme Soul with loveful relation. It enables the mind to bring in self transformation to cease to act as slave to sense gratification to imbibe virtues, eschew vices and obtain liberation. helps in divinization and soul purification to achieve perfection. Raja Yoga is a path as old as humanity, yet more relevant now than ever before in history. It is a powerful medicine. It is the true knowledge of the self. It connects us with the power of God. With the help of insights, we can defeat the devils which torment us. Once on the path of light, the darkness can have no further power over us.

The article, **“Yoga Plays a Vital Role in Education that Holds the Power to Transform the World”** by Dr. Malvika Kandpal, International Journal of Science and Research (IJSR - 2020), states that the integration of Yoga with modern education, will help the development of human potentialities. Yoga is an amazing science of life and living. It is a limitless chasm of information which brings knowledge, knowledge which leads to wisdom. From time immemorial, it has helped bring greatness to the lives of many. It is a treasure that has been inherited thus far and must now be imparted for the benefit and welfare of future generations to come.

In the study, **“Guided Intervention through Scientific Method of Meditation for Management of Stress and Depression among College Students”**, M. K. Bimal, U. K. Vimal, International Journal of Science and Research (IJSR-2016), which was conducted to explore and manage depression, stress and anxiety among college students by providing guided intervention of scientific spiritual method of AUM meditation (which is also one of the practices of Raja Yoga, especially at the start whence Brahma Kumaris University was known as ‘Om Mandali’, and is still a common practice for beginners). The plan of study included objective mapping of reduction in comprehensive anxiety and enhancement in mental health after intervention with scientific spiritual meditation for 30 days. The compatibility of the meditation for people of different religions, faiths, educational backgrounds, gender, caste, creeds and lifestyle was also mapped. Study population The study population consisted of 134 college students of age group 18-22 years, selected using probability random sampling technique, out of which 122 students participated in the stress management workshop. Methodology The mapping of test parameters before intervention (test) and re-test after practicing meditation for 30 days were done through published standardized questionnaire. The overall result

was the enhancement in mental health parameter was found to be 91.57 %. Overall reduction in comprehensive anxiety was 82.61 % and 91.04 % responded for AUM meditation. It is concluded that **the scientific spiritual method of AUM meditation has explicit effect of enhancing mental health of the practitioners. It is compatible to all and has definite impact on the practitioners in reducing comprehensive anxiety, stress and depression.**

In the study, “**Effect of Meditation on Respiratory System**”, Dr. R. Hara Gopal, Dr. B. Rajini, International Journal of Science and Research (IJSR - 2017), the respiratory functions of those practicing Raja Yoga Meditation (Short and Long term meditation) were compared with those of non meditators. Vital capacity, tidal volume, breath holding capacity and Expiratory pressure were significantly higher in short and Long term meditators and non meditators more over long term meditators had significantly higher vital capacity and expiratory pressure than short term meditators. This shows that **Raja Yoga meditation provides significant improvement in Respiratory functions.**

In “**Spirituality and Happiness: A Correlative Study**”, Tulna Awasthi, International Journal of Science and Research (IJSR - 2019), sums that, Spirituality and Happiness are very important concepts of human life. Spirituality relates to higher self. Happiness is a happy self, a satisfied self in harmony. The study aimed to find correlation between these two important concepts of human life, namely, spirituality and happiness. The SISRI (The Spiritual Intelligence Self Report Inventory 2008) questionnaire and Oxford Happiness questionnaire were used. Purposive sampling technique was used wherein a school was selected purposely because of the availability where in the whole group of teachers was taken cluster sample of 20 teachers (between age of 22 to 35 years were selected from Gandhidham city. ) Pearson Product Moment Correlation method was used to compute correlation coefficient between the scores of SISRI and Oxford Happiness. **Results of study showed that there is a positive high correlation between spirituality and happiness.**

In Extended Abstract Journal of Depression and Anxiety, “**Effect of raja yoga meditation on psychological and functional outcomes in spinal cord**

**injury patients”** - Ekta Chalageri, (WCDA 2019), noted that the people injured with spinal cord were suffering at many aspects physically, mentally, emotionally, socially & financially & their caregivers too. **Raja-Yoga Meditation is a powerful tool for holistic healing.** This therapy is rare because it heals a person from within. **Raja- yoga transforms the biochemistry of the brain in turn having a harmonizing effect on the whole organism.** The study explores new dimensions for healing through Raja Yoga Meditation in Spinal Cord Injury (SCI) patients along with their caregivers **to increase quality of life with inner strength.** The primary objective of this study was to find out effect of Raja Yoga Meditation on spinal cord injury patients.

The Method used was a pre-post observational study with two groups - First, Patients with conventional rehabilitation with Raja Yoga Meditation. And, Second, Patients with only conventional rehabilitation in SCI patients. Caregivers also assessed pre-post intervention to find the effect of Raja Yoga Meditation. A total of 100 SCI patients & 100 caregivers were enrolled based on eligibility criteria & ready to give consent for the study. The age of SCI patients ranged from 16 years to 60 years. 50 subjects were assigned in each group. The duration of study was four weeks. The sessions were conducted for 45 minutes each at premises of ISIC for six days per week. Meditation practice was done for 20 minutes through a guided commentary & motivation was given through Brahma Kumaris spiritual knowledge for 25 minutes. Pre & post assessment was done using standard tools namely Perceived Stress Scale, Hospital Anxiety & Depression Score, Scale, Spinal Cord Independence Measure, WHO Quality of Life BREF, Numeric Pain Rating. A study among 100 practitioners of Brahma Kumaris Raja Yoga meditation of either sex (33 men & 67 women) aged 30 years & above (mean age  $52.06 \pm 12.76$  years). The subjects were divided into short term meditators (meditating for 6 months to 5 years with mean duration  $3.37 \pm 1.67$  years) & long-term meditators (meditating for more than 5 years with mean duration  $11.19 \pm 5.13$  years). Physiological variables like heart rate, respiratory rate per minute, systolic blood pressure & diastolic blood pressure were recorded before meditation practice & twice during the practice of meditation after every fifteen minutes. Also, detailed history regarding negative attributes, addictions & spiritual practises before & after practising meditation was inquired as per the predesigned questionnaire. Fasting blood sugar was also estimated by glucometer.

The Results was that all parameters studied, PSS ( $p < 0.001$ ), HADS ( $p = 0.001$ ), QOL-BREF ( $p < 0.001$ ), showed statistically significant changes for

patients measured before & after the intervention in both the arms. SCIM ( $p=0.513$ ) & NPR ( $p=0.055$ ), significant changes were observed within the arm measured pre-post assessment; however, they did not show the significant difference between intervention & control arm. Caregivers parameter studied PSS ( $p<0.001$ ), HADS ( $p=0.004$ ) & observed significant changes in both the arms. Both short term as well as long term meditators showed a significant declining trend in HR, RR, SBP & DBP 15 minutes as well as 30 minutes after meditation ( $P<0.05$ ). The study subjects particularly long-term meditators **got rid of addictions** (tobacco chewing, smoking, alcohol, non-vegetarian diet) **& negative attributes (anger, mental stress, negative/waste thoughts & irritability)** after learning & practising meditation. **Subjects also experienced various benefits in the form of mental peace & happiness.**

The conclusion was that a significant differences were observed in psychological scales before & after raja yoga meditation. It suggests the use of Raja Yoga Meditation might help spinal cord injury patients for better & early recovery.

This work is partly presented at 7th World Congress on Depression and Anxiety in 2019 at London, UK 2020.

**“A Correlation Study Of Mental Health, Resilience and Happiness”**, Neha Sharma (2018), This examination was a correlational investigation of mental health, resilience and happiness. Mental health is characterised by the (WHO) as “a condition of prosperity in which an individual understands his or her very own capacities, can adapt to the ordinary worries of life, can work gainfully and can make a commitment to his or her locality”. Resilience is the capacity of people to effectively work in spite of noteworthy life afflictions. Happiness is a feeling of prosperity, euphoria, or bliss. The goals of research were to discover the connection between mental health and resilience, mental health and happiness, resilience and happiness. To satisfy the goals three devices were utilised in particular Mental Health Check-list (Pramod Kumar), Resilience Scale (Wagnild and Young, 1993) and Subjective Happiness Scale (Lyubomirsky and Lepper (1999)). The sample comprised of 60 secondary school understudies taken from Bhiwani city. The outcomes demonstrate that **there is positive relationship between’s resilience, mental health and happiness, resilience and happiness.**

In “**Effectiveness of Raja Yoga Meditation on Depression, Anxiety and Stress in Females with Premenstrual Syndrome**”, Eda Syamala, Priya Roy, Kumar Sai Sailesh, Jabir P K, Madhusudhan U, Mukkadan JK, studies, a total of 8 participants who also served as self-controls. After recording the baseline values in premenstrual period (7 days before menstruation) of menstrual cycle, participants were trained Raja yoga meditation for a week days and then they have practised for once in a day for six days in a week for 8 weeks under the supervision of a trainer. Post-intervention values were recorded after 8 weeks during the premenstrual period. The following criteria were used in the selection of the participants. Results were presented in table no 1 and 2. Table no 1 present's demographic data of the participants and table no 2 present's depression, anxiety and stress scores before and after the intervention. There was a **significant decrease in the scores of depression, anxiety and stress followed by the meditation ( $P < 0.05$ )**. The study provides further **evidence for the beneficial effects of practising Raja yoga meditation in the management of stress**. We recommend detailed studies in this area with more parameters and also recommend practicing the meditation in the regular life style.

In the study, “**The effect of Raja yoga meditation on the level of distress and anxiety in women with breast cancer**”, Terje Sparby (2021), notes a randomised, controlled, clinical trial was carried out in a specialised centre between February and December 2019. The patients in the intervention group ( $n = 25$ ) participated in four group meditation sessions for one month, and the participants in the control group ( $n = 25$ ) were exposed to an educational activity for the same period and frequency. Cohen's  $d$  was used to evaluate the effect size. A significant reduction in the level of distress and anxiety was found in the intervention group ( $p < 0.001$ ). The effect of meditation was average in reducing distress, anxiety, depression, and vital signs. There was also an average effect on the increase in saturation of peripheral oxygen (SPO<sub>2</sub>). The Conclusion was **the practice of meditation reduced distress and anxiety more effectively than the usual care practises**.

Samta P Pandya (2019) in the article “**Meditation for meaning in life and happiness of older adults: A multi-city experiment of the Brahma Kumaris' Raja yoga practice**”, reports on a multi-city experiment of a customized Raja yoga meditation program in enhancing the meaning in life and happiness of older adults. Participant cohort was comprised of 698 older adult followers across 10 European and African cities with an equal number in

the comparison group. **Results indicated that meditation positively impacted the life satisfaction and happiness of participants.** Post-test outcome measure scores were higher for participants from European cities, women, middle class, retired, never married, and widowed, with good self-rated health, who regularly attended the meditation sessions and self-practised. Participants' personal engagement through regular self-practice was the most significant predictor of higher post-test meaning in life and subjective happiness. Results imply that this specially designed Raja yoga meditation is a strong pastoral care practice that could be used with older adults with some variations based on cultural, biographical, and health profiles of participants and regular self-practice as a prerequisite.

Chalana, K., Arora, A., & Girgilia, K. (2014), in the study, "**Effect of short term rajyoga meditation on anxiety and depression**", sums up that, the current globalisation of the world's economy and demands for enhanced performance, stress is present universally. Life's stressful events, anxiety and depression cause both deleterious and cumulative effects on the human body. The practice of meditation might offer a way to relieve that stress. This study was designed to determine **the effectiveness of a group stress reduction program based on Rajyoga meditation for patients with anxiety and depression.** Method: The study was conducted on 100 patients suffering from anxiety and depression who were on a similar drug regime. They were randomised into two groups; Meditators (n=50; age  $34.12 \pm 9.05$  years) and controls (n=50 age  $33.68 \pm 10.78$  years). The meditators were taught Rajyoga meditation and practised for 20 min/day, 7 d/week for 6 weeks. The control group did not practice any type of meditation. Results were assessed by using Hamilton anxiety and depression scales. Results: The patient with anxiety and depression symptoms in the intervention group and control group showed significant improvement following six weeks of intervention as suggested by significant reduction in scores of HAM-A ( $p < 0.001$ ) and HAM-D ( $p < 0.001$ ). However, the percentage of relief was more in the intervention group as compared to the control group. Conclusion: A short-term, **yoga-based lifestyle intervention may significantly reduce anxiety and depression and improve subjective well-being and personality.**

Another study, “**Consciousness and Cognitive Process - A Case Study on Rajyoga and its effect on Neuroses**”, Dana, Azeem (2021), writes in the abstract:

“Eyes are windows of the Soul” (Shakespeare, 1609, Sonnet 46). That which is seen in the eye, that is the Self (Sages, 1947, Chandogya Upanishad, p.124). Self or Soul is the source of Consciousness and is Consciousness itself. It is this Consciousness who experiences Awareness through the five senses by intention, attention, memory, attitude and behaviour. A case study, the practice of an individual, deeply analysed, understood for more than 35years, applied to prevent and overcome neuroses is explained here with an attempt to know how Consciousness plays different roles in a human being’s cognitive process and how it affects Neurotic symptoms. It is explained how Indian and Western Psychology understand consciousness and its application in real life. The Case study proves that when the role of Consciousness and its physical location is understood, it would benefit enhancing the cognition capability of an individual in concentration, problem solving, creativity and modifying behaviour reducing anxiety, stress, depression and protects from Non Communicable Life- style Diseases”.

Dana, expresses in the study some very deep and relevant points on **Consciousness** in Raja Yoga:

“Consciousness is what I am. I, the Consciousness experience myself as silence. When I am in silence, I remain as I am. There is no expenditure of mental energy in silence. Focusing attention on silence can be used as a paradigm similar to sensory deprivation, to study consciousness without content (Paoletti & Ben-Soussan, 2020). When I, the Consciousness, want to have experience, I have the 5 senses as my slaves or servants. If I want to connect with the external world or situations or objects, I have to move my consciousness from being myself towards the 5 senses. The movement of my consciousness from my own silence and focus on external objects is called **attention**. It is generally acknowledged that attention and perceptual consciousness share an intimate relationship. When an observer pays attention to an object, he or she becomes conscious of its various attributes; when attention shifts away, the object seems to fade from consciousness. Because of this tight relationship many scholars posit that these two processes are inextricably entangled, if not identical (Posner, 1994; Jackendoff, 1996; Velmans, 1996; Merikle and Joordens, 1997; Mack and Rock, 1998; Chun and Wolfe, 2000; O’Regan and Noe, 2001; Mole, 2008; De Brigard and Prinz, 2010; Prinz, 2010 as cited in Van Boxtel et.al., 2010). As I, the Consciousness remain attentive on objects partly or fully, I become aware of those objects. The more I become aware of objects, they get recorded in



my consciousness which are known as **Memory**. One might think that memory should have something to do with remembering, and remembering is a conscious experience. To remember an event means to be consciously aware now of something that happened on an earlier occasion (Endel, 1985). I, the consciousness desire or create Intention to be attentive. The Intentions and Memories are called **thoughts**. I, the consciousness is the creator of thoughts. Types of thoughts like beliefs and ideas develop attitude which is expressed in **behaviour**. People's **attitudes** follow spontaneously and consistently from beliefs accessible in memory and then guide corresponding behaviour (Ajzen & Fishbein, 2000). Consciousness and cognition apparently evolve through interaction with the environment, involving both attention and intention (Liljenström, 2011).

In a nutshell, **roles of consciousness are:**

1. It can remain conscious of its own, by experience of silence
2. It can create thoughts by Intention. Images and thoughts are recorded in consciousness which are called the conscious mind and subconscious mind according to Freud.
3. It becomes aware of, conscious of experiences, actions and behaviour which are expressed by beliefs and ideas known as attitude.

Consciousness is known by different names. It is called Self or Soul in Indian Psychology. In **Upanishads**, it is known as Brahman for both Self and Supreme Self. Consciousness is also a synonym for **Awareness**. Self Awareness in psychology is to understand the strength and weakness of the individual person. But in Indian Philosophy and Indian Psychology, **Self Awareness** refers to **Self Realisation** as well. Self Realisation has different meanings like being aware of Self-Consciousness without any physical awareness. But the authentic meaning of Self Realisation is to develop an integrated personality with divine-moral virtues while performing activities something very similar to the Self Realisation of Maslow's Hierarchy of Needs.

If we infinitely enlarge the horizon, we can say that the whole universe is in Consciousness. in fact, (1) we see no boundaries of consciousness, that (2) the boundaries we see cannot be true boundaries of consciousness, and that (3) even though we can be aware of our own consciousness as bounded, consciousness is always beyond this boundedness in so far as this is a conscious boundedness (Taguchi & Altobrando, 2020). Briefly, it is suggested

that all phenomenological states fall into two categories of consciousness, Core and Extended (CC and EC, respectively). CC supports minimal selfhood that is short of temporal extension, its scope being the here and now. EC supports narrative selfhood, which involves personal identity and continuity across time, as well as memory, imagination and conceptual thought (Ohana & Glicksohn, 2014). The discovery of a form of consciousness that exists without the influence of attention would require a change in the way that many global workspace theorists, for example, understand the role and function of consciousness. Against this understanding, at least three forms of consciousness have been argued to exist without attention: perceptual gist, imagistic consciousness, and phenomenal consciousness. A fourth form of consciousness that is likely to be more successful: conscious entrainment which is a form of consciousness associated with skilled behaviour in which attention is sometimes absent. (Jennings, 2015).

The **Mandukya Upanishad** mentions four states of Consciousness: 1) Waking, 2) Dreaming 3) Deep Sleep and 4) Self Consciousness. Tirumandiram of Tirumoolar divides Self Consciousness into a) Turiya and b) Turiyateet. Turiya is the self consciousness with ego of self and Turiyateet is the self consciousness without ego of self but completely engrossed in love or love of God. The combined state of Consciousness of self and love of God is the ultimate state of Self Awareness explained in **Bhagawad Gita (Vyasa, 2000)** and **Rajyoga (Shiva, 2020)** which need to be experienced in all four states of Consciousness. And in Rajyoga (Shiva, 2020), this state is explained as a combination of 1) being Incorporeal - detached from physical consciousness, 2) Egoless - being humble and 3) Viceless - being virtuous with qualities of peace, love and happiness free from lust, anger and greed.”

He further elaborates, “Cognition and Consciousness are connected to each other and help in prevention and control of Neuroses, data compiled based on observations of those who practice Rajyoga.

1. When I know that it is me, the consciousness who focuses with attention, I can choose positive thoughts, situation to focus on because one of the causes for depression and anxiety is people unconsciously choosing to focus their attention on negative thoughts rather than positive. Cognitive theories of depression posit that selective attention for negative information contributes to the maintenance of depression (Beevers et.al., 2015).

This Self-Consciousness when associated with the body, is subject to pleasure and pain; and so long as this association continues, freedom from pleasure and pain can no man find. But as this association (attachment) ceases, there also cease the pleasure and the pain - attaining goodness, peace and happiness. Rising above physical consciousness, knowing the Self to be distinct from the senses and the mind - knowing it in its true light-one rejoices and is free. (Sages, Chandogya Upanishad p.127)

2. When I know that It is me, the consciousness who creates thoughts, I would create thoughts only those which are beneficial for me, would reduce the number of thoughts to control stress and anxiety. And other times I remain peaceful without focusing on external objects but remain focused on inner silence. Mood and anxiety disorders are associated with deficits in attentional control involving emotive and non-emotive stimuli. Depressive symptomatology is related to general deficits in attentional control. This deficit does not appear to be driven by distractor inhibition difficulties as we had expected, but by impairments in goal-directed information processing (target facilitation) in the presence of competing information (Pike et.al., 2020).

When there is constant and unceasing remembrance of the Self, all bonds (attachments) are loosed and freedom is attained (Sages, Chandogya Upanishad p.119). The virtue of him who meditates on the kingdom of the Self is never exhausted; for the self is the source from which all virtue springs (Sages, Brihadaranyaka Upanishad p.133). When, like the tortoise which withdraws its limbs on all sides, he withdraws his senses from the sense-objects, then his wisdom becomes steady (Vyasa, Ch.2, Sloka 58).

3. Consciousness, being a detached observer, looks at the situations - problems as a creator, I become creative and able to develop intuitions, insights to enhance problem solving skills. Observational learning can promote successful and accurate problem solving in a dynamic control task. In addition, it is sensitive to goal specificity effects in the same way as action-based problem solving (Osman, 2006).

He whose mind is not shaken by adversity, who does not hanker after pleasures, and who is free from attachment, fear and anger, is called a sage of steady wisdom (Vyasa, Ch.2, Sloka 56). Having made pleasure and pain, gain and loss, victory and defeat the same, engage thou in battle for the sake of battle; thus thou shalt not incur sin (Vyasa, Ch.2, Sloka 38).

4. The robots (AI) developed by scientists are without consciousness (attention-alertness) or soul. Human beings are affected by thoughts in the form of anxiety, stress, schizophrenia because we behave like a robot forgetting the self, the consciousness. A study assessing the impact of attention training on information processing in schizophrenia showed significantly more improvement. These results suggest that it is feasible to use practice and behavioural learning to remediate a core attention deficit in chronic schizophrenia (Medalia et al., 1998).

The Vedas deal with the three attributes (satwic, rajasic and tamasic nature); be thou above these three attributes, O Arjuna! Free yourself from the pairs of opposites and ever remain in the quality of Sattwa (goodness), freed from the thought of acquisition and preservation, and be established in the Self (Vyasa, Ch.2, Sloka 45). When a man is free from desire, one who is content, his mind and senses purified, he beholds the glory of Self (Consciousness) and is without sorrow (neurosis). The senses of the wise men obey his mind, his mind obeys his intellect, his intellect obeys his ego and his ego obeys the Self - Consciousness. He who meditates (attentive) on the ruler (consciousness) of that city (body) knows no more sorrow. To him who sees the Self revealed in his own heart belongs eternal peace - to none else, (Sages, Katha Upanishad p.27,30,33,35). The Self (Consciousness) is not to be known by the weak, nor by the thoughtless, nor by those who do not rightly meditate (concentrate-be attentive). But by the rightly meditative (attentive), the thoughtful and the strong, he (consciousness) is fully known (Sages, Mundaka Upanishad p.68).

5. Consciousness is the Driver which drives (Cognizes) the human mind and body which can be compared to a vehicle. Indian psychology is more about understanding the Consciousness and its relation to the cognition process. By having control over Consciousness, it becomes easy to manoeuvre the vehicle made up of mind and body. Western psychology focuses on human beings on Auto-pilot mode with less or no attention over the Driver, the consciousness, thus treating the disorders without setting right the cause of diseases. The real cause of mental disorders is the lack of control - attention over Consciousness and its Cognition activities. After its banishment as an epiphenomenon by behaviourist psychology, consciousness has recently again been declared to be the central problem of psychology (Huilgard 1980; Miller, 1980; Neisser, 1979 as cited by Endel, 1985)

In the production of the effect and the cause, Nature (mind and matter) is said to be the cause; in the experience of pleasure and pain, the soul (consciousness) is said to be the cause (Vyasa, Ch.13, Sloka 21).

### ***Location of Consciousness:***

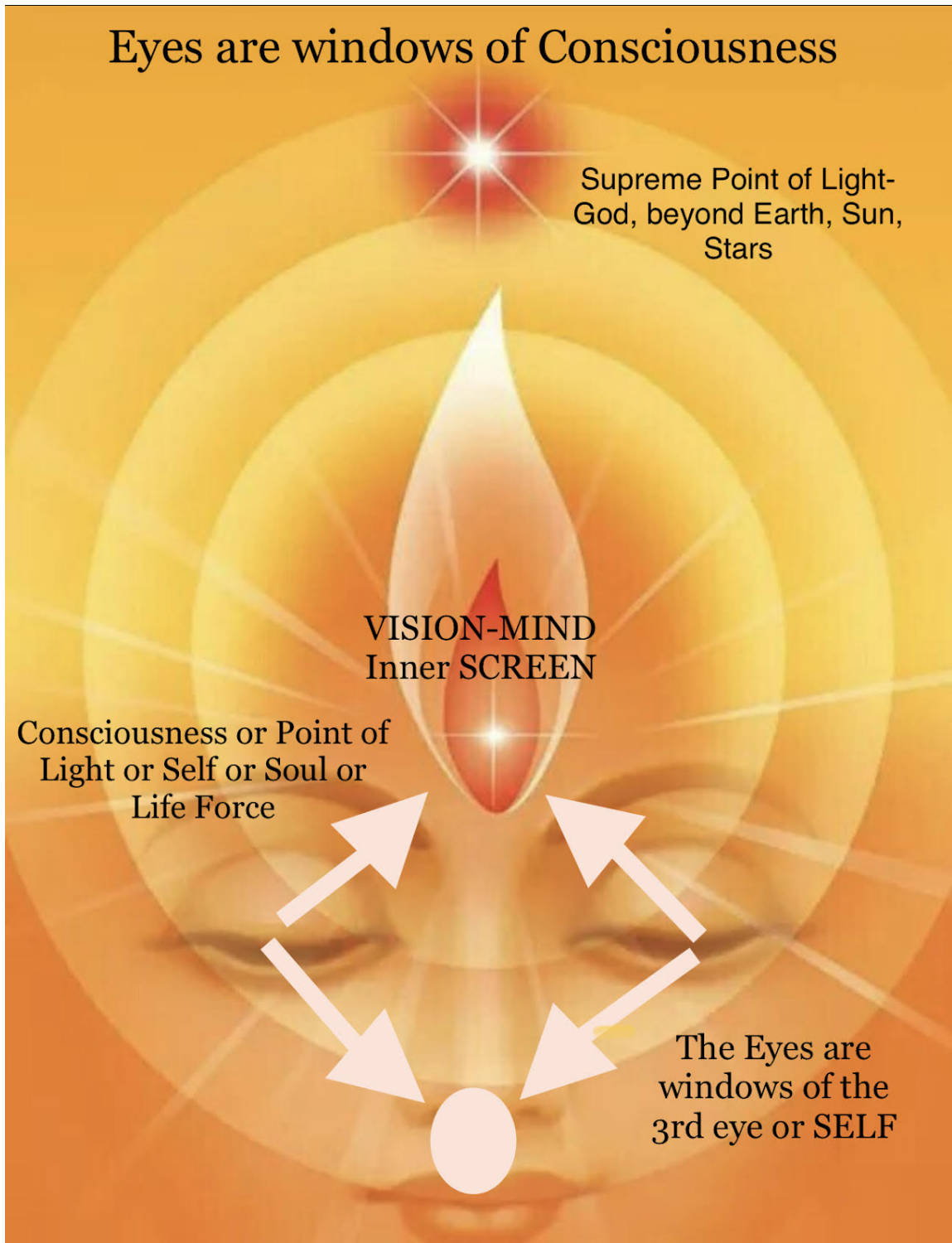
There has been the riddle in philosophy and in Indian psychology asking "Who am I". And this riddle is solved instantly if the consciousness remains focused on inner silence and those feelings of peace, love and happiness that emerge due to the inner calmness. The answer for the riddle is I am, the consciousness is an embodiment of peace, love and happiness. It is me, the consciousness who sees through the eyes, hears through ears, feels through skin, taste through tongue, smell through nose. And I can feel the exact location of the point of consciousness, in silence, within my brain as I am the one who sees through eyes. Koch defined neural correlates of consciousness (NCC) as the minimal neuronal events sufficient for a specific conscious percept (Bear et al., 2007). Brain structures involving the thalamus and hypothalamus play a crucial role in the Cannon and Bard theory. Accordingly, perceived sensory stimuli arrive in these regions of the brain, leading to simultaneous changes in the body and to feelings (Kindermann & Auinger, 2018). Rene Descartes' depiction of the pineal gland (aka third eye), as the central relay station of consciousness i.e., the "seat of the soul" (Gallagher & Tsuchiya, 2019).

The Self (Consciousness) dwells in waking, dreaming and dreamless sleep. The eye is his dwelling place while we are awake. The mind is his dwelling place while we dream. The lotus of the heart (consciousness) is his dwelling place while we sleep the dreamless sleep. Having entered into the guardians (senses), he identified himself with them. If an individual awakens (detaches) from this threefold state, he sees no other than the Self - Consciousness (Sages, Aitareya Upanishad p.97). Unseen, but the seer; Unheard, but the hearer; unthinkable, but the thinker; unknown, but the knower; He, the self is the inner ruler, the immortal self, the consciousness (Sages, Brihadaranyaka Upanishad, p.159). Smaller than a grain of rice is the Self; smaller than a grain of barley, smaller than a mustard seed, smaller than a canary seed, smaller even than the kernel of a canary seed. Yet it is greater than the earth, heavens, than all the worlds. He who glows in the depth of your eyes - that is Self - Consciousness (Sages, Chandogya Upanishad p.102, 108). The eye is its abode and ether its support. He who knows Consciousness to be the life of life, the eye of the eye, the ear of the ear, the mind of the mind - he indeed

comprehends fully the cause of all causes (Sages, Brihadaranyaka Upanishad p.165, 179).

Consciousness although spreads all over the body and the Universe, the starting point of consciousness is in my brain. According to Indian Scriptures, when we focus on a point, the energy from my consciousness flows towards the point and it returns back to my centre of forehead or centre of consciousness, if I don't dissipate the energy of consciousness by creating thoughts and we would feel that we are looking through the windows of the eyes, gives me the exact feeling of knowing who am I, the point of consciousness just behind my eyes, close to the pineal gland. Seeing through the third eye (from behind my eyes) dissolves the perception of self, we entertain a connection between the geometry of binocular vision and a broader set of cultural and historical depictions of the third "inner" eye (Gallagher & Tsuchiya, 2019).

This Self cannot be cut, burnt, wetted nor dried up. It is eternal, all-pervading, stable, ancient and immovable (Vyasa, Ch.2, Sloka 24). Absolute freedom (or Brahmic bliss) exists on all sides for those self-controlled ascetics who are free from desire and anger, who have controlled their thoughts and who have realised the Self. Shutting out (all) external contacts and fixing the gaze between the eyebrows, equalising the outgoing and incoming breaths moving within the nostrils, with the senses, the mind and the intellect always controlled, having liberation as his supreme goal, free from desire, fear and anger—the sage is verily liberated forever (Vyasa, Ch.5, Sloka 26-28).



(Fig 12) Image: The point of Consciousness behind the eyes.

## **The Consciousness, Cognition and Neuroses**

A key historical precursor to working memory, the Jamesian concept of primary memory, was identified more or less directly with the contents of Consciousness. Many modern theorists also see a close connection between working memory and Consciousness (Buchsbbaum, 2013). Thought can generate organic lesions, those who keep the peace of their inner self in the midst of the tumult of the modern city are immune from nervous and organic disorders (Carrell, 1935, p.78). When the Consciousness focuses on sleep, it experiences drowsiness. When I, the Consciousness shift awareness to self or silence, I feel light, alertness. It is like a game of one moment drowsiness and next moment lightness. By practising attention by Consciousness, One moment we would experience emotions like anger, anxiety and the next moment as I shift my attention towards the source, the point of consciousness, there is the experience of peace and lightness, free from mental burden.

Desire is the cause of all sorrow (Frustration, anxiety, sorrow): When a man thinks of the objects, attachment to them arises; from attachment desire is born; from desire anger arises. From anger comes delusion; from delusion the loss of memory (of self, God and self-sovereignty); from loss of memory the destruction of discrimination; from the destruction of discrimination he perishes. But the self-controlled man, moving amongst objects with the senses under restraint, and free from attraction and repulsion, attains to peace. In that peace all pains are destroyed, for the intellect of the tranquil-minded soon becomes steady (Vyasa, Ch.2, Sloka 62 - 65).

Depression, anxiety, stress are caused by the long term association with wandering thoughts. Neurotic individuals tended to report more mind-wandering during cognitive tasks, lower working memory capacity, and poorer attention control (Robison et.al., 2017). If I can keep shifting Consciousness from awareness of negative thoughts and feelings back to my own Self Consciousness, I will easily overcome anxiety, stress and depression. With this movement of Consciousness to and fro, I remain detached and attached to thoughts, feelings and emotions according to my choice. And I can easily solve problems, without getting too engrossed and get lost in to problems, leading to clarity and stress-free life. I can focus on any activity whether games or studies, without getting distracted from external situations. Specifically, creative people are better at adjusting their focus of attention as a function of task demands. This flexibility can confer distinct



advantages to creative people in the course of problem solving as changes in the structure of the problem necessitate corresponding adjustments in solution strategy (Vartanian, 2009).

Neurotic symptoms represent individual ways of reacting to perceived stress. The individual may fail to cope with stress (as believed in the hypothesis for depression) or may do it maladaptively (as believed in some anxiety disorders, personality disorders and dissociation). What is sure in neurosis is that the individual preserves his/her link with reality, maintains an organization of personality, maintains the grasp over social relations and associations and has preserved the insight into the problems. Neurosis tends to represent an exogenous quality to its genesis. Its management progresses in the same line-“psychologically” helping patients change from maladaptive to adaptive ways of handling the situation (Dholakia et.al., 2015). Stress, Anxiety, leads to neuroses and psychoses. The frequent occurrence of emotional disorder prior to and accompanying psychosis indicates that neurosis contributes to the development of the positive symptoms of psychosis (Freeman & Garety, 2003). Stress and anxiety are also associated with non communicable diseases like heart diseases, diabetes, cancer, stroke, addictions and also mental disorders like depression. NCDs are often preceded by stress-related metabolic syndrome - hypertension, high cholesterol, truncal obesity, and reduced responsiveness to insulin (Fricchione, 2018).

### *Rajyoga*

Rajyoga of Indian Psychology deals with prevention of diseases and complete cure of neuroses with self-control over Consciousness. The attention by Consciousness is practiced throughout the day while performing actions but morning and evening in solitude, either with focused attention or by experiencing love and compassion, is known as Rajyoga (Shiva, 2017, p.57). This is easily practiced by remembering God because by connecting with God, it becomes easy to move the consciousness from the world of worries to silence and thereby feel the qualities of love, compassion, lightness, happiness and bliss (Shiva, 2017, p.16). Those who are not able to develop focus - attention to practice Rajyoga may need to undergo Counseling sessions or Emotional healing sessions like Hypnotherapy (Dana, 2018).

Meditation is a powerful form of training focus and inhibition. Attention and self-control are strictly related during meditation. Discursive thoughts and emotions are inhibited during concentration meditation. In the case of compassion meditation, emotional sensibility is increased. The great

difference from “one-pointed concentration” to “compassion meditation” is related to activation of emotional areas, inhibited in “one-point concentration”. Discursive thought areas are not primarily important in both forms of meditation, challenging the idea that language is essential to all forms of consciousness. Meditation is an important form of self-control and a healthy practice. It augments focus and attention and could be used to enhance empathy and all attentional capacities. It is worthy of practice and could lead to a better quality of lifestyle. (Mograb, 2011).

To realize true consciousness, first, control the outgoing senses and harness (control) the mind. Then meditate upon the light in the heart of the fire- meditate, that is, upon pure consciousness as distinct from the ordinary consciousness of the intellect. Thus the Self, the inner reality, may be seen behind physical appearance. With the help of the mind and the intellect, keep the senses from attaching themselves to objects of pleasure. They will then be purified by the light of the inner reality and that light will be revealed. The wise control their minds and unite their hearts with the Almighty God. Be drunk with the wine of divine love. Thus shall you reach perfection (Sages, Swetasvatara Upanishad p.190). Having restrained them all he should sit steadfast, intent on Me; his wisdom is steady whose senses are under control (Vyasa, Ch.2, Sloka 61). Noble indeed are all these; but I deem the wise man as My very Self; for, steadfast in mind, he is established in Me alone as the supreme goal (Vyasa, Ch.7, Sloka 18). Those who, fixing their minds on Me, worship Me, ever steadfast and endowed with supreme faith, these are the best in Yoga in My opinion (Vyasa, Ch.12, Sloka 2). The concentration called right knowledge is that which is followed by reasoning, discrimination, bliss, unqualified ego. There is another *Samadhi* which is attained by the constant practice of cessation of all mental activity, in which the *Chitta* retains only the unmanifested impressions. Or by devotion to *Isvara*. *Isvara* (the Supreme Ruler) is a special *Purusa*, untouched by misery, the results of actions, or desires (Patanjali, Ch.1, Verses 17, 18, 23, 24). By sacrificing all to *Isvara* comes *Samadhi* (Patanjali Ch.2, 45).

### **Values in life of an Integrated Personality who is loved by the society**

He who hates no creature, who is friendly and compassionate to all, who is free from attachment and egoism, balanced in pleasure and pain, and forgiving, ever content, steady in meditation, possessed of firm conviction, self-controlled, with mind and intellect dedicated to Me, he, My devotee, is dear to Me. He by whom the world is not agitated and who cannot be agitated

by the world, and who is freed from joy, envy, fear and anxiety—he is dear to Me. He who is free from wants, pure, expert, unconcerned, and untroubled, renouncing all undertakings or commencements—he who is (thus) devoted to Me, is dear to Me. He who neither rejoices, nor hates, nor grieves, nor desires, renouncing good and evil, and who is full of devotion, is dear to Me. He who is the same to foe and friend, and in honour and dishonour, who is the same in cold and heat and in pleasure and pain, who is free from attachment, He to whom censure and praise are equal, who is silent, content with anything, homeless, of a steady mind, and full of devotion—that man is dear to Me. They verily who follow this immortal Dharma (doctrine or law) as described above, endowed with faith, regarding Me as their supreme goal, they, the devotees, are exceedingly dear to Me (Vyasa, Ch.12, Sloka 13 - 20).

### **Conclusion**

To understand the Cognition process and the role of Consciousness is to become a Detached Observer of the cognitions and act with self-control. When there is self-control constantly, there is choice in choosing our thoughts and related emotions. When there is freedom to choose what we see, think, speak, and act there are no distortions that lead to stress, anxiety of Neuroses. If we are able to prevent neuroses, it helps to prevent and control psychoses and life-style disorders of non-communicable diseases. The restoration of man to the harmony of his physiological and mental self will transform his universe (Carrell, 1935, p.165). Infact, Rajyoga is a way of life comprising Psychological, Biological and Social practices (Dana, 2021).

### **3.4: What Is Raja Yoga Meditation?**

Raja Yoga meditation is a form of meditation that's mentioned in the Bhagavad Gita and subsequently popularized in the 19th century by **Swami Vivekananda**. It has continued to gain widespread popularity and is taught throughout the world to maintain mental sanity and stability. It is named 'raja' since it aims to instill the king-like qualities of awareness, confidence, and independence.

Raja Yoga meditation is a spiritual process for helping you understand yourself better and controls the body using the power of the mind. It helps awaken your positive qualities that are buried deep within. Thus, it allows for enhanced performance and teaches the importance of introspection and silence.

Raja Yoga meditation is accessible to people of various backgrounds. It doesn't have mantras or rituals and can be practiced anywhere at any time. It is practiced with the eyes open, which makes it simple, versatile, and easy to practice.

In "The Healing Mind", **Dadi Janki** says, "I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse". and on the topic - How can I not worry when my body is unwell? she says,

"Our response to pain can cause as much distress as the pain itself – so we need to learn how to use our minds to help, not hinder, our recovery. I have spent many years both as a nurse and a patient, and have seen how silence works alongside science in the healing process.

I can use the power of my mind to step back from what is happening in my body. By observing what is happening, instead of being caught up in it, I free myself from negative thoughts and feelings. I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse.

It is important not to suppress what is in my heart, as this can impede healing. Let me listen to my heart with love and honesty. Honesty gives me spiritual power to deal with the situations I have to face. But I must be careful not to take on sorrow, for that weakens me. If I keep having pure, positive thoughts and good wishes for myself and for others, then I will be cared for, I will receive power and my mind will become strong and in this way I will help the body to heal".

**Dadi Janki** is Administrative Head of the Brahma Kumaris. She is also President of the Janki Foundation for Global Health Care, a UK-based charity that researches and promotes a values-based model of modern health care, offering improved understanding in response to suffering and encouraging the development of positive thoughts and attitudes.

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. It is a meditation without rituals or mantras and can be practised anywhere at any time. Raja Yoga meditation is practised with 'open eyes', which makes this method of meditation versatile, simple and easy to practice. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. Spiritual

awareness gives us the power to choose good and positive thoughts over those which are negative and wasteful. We start to respond to situations, rather than just reacting to them. We begin to live with harmony, we create better and happier, healthier relationships and change our lives in a most positive way.

Presently there are numerous methods, techniques or therapies to reduce stress and anxieties, and other issues that have caused unhappiness, but these methods do not have the advantages which Raja Yoga Meditation has.

For example, Psychoanalysis: Here people can discover the incidents in the life of a patient, which have led to a particular complex. It relies on reliving past experiences. However, it has been found that a large proportion of people who undergo Psychoanalytical treatment often don't progress beyond the mere recognition of their complexes and their causing factors. And sometimes a new complex may even appear in a session, which the patient had never realized before and the consciousness of which may add to his inferiority complex.

Another method used widely is Psychotherapy, mostly utilizing suggestion, re-education and also counseling of the parents so as to resolve the client's emotional conflicts and to modify his behavior. Importance is attached to self-disclosure, and forging new relationships. This can tend to lead to dependence on the physician.

Raja Yoga on the hand fosters independence, and aims at the total transformation and an expansion beyond the confines and consciousness of this body and life. In the above methods the goad tends to be more restrictive. Raja Yoga uses spiritual concepts, which give a new outlook, behavior pattern and lifestyle to the subject. It address the core personality and nature of the spirit in each and every human being.

Another method known as Systematic Desensitization, is when the patient is desensitized from his anxiety-provoking stimuli so that his obsessional-compulsive behavior may disappear. This method can be seen to reduce the behavior patterns but not a total elimination. Raja Yoga on the other hand, by the very nature of its knowledge and methods leads to the erasing of the very source of negative thoughts.

Some people also opt for the 'Behaviour Therapy' and others use 'Classical or Operant Conditioning' and 'Feedback Techniques', or 'Counseling and Guidance' techniques. These methods put the responsibility for the treatment

of most behavioral problems, including neurosis, on the psychologists and that too in bits and pieces of situations and just one behavioral problem at a time. Raja Yoga on the other hand, enables a practicing to learn the process of self-transformation and even help others in their behavioral changes. It enables positive thinking and readjustment to the family and the society. Other methods, used are 'story-building', 'psychodrama', training through games, etc. reducing the physiological and psychological rigidity, encouraging spontaneity training.

But, it must be noted that Raja Yoga Meditation has the good points of all these methods, and therapies. It has elements of auto-suggestion, self-controlling, psychotherapy, self hypnosis, and behavioral changes. From these points of view, and from the point of view of the fundamental concepts of biochemistry, physiology and the psychology of man, Raja Yoga is far better as the EEG and other tests on Rajayogis have shown. Raja Yoga has been examined in relation to mental health from the point of view of its application for attitudinal and behavioral changes and changes in the state of consciousness and its physiological effects. It has been found that not only does it shape physiological states but it also reconditions one's psychophysiological mechanisms. EEG Tests have shown that Delta\* and Theta\* waves are emitted from the Raja Yogis even when the person is doing some mental work, which is definite evidence showing that the person's mind is in a state of relaxation and peace. "Stabilization of Mind" in the consciousness of God, which is also known as 'Dhyana', is like a great tranquilizer. This Meditation also gives the person, the skeletal muscular relaxation better than any other technique or practice of 'Shiv Asana' which is aimed at modifying the central nervous system arousal. The method of Meditation, working through the hypothalamus and the central nervous system, relaxes the muscles, and helps the maintenance of the positive emotional states and levels of consciousness. The Clinical tests also show a decrease in the blood sugar and lactate, indicating a low metabolic rate in the practitioner. Thus we can say that the practice gives a sense of well-being and sense of cheer, giving happiness. The person is free of anxiety and is internally the controller; he is more self-actualized and is psychologically more stable and mentally more alert too.

### **3.5: RAJA YOGA BRINGS TOTAL TRANSFORMATION:**

As compared to other meditation systems too, this special type of Raja Yoga acts not merely as a tranquilizer but it transforms the total personality of the individual. A Yogi's way to get rid of his 'sanskaras' (habits, nature of an individual), is to purify them through the 'fire of yoga' (powerful meditation). In this method there is no suppression of thought and feelings, or emotions, he sublimates them. There is no need for psychoanalytical sessions, to find out past issues, but rather the focus is on the universal moral reconstruction of the inner self. The most valuable and beneficial aspect of Raja Yoga Meditation is the mental and spiritual link a practitioner gets from the Supreme Source/Being – the Being of Light who then helps with His guidance and gives a spiritual rebirth, showering all the love, and care, and empowers the Rajayogi practitioner to feel protected, taken care of and loved always.

Perhaps one of the most important benefits of Raja Yoga Meditation is that one is freed of negativity, i.e., Mental Pollution – the five well known vices of lust, anger, greed, attachment and ego. And two more subtle ones of Carelessness and Laziness. Mental Stress elimination, eliminates most problems for psychological stress, which in turn is the core of almost all problems including addictions.

The renowned speaker, Brahma Kumari (BK) **Sister Shivani** reveals how to create a life of joy, contentment and bliss, because we all have the choice and the power to do so. Spiritual wisdom says, the reason why there is so little happiness in the world is 'dependency'. Happiness is not dependent on 'anything' or 'anyone', or found 'anywhere'. We keep delaying our happiness until things are just right in our life. We think we will be happy in the future when this or that happens. But indeed, happiness is the way of BEING, it is me, the divine soul.

Bliss (constant happiness) is possible when we are able to accept everyone as they are, every-thing as it is, at every moment, in every situation. This book thus, is a medium for the awakening and acceptance of self-responsibility. Helping us choose our thoughts and feelings aligned with our true nature of Purity, Peace and Love. To make us shift from asking to sharing; from holding on to letting go; from expectations to acceptance; from the past and the future to being in the now. Happiness is a 'decision', not a 'consequence'.

In **The Journal of Clinical and Diagnostic Research: JCDR, 2014**, on the topic, The Efficacy of Rajayoga Meditation on Positive Thinking: An Index for Self-Satisfaction and Happiness in Life, showed that Brahma Kumaris Raja Yoga Meditation (BKRM) practice enhanced positive thinking and that essential to attain higher levels of self-satisfaction and happiness in life.

During Rajayoga Meditation, the subjects sit in soul consciousness with their eyes open, and they can choose to fix their gazes upon a meaningful symbol (a point of light which is considered as Supreme Soul), simply create a vision within their intellects. The mental connection between the Soul and Supreme Soul or the remembrance of the Supreme Soul by the Soul is called as Raja Yoga. It can also be said to be the remembrance of the inner being to be in union with the Creator / God. Stability in Soul-Consciousness is the first step, and its connection to God, i.e., God Consciousness is the second step, that brings about peace and bliss to the soul.

### **3.6: “Silence”, A Raja Yoga Article by Anthony Strano:**

Anthony Strano is Director of the Brahma Kumaris Centers in Greece, Hungary and Turkey. This article is extracted from his booklet The Alpha Point, published by Brahma Kumaris Information Services Ltd, London 1998. Anthony Strano points the way to a conversation with God.

When silence is deep, brimming with fullness, when there is no more yearning for sound, when there is complete concentration on One, then thought, like an arrow, finds and melts into its target; there the human soul not only glimpses God, but is absorbed in the purity of that Being; absorbed totally, wholly, absolutely. Filled with the pure light that has now become its being, the soul radiates this energy as peace and love to others; a living lighthouse.

Silence is the bridge of communication between the Divine and the divine in the human. Silence is where I find what is most precious.

Spiritual silence is the positioning of the heart and mind in readiness for communication with the One. Neither is it communication based on repetitive words, nor on intellectual theories nor on asking for the fulfillment of limited desires. Sacred communication is the harmonizing of the original self with the Eternal One.



Spiritual silence gives me energy, pure and selfless, from the Creative Source, to burst out of the cocoon of dust and routine, opening up unlimited horizons of new vision. To release the self from negativity, I require silence. Absorbed in its depths, I am renewed. In this renewal the mind clears itself, facilitating a different perception of reality. The deepest perception of all is my own eternity.

The act of silence is as necessary for living as breathing is for physical life. Strength for living necessitates finding a point of stillness from which I begin and to which I return every day: an oasis of inner peace. Silence brings my mental and emotional energy to a point of concentration, where I can be still. Without this inner stillness, I become like a puppet pulled here and there by the many different strings of external influences. This inner point of stillness is the seed of autonomy, which cuts the strings, and then the loss of energy ceases.

Silence heals. Silence is like a mirror. Everything is clear. The mirror does not blame or criticize but helps me to see things as they are, providing a diagnosis to release me from all types of wrong thinking. How does silence do this? Silence revives the original peace of the self; a peace that is innate, divine and, when invoked, flows through one's being, harmonizing and healing every imbalance. Silence is full and it fills; gently, powerfully, consistently active.

To create silence, I step within. I connect with my eternal self; the soul. In that place of unblemished tranquility, as if in a timeless womb, the process of renewal and restructuring begins. There, a new pattern of pure energy is woven.

In this introspective space I reflect. I recollect what has been forgotten for a long time. I concentrate slowly and gently and as I do so, those original spiritual blueprints of love, truth and peace emerge and are experienced as personal and eternal realities. Through these, quality begins to enter life. Quality is closeness to something purer and truer in ourselves. Quality is the principle for more enlightened thought and for integrity of action. In that space, Silence teaches me how to listen, how to develop an openness to God.

Listening guides me into the right position, opening the channel of receptivity. Receptivity aligns me to the reality of God; a very necessary alignment, if I am

to truly know and be at one with Him. For receptivity I must clear myself of myself. I must stand clean, bare, simple, stripped of artificiality, then genuine communication begins.

As I listen, I receive. As I receive, I feel and reflect, and gradually move into concentration. Concentration is when I am completely absorbed in one thought. Where there is love, concentration is natural and steady, like the still candle flame radiating its aura of light. The thought in which one is absorbed becomes one's world. When the human mind is absorbed in the thought of God, the person feels resurrected; the harmony of reconciliation is deeply felt. In this silent link of love, one becomes fully reconciled, not as an intellectual process but as a state of being. I awaken. This wakefulness is where I am fully conscious of Truth. Simultaneously I become conscious of the illusions in me and around me and of the effort needed to remove them.

This wakefulness enables me to respond and receive what I would not normally notice, either on natural or supernatural levels. In wakefulness, in this heightened state of knowing, a person spiritualises the self; he or she becomes a truer being. Within silence the subtle invisible rays of concentrated thought meet God—this is the power of silence; this is often called 'meditation'. Sound cannot achieve this meeting with God. Sound can only praise and glorify, through song or chant, the closeness of union with the Divine; but it cannot create it. Only silence creates the practical experience of union.

Concentrated silence is the wordless focus of pure attention on One. Love for that One makes the focus easy and steady, fulfilling. This closeness of the self with the Supreme inevitably inspires the desire for change in the self; inspiration to better the self, to make the self worthy by fulfilling the original potential and, where one can, sharing the fruits of that realized potential with others. This sharing is not achieved through saying a lot, but rather through the integrity of personal example.

In silence, the deepest orientation of consciousness is the desire to achieve personal perfection. This desire is a result of the divine flow of energy entering the human consciousness and inspiring belief in one's own worth. Personal perfection is accepted as being possible. It's the faith given by God as a gift to the soul. The possibility of perfection is accepted because the soul knows it is not alone in its effort, it constantly has the support of Divine Love to achieve its goal.

In its connection with God, the soul is filled and feels itself complete; it has found what it was looking for. Divine Love works especially through silence; the soul is awakened from its sleep of ignorance and given new life, as in the story of Sleeping Beauty. The soul is the Sleeping Beauty, God is the prince and ignorance is the witch who casts her magic spell of slumber upon the princess. God's love for the soul is such that it is not stopped by any darkness or barrier but reaches the soul to awaken it, bringing it back to life, back to reality. Love breaks the iron spell.

It is through Love that I, as a soul, am awakened and acknowledge my eternity. My reality is far more than my material appearance. My eternity is my reality. This is the truth of my existence. In Greek the word for truth is *alitheia*, which means 'not to forget'. The human being is under a very deep forgetfulness; an amnesia of spirit. I cannot achieve the awakened state, the true state of myself with my own skills of intellect. Attainment of Truth is not a matter of cleverness. I can only awaken when God helps me to remember. To remember is real knowing; it is Truth.

To achieve inner change, silence has to be love-filled, not only peace-filled. Many think that it is enough just to experience peace in the silence of meditation in order to achieve transformation of consciousness. Peace stabilizes; peace harmonizes and gently quiets. Peace lays the foundation. However, Love actively inspires; Love moves the universe. Love moves all things towards their original freedom and happiness.

Both Peace and Love are needed, and in their archetypal form, come from God, the Universal and immutable Source. It is this God-filled silence that restores a human being and the earth to their original state.

In silence, we realize that it is not only a return to the roots; but, even more, it is a return to the Seed, to the Beginning; it is a return to God, a return to myself, a return to right relationship.

### **3.7: RAJA YOGA GIVES HAPPINESS UNLIMITED**

Below is a summary of the 28 episodes on "Happiness Unlimited" conducted by world renowned Brahma Kumari teacher and leader, **Sister Shivani**, which

was aired on **Astha TV** (a very popular Indian TV Channel broadcast world-wide, which is completely devoted to Universal Spirituality)

The information below gives detailed topics of the vast issues she covers in this series dedicated to the topic of Raja Yoga (of the Brahma Kumaris) brings Unlimited Happiness. Each of these issues can be, and has been improved or even healed through Raja Yoga meditation.

#### EPISODE 1

Happiness is not dependent on physical objects.

Objects, possessions, gadgets are designed to give us comfort.

Physical comfort is different from emotional comfort. Happiness is a feeling.

Happiness is our internal creation and can be created irrespective of external comforts. We use the objects as a stimulus to create a response, but the response is our choice. Different people create different responses, using the same stimulus.

#### EPISODE 2

Happiness is not based on achievement. It is not at the destination, it is on the journey.

Happiness is a state of being, created while working towards the goal, not a feeling to be experienced after achieving the goal.

Before I take the responsibility of those around me, I need to take responsibility of my own thinking and feelings. When I am happy and take care of others, then they will be happy.

Happiness is a stable state of mind irrespective of situations, and hence happiness is our strength.

Our wellbeing is dependent on our Physical Health, Mental Health, Social Health and Spiritual Health.

#### EPISODE 3

Stress is a pain, which comes to tell me there is something I need to change.

Stress is our creation of wrong thoughts, which has an effect on our efficiency, memory power, decision power and hence our performance.

Stress has an impact on our physical and emotional wellbeing, and hence any amount of stress is damaging. Targets, Pressures, Deadlines, Exams are natural, but Stress is our CHOICE.

Stress is equal to PRESSURE (Situations) divided by RESILIENCE (Inner Strength).

My first responsibility in any situation is to first take charge of my state of mind, because that is the only thing which is in my control.

#### EPISODE 4

Our belief systems decide our way of living. We need to experiment what we

are learning in order to change our old belief systems.

I don't want peace, but I AM PEACE. Now I will be at peace and do things outside.

Try a new belief system, I am a Peaceful Being, now experiment with it, when we experience the result, it is the truth.

Every person I meet every act I do, I will do it with awareness – I am a Peaceful Being.

Happiness is not dependent on people. No one can make me happy and I can't make others happy, till we want to do it for ourselves.

No one is responsible for my hurt, pain, fear or anger. It is my own creation in response to their behaviour. I have another choice.

#### EPISODE 5

My responses to people need to be based - on my personality, not based on the behaviour of others.

The way we think and behave is not for other people, but first for ourselves, because we are the first ones to experience it.

Let's take charge of our mind, instead of trying to control others and expecting that if they change then my mind will be in control.

Let us choose how we want to think, feel and be in every relationship. We have always tried to make others happy, because we thought when they will be happy then I will be happy.

When we do something for others, let us understand that we choose to do it because they matter to us, and so we are doing it for ourselves, then we will be happy.

Taking our mind to TV, shopping and other distractions is only a deviation from the pain; it is not happiness, because the healing has not happened.

#### EPISODE 6

Our personality is a combination of 5 types of sanskars, i.e. habits or traits.

Some sanskars we get from our parents and family, which we call hereditary sanskars. It is because we are in the influence of their vibrations.

Then there are sanskars we create because of our environment, our nationality, religion, culture, and friends.

A very important set of sanskars we carry from our past birth. A soul carries its personality traits created in one costume with it to the next costume.

The fourth types of sanskars are the ones we create through our own will power. We all have the same will power; it is only for us to use it, because each of us is a powerful being.

The fifth type of sanskars are the original sanskars of every soul, which are - Purity, Peace, Love, Bliss, Knowledge, Power and Truth.

## EPISODE 7

Self-Awareness means just to watch my thoughts, able to see what I am thinking and to be aware that I am the creator of these thoughts.

Second step is to check whether this thinking is the right kind of thinking for me. Third step can I change this thought.

We create around 25 to 30 thoughts per minute, i.e. 40,0000 to 50,0000 thoughts in a day.

One type of thoughts is pure, powerful, positive, selfless thoughts. There will be no attachments or expectations. Second type of thoughts is negative – thoughts of ego, anger, greed, hatred, resentment, fear, rejection, criticism. Necessary thoughts are thoughts related to action, neutral thoughts. Fourth type are Waste thoughts which are thoughts about Past or Future, both not in our control.

## EPISODE 8

If we change our thoughts, words and action will change. Hence Personality transformation begins with our thoughts.

I the peaceful being am the actor, playing different roles of relationships and responsibilities.

When we interact with people let us interact with the soul, the pure being, rather than the acquired body, positions and achievements.

When we talk through the conscious of our acquired labels, then it is the ego of one talking to the ego of the other.

In any situation, playing our role with so many actors, let us stop writing their script, because they are not in our control. Let us write only our script.

When we keep thinking about what others are doing or speaking, we are only depleting our energy.

## EPISODE 9

If other people are behaving in a reactive manner, at that time for me to remain stable internally, is strength, and hence Peace is strength not weakness.

Anger is not strength. It is a sign that I have lost control on myself. Even hurt resentment, are silent forms of anger, and damage me the creator.

My every THOUGHT is followed by a FEELING. So if I am not feeling nice, I have to stop and check – what have I been thinking?

My feelings over a period of time, created on the basis on my thoughts, develop my ATTITUDE – about people, situations, work or about the world.

My attitude comes out into ACTION. Any action done repeatedly becomes my HABIT. All my habits put together is my PERSONALITY. At every step in life this PERSONALITY determines my DESTINY.

I the being am an embodiment of 7 qualities – Purity, Peace, Love, Bliss, Knowledge, Power and Truth.

#### EPISODE 10

People predicting our future is only telling us a probability. It is only a prediction, a PROBABILITY, not a REALITY. We have the power to listen to the prediction, and still choose our response i.e. our thoughts and actions, and thereby create a reality of our choice.

We always thought we need to do things outside to change the way we feel, but the truth is we need to change how we feel to change things outside.

Happiness is not to be wanted from people, but is to be created and then shared with people we meet.

We are not human doings, doing things to be at peace; but we are human beings, who are at peace and do things.

#### EPISODE 11

We always thought that anger internal is natural, so we created external measures to postpone our reactions. If we take care of our thoughts, we will not create even the thoughts of anger.

Our thoughts are created based on our past experiences and the information that we take in through our sense organs.

The first few hours in the morning, the absorption power of the mind is very high, we need to take care of the quality of information we take in. To protect ourselves from creating negative thoughts, we need to avoid newspapers or news channels early in the morning.

Let me try a new way of living. To be able to create pure, powerful, positive thoughts naturally, let me begin the day with reading or listening to pure and positive information.

The last layer of information at night influences my quality of thoughts while sleeping. Let's finish the day with a few minutes of reading or listening to pure information.

#### EPISODE 12

Every time we think of the past we are making it the present, because we are creating the same emotions again. Past is Passed, Full stop. No why, what, how – full stop. Let it not repeat on the mind, it is like rubbing the wound and therefore not allowing it to heal.

There is nothing to learn from the situation that happened. The only thing I need to learn is whether I had the choice of responding in another manner.

Holding onto the past, not letting go – will only create pain in me. The situation is the same, but the longer we hold it, the pain increases.

In relationships, no when is ever wrong, each one is right from their own perspective. Detaching from my own perspective and understanding the

other's perspective is empathy.

While working towards our achievements, if we take care not to compromise on our values of peace, love and happiness, then we will be always contented.

#### EPISODE 13

Our thoughts are created based on past experiences, the information we take in and most important our belief systems.

Other's appreciation and acceptance has become the foundation of our self-esteem, and so we are always dependent on them to feel good about ourselves.

In interactions, when we get hurt, we are unable to see the perspective of the other, and hence are unable to understand them. So to understand others we need to remain stable.

People, who accept us today and make us feel good, may not be able to do it tomorrow, and then we feel low with the same people.

It's important to take charge of how we feel, instead of being dependent on others. To be INDEPENDENT means to be dependent only on the one inside.

Let us be ourselves and not keep changing our behaviour according to the way others behave with us.

#### EPISODE 14

As we become aware of our thoughts, let's check the belief system from which these arise. Anger is needed to get work done. We have lived with this belief system and teach our children to grow up with the same.

We like people to deal with us with LOVE, because each of us is a loveful being. So everyone around us would like the same.

Every time we use anger as the tool, we experience the negative energy as we give it to them. They get hurt and their vibrations travel to us. So we get more than we give.

Our responsibility is to take care of ourselves, then people and then get the work done. Let's try a new belief system – Love is needed to get work done.

When we punish a child, the guilt the child creates disempowers the child.

Pain can never bring about any realisation, because there will not be the power to transform.

#### EPISODE 15

When we use anger, and others experience fear, we mistake it as respect. Fear creates pain and reduces efficiency of working.

The ones, who suppress their anger because of fear, then create anger in the presence of those weaker than them, only to make themselves feel powerful.

Fear and respect can never be together. Respect is pure and positive energy, fear is deep negative energy. Therefore those who fear us do not respect us.



Ego is lack of Self Respect. In any situation, if we react aggressively or get hurt it is our ego, and if we remain stable and have faith in ourselves it is self-respect.

Self-Respect means who I am and what I am doing - is the best to my capacity up to the present moment and in the next moment I am ready to change.

When we have a strong self-esteem, the power to adjust, accept and mould ourselves in situations will come naturally.

#### EPISODE 16

Spirituality is natural, simple and a very practical way of living. Spirituality is not doing things or becoming someone, it is about just being who we truly are. It is not necessary that what the majority believe – is the truth, it is only a belief. Let me experiment with the belief, till I am comfortable, and only then accept it as the truth.

Let us clean our mind before we meet someone again, so that we do not interact with them through the perspective of our past experiences, because they could have changed.

As soon as we start creating thoughts of hurt, let us take out a few minutes to be with ourselves and counsel ourselves with powerful, positive and loveful thoughts.

No one can hurt me, and I do not hurt anyone. My behaviour can be a trigger for the others, I need to change my behaviour, but I cannot take responsibility of their hurt, it is their creation.

Let us take care that we create the right thoughts, so that we can speak what we think, and do not need to pretend or be tactful in our relationships.

#### EPISODE 17

No one can hurt me, and I do not hurt anyone. My behaviour can be a trigger for the others, I need to change my behaviour, but I cannot take responsibility of their hurt, it is their creation.

People can hold us responsible for their pain, but if we create guilt, then it is negative energy, it depletes our power and hence we are not able to transform. Realise means a mistake once, is not to be repeated.

To bring about a transformation I need to know – Why I want to change? What about myself do I want to change? How do I change? Unless the Why and what to change is not clear, the How will not get implemented.

Everyone around me is an actor, and each one is playing their role. Each actor is a pure being. Let me the pure being interact with another pure being, not interact with them on the basis of their roles.

When we are natural in our relationships, and accept others as they are, it gives them the freedom to be their natural selves.

When I am soul conscious, my consciousness triggers the same consciousness in others, and they are able to experience their purity.

#### EPISODE 18

When we are peaceful and stable, then we are happy, and we accept others as they are, it means we love them, because love is unconditional acceptance.

The energy of love is our natural quality. It gets blocked when we become judgemental about people.

When we think about other's weaknesses, then their weakness becomes the quality of our thoughts, and very soon a part of our personality.

Let us become aware and observe one quality in everyone we meet and interact with.

Let us be in the awareness- 'I am a loveful being, and so is everyone I meet, and I accept each one as they are'. Accepting people means - their behaviour does not create a disturbance in our mind. We tell them what is right but with the energy of love, not rejection.

#### EPISODE 19

Criticism dis-empowers, de-motivates people. Appreciation empowers and energises them. Let us be aware that our thoughts should be as sweet as the words we use with people.

We create 25 to 30 thoughts per minute but only a few sentences per minute. Thoughts are more in number and travel faster than our words.

Let us be liberal with our appreciation, because it gives people the energy to realise and transform their weaknesses.

We cannot make people realise their weaknesses. What to change and Why to change can be realised by each one only for themselves.

Everyone has knowledge, they do not need advice. They need power to change their sanskars that power comes from our love and appreciation.

Every thought and word we send out to a little child is being used by them to create an image of themselves, i.e. their self-esteem.

#### EPISODE 20

Ego is attachment to a wrong image of myself. It is when we are not aware of our true identity, and identify ourselves with all that we have acquired.

Our body, name, position, relationships, caste, nationality are all acquired. They are all mine, but they are not I. I am a pure conscient being and it is - my body, name, family and position.

A royal soul is the one whose state of mind is not dependent on others. Royalty means being a master of oneself, not a victim or a slave.

Detachment means my state of mind is not dependent on others, and then I can remain stable and give unconditional love and acceptance.

Worry is not Love. When we worry we create and send negative energy. In any situation let's create the right quality of thoughts that is love, care and concern.

When we remain stable and then share with others – why they need to change, then it is only for their benefit and not for our happiness

#### EPISODE 21

When we learn something pure and positive, we need to take it as a tool and experiment it in the day. See how it works, check the obstacles, experience the benefits and hence empower ourselves.

We have grown up with the belief system, that performances are appreciated by people. Hence our self-esteem, i.e. we feel good only when we perform well, and our performance is accepted by others.

Let us appreciate values and qualities in children and people around us, so that each of us is able to build our self- esteem on our core values and are not dependent on performances or public acceptance.

When we live our lives by our core values, principles and with integrity, then our energy of conviction will empower our children to live by those values.

#### EPISODE 22

Our values and powers are our own; we have the capacity to use them with everyone, in every situation and every time.

The value of love and compassion is mine, if I can use it with my children, I can also use it with my team at work. When we go for a spiritual retreat, the environment and the people there awaken the same peace and purity in us, but it is our own energy which we have emerged in their company. Now we can create it at home and work. We can't get peace from somewhere; we can learn the art of how to create it.

Judging, criticising and controlling others deplete our energy of peace. Let us consciously choose not to criticise and be judgemental about people.

#### EPISODE 23

The belief system - life is a competition, creates fear and insecurity and hence depletes my happiness.

My life is my journey, to my destination, at my speed, using my capacity, and on the basis of my values and principles.

Living by the belief system – life is a competition, creates stress, anger, jealousy, hatred and is one of the main reasons why we resort to unethical practices.

We are not in competition with anyone. Our reference is only our own best, and we keep working towards getting better than our best. It is a journey of improvement and empowerment.

Let us co-operate with everyone instead of competing. The positivity that gets

created within and the blessings we get from everyone, keeps us contented, happy and successful.

#### EPISODE 24

When we compare and compete with others, we create fear, insecurity, jealousy, stress and this depletes our energy. Let us focus only on ourselves and use all our energy to push ourselves forward.

Let us take this belief system today and experiment with it – life is a beautiful journey, which I travel according to my capacity and values. Once we experience the result, then we realise it's the truth, and thereby change our destiny.

When we set a goal, we visualise the goal. Visualisation enables us to create the right kind of thoughts to achieve the goal. We should not create any thoughts of doubt or fear.

The mind does not understand the language of opposites. If we create a thought – I should not get angry – the scene that gets created is of anger. Instead create the thought – I am a peaceful being, and visualise the scene of being at peace in every situation.

#### EPISODE 25

Expectation means predicting the future behaviour of others. Letting our happiness be dependent on their behaviour and then feeling let down if they do not behave as we had predicted.

People around us will behave and work according to their capacity, we can share with them what we feel is right, but cannot expect that they will always do it our way.

Expectations from children to perform, becomes a pressure on them and creates fear of not being able to make their elders happy. This lowers their efficiency.

When we do something for others, we do it according to our values and capacity. To expect the same from others is unfair to them. We need to understand they will behave only according to their capacity. Let us not give up our qualities because others did not respond the way we expected.

#### EPISODE 26

Each thought has an effect on the cells of the body. Wrong thinking manifests itself into a disease in the body. While we heal the body, let us also change our thinking so that we can experience total health.

Visualisation is a powerful tool along with Meditation – in which we use the power of the mind – sending vibrations of love and peace to clean and clear the blockages in the body.

To heal the body, we need to heal our emotional blockages. Let us not hold on to anything of the past. Mistakes we have made, let's not hold the guilt. It is

past. Let us delete that thought and feeling.

If others have done wrong, let us understand – they had logic for what they did. According to me they were wrong, but still my hurt is my creation, and now I have the power to let go, i.e. not keep those thoughts on my mind. Everything that happens to me is only a return of my past Karma; let me now settle it with dignity.

#### EPISODE 27

If we let people be the way they are, do not put the pressure of our expectations, then we liberate them. This is love and respect.

Detachment means our state of being is not affected by situations and other behaviours. When we are detached, we are stable, and hence emotionally available to be there for others. Detachment creates strong relationships. Attachment, dependence and possessiveness are not love. Because then if one is in pain then the other also experiences the same pain, and hence is not available to help and heal.

When we start being different, it inspires others to change. We don't ask others to change. When WE CHANGE the WORLD CHANGES.

The energy of the food has an effect on the state of mind. So to create pure and positive thoughts we should consume satwic food, i.e. vegetarian, fresh food, prepared in a pure state of mind and clean environment.

#### EPISODE 28

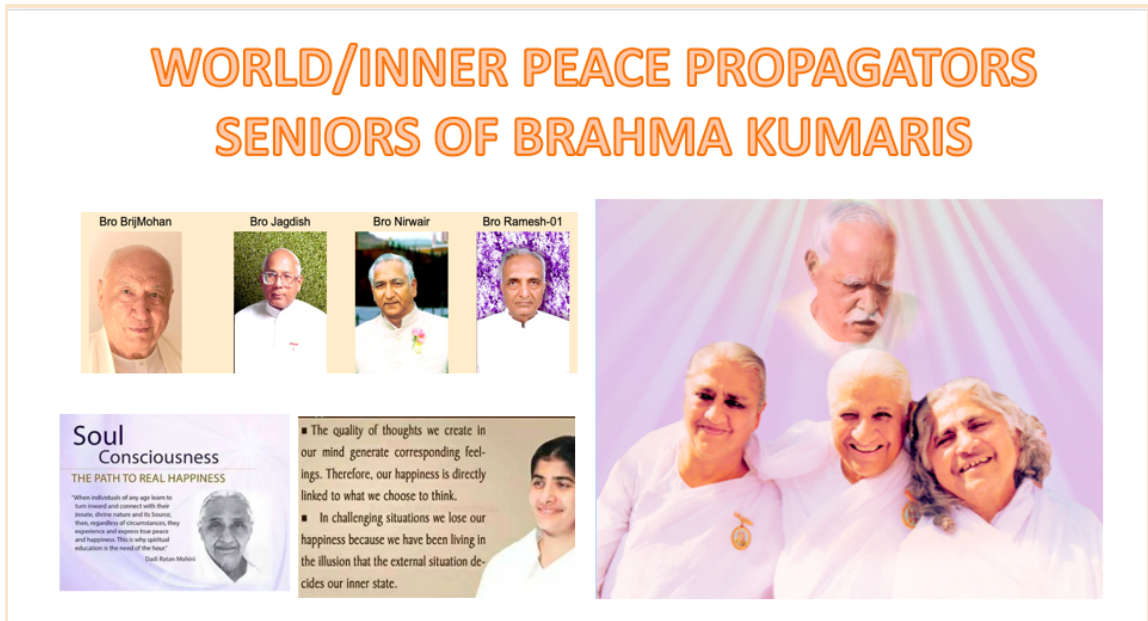
Spirituality means not just to know that 'I am a soul', but to 'Be the soul', i.e. to be with everyone in the consciousness of a soul interacting with another soul. Our consciousness now shifts from body consciousness, i.e. consciousness of body, name, position, relationships, to soul consciousness, i.e. awareness that 'I am a soul, and everything else belongs to me'.

As is the consciousness, so will be the memory and so will be the thoughts, feelings, attitude, behaviour, personality and therefore destiny.

To begin the day in the right way, our FIRST thought should be elevated. The day can begin with wishing Good Morning to God, our Supreme Father.

Before we begin the activity of the day, let's be 10mins with ourselves, and create powerful pure thoughts reminding ourselves of our true identity.

Plan the entire day, as to how we will be in every situation, visualise ourselves in charge of our thoughts, stable and in control in every situation and interaction.



(Fig 13)

(Fig 13) Picture shows pics of some elevated souls in the Brahma Kumaris institution, including world renown late Brahma Baba (Dada Lekhraj), late Dadi Janki, late Dadi Prakashmani, late Dadi Hridaymohini (Dadi Gulzar), late Brother Jagdish, late Brother Ramesh, Dadi Rattanmohini, Br. Nirwair, Br. Brijmohan, and Sr. Shivani.

## **CHAPTER III**

### **RESEARCH METHODOLOGY**

This research is a practical research to study the effect of Raja Yoga of Brahma Kumaris for increasing the Happiness and Life Satisfaction of subjects in Thailand. In this chapter, the selection of subjects, variables, collection of data, and statistical analysis of data have been presented.

Further, in this chapter, detailed information of the 8 Lessons/Days of The Basic Course of Raja Yoga, its core Principles, and few General Guided Meditation techniques Practices applied by the subjects, are also covered.

#### **METHOD OF STUDY:**

##### **1. SELECTION OF RESEARCH SUBJECTS**

This study employed a quantitative research design, with Interviews, as the aim of the study was to explore the level of Happiness and Life Satisfaction of the participants in Thailand, before, and after practicing Raja Yoga Meditation. Random and selected target groups of 20 people in Thailand, to find out the Effect of the practice of Raja Yoga of Brahma Kumaris.

##### **2. SELECTION OF THE VARIABLES:**

The variables have been selected from different professions and genders and cover a wide age group, to show that Raja Yoga is effective for all, and can be practiced in every household, with positive results in enhancing Happiness, and Life Satisfaction index.

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

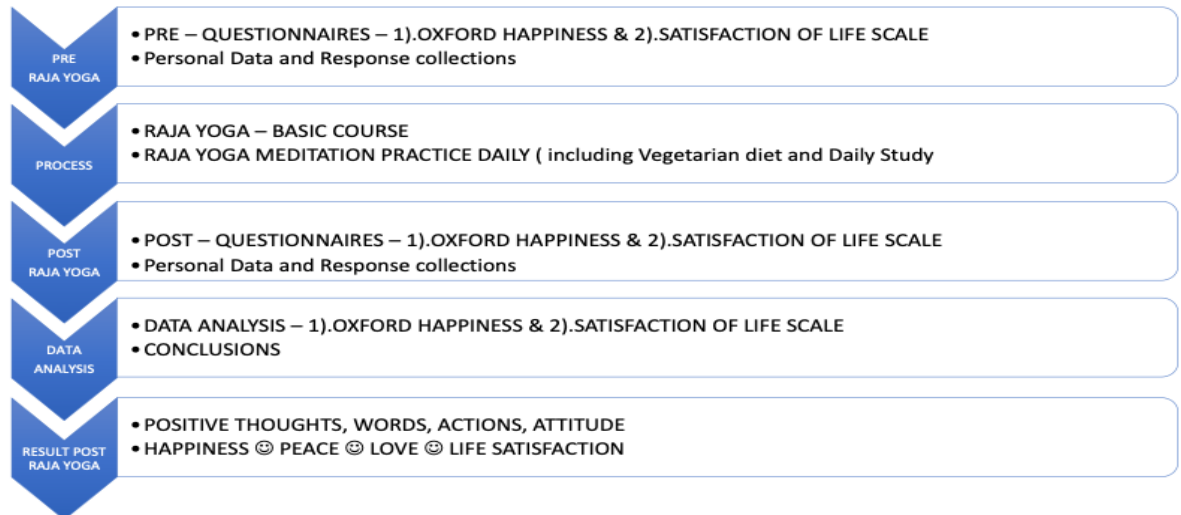
<b>PERSONAL DATA OF RESPONDANTS:</b>						
<b>NAME:</b>	<b>GENDER:</b>	<b>CURRENT AGE:</b>	<b>PROFESSION:</b>		<b>DATE: POST RAJA YOGA</b>	<b>DATE: PRE RAJA YOGA</b>
1.RS	F	49	Military Officer		12-Jun-20	12-Jun-21
2.Arch	F	46	House Wife		1-Sep-15	Sep-20
3.Raj	F	51	House Wife		24-Jan-20	Jan-21
4.Sh	F	44	Yoga Teacher		30-Jan-20	30-Jan-21
5.PDB	F	20	Student		28-Jul-13	11-May-21
6.DB	M	41	Businessman		14-Mar-13	16-May-21
7.SDB	F	43	Social Worker	&Teacher	1-Sep-10	16-May-21
8.Kai	M	61	CEO		May-09	Apr-21
9.Kar	M	35	Businessman		Dec-19	Dec-20
10.DK	F	44	CA		30-Dec-20	Apr-21
11.NP	F	48	Professor		26-Nov-20	22-May-21
12.Bud	F	50	Business Owner		21-May-20	22-May-21
13.Sha	F	60	Housewife		May-19	May-21
14.Gra	F	28	Manager		25-Aug-19	22-May-21
15.Mol	F	64	Sales Manager		Mar-13	May-21
16.Mon	F	54	Owner		25-Aug-19	22-May-21
17.AD	F	55	Teacher		Apr-10	Apr-21
18.Amy	F	37	Housewife		3-Jan-21	Feb-21
19.Par	F	39	House Helper		3-Jan-21	Feb-21
20.Rek	F	30	House Wife		13-Apr-18	Mar-21

(Tab 2)



### **3. RESEARCH PROCEDURE:**

#### **FLOW OF METHODOLOGY CHART & DATA ANALYSIS & RESULTS:**



(Fig 14). Flow Chart

Information details in CHAPTER III: RESEARCH METHODOLOGY

- 3.1 PRE-RAJA YOGA PRACTICE QUESTIONNAIRES - DATA COLLECTIONS
- 3.2 PROCESS - BASIC COURSE OF RAJA YOGA (BKRM)- 8 LESSONS
- 3.3 POST-RAJA YOGA PRACTICE QUESTIONNAIRES - DATA COLLECTIONS
- 3.4 DATA ANALYSIS (Brief)
- 3.5 RESULTS (Brief)

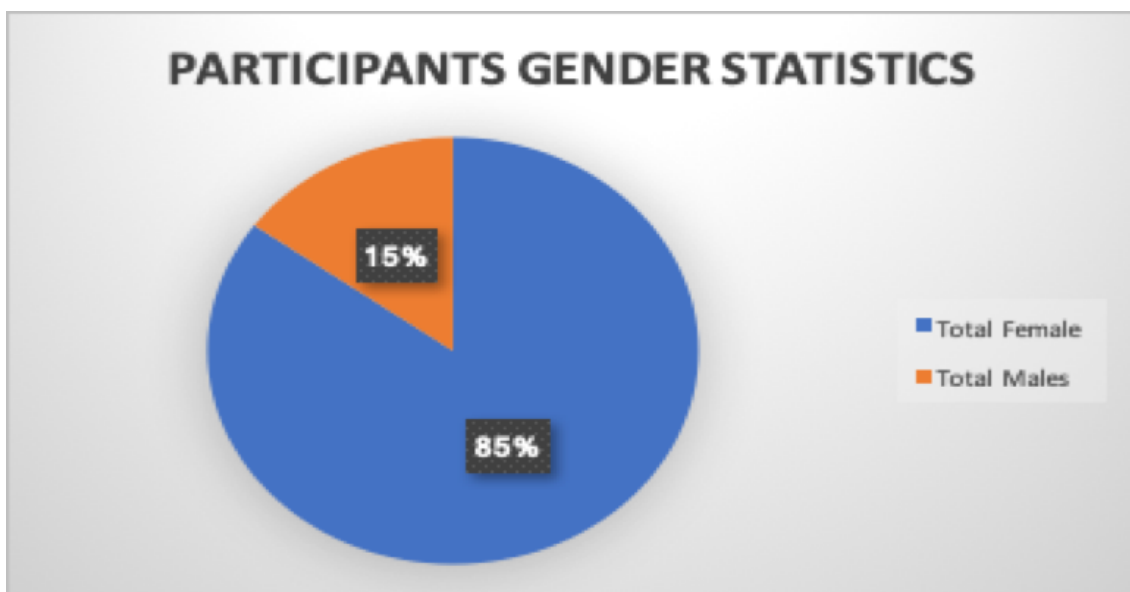
Information details in CHAPTER IV: DATA ANALYSIS & RESULTS - DETAILS-CHARTS/GRAPHS/MEAN

### 3.1: PRE RAJA YOGA PRACTICE - QUESTIONNAIRES

#### DATA COLLECTIONS:

As the data collection was done in 2020 and early 2021, the Questionnaires were sent through an online platform, which was used for data collection during the COVID-19 pandemic lockdown period. To qualify as a respondent, participants should have completed the Basic Raja Yoga Course, and been practicing the meditation for at least over 2 weeks. All participants voluntarily agreed to participate before responding to the online questionnaire. Informed consent was obtained from each participant. All information obtained was solely meant for research purposes and was kept confidential. Through online data collection, 20 participants, from different walks of life, and mixed genders, participated in this study. Of these participants, 3 were males (15%), and 17 were females (85%).

Table 1 shows the percentage of the participants' gender profiles.



(Tab 3)

★ **Instrumentation and Data Analysis:**

Psychological Test Tools

In this study, **2 Types of standardized valid Questionnaires were used:** (See Appendix for Blank Questionnaire Sample)

**1).“The Oxford Happiness Questionnaire” - OHQ**

**2).“Satisfaction with Life Scale Questionnaire” - SLS**

Both the Questionnaires are established self- administered questionnaires, which have been widely used in many countries. Several studies were published to report the reliability and validity of the Questionnaires worldwide. These studies indicated that both the Oxford Questionnaire and the Life Satisfaction Questionnaire are well- established instruments to measure Happiness and life satisfaction.

**1). Oxford Happiness Questionnaire (OHQ)**

OHS was used to measure the self-reported happiness status. It is being widely used by psychologists and sociologists as a tool for assessing happiness status. OHQ is a uni-dimensional scale with 29-items, designed to measure the happiness status.

It employs a 6 point Likert-type format of response, from ‘strongly disagree’ to ‘strongly agree’, to measure self-reported happiness score and self-satisfaction score

Steps Taken to Calculate Individual scores (And converted to percentages too for easier universal understanding)

Step 1.

Items marked (R) should be scored in reverse:

For example, if you gave yourself a “1,” cross it out and change it to a “6.”

Change “2” to a “5”

Change “3” to a “4”

Change “4” to a “3”

Change “5” to a “2” Change “6” to a “1”

Step 2.

Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3.

Divide by 29. So your happiness score = the total (from step 2) divided by 29. Individual Happiness Score was Calculated.

Step 4. These were converted to percentages as well for easier and an alternative way to understand.

Reference:

Developed by Michael Argyle and Peter Hills at Oxford University.

OHQs filled out by all subjects were collected and the mean score for the 29 items was calculated. The lowest possible score was 1 and the highest was 6. Based on the mean score, the 'unhappy to happy state of mind' can be interpreted. In this study, mean scores of 4 or >4 were considered as representing a happy state and those <4 were considered as representing an unhappy state.

Where 4/6 converted to percentage is 66.6%.

*(See Appendix for a copy of the Blank Questionnaire)*

#### **DATA COLLECTIONS:**

**Pre Raja Yoga**, one set of Questionnaires were given to the participants to fill out, to find out their state of mind **before doing the Raja Yoga Course and practicing its Meditation.**

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

**CHARTS AND CALCULATIONS OF OHQ - PRE & POST RAJA YOGA MEDITATION:**

**(Tab 4): DATA & CALCULATIONS OF PARTICIPANTS PRE RAJA YOGA- OHQ**  
Participant # 1 to 10 are shown in chart below:

DATA COLLECTION: THE OXFORD HAPPINESS QUESTIONNAIRE											
PERSONAL DATA OF RESPONDANTS:											
NAME:	1.RS	2.Arch	3.Raj	4.Sh	5.PDB	6.DB	7.SDB	8.Kai	9.Kar	10.DK	
GENDER:	F	F	F	F	F	M	F	M	M	F	
CURRENT AGE:	49	46	51	44	20	41	43	61	35	44	
PROFESSION:	Military Officer	House Wife	House Wife	Yoga Teacher	Student	Businessman	Social Worker	CEO	Businessman	CA	
							&Teacher				
RESPONSE PRIOR TO PRATICING RAJA YOGA MEDITATION:											
Q DATE:	12-Jun-20	1-Sep-15	24-Jan-20	30-Jan-20	28-Jul-13	14-Mar-13	1-Sep-10	May-09	Dec-19	30-Dec-20	
1 I don't feel particularly pleased with the way I am	5	2	4	3	4	4	2	6	1	3	
2 I am intensely interested in other people	3	3	4	3	4	4	5	4	6	6	
3 I feel that life is very rewarding	6	4	4	4	5	5	4	5	1	3	
4 I have very warm feelings towards almost everyone	6	5	4	4	5	5	4	4	6	6	
5 I rarely wake up feeling rested	2	2	3	3	4	4	3	5	2	5	
6 I am not particularly optimistic about the future	5	2	2	2	5	5	3	5	1	6	
7 I find most things amusing	2	2	5	2	4	5	4	4	5	4	
8 I am always committed and involved	4	4	2	2	4	6	5	4	6	5	
9 Life is good	6	4	4	5	5	4	5	5	6	4	
10 I do not think that the world is a good place	5	3	3	3	5	4	2	4	2	5	
11 I laugh a lot	6	2	5	3	4	4	3	4	6	5	
12 I am well satisfied about everything in my life	3	2	3	3	4	4	2	5	5	3	
13 I don't think I look attractive	5	3	2	4	4	3	4	4	6	3	
14 There is a gap between what I would like to do and what I have done	3	5	2	3	4	2	3	5	3	2	
15 I am very happy	6	2	3	3	5	4	4	5	5	4	
16 I find beauty in some things	6	3	3	4	5	4	4	4	6	5	
17 I always have a cheerful effect on others	6	3	3	4	5	5	4	4	6	5	
18 I can fit in (find time for) everything I want to	3	2	2	3	4	5	4	4	6	2	
19 I feel that I am not especially in control of my life	6	3	2	3	4	2	2	5	6	2	
20 I feel able to take anything on	5	2	2	3	4	5	4	4	2	4	
21 I feel fully mentally alert	5	2	2	3	5	6	4	5	6	4	
22 I often experience joy and elation	6	2	3	3	4	4	2	4	6	4	
23 I don't find it easy to make decisions	5	2	2	2	4	4	3	5	1	2	
24 I don't have a particular sense of meaning and purpose in my life	6	2	3	3	5	4	3	5	3	4	
25 I feel I have a great deal of energy	5	4	3	3	6	6	1	4	6	4	
26 I feel I have a good influence on events	6	2	4	3	4	5	1	4	6	4	
27 I don't have fun with other people	5	3	5	3	4	4	4	5	6	6	
28 I don't feel particularly healthy	5	3	2	4	5	6	3	5	2	4	
29 I don't have particularly happy memories of the past	4	4	4	5	3	3	2	5	1	3	
INDIVIDUAL AVERAGE RESPONSE SCORE BEFORE RAJA YOGA PRACTIC	4.83	2.83	3.10	3.21	4.41	4.34	3.24	4.55	4.28	4.03	
(In Percentage)	80%	47%	52%	53%	74%	72%	54%	76%	71%	67%	

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(Tab 5): DATA & CALCULATIONS OF PARTICIPANTS PRE RAJA YOGA- OHQ  
Participant # 11 to 20 are shown in chart below:

DATA COLLECTION: THE OXFORD HAPPINESS QUESTIONNAIRE												
PERSONAL DATA OF RESPONDANTS:												
NAME:	11.NP	12.Bud	13.Sha	14.Gra	15.Mol	16.Mon	17.AD	18.Amy	19.Par	20.Rek		
GENDER:	F	F	F	F	F	F	F	F	F	F		
CURRENT AGE:	48	50	60	28	64	54	55	37	39	30		
PROFESSION:	Professor	Business Owner	Housewife	Manager	Sales Manager	Owner	Teacher	Housewife	House Help	House Wife		
RESPONSE PRIOR TO PRATICING RAJA YOGA MEDITATION:												
Q DATE:	26-Nov-20	21-May-20	May-19	25-Aug-19	Mar-13	25-Aug-19	Apr-10	3-Jan-21	3-Jan-21	13-Apr-18	Average	%
1 I don't feel particularly pleased with the way I am	R 2	5	6	2	1	4	1	3	1	3	3.10	51.7%
2 I am intensely interested in other people	6	6	4	2	5	2	6	3	1	4	4.05	67.5%
3 I feel that life is very rewarding	3	3	5	5	1	5	4	2	1	3	3.65	60.8%
4 I have very warm feelings towards almost everyone	5	4	4	5	3	3	1	4	4	2	4.20	70.0%
5 I rarely wake up feeling rested	R 4	1	5	5	4	3	1	3	1	1	3.05	50.8%
6 I am not particularly optimistic about the future	R 6	1	5	5	4	3	3	3	1	4	3.55	59.2%
7 I find most things amusing	3	1	4	4	1	5	4	2	2	2	3.25	54.2%
8 I am always committed and involved	6	1	4	5	2	4	5	5	5	4	4.15	69.2%
9 Life is good	4	1	5	5	5	5	4	4	1	2	4.20	70.0%
10 I do not think that the world is a good place	R 4	1	4	6	5	5	1	3	1	2	3.40	56.7%
11 I laugh a lot	5	1	4	3	5	4	4	3	1	5	3.85	64.2%
12 I am well satisfied about everything in my life	3	1	5	5	3	4	1	2	1	2	3.05	50.8%
13 I don't think I look attractive	R 3	1	4	6	3	4	2	4	5	5	3.75	62.5%
14 There is a gap between what I would like to do and what I have done	R 3	1	5	5	4	4	2	1	1	3	3.05	50.8%
15 I am very happy	5	1	5	5	5	4	1	3	1	5	3.80	63.3%
16 I find beauty in some things	5	1	4	6	5	5	4	3	4	4	4.25	70.8%
17 I always have a cheerful effect on others	5	1	4	5	5	4	5	3	1	2	4.00	66.7%
18 I can fit in (find time for) everything I want to	1	1	4	5	5	5	4	4	4	4	3.60	60.0%
19 I feel that I am not especially in control of my life	R 4	1	5	6	3	4	2	2	1	1	3.20	53.3%
20 I feel able to take anything on	3	1	4	4	6	4	1	3	1	1	3.15	52.5%
21 I feel fully mentally alert	3	1	5	5	4	3	3	2	1	2	3.55	59.2%
22 I often experience joy and elation	5	1	4	5	2	4	1	3	1	2	3.30	55.0%
23 I don't find it easy to make decisions	R 3	1	5	4	4	3	1	1	1	2	2.75	45.8%
24 I don't have a particular sense of meaning and purpose in my life	R 5	1	5	6	4	4	2	2	1	1	3.45	57.5%
25 I feel I have a great deal of energy	3	1	4	5	2	4	4	3	2	2	3.60	60.0%
26 I feel I have a good influence on events	4	1	4	5	2	5	4	4	2	2	3.60	60.0%
27 I don't have fun with other people	R 5	1	4	6	5	4	3	3	1	2	3.95	65.8%
28 I don't feel particularly healthy	R 4	1	5	6	3	4	1	1	1	2	3.35	55.8%
29 I don't have particularly happy memories of the past	R 3	1	5	5	3	4	2	3	1	2	3.15	52.5%
INDIVIDUAL AVERAGE RESPONSE SCORE BEFORE RAJA YOGA PRACTICE:	3.97	1.48	4.52	4.86	3.59	4.00	2.66	2.83	1.69	2.62	3.55	59.2%
(In Percentage)	66%	25%	75%	81%	60%	67%	44%	47%	28%	44%		

3.2: PRACTICE OF RAJA YOGA BY THE SUBJECTS:

Practice of Raja Yoga of Brahma Kumaris by the Participants.

Details of the teachings of the 7 Lessons of the "Basic Course of Raja Yoga of Brahma Kumaris", plus the 8th Lesson of "The Powers of the Soul", followed by practical principles to be followed and samples of Guided Meditation practice, which has been explained in the last topic of this Chapter separately, as "The Methodology Process Detail", The Meditation Knowledge, as a very descriptive and deep understanding of each Lesson, has been shared in this research paper.

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3.3: POST RAJA YOGA PRACTICE - QUESTIONNAIRES

DATA COLLECTIONS:

Another set of the same Questionnaires, the same Questionnaires OHQ and SLS (as outlined and explained in Pre Raja Yoga Practice), were also given to be filled out by the participants, **Post Raja Yoga, after doing Raja Yoga Course and Practicing its Meditation.**

(Tab 6): DATA & CALCULATIONS OF PARTICIPANTS POST RAJA YOGA- OHQ  
Participant # 1 to 10 are shown in chart below:

PERSONAL DATA OF RESPONDANTS:											
NAME:	1.RS	2.Arch	3.Raj	4.Sh	5.PDB	6.DB	7.SDB	8.Kal	9.Kar	10.OK	
GENDER:	F	F	F	F	F	M	F	M	M	F	
CURRENT AGE:	49	46	51	44	20	41	43	61	35	44	
PROFESSION:	Military Officer	House Wife	House Wife	Yoga Teacher	Student	Businessman	Social Worker	CEO	Businessman	CA	
RESPONSE <u>POST / AFTER RAJA YOGA PRACTICE</u> :DATE:	12-Jun-21	Sep-20	Jan-21	30-Jan-21	11-May-21	16-May-21	16-May-21	Apr-21	Dec-20	Apr-21	
31 I don't feel particularly pleased with the way I am	R	5	6	4	5	6	6	6	6	4	6
32 I am intensely interested in other people		4	5	1	1	2	4	2	5	6	2
33 I feel that life is very rewardin		6	6	6	6	6	6	6	6	6	6
34 I have very warm feelings towards almost everyone		6	6	5	6	6	6	5	5	6	6
35 I rarely wake up feeling rested	R	3	6	6	4	5	5	6	6	3	5
36 I am not particularly optimistic about the future	R	6	6	6	5	6	6	6	6	6	6
37 I find most things amusing		3	6	3	6	4	6	5	5	5	4
38 I am always committed and involved		4	6	4	6	5	6	6	5	6	5
39 Life is good		6	6	6	6	6	6	6	6	4	6
40 I do not think that the world is a good place	R	5	4	6	5	5	5	5	5	6	6
41 I laugh a lot		6	5	6	4	5	6	5	5	6	4
42 I am well satisfied about everything in my life		5	5	6	6	6	6	6	6	6	5
43 I don't think I look attractive	R	6	4	2	3	5	6	6	6	6	6
44 There is a gap between what I would like to do and what I have done	R	3	3	3	2	5	5	6	6	5	5
45 I am very happy		6	6	6	6	6	6	6	5	5	5
46 I find beauty in some things		6	5	4	3	6	6	5	5	6	5
47 I always have a cheerful effect on others		6	5	5	6	5	6	3	5	6	4
48 I can fit in (find time for) everything I want to		5	5	4	5	4	6	3	5	6	4
49 I feel that I am not especially in control of my life	R	6	3	3	4	5	6	6	6	6	6
50 I feel able to take anything on		6	5	5	6	5	6	6	5	4	5
51 I feel fully mentally alert		6	6	5	6	6	6	5	6	6	5
52 I often experience joy and elation		6	3	6	6	6	6	5	5	6	5
53 I don't find it easy to make decisions	R	5	4	3	4	5	6	6	6	6	5
54 I don't have a particular sense of meaning and purpose in my life	R	6	4	2	5	6	6	6	6	6	6
55 I feel I have a great deal of energy		6	6	5	6	6	6	6	5	6	5
56 I feel I have a good influence on events		6	5	5	5	6	6	6	5	6	5
57 I don't have fun with other people	R	5	5	6	2	6	5	6	6	6	6
58 I don't feel particularly healthy	R	5	5	5	4	6	6	6	5	6	5
59 I don't have particularly happy memories of the past	R	5	4	4	5	6	4	5	6	6	3
<b>INDIVIDUAL AVERAGE RESPONSE SCORE AFTER RAJA YOGA PRACTICE:</b>		5.28	5.00	4.55	4.76	5.38	5.72	5.38	5.48	5.59	5.03
		88%	83%	76%	79%	90%	95%	90%	91%	93%	84%
<b>INDIVIDUAL DIFFERENCE IN AVERAGE RESPONSE SCORE: PRESENT UP BY:</b>		0.45	2.17	1.45	1.55	0.97	1.38	2.14	0.93	1.31	1.00
		7%	36%	24%	26%	16%	23%	36%	16%	22%	17%



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(Tab 7): DATA & CALCULATIONS OF PARTICIPANTS POST RAJA YOGA- OHQ  
Participant # 11 to 20 are shown in chart below:

PERSONAL DATA OF RESPONDANTS:													
NAME:	11.NP	12.Bud	13.Sha	14.Gra	15.Mol	16.Mon	17.AD	18.Amy	19.Par	20.Rek			
GENDER:	F	F	F	F	F	F	F	F	F	F			
CURRENT AGE:	48	50	60	28	64	54	55	37	39	30			
PROFESSION:	Professor	Business Owner	Housewife	Manager	Sales Manager	Owner	Teacher	Housewife	House Helper	House Wife			
RESPONSE <u>POST</u> / <u>AFTER</u> RAJA YOGA PRACTICE:DATE:	22-May-21	22-May-21	May-21	22-May-21	May-21	22-May-21	Apr-21	Feb-21	Feb-21	Mar-21			
31 I don't feel particularly pleased with the way I am	R	6	6	6	5	6	5	5	6	6	5	5.50	91.7%
32 I am intensely interested in other people		2	6	5	4	1	3	4	5	6	5	3.65	60.8%
33 I feel that life is very rewardin		5	5	6	6	6	5	5	5	5	5	5.65	94.2%
34 I have very warm feelings towards almost everyone		5	5	5	6	6	5	5	5	5	5	5.45	90.8%
35 I rarely wake up feeling rested	R	5	3	6	5	6	4	5	6	6	5	5.00	83.3%
36 I am not particularly optimistic about the future	R	6	5	6	6	6	5	6	6	6	5	5.80	96.7%
37 I find most things amusing		2	2	5	6	6	5	5	5	5	3	4.55	75.8%
38 I am always committed and involved		2	4	5	5	5	5	6	5	5	5	5.00	83.3%
39 Life is good		6	5	6	6	6	6	6	6	4	5	5.70	95.0%
40 I do not think that the world is a good place	R	5	5	5	6	6	6	6	4	5	5	5.25	87.5%
41 I laugh a lot		6	4	5	6	4	4	6	5	4	6	5.10	85.0%
42 I am well satisfied about everything in my life		6	3	6	6	2	5	5	5	4	4	5.15	85.8%
43 I don't think I look attractive	R	6	5	6	6	4	5	5	5	5	6	5.15	85.8%
44 There is a gap between what I would like to do and what I have done	R	6	1	6	6	6	5	3	3	5	4	4.40	73.3%
45 I am very happy		6	2	5	6	6	5	5	4	4	6	5.30	88.3%
46 I find beauty in some things		6	6	5	6	6	5	6	5	4	6	5.30	88.3%
47 I always have a cheerful effect on others		5	4	5	6	6	5	4	5	5	4	5.00	83.3%
48 I can fit in (find time for) everything I want to		3	4	5	6	6	5	5	6	5	5	4.85	80.8%
49 I feel that I am not especially in control of my life	R	6	6	6	6	6	5	4	5	5	6	5.30	88.3%
50 I feel able to take anything on		5	4	5	6	6	4	6	4	4	4	5.05	84.2%
51 I feel fully mentally alert		6	4	6	6	5	4	5	5	4	4	5.30	88.3%
52 I often experience joy and elation		6	3	5	6	6	4	6	5	4	4	5.15	85.8%
53 I don't find it easy to make decisions	R	6	5	6	6	6	3	5	6	5	5	5.15	85.8%
54 I don't have a particular sense of meaning and purpose in my life	R	6	5	6	6	6	4	6	6	5	5	5.40	90.0%
55 I feel I have a great deal of energy		6	5	5	6	6	4	4	5	5	6	5.45	90.8%
56 I feel I have a good influence on events		3	6	5	5	6	5	5	5	5	5	5.25	87.5%
57 I don't have fun with other people	R	6	5	5	5	6	5	6	6	5	5	5.35	89.2%
58 I don't feel particularly healthy	R	6	6	5	6	6	5	3	5	5	5	5.25	87.5%
59 I don't have particularly happy memories of the past	R	5	5	6	6	6	5	6	4	4	5	5.00	83.3%
INDIVIDUAL AVERAGE RESPONSE SCORE AFTER RAJA YOGA PRACTICE:		5.14	4.45	5.45	5.76	5.48	4.69	5.10	5.07	4.83	4.93	5.15	85.9%
		86%	74%	91%	96%	91%	78%	85%	84%	80%	82%		
INDIVIDUAL DIFFERENCE IN AVERAGE RESPONSE SCORE: PRESENT UP BY:		1.17	2.97	0.93	0.90	1.90	0.69	2.45	2.24	3.14	2.31	1.60	26.7%
		20%	49%	16%	15%	32%	11%	41%	37%	52%	39%		

**2) The Satisfaction with Life Scale (Dr. Diener) - (SLS)**

SLS, is a short survey questionnaire for measuring the Satisfaction of life. The average score of self-satisfaction was compared before and after Raja Yoga too. It employs a 7 point Likert-type format of response, from 'strongly disagree' to 'strongly agree' for the 5 Questions. The total numbers are added to get a total score that denotes their life satisfaction as follows:

- \*31 to 35 denotes Extremely Satisfied
- \*26 to 30 denotes Satisfied
- \*21 to 25 denotes Slightly Satisfied



\*20 denotes being Neutral ( When calculated in percentage is 57.14% is NEUTRAL)

\*15 to 19 denotes Slightly Dissatisfied

\*10 to 14 denotes Dissatisfied

\*5 to 9 denotes Extremely Dissatisfied.

(See blank form in Appendix for reference)

#### **DATA COLLECTIONS PRE & POST RAJA YOGA:**

**Pre Raja Yoga**, one set of SLS Questionnaire was given to the participants to fill out, to find out their state of mind **before doing the Raja Yoga Course and practicing its Meditation.**

Another set of the same Questionnaire, were also given to be filled out **Post Raja Yoga, after doing Raja Yoga Course and Practicing its Meditation.**

(Reference:

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

Pavot, W. G., & Diener, E. (1993). Review of the Satisfaction with Life Scale. *Psychological Assessment*, 5, 164-172.)

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**CHARTS AND CALCULATIONS OF SLS - PRE & POST RAJA YOGA MEDITATION:**

**(Tab 8): SLS- DATA & CALCULATIONS OF PARTICIPANTS PRE & POST RAJA YOGA**  
Participant # 1 to 10 are shown in chart below:

DATA COLLECTION:		SATISFACTION WITH LIFE SCALE:									
NAME:	NAME:	1.R.S	2.Arch	3.Raj	4.Sh	5.PDB	6.DB	7.SDB	8.Kai	9.Kar	10.DK
GENDER:		F	F	F	F	F	M	F	M	M	F
PRESENT AGE:		49	46	51	44	20	49	43	61	35	44
PROFESSION:		Military Officer	HouseWife	House Wife	Yoga Teacher	Student	Businessman	Social Worker	CEO	Businessman	CA
DATE:		12-Jun-20	Sep-17	Jan-20	30-Jan-20	28-Jul-13	14-Mar-13	16-Feb-10	May-09	27-Dec-19	30-Dec-20
	QUESTIONS: BEFORE RAJA YOGA MEDITATION: PAST:										
	1 In most ways my life is close to my ideal	5	2	2	3	5	4	3	5	2	5
	2 The conditions of my life are excellent	6	2	3	5	6	5	6	5	2	3
	3 I am satisfied with my life	7	2	3	2	6	5	2	5	4	3
	4 So far I have gotten the important things I want in life	5	1	5	3	5	4	2	5	2	5
	5 If I could live my life over, I would change almost nothing	6	2	5	3	4	3	1	3	2	2
	<b>Total PRE INDIVIDUAL SCORE: mean</b>	<b>29</b>	<b>9</b>	<b>18</b>	<b>16</b>	<b>26</b>	<b>21</b>	<b>14</b>	<b>23</b>	<b>12</b>	<b>18</b>
	<b>Total PRE INDIVIDUAL SCORE: mean %</b>	<b>83%</b>	<b>26%</b>	<b>51%</b>	<b>46%</b>	<b>74%</b>	<b>60%</b>	<b>40%</b>	<b>66%</b>	<b>34%</b>	<b>51%</b>
	QUESTIONS: AFTER RAJA YOGA MEDITATION: PRESENT:	12-Jun-21	Sep-20	Jan-21	30-Jan-21	11-May-21	6-May-21	16-May-21	Apr-21	Dec-20	Apr-21
	6 In most ways my life is close to my ideal	6	6	6	6	6	7	7	6	2	3
	7 The conditions of my life are excellent	7	6	7	6	7	7	7	7	2	6
	8 I am satisfied with my life	6	6	7	6	7	6	7	7	7	6
	9 So far I have gotten the important things I want in life	7	6	7	7	7	7	7	6	7	6
	10 If I could live my life over, I would change almost nothing	6	5	7	3	7	7	6	6	4	4
	<b>Total POST INDIVIDUAL SCORE:mean</b>	<b>32</b>	<b>29</b>	<b>34</b>	<b>28</b>	<b>34</b>	<b>35</b>	<b>33</b>	<b>32</b>	<b>22</b>	<b>25</b>
	<b>Total POST INDIVIDUAL SCORE:mean%</b>	<b>91%</b>	<b>83%</b>	<b>97%</b>	<b>80%</b>	<b>97%</b>	<b>100%</b>	<b>94%</b>	<b>91%</b>	<b>63%</b>	<b>71%</b>
	<b>INDIVIDUAL DIFFERENCE IN SCORE:mean</b>	<b>3</b>	<b>20</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>14</b>	<b>19</b>	<b>9</b>	<b>10</b>	<b>7</b>
	<b>INDIVIDUAL DIFFERENCE IN SCORE:%</b>	<b>9%</b>	<b>57%</b>	<b>46%</b>	<b>34%</b>	<b>23%</b>	<b>40%</b>	<b>54%</b>	<b>26%</b>	<b>29%</b>	<b>20%</b>
	SCORE:										
	31-35 Extremely satisfied										
	26-30 Satisfied										
	20 Neutral										
	15-19 Slightly Satisfied										
	10-14 Dissatisfied										
	5-9 Extremely dissatisfied										

**(Tab 9): SLS - DATA & CALCULATIONS OF PARTICIPANTS : PRE & POST RAJA YOGA**  
Participant # 11 to 20 are shown in chart below:

DATA COLLECTION:		SATISFACTION WITH LIFE SCALE:											
NAME:	NAME:	11.NP	12.Bud	13.Shan	14.Gra	15.Mol	16.Mona	17.AD	18.Amy	19.Par	20.Rek		
GENDER:		F	F	F	F	F	F	F	F	F	F		
PRESENT AGE:		48	50	60	28	64	54	55	37	39	30		
PROFESSION:		Professor	Business Owner	House Wife	Manager	Sales Manager	Owner	Teacher	Housewife	HouseHelper	House Wife		
DATE:		Nov-20	21-May-20	May-09	25-Aug-19	Mar-13	25-Aug-19	Apr-10	3-Jan-21	3-Jan-21	13-Apr-18		
	QUESTIONS: BEFORE RAJA YOGA MEDITATION: PAST:										average		
	1 In most ways my life is close to my ideal	5	1	5	6	1	3	3	2	2	2	3.3	47%
	2 The conditions of my life are excellent	5	1	5	5	2	5	5	3	2	2	3.9	56%
	3 I am satisfied with my life	5	1	5	5	5	5	2	4	2	3	3.8	54%
	4 So far I have gotten the important things I want in life	5	1	5	6	2	4	2	3	2	2	3.45	49%
	5 If I could live my life over, I would change almost nothing	5	1	3	6	3	2	2	2	2	1	2.9	41%
	<b>Total PRE INDIVIDUAL SCORE: mean</b>	<b>25</b>	<b>5</b>	<b>23</b>	<b>28</b>	<b>13</b>	<b>19</b>	<b>14</b>	<b>14</b>	<b>10</b>	<b>10</b>	<b>3.5</b>	<b>50%</b>
	<b>Total PRE INDIVIDUAL SCORE: mean %</b>	<b>71%</b>	<b>14%</b>	<b>66%</b>	<b>80%</b>	<b>37%</b>	<b>54%</b>	<b>40%</b>	<b>40%</b>	<b>29%</b>	<b>29%</b>		
	QUESTIONS: AFTER RAJA YOGA MEDITATION: PRESENT:	May-21	22-May-21	May-21	22-May-21	May-21	22-May-21	Apr-21	Feb-21	Feb-21	Mar-21		
	6 In most ways my life is close to my ideal	7	5	6	7	7	5	4	5	5	5	5.55	79%
	7 The conditions of my life are excellent	7	5	7	6	6	6	6	6	4	4	5.95	85%
	8 I am satisfied with my life	6	4	7	7	7	6	5	6	4	4	6.05	86%
	9 So far I have gotten the important things I want in life	6	5	6	7	7	5	7	6	5	4	6.25	89%
	10 If I could live my life over, I would change almost nothing	7	5	6	7	7	3	6	6	5	5	5.6	80%
	<b>Total POST INDIVIDUAL SCORE:mean</b>	<b>33</b>	<b>24</b>	<b>32</b>	<b>34</b>	<b>34</b>	<b>25</b>	<b>28</b>	<b>29</b>	<b>23</b>	<b>22</b>	<b>5.9</b>	<b>84%</b>
	<b>Total POST INDIVIDUAL SCORE:mean%</b>	<b>94%</b>	<b>69%</b>	<b>91%</b>	<b>97%</b>	<b>97%</b>	<b>71%</b>	<b>80%</b>	<b>83%</b>	<b>66%</b>	<b>63%</b>		
	<b>INDIVIDUAL DIFFERENCE IN SCORE:mean</b>	<b>8</b>	<b>19</b>	<b>9</b>	<b>6</b>	<b>21</b>	<b>6</b>	<b>14</b>	<b>15</b>	<b>13</b>	<b>12</b>	<b>2.4</b>	<b>34%</b>
	<b>INDIVIDUAL DIFFERENCE IN SCORE:%</b>	<b>23%</b>	<b>54%</b>	<b>26%</b>	<b>17%</b>	<b>60%</b>	<b>17%</b>	<b>40%</b>	<b>43%</b>	<b>37%</b>	<b>34%</b>		
	SCORE:												
	31-35 Extremely satisfied												
	26-30 Satisfied												
	20 Neutral												
	15-19 Slightly Satisfied												
	10-14 Dissatisfied												
	5-9 Extremely dissatisfied												

### 3.4: RESULTS : DATA ANALYSIS:

The results were then analysed with Statistical Analysis. Graphs and Tables (See Chapter IV).

For the present study, descriptive statistics, including frequency, percentage, mean, and standard deviation, were conducted to achieve the research objectives.

#### ➤ Scores and Analysis OHQ:

The mean happiness scores and happiness status were compared between Pre and Post Raja Yoga, as has been shown in the charts below.

Mean Happiness Overall scores Post Raja Yoga were significantly higher at 85.90%, improved by 26.70%, as compared to those of Pre Raja Yoga Overall Happiness scores at 59.20%. Significantly showing that all the subjects currently (post Raja Yoga) have a much Happier state of mind, which indicated that all Raja Yoga meditators [n=20(100%)] were happier than they were Pre Raja Yoga meditation.

As shown in the table below, all scores, Post Raja Yoga Practice, were ranging from 4.55 to 5.76, which was above the score of '4' (66.6%) - the mark point of the OHQ.

#### ➤ Scores and Analysis SLS:

The mean Satisfaction of Life scores were analysed and were compared between Pre and Post Raja Yoga Practice, as has been shown in graph below. Mean Satisfaction with Life Overall scores Post Raja Yoga were significantly higher (t=29.4 or 84%); d=34.43%), improved by 12.05 or 34.43%, as compared to those of Pre Raja Yoga Overall scores (t=17.35 or 49.57%). Significantly showing that the subjects currently are much more satisfied with their lives, which indicated that all Raja Yoga meditators [n=20(100%)] were happier than Pre Raja Yoga meditation.

#### OVERALL RESULTS OF OHQ & SLS:

This study showed that Brahma Kumaris Raja Yoga Meditation (BKRM) increased Happiness and Life Satisfaction significantly in all participants, (Irrespective of age, gender, profession, language, culture, cultivating and sustaining a positive mindset), as can be seen in the results of both sets of Questionnaires - OHQ & SLS.

When interviewed, it was also seen that all the participants were able to recognize and feel a distinct increase in Happiness and Life Satisfaction, and

felt that BKRM significantly improved their lifestyle and state of mind, thus improving overall health and wellness. Some participants were able to shift from a marked 'depressed' state of mind, to being able to self-manage themselves to have a more positive and peaceful state of mind, and empowered to a great extent.

DETAILS OF DATA ANALYSIS, CHARTS, STATISTICS, CASE STUDIES, IS IN THE NEXT CHAPTER IV. Comments of each participant are also outlined.

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### **3.2 METHODOLOGY PROCESS DETAIL:**

#### **THE MEDITATION: THE BASIC COURSE OF RAJA YOGA OF BRAHMA KUMARIS AND MEDITATION PRACTICE**

The basic course of Raja Yoga of Brahma Kumaris is taught over 7 days, in 7 main lessons, with one Bonus lesson 8 ( the 8 Powers of the Soul), followed by the main Principles of Spiritual Yogi life, and then the Murli / Direct versions of God are understood, and the Practical daily embodiment and practice of Raja Yoga begins.

The topics covered in this course lead to a deeper understanding of yourself, your intrinsic positive qualities and your innate value. In time, this understanding becomes a natural part of your day to day awareness, constructively influencing how you see yourself and how you relate to your world.

In the process of exploring these universal concepts in the privacy of your own inner world through meditation, you will come to a first hand awareness of the interconnectedness of the human family and the rights, roles and responsibilities of individuals. This is very important in your spiritual development and will give you a fresh perspective on values such as unity, harmony, justice, freedom, respect and love.

DETAILS OF THE MAIN LESSONS OF RAJA YOGA BASIC COURSE AS TAUGHT TO THE PARTICIPANTS IS AS BELOW:

## **LESSON 1: WHO AM I?**

### **SOUL/SPIRIT/MIND/CONSCIOUSNESS/ATMA**

#### **The Soul Realized**

Have you ever wondered what your past is i.e. do you ever believe that life is eternal or in other words life is not only a one birth reality? We all know about what the soul is and hear about it but do we apply the knowledge that we hear in our personal life? Everything that we do, every action that we perform through the physical body, it is actually the spiritual energy or soul performing the action or speaking the words or even thinking about something. But, because the soul cannot be seen, we think it is me, the physical form, which is doing everything. Even science today has started considering the immortality (beyond life and death) of the self. Also, people have started believing how an invisible and non-physical source of peace, love and joy exists which is me, the soul, and this source consists of the mind which thinks. On the other hand, the brain is just a physical medium through which the soul functions. It is a medium which contains chemical and electrical activity corresponding to the entire thought activity of the mind, inside it. The thought activity is inside the mind and is non-physical and the chemical and electrical activity, which is caused due to the thought activity, is inside the brain and is physical. Do you know that every time you create a thought inside your mind, your brain produces weak but clear electrical signals corresponding to that particular thought? The method of recording and understanding these electrical signals is called EEG (Electroencephalography), which also gives us an idea of the thought activity that exists inside the mind. This is similar to the method of ECG (Electrocardiography) which records the electrical activity of the heart.

There is also a group of respected people around the world who are offering their services to spiritual organizations. There are many people from different fields of life like engineering, medicine, business, education etc. who have dedicated their lives to the spiritual upliftment of people. They are serving in their respective fields, along with performing spiritual service. All these people from various backgrounds have recognized and experienced that they are energies of consciousness or souls, who are running their physical bodies, which is the most basic principle of spirituality. Also, there are people in the world who have experienced themselves as separate from their physical body and brain in meditation and also through near death and out of body experiences.

The soul is a non-physical energy which runs the physical body in a manner which can be compared to how electrical energy runs a television set. If there is no electricity, inspite of a complex machine which a television set is and with all its parts, big or small, it will not be able to show us images of the world. It will not be able to keep us updated about the world's events. In the same manner, the physical body with its various parts and different systems cannot function without the existence of the soul inside it. As soon as the soul leaves the body, the heart and other organs stop working, even the brain does not function. The soul is a prime mover of the body. The soul is located inside the brain near the hypothalamus and pituitary gland, which are parts of the brain. It controls the five sense organs – eyes, nose, ears, tongue and hands through the brain and with the help of the nervous and hormonal systems. The brain functions as a bridge between the soul and the different body parts.

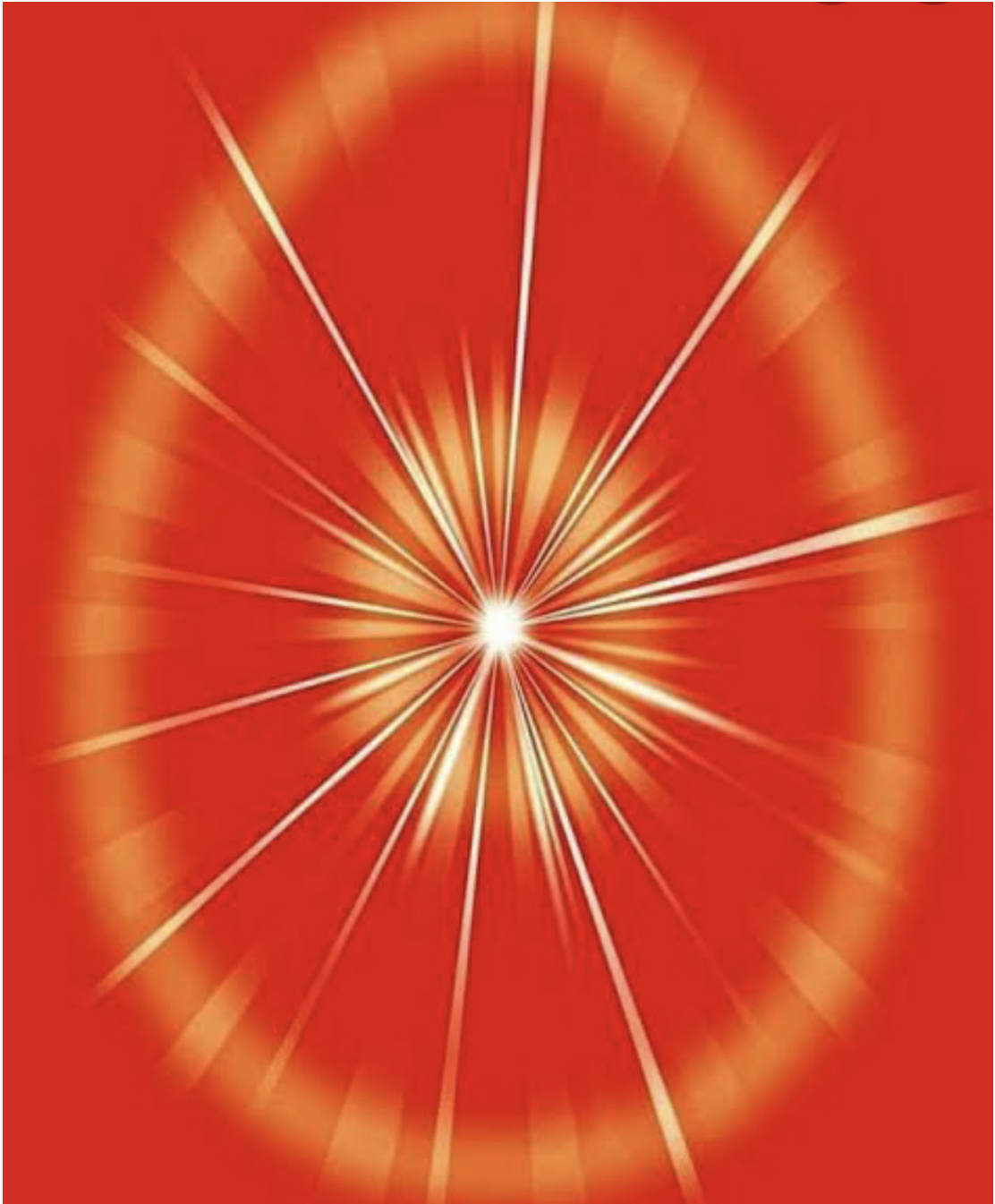
The brain's activity detected by various sensitive instruments that science has given is caused due to the existence of the soul. If there is no non-physical soul which actually thinks, inside the body, then there will be no activity detected inside the physical brain i.e. the brain will be silent. It's the mind which actually thinks and not the brain. The mind is non-physical and is a part of the non-physical soul. We can also compare the soul and physical body relationship with a computer. The brain is like a CPU or central processing unit of the computer, whereas the soul is like a programmer of the computer. The brain expresses all thought, word and action programs received from the soul, through the body. The body is like the monitor of the computer which displays the final version of what has been processed by the brain. As we think, the brain, which is a physical organ of the body, picks up these signals from the non-physical soul. The signals or orders which the brain has detected are then converted into various actions performed by the body. Non-physical instructions of the soul are given a physical form by the brain and brought into action.

### *Man and Matter*

All things in this world are in a state of motion and are, without a single exception, changing every moment, a non-stop phenomenon. Much of the activity is however due to forces of Nature - inner or outer - and most of the changes are due to mutual action or reaction by material substances or inter-action between various elements of matter (earth, water, sun, air, space)

between earth, sun, moon and stars. But human activity is different. Thoughts, ideas, feelings, and will, play a prominent part in human activity and action. All these are faculties of the mind. Human beings have a special and valued faculty of taking decisions or acting according to worked out plans and devising the means for the way out of difficulties. This is what holds man as superior being to the rest of the species. Moreover there is something in man that moves him towards goodness, morality and the need to be happy and peaceful. This is part of the mind and is man's 'Intellect' or 'Inner conscience'. Religious and spiritual people say that the sentient being is the soul, which enters the human frame to play its role as the life giving force to the embryo. Mind and Intellect are the invisible functioning ability of the soul. They are the soul's faculties which work through the brain, the nervous system and the organs of the body. Cognition, Conation and Affection, the three main faculties or manifestations of the mind, as generally agreed by psychologists cannot be attributed to Matter. Cognition is the faculty of understanding, perception, judgment, reasoning, memory, etc. Conation is the inherent tendencies that engage man into action such as to construct, to learn, to sustain, etc. Affection is the emotions such as love, surprise, fear, joy, etc., or the feelings that result from these. These are also known as 'Consciousness' or '*chetanta*' of the Soul. This is what separates Man from Matter (*Purush from Prakriti*).

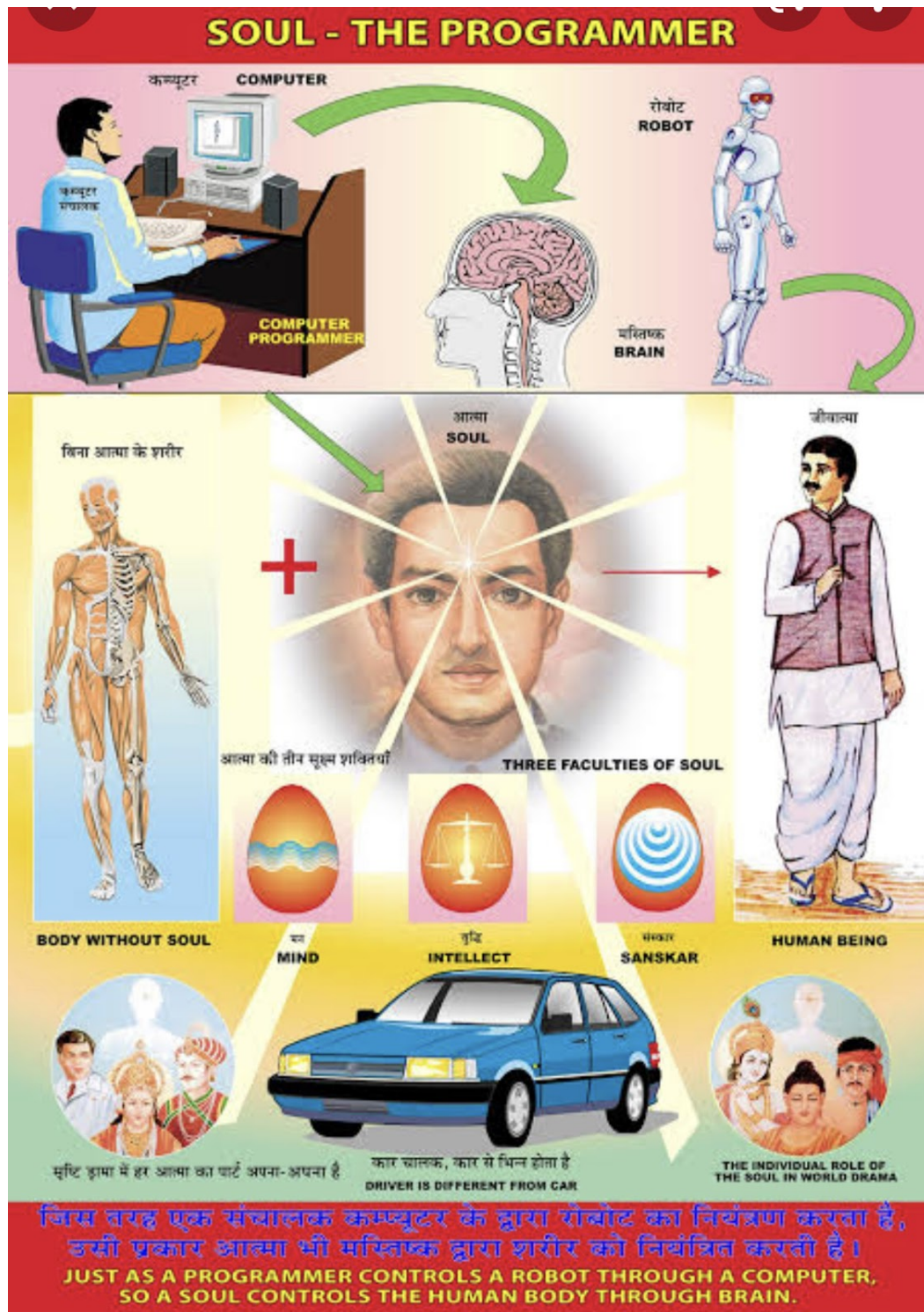
Emotions and feelings point to a **superphysical entity**. The sense organs like eyes see, nose smell, ears hear, point to a relevant sensory experience, and yet the feelings that accompany such as kindness, compassion, joy, sympathy, etc. are not felt by these sense organs, but rather the conscient being called the soul. For example the eyes can see a red rose being given, but the feeling with which it's being given, the love, the delight, regard, beauty, is an experience, which is of something other than the eyes. This something that is the 'experiencer' is the 'Soul', the 'I', the 'inner consciousness'. And so even with the removal of the physical sense organ, or even the object, the experiencer can still experience the delight and think of the smell and beauty of the flower. Seeing someone, and recognizing them (which is from memory or past experience with them), are too different faculties, as thinking things and feeling pleasure or pain is not the job of the eye, but is the nature of the Conscient being. Such experiences of pleasure, pain, earnestness, kindness, etc. is not the attribute of Matter. Never have any material thing engaged in thinking or feeling of joy or grief.



(Fig 15: Pic depicts image of “**SOUL**” - Soul and Supreme Soul are same in form/image - Energy Point)



*Soul- The Experienter, runs the body*



(Fig 16)

Consciousness or Conscience is not an attribute of the body which is just matter, however complex and evolved. And when this entity, Soul, leaves the body (upon death), the body of matter, even stops all its complex functions such as circulatory, digestive, all systems stop functioning, which also actually goes to show that the Soul, is the energy, life force that runs this body and the inner bodily functions of all the organs and even the sensory organs, for then even the eyes can't see, the ears can't hear, and the nose can't smell, and the tongue can't taste or eat, the hands and skin can't feel. However, these functions seem to be operating without our conscious control, whereas the Mind, which is the faculty of thinking, visualizing and feeling, etc., can still be paused, and controlled. We can also see that with Time, the body (matter) changes, as we grow, and slowly deteriorates - 'Entropy'. ("Entropy is simply a measure of disorder and affects all aspects of our daily lives... This means that the entropy of the universe is constantly increasing."), the thoughts and desires we have at one point in time, get fulfilled at a different point in time. Thus the body changes, yet the 'Experiencer' can remember and recollect such desires, and experiences, and is the one that makes the effort to fulfill them. The body does not feel. It is something other than the body that has the experiences of the worldly objects and their attributes, which is the Soul. In none of the material things are found the qualities of conscience, ability to feel pleasure and pain, memory, knowledge coupled with some sentiment, recognition or desire, will, effort etc. These are not present in the body, which is made of Matter.

Souls it is that coordinates and recollects. The soul connects together experiences of the present with the past and expresses itself. It connects the experiences of different sense organs and expresses itself. The abilities of recognition, recollection are done through the organ and the brain, thus the soul knows, recognizes, feels and acts. Matter and Material objects are the objects of enjoyment, but they themselves cannot be the 'enjoyers'.

Dana (2021) explains soul as "Consciousness" very clearly and scientifically as has been quoted in Chapter II, Literature Review: Topic 3.3.

*Soul Transmigrates:*

*Past life memories and Near Death experiences:*

There has been sufficient and reliable evidence which goes to prove that there is an entity which after leaving the body, and on entering into another, can reveal the events of its past life. Thus the soul accumulates memories

and experiences, which usually is forgotten in the next life (but must be imprinted in the unconscious, unknown recesses of the mind which is over 90%), but sometimes certain parts resurfaces and is remembered in the next life, are called Past life memories.

*An insight into Mind and Thoughts:*

There has been extensive research over the years as to what the mind is and who the owner of the mind is. We have a mind. But this mind is not in our control. It is driving us, and taking us into an upsurge of emotions, both positive and negative. The heart, as a physical organ, is connected closely to the mind. For example, when the mind is excited, or fearful, or angry, the heart beats faster. This excitement puts oneself to stress and strain, often leading to less resistance power resulting in diseases of sorts. Man has become his mind, a bundle of thoughts. Constructive thoughts are the creative ideas that benefit people in the world if implemented. Psychologists say that in a day about 60,000 thoughts pass through our mind. Most thoughts are created by ourselves even without us realizing or knowing it. These are subconscious thoughts. We can tap into these thoughts with awareness from deep concentration, and can have a discretion as to what type of thoughts we want in which we derive happiness, peace and stability. We can divide thoughts into 4 main categories:

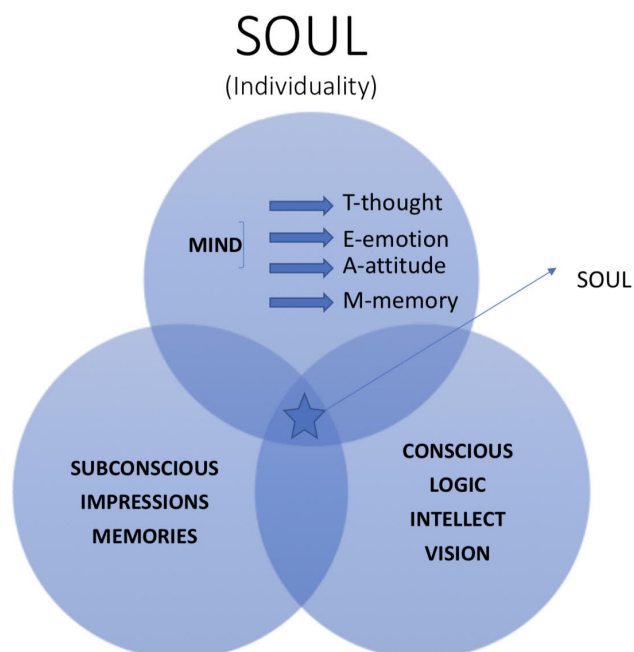
1. Necessary thoughts: The thoughts that come with taking care of our daily routine life, such as taking bath, having food, going here there, etc.
2. Wasteful Thoughts: We think unnecessarily sometimes in a brief unpleasant situation we have with someone. When we quarrel with someone, or lose something, we think unnecessarily beyond the present, and tend to relive those situations again and again through our own thoughts. We worry about it uselessly rather than purposefully. This habit tires us, and slowly depletes our ability to be constructive and purposeful.
3. Negative Thoughts: These are most dangerous as these are thoughts that are influenced by our own vices, such as lust, ego, attachment, anger, greed, etc. These thoughts if entertained can often drive one to become a hard core criminal, or an offender, lawbreaker, creating disadvantages to us in life. These thoughts pollute the mind. Our approach to life and dealings get affected negatively.
4. Positive Thoughts: These thoughts are our friends and guides, teachers. These thoughts are influenced by our virtues, such as peace,

joy, love, truth, cheerfulness, tolerance, patience, etc. These thoughts bring calmness to the mind and stability. We gain concentration, discrimination, decisionmaking capacity. These positive thoughts can shape our lives constructively at every step creating success. There is no fear. There is always pleasantness and happiness. We need to focus on cultivating and having only such thoughts to stay happy and peaceful in life.

Mind is our instrument to think. The thinking faculty. It is subtle, and can't be seen by anyone. Only felt. Mind is not the brain. The brain is an organ, a material substance which can be seen, the instrument through which the self operates. If we use the computer analogy, the brain is the computer and the mind/self is the operator.

I have an intellect, which is the decision making faculty. While the Mind produces a lot of thoughts, the Intellect decides/chooses, draws conclusions, which is in other words 'concentration'. However, even this ability to make decisions and conclusions, the mind draws on information pre stored inside itself, which we call 'Impressions or Memories of Sanskars'. These are like the database, upon which the intellect makes a choice. For example, if I'm offered a cigarette to smoke, my intellect will process the information in the mind, and draw on the impressions previously put inside, to make a choice whether to smoke or not. If the pre information, was that smoking is bad and contaminates your lungs etc, you will refuse. But if the pre information that was impressed into the mind is that smoking is cool, and it looks really good to be seen with a cigarette in the hand like in the movies or advertisements, then the decision made will be to smoke.

*Soul has 3 main faculties: MIND, INTELLECT, IMPRESSION*



(Fig 17)

1). **Mind:** The input faculty. What we think, see, hear, feel, goes inside and becomes it's impressions, a memory stored. It is very important to control the Mind, which is the INPUT of ALL data that forms our very nature, habit and being. Our destiny depends upon our input! And so we often hear, we are what we think. The secret lies in our thoughts, in our minds.

2). **Intellect:** the choices we make. Which is again based on what is impressed inside us from the past. The intellect has the **faculty of Vision**. We can use this Visualization in Raja Yoga connection, to help in getting a quicker, easier and deeper experience. The art of holding the vision (with feeling and awareness) of my Union with God, while performing outwardly Actions, is called "Karam Yog", and is the aim of all yogis. Then we can be said to be in meditation 24/7.

3). **Impressions/Memories/Sanskars:** sadly, from the moment of our birth, no one has taught us about our true identities as souls, and thus we have been impressed upon by the psyche of those around us, who also didn't know about their identities as souls, and thus we became totally Body conscious, only living in the consciousness of this physical identity, it's name, it's gender, it's religion, is everything.

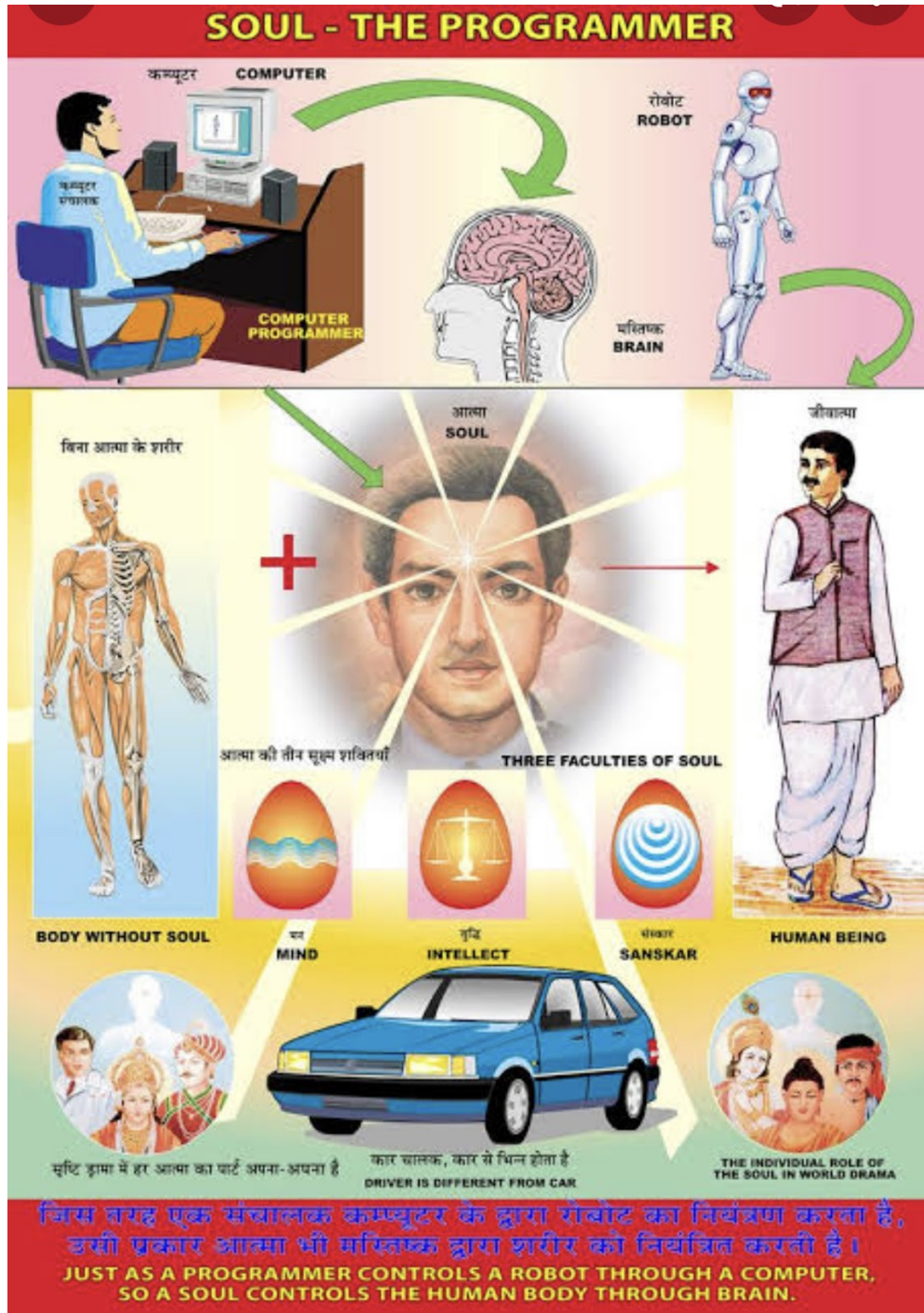
So when someone asks us who we are, we reply that my name is so and so, and I live here, and work here and have so many children etc, all related to the body of this lifetime only. Whereas the Truth is I am a soul beyond this body, simply currently playing a role in this lifetime as this human being. Our entire psyche and mindset has been impressed upon us from birth, through childhood, our education system, our environment, our religion, our background, our culture. To break free from the impressions from the very beginning of this birth, and apparently many such births, isn't easy, but not impossible, God says. All our past habits, nature, memories, sanskars, make us behave in certain ways and respond in certain ways. So far, we have thought, this is who I am. To awaken to the fact that these are not me, but merely impressions, takes a deep intellect, and definitely a blessed opportunity of true knowledge and experience. Everything we have done thus far, automatically, has been based on our past impressions, perceptions. To realize that nothing I have learnt has been taught to me by an enlightened being, that in my life I haven't had the presence of even one Enlightened being, can be shattering, and yet the truth of it can be very humbling. The realization that I'm but a very very tiny entity in this huge creation and can't know beyond my own perceptions. This leaves the Mind and intellect humble, and thus more open to newness, and learning, (rather than I know this that),



creating the opportunity for Truth to be accepted when heard and felt. To delete past knowledge, and ways and and memories then becomes the start of a new journey.

1).Soul the Programmer. Just as a Programmer controls a Robot through the computer, the Soul controls the body through the brain. (See pic below)

(Fig 18)



2). We can compare the way the 3 faculties of the Soul works to enable thoughts, words, action, to the Computer itself too:

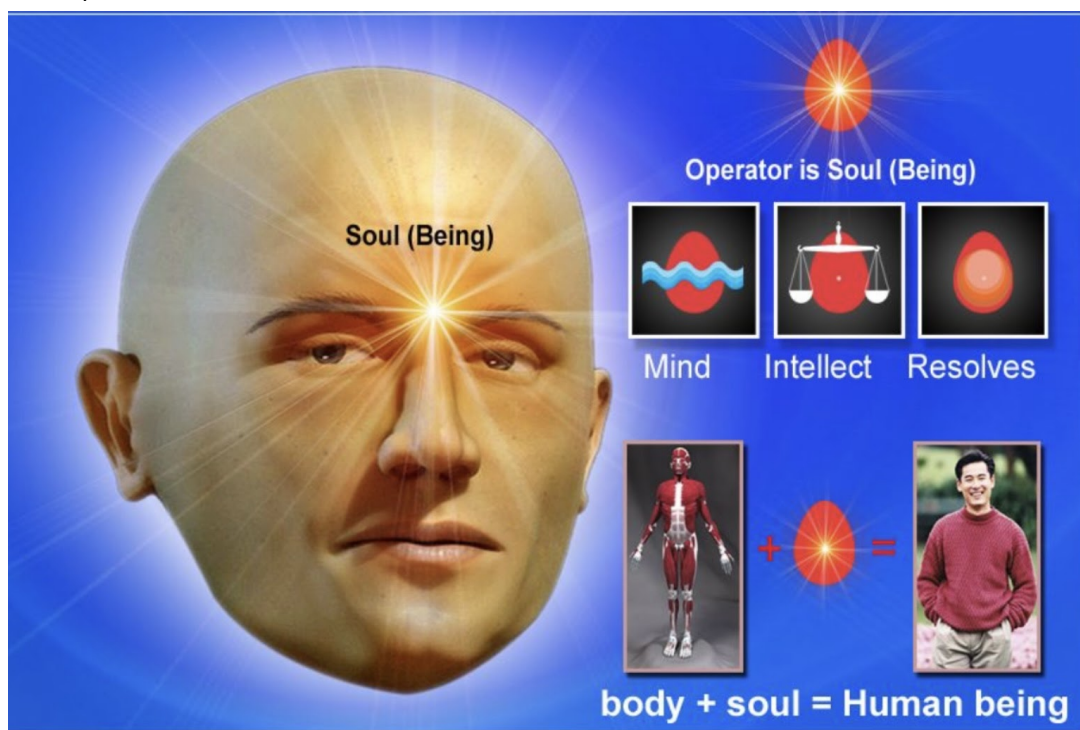
\*INPUT (in computer Keyboard): *THE MIND* creates *THOUGHTS & FEELINGS...* (here the 'mind' uses the 5 senses of the body (eyes, ears, nose, mouth, skin) to act as the windows to input data to the mind and brain)

\*PROCESSOR: The *INTELLECT* visualizes, processes, decides (albeit from past impressions)

\*FROM DATABASE: From *IMPRESSIONS/MEMORIES*, analyses and decides...

\*OUTPUT: Through *THE BODY* reacts, performs actions.

3). Comparison to a car: The Soul is the Driver, the Body is the Car (See pic above).



(Fig 19)

*Soul records everything:*

The soul records everything that we see and hear, even without our conscious awareness of it. So sometimes we wonder why we behave in a certain manner, it is because we have absorbed that energy at some point in our life. For example, when we see a stranger being abused, and we're just passing by, the feelings and impressions created enter the intellect/vision, and thus what goes in comes out. So one day we might end up abusing someone else in a similar manner or with a similar state of mind. Another example is when you enter someone's home, you might not have consciously observed the



surroundings as you are busy interacting and enjoying the company of the owners, but when asked to describe their home, lots of details will pop up in your mind, that you didn't even realize you had absorbed.

In Raja Yoga we understand this consciously, abs "pause" our mind from any further unnecessary impressions from the world around us, while at the same time also using the power of the Supreme Being to delete past negative recordings, this changing our fortune and destiny

#### *Start and End of this Life:*

The very start of this human life, as we know, begins in the womb of a mother. To realize that the tiny combination of cells that we were, and the baby that comes out, how we grow to become the little child, teenager, adult, and then an old person. How the external body grows and changes over time, and deteriorates. And yet we can see that the one "observing" this entire process and experience is different. I was that baby, child, I was that adult and I am now this old person. If we see the truth of this, we easily realize that I am the "observer", the "soul or spirit" inside, and can then learn to detach from the game of life, which is our stage of play for every lifetime. Then the thought even strikes us, where did the soul originate from, and when does this "time of play" end. Such thoughts trigger the start of a deep spiritual journey that leads to the core values and powers, and helps us in maintaining an equilibrium while alive and staying constantly detached and thus happy and peaceful.

#### The Soul has Amnesia / Near Death Experience (NDE) / Past Life Experiences:

The soul once it leaves the body, usually realizes and sees itself in its true form, and as has been researched and experienced by many about Near Death Experiences (NDE), those that have come back after leaving the body, it has been seen that in all cases, they see and experience the Divine Light and ocean of Love that envelops them (God experience), such that many don't want to return to continue their lives. Those that do, their lives undergo a drastic mental change (and this even heals their physical ailments, some even completely), and they understand the core nature of the soul, and become more conscious of being loving and caring of all humanity and most begin a new journey, more empowered serving humanity and sharing their insights.

When the soul does leave the body upon death, the body is bound to deteriorate without that life force energy that the soul is. That's why the bodies are burnt or buried.

Many researches on Past life experiences, have also led to the understanding that the soul migrates through bodies, and live many lifetimes. Most souls however don't remember their previous lifetimes, thus we can say the soul has amnesia. Which is productive, as it allows new opportunities in every lifetime, free of the baggage of past turmoils and problems.

Relevance to Raja Yoga:

In Raja Yoga, the understanding is there that one may never remember one's lifetimes, but yet the realization of the importance of this factor that proves the immortality of the soul, and the knowledge that the soul never dies, gives one new hope to move forward in the right direction.

*Soul and Karmic Accounts:*

We are living our lives based on certain universal principles and karmic laws that exist and apply to every being, whether they know about it or believe it or not. Karmic Accounts exist beyond each Lifetime.

One also then understands the responsibility of one's thoughts and actions, and how one reaps the repercussions in some way or another for one's own doings.. beyond this lifetime even! This is "The Law of Karma", which is universal and Divine and can't be fully comprehended or tampered with., but exists. Whether we understand it, know it, believe it or not, it exists and affects all souls. Just like Newton's "Law of Gravity", which says to every action there is an opposite and equal reaction. This higher consciousness ensures one lives life in high moral values and ethics, as one would otherwise be receiving the domino effect of one's own actions and thoughts.

One then also understands why a person is born disabled (some past karmic accounts) or a King, or a genius, etc. The soul with more battery life, higher values, will reap the benefits of that stage. Sometimes one sees how a very negative personality seems to be thriving in this life, it is then understood that that soul is receiving some good Karmas of past lives, but this life's negativity will ensure it's downfall towards the end of this life or in the next life even.

Some unconscious doings can also be in the receiving end if Karmic Accounts, such as if one crashes into a light pole, and loosens it, abs goes away feeling relieved that nothing happened, and yet a person comes and stands under that pole and it crashes on his head and he dies, then to some account the creator of this accident does receive repercussions in some form or the other, that one may never even realize or remember. However it is said

(by Shiv Baba) that at the time of death, everything is revealed to each soul, and clarity and punishment is also experienced by the soul itself, in its pure bodiless identity. This is called “Dharam Raj”, which many scriptures refer to, but isn’t clear about.

In Raj Yoga, we understand this Amnesia, and forge a new relationship with the Divine. Just as a boy who finds himself in amnesia wouldn’t remember his father, but could still come to understand and realize that a particular human being who is loving him and taking care of him, and tells him about his past, is his father. And so he can form a new relationship with that being from this new understanding. Likewise we as souls may never wake up from amnesia in this lifetime, but we can form a new and an empowered relationship with God, once we understand our true identity, and His. And the filling up and hearing this newfound truth daily, is very important to the success of the awakening and awareness of the Mind. Just as a dirty glass of water needs to be purified, but if it can’t be emptied (if we can’t overturn the glass), then the only solution to purification is by filling it overflowing with clear clean water, till all the dirt flows out. Likewise the soul needs the input of pure thoughts, Divine knowledge, in Abundance, to allow the negativity of many births inside to overflow out, and for it to be purified. Thus the importance of the input of Gyan /True knowledge in us daily, consistently.

*Body-consciousness is the root cause of all evils / vices:*

The sum and substance of all that has been said is that you should have the firm belief that you are a soul and should shake off all sense of the body. The presence, now-a-days, of the vices of sex-lust, anger, greed, attachment and egotism is due to body- consciousness. People say: “we very much wish to throw out these vices, but these vices do not let us be.” So long as there is body-consciousness i.e, so long as one does not feel thoroughly that he is a soul, but a body, these vices would continue to be. when one looks at the ‘body’ of a person, i.e., looks with the thought that the body is beautiful and is of the form of a female and so on, then sex-lust is born in him. Similarly, when one feels that, from the view-point of the body, he is older in years than a certain other person and that, even then the latter does not have regard for what he says, one flies into rage because of his body-consciousness.

Again, man feels attachment to his bodily relations; be it his child or wife, because he continues looking at them from the point of view of the body. And,

then for the sake of these bodily relatives, to whom he feels attached, he indulges in greed. Thus body-consciousness and the resultant vices have made men very unhappy, but still man does not obtain release from these for the simple reason that he does not truly and deeply maintain the consciousness that he is 'a soul' not a body.

**Practice:** The Easy Way to Vicelessness is that when you meet a man, look at his forehead, thinking firmly that you are a soul speaking through your mouth and, he also is a soul, hearing with his ears. Whatever you do, you should think thus, "I am a soul, doing this work." By thinking this, you will be benefited in the sense that vices or the vicious thoughts that pester you will not raise their head again but will be transformed into new thoughts, making the soul pure by this process.

The Way to attain Light and Might from God is to remember God in order to acquire peace and spiritual power but people do not know the first important thing, namely, who they themselves are. One who does not know himself, how will he know his Father and how will he be able to establish with Him the link and communion or love and relationship and, so, how will he get peace and power from God? Even a gross example would illustrate this spiritual truth. For example when we wish to link our house-wiring to the cables of the power-house, we have to remove the rubber-covering of both the wires. Then alone the current comes. If the rubber is not removed at the junction, the electric current will not come even if the two wires are tightly interlinked. There will be neither light nor power. Exactly in the same manner, as long as there is the veil (sheath) of body-consciousness and man believes God to be a bodied being or a deity-in-body, he cannot get the full current. Therefore, giving up body-consciousness and regarding yourself as a soul, a luminous entity, remember God and observe how from that Power-House, which symbolises ever-lasting source of peace and bliss and is the omnipotent Supreme Soul, you attain peace, power and bliss. By remembering that you are a soul, you will be able to remember God, the Soul-Father, and it is by dint of this remembrance that you will be linked to Him, and you will earn peace and power.

**Summing:** The remembrance that this your body is but a clothing for you who are a soul. Meeting your friends and relatives, look upon them as so many souls. They are souls. The relationship between one body and another is to cease sooner or later; so, looking at their bodies is looking at one's clothes without noticing the real thing. The real thing enveloped in these clothes is what is called 'the soul'. We souls are related with souls. If you observe with the eye of Divine Knowledge, you would consider others as souls and, so,

neither attachment nor infatuation nor similar feelings will arise. Nor will sex-lust and other vices taint your outlook. So, this first important lesson needs to be understood thoroughly. To check how long during the day you maintained this spiritual outlook and remained soul-conscious.

## **LESSON 2: GOD/ SUPREME SOUL/ SHIV BABA**

Supreme Soul / Supreme Source / God and many other names such as Parmatama, Allah, Jehovah, Parampita, Waheguru, etc.

\*God is a being of light

God is a Being, a soul, a point of light - a soul that never was and never will be a human being. For some people the word 'God' is loaded with fear-laden memories laced with distaste. Some may prefer to worship that Being. Others may chant His names.

The Brahma Kumaris school of thought suggests that God simply encourages you to 'link' your mind to that point of spiritual power. The simple method asks you to 'remember' and allow space and time for that Being to guide you, if that is what you want. That's all. Once you 'link', you will experience a beam of energy entering your being, seemingly coming from an unending reservoir of peace, love, happiness, courage, bliss and more. There is no compulsion to remember this soul, and no threats of damnation if you don't. The God point does not seek to be worshipped.

\*God is an ocean of virtues

God is independent of matter and all other souls; a separate and distinct entity. The Sanskrit language refers to this energy as atma. God is an atma. Gandhi was known as mahatma (great energy) but God is the absolute Mahatma. But for now we can set aside the term 'God' and use Supreme Energy. Virtue is the expression of this uplifting energy or buoyancy. Virtues flow from this Source of all Virtue – the Supreme Energy. Being in the 'company' of this Supreme Energy allows you to bathe in an ocean of virtues and find solutions to life's questions.

\*God is one for all

No-one owns God. God is energy. No belief system, no one religion can claim ownership of the Supreme Being, because that energy is not for holding, owning, controlling or capturing. That energy just is. Forever. Sometimes the

Supreme Soul is referred to as the Parent of all souls. This means everyone is aligned to, and can link with, this Source. You are free to have a connection with the Supreme as and when you wish. There are no fixed rules of dialogue - just an open, willing, true heart.

\*God is beyond gender

God is gender-neutral - or in fact, male and female in one. So no pronoun fits exactly; 'He' and 'She' both apply. But, if you prefer to think of this soul in a motherly or fatherly way, by all means keep using those terms during meditations, as they may suit your thoughts. Your experience of the Divine is your own to explore.

In scriptures it is said that only God can introduce Himself and tell about Himself completely. No one else can do this, as our intellects are restricted within this body being, whereas He is forever bodiless and thus never deteriorates, and never loses His memory. He is thus ever powerful, also known as the Ocean of Love, Ocean of knowledge, Ocean of Peace and all divine qualities and powers. The Almighty Authority.

Thus our AIM in Raja Yoga is to become LIKE HIM. Like God.

To embrace and live all the Divine Core Virtues and Powers of the Soul, in order to be ever Happy, Content, Pure, and Loving, before the soul leaves this body. To be Angelic in demeanor and "Karamateet", beyond Karmic Accounts. All this is possible within this remaining lifetime, He says, if we simply "REMEMBER HIM" - "Manmanabhav"...with every breath, in every action, by following certain initial practices, any truly dedicated and effort making soul can achieve this result. It thus also, gives equality to all, irrespective of gender, age, culture, creed, religion, health, status, nationality, etc. As the effort is in the "invisible mind", the soul, and as souls we are all equal and children of the One Almighty God Father/Mother. As children He refers to us endearingly and empoweringly as "Master Almighty Authority". (Master meaning child). There are many affirmations that God gives, to help improve self esteem. (See Appendix)

God, being the One entity outside of the world human play, has a unique role to take all souls back at the end of each cycle. This role is referred to as the "Liberator". He is the only true Liberator that can take us back home to the soul world, as He is the only one that doesn't forget and can do so.

His name He reveals is always "Shiv" which means 'seed', as He is the seed of the entire World Human Tree -"Kalp Vriksh". As He doesn't ever take birth

through the womb of a mother, and thus He doesn't ever have a human body of His own, His name never changes, it is the soul name. Our names change with each human body birth we take. So we have many names. He has only one, true, former name - Shiv. But He says as He's the eternal Father, we can refer to Him simply as "Baba" (which means father) or "Shiv Baba".

*GOD'S 3 main roles:*

- 1). Father / Baba
- 2). Teacher / Guru
- 3). Liberator / Satguru

But adds that, we need to form all relationships (of lover, spouse, best friend, child, grand child, sibling, etc) with Him, in order to detach from all our worldly relationships (Lokik) in this last period, and end of the dark age, now- The Confluence age\*. Worldly relationships are based on body consciousness and karmic Accounts and thus cause pain and turmoil. Being in Soul consciousness and God consciousness, is the solution to detaching from our relationships, beginning with detaching from our own bodies, the biggest Ego and Attachment. The root of all vices in us stems from this Body consciousness.

*Soul World / The Divine Abode of God and Souls:*

God dwells where the souls dwell in the state of Release. He is not omnipresent in this corporeal world. Men themselves say that this world is a caravan serai. This shows clearly that we have come from somewhere, which goes by the name of Brahmlok or Paramdhām / Soul World. The region, where the souls live, is the region where their Father lives. When any one says, "I do not belong to this village, my real home is in another village," this means that his father also belongs to that village. Generally, the Father's home (or village) is also the children's. So the Supreme Father of all souls abides in Brahmlok (Soul world) and, when Dharma (righteousness) is totally disregarded, He descends into this world of human beings and gives the souls Divine Knowledge and teaches them Raj Yoga.

**God as believed in all main religions:**

The temple of Amarnath, Rameshwaram and Gopeshwara etc. are indicative of the fact that God Shiva is the Creator and the Over-Lord of these also. The Black-Stone, called Sang-e- Aswad in Mecca also is a symbol of God Shiva. Some Buddhists in Japan concentrate their minds on a stone of this shape.

Christ and Nanak also say that God is light. All this shows that God is Self-Luminous. (B.K. Jagdish Chandra)

*Does God create, sustain and destroy the World?*

Regarding Destruction, we can see that few scientists have manufactured such powerful bombs and other deadly weapons that they can bring about a great destruction of the world and, believe me, they will do so after a few years. But obviously, these few scientists do not pervade the whole world. Owing to their own Samskārās/impressions and impelled, as it were, by the force of the events to be, the body-conscious scientists, swollen with pride, manufactured incendiary bombs, missiles, atom bombs, and Brahmastaras of Mahabharat fame and by means of these, world destruction can be easily accomplished without their being omnipresent. Moreover, the fact remains that the coming destruction has cast its shadow on the intellect of men and, so, their judgement is gone awry and, therefore, at this end of Kaliyuga, vicious men in Bharat also are getting ready to fight bitterly among themselves on the basis of differences in respect of language, religion, politics, region, etc. The Natural Calamities and the fury of the five elements of Matter will help this, because by the explosion of atomic and hydrogen bombs, the sudden release of stupendous energy sets up a chain of action and reaction in Nature and causes great upheaval, devastation, calamities and tremendous changes. It should thus be clear that, to affect destruction, the Supreme Father or the Supreme Soul does not do and one does not have to be omnipresent for destruction to take place. For, the men and matter serve as Divine Instruments towards this end. People believe that God destroys the world completely so that the whole of Matter is reduced to atoms. This world has no beginning and no dissolution. It is no doubt subject to change, but is never all reduced to atoms. At the end of a cycle of the world, when unrighteous people increase excessively in numbers, it suffers huge destruction but not total annihilation. This fact is supported by the Gitā (Hindu Scriptures) also. Because the world is not all reduced to atoms, there is no need to create the sun, stars or the earth again. The only thing needed is to exterminate evil, and to re-establish righteousness, i.e., to replace vice by virtue. This work is done by Shiva, the Supreme Soul, by descending, in a divine manner, on the person of Prajapita Brahma and by expressing through his medium the real Knowledge (Gyan) and Remembrance (Yoga) so that human beings, by Yoga and Divine Knowledge, bring righteousness back into this world and fill it with purity and happiness thereby. Thus putting an end to the Iron Age, and bringing back the Golden Age, i.e. transform the old world



into a new one by virtue of the Divine Knowledge discoursed by God. This is the act of Creation and sustenance of God. It is clear, therefore, that God creates a new world out of the old one by rejuvenating the old one by means of the nectar of Knowledge. He establishes a righteous world and gets the unrighteous one destroyed in a manner in which men and Nature also participate.

*God isn't Omnipresent:*

According to man's views on which these scriptures re-based, it may be that God is omnipresent, but The Bhagwad Gitā, the crown of all scriptures, says clearly enough that He is not so. The Gita is the compendium of the great sayings (Mahāvakyās) of Bhagwān (God) Himself, and we should believe in what God says about His own self. If human beings knew what He really is, He would not have had to descend, in spite of the existence of the Vedās and other scriptures, and say, "This Yoga and Divine Knowledge have mostly vanished, and I have come to tell you again about these." This shows clearly that, despite the existence of the Vedās, The Upanishads, etc., the real knowledge of God had disappeared. The Gita is based on the idea that God, the Supreme Soul, descends into this world. If He were all pervading, the question of His descent would not arise. So, the very basic tenet of Gita, that God comes into this world, makes it clear that God is not omnipresent. Also if He were omnipresent, what would be the need of religions and great spitting beings. Such true powerful beings were sent by Him, to sustain the world till His own descent at the end of Iron Age. In the Gita, God also says, "My Supreme Abode is there where the light of the Sun or the stars does not reach and which is formed of subtle Light not perceptible to these gross eyes, and is beyond the farthest expanse of Ether-unmanifest element." He has also said, "I take a divine birth. I have entered into this human body.. but deluded persons do not recognise Me having come into this ordinary person's body." "This world is like an inverted tree, I am its divine Seed, which abides in what is called Brahmloka,—The farthest and highest region, far beyond the light of the Sun and the stars."

## Introduction of God



Name: Shiva - doer of good

Form: Point of light

InstaOz

(Fig 20 & 21)



Supreme  
Father of  
All Souls

InstaOz

## Four Traits of Supreme

- 1) He is Omnipotent/ Almighty
- 2) Do not have parents
- 3) No physical body i.e Nirakar
- 4) Worshiped in almost all the major religions



(Fig 22 & 23)

### Difference between God and Devata?

#### God

- One
- No parents
- No body
- Does not come in the cycle of birth and death

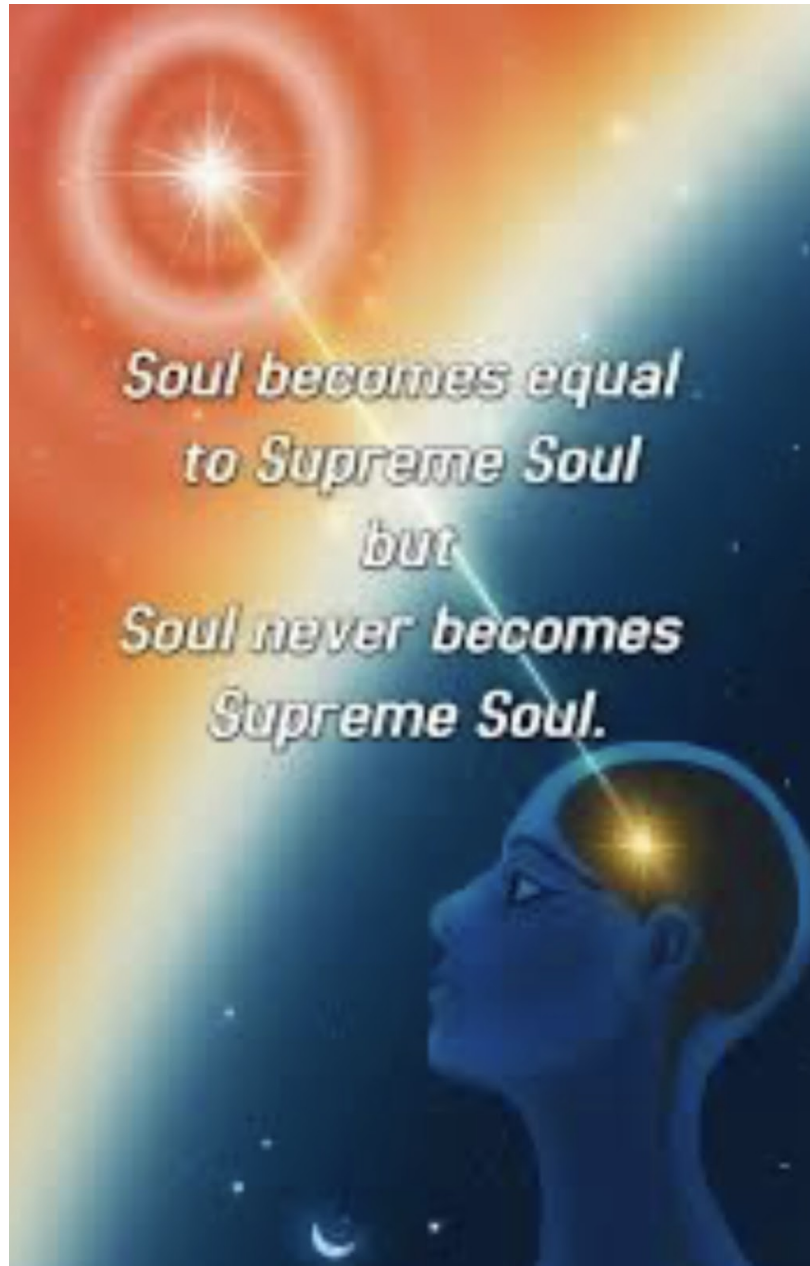


#### Devata (Deity)

- Many
- Have parents
- Have body
- Does come in the cycle of birth and death



### LESSON 3: Raja Yoga Connection / UNION



(Fig 24)

Raja Yoga is the simple Union of Soul (Om) with Supreme Soul (Shiv), through the Mind, using visualization (thought, image and feeling). As Mind is part of the Soul, which isn't a physical reality, but is a reality beyond the 5 elements of nature, and God too is of the same reality, a Soul as well, He can't be reached in the physical 5 elements reality, but rather through the dimension of thought, vision and feeling. This requires clarity and concentration initially, and with practice, this vision can be held in the eye

/screen of the Mind ( which creates images), even when the physical eyes are open and the body is doing things and moving around. It is a matter of consciousness, concentration and focus. Just as a mother can cook, work and still be aware of her child all at the same time, or we can be present in one place, but our minds can be elsewhere.

The consciousness of being a soul is very important to having a connection with God, who is also a soul. The Union of Soul and Supreme Soul is possible only in the same dimension. A physical body identity cannot connect to God, as He is bodiless. That is why all great religious leaders were clear about not believing in idol worship, and most definitely negating the worship of themselves in their visible image as a body. Even Buddha didn't want to be worshipped and requested not to create any image of his physical body, and yet today the most statues and pictures are of Buddha. Guru Nanak too, was clear about not worshipping him or his physical image, and yet today, most Sikhs see his face in their meditations, and believe him to be God. This is simply because man fails to understand his own identity and fails to follow the true teachings of the Religious leaders as well. Our perceptions of what is said is misleading our own minds from the truth, and many religious speakers today share their perceptions as the Truth, when it is just perception, creating more dilemmas. The scriptures are true, but the interpretations based on one's own mindset and perceptions may vary from the Truth.

Sri Guru Granth Sahib, the Sikh scriptures quotes, about Divine Union of Soul with Supreme Soul:

*“Jyoti Jyot rali, Sampooran theeya Ram..”* ( SGGGS) which means, As point of light soul, I unite with God (also point of light) and thus become complete.

*“Bhai prapat Manukh dehoriya, Gobind Milan ki eh Teri bariya, Avar kaaj Terai keetai na kaam..”* which means, Oh Soul, you have received this human body now, for the sole purpose of Union with God! Anything else that you do (with this body) other than this (Union), is useless and is of no use.

*Powers from The Remembrance of God:*

Some powers one gets from the remembrance of God:

1. It makes you smile
2. It keeps you light
3. It increases happiness
4. It showers love
5. It accepts everyone
6. It fills your vision with mercy

7. It makes your attitude positive
8. It keeps the body cells in harmony with each organs
9. It rejuvenates health
10. You become peaceful
11. Silence becomes sweet instead of boring
12. You rejoice in the company of God being alone
13. Loneliness becomes a blessing for self and others
14. Relationships with others become caring
15. There is purity in Vibrations and energy
16. Negativity disappears and Positivity envelops
17. Humility dominates
18. Egoism disappears
19. Arrogance turns to dust
20. Attachment transforms to unconditional love
21. Human beings transform into angels
22. Feels like flying whilst walking
23. Pain and hurt disappears
24. Contentment appears
25. Hope and enthusiasm resurface.
26. Develops Cooperation and support
27. Physical and Mental Tiredness vanish
28. Stops the Distraction and loss of self Consciousness
29. Connection gets restored with healing current
30. Life and Living becomes a blissful experience

#### **LESSON 4: KARMA (Universal Laws)**

Karmas are thoughts, words, and actions of man that get imprinted into each one's universal account. We reap the result of what we sow. Whether it crosses over lifetimes or not, is beyond man to know. However, the laws that govern the Universe and Man are fair and equal for all, and cannot be tampered with by anyone. Living in the awareness that Karmic accounts are always present, makes man more righteous, and thus live with higher moral values.

There are 3 types of Karmas/ actions performed

- 1). Akaram: Neutral Actions: Actions that have no negativity in them. Just action based. Such as eating, changing, cleaning etc. but in consciousness of

Soul playing a role. In this era of Iron Age, it's not possible to be in Akaram, as our thoughts and actions are all body conscious.

Akaram, was our state of action in the pure Golden and Silver Ages, when soul was still soul conscious and pure.

2). Sukaram: Pure Actions: This covers all thoughts and actions performed in God consciousness as we need Him to enable purity of thought and action in this era. For example, someone doing services in the Temples, which appears to be a good action, but if not done in connection/remembrance of God, would increase the Ego that 'I'm so good', which also takes away the humility factor.

3). Vikaram : all Karams performed by us nowadays in this Iron Age era is vikaram, as we hardly keep the awareness of Soul in Union with God in our minds! That is whatever we do, is increasing our vices, i.e., our egos and our attachments, as we are doing things as a human being/body conscious, not as a soul.

## **LESSON 5: Cycle of time/ Shristi chakra - World Drama**

### **and The 4 Ages (Golden, Silver, Copper and Iron Age)**

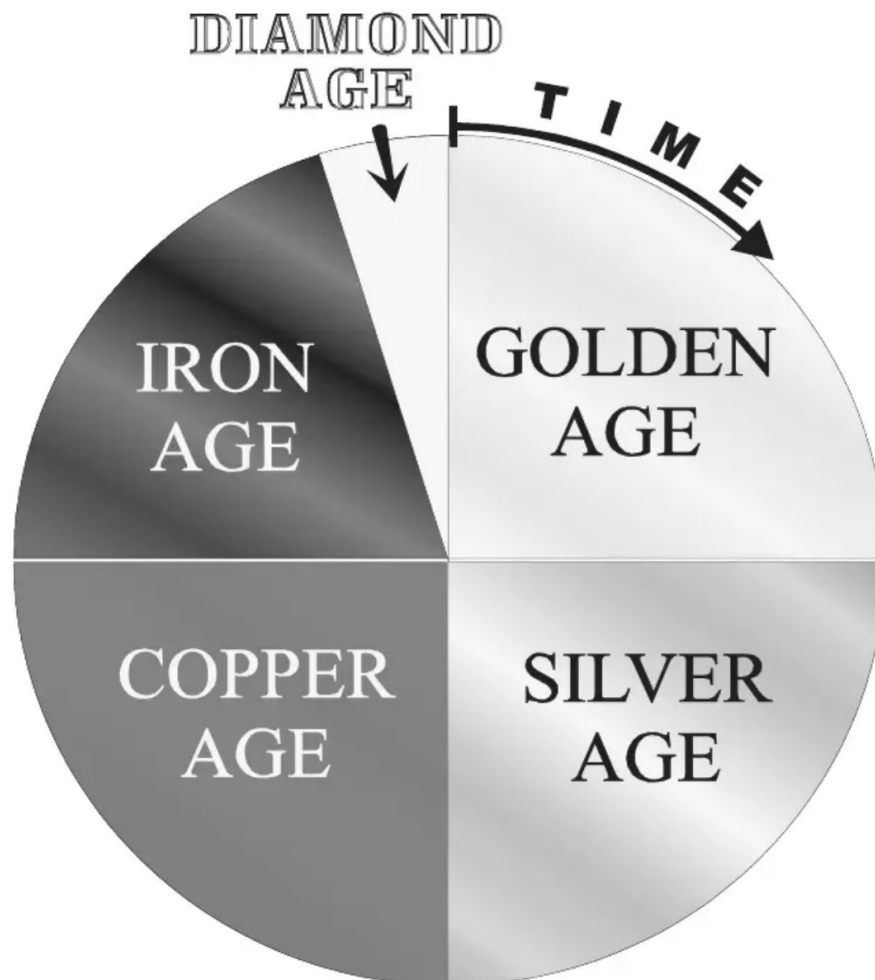
This is the lesson that explains in depth about man's role on Earth over lifetimes, and the part God plays in this Eternal World Drama.

In order to understand God's Divine Acts, you would have to grasp the essential facts about the cycle of this human-world drama, because God's actions pertain to this world and have to be understood as related to the crisis, to the actors and to the time and place of this Drama.

So, please look at this illustration of the World Drama Wheel (See pic). In the middle of it, you will find the Fylfot (Swastika) which divides Time into four equal parts. Religious people consider the Swastika to be very auspicious and they draw it before the commencement of any big work though they do not understand what its real meaning and its importance are.

## THE WORLD DRAMA CYCLE

### Understanding the Cyclical Nature of Time



#### The Cosmic Drama - The Cycle of Time

(Fig 25)

In the first part of this Wheel of Time, (marked by Swastika), is shown the **Golden Age (Satyuga)**. Here, the arm of the Swastika is pointing to the right because the right arm symbolises what is good or what brings about goodness. In these early times, when the cycle started, people of the Sanatan Dharma were possessed of divine qualities and nature and they enjoyed complete purity, 100% peace and complete prosperity. That is why you find that, even today, if a person has good nature, people say; “He is like a deity or like the people of Satyuga.” So too, when anyone is characterless and harms others or if one prematurely dies, or if there is scarcity of food and money, people say: “Dear friend, this is no matter of surprise because we are in



Kaliyuga, and these things are nothing unusual in this Age. After all, the present is not Satyuga that we should expect people to be honest and righteous or things to be pure, unadulterated and (excellent) Satopradhān\*.” From all such common sayings that have been passed on from one generation to another, it is clear that the age called Satyuga was extremely good and the people of that era were really the deities.

Then came the **Silver Age (Tretayuga)**. In this era too, people were possessed of purity, peace and prosperity to a very high degree. But the degree (Kalā) of their divine qualities had decreased a little, say, they were two degrees less divine than the people of the Golden Age who were divine to the extent of 16 degrees. Therefore, the arm of Swastika that indicates this epoch is bent downwards because souls in this era had come down from the state of super-righteousness (Satopradhan)\* to what is just righteous (Sato-Samanya)\*\*.

Next came the **Copper Age (Dwāpuryuga)**. Now the souls of the Solar Dynasty of Golden Age and Lunar Dynasty of Silver Age, having experienced beatitude and fruition for many a life, turned to Vām Mārga — the path of vices or unrighteousness. That explains why the third arm of the Swastika points to the left, i.e., the arm is reversed because the left hand symbolises what is impure or inauspicious. Now, owing to the fall of the Ancient Deity Religion (Adi Sanātan Devatās Dharma) other religions began to crop up. Islam, established by Abraham, Buddhism founded by the Buddha and Christianity, preached by Jesus Christ, are the main ones among them. People then were second-grade (Rajopradhan) by their nature, qualities and actions. Since mankind was now divided because of various religions, strife and disputes started to appear and the five vices brought sorrow and disquiet in homes. Steadily, the unrighteous doings, i.e., the actions done under the sway of one or the other of these five vices, led the world to more and more impurity and sufferings and the world came under the yoke of Iron Age. Strifes, wars, bellicosity and the resulting peacelessness which had begun showing in Dwapar Yuga (Copper Age), increased rapidly in frequency and intensity in Kaliyuga. Therefore, the fourth arm of Swastika is shown raising itself up to indicate the rise in conflicts, clashes and calamities. Then, a stage comes when ignorance, lassitude, stupor (Tamoguna), moral turpitude and sin become predominant. People

become devilish by nature and religion becomes utterly degenerate.

The Swastika (Fylfot) also indicates that each epoch is of the same duration, for, the arms of Swastika divide the cycle into four equal parts. Moreover,

God-Father Shiva has explained that Dwāpuryuga (the age of duality and rifts— the Copper Age) commenced when the ancient Deity Religion got dwindled and emaciated and the second religion, namely Islam Religion, was established by Abraham and the descendants of the Deity Dynasty took to the vitiated way of life and that only 2500 years have passed since then till now, i.e. till the end of Kaliyuga and that, this period of 2500 years has been the period of sorrow and sufferings. The period of happiness, peace and purity that preceded this was also of 2500 years, and therefore, the world cycle (Kalpa) which comprises happiness and sorrow, both running over equal periods, is of 5000 years. This does not mean that 5000 years before, the world did not exist. There was no deluge then. No. The world is eternal, it has been existing since time without beginning and it will never totally vanish, but the history of this world repeats again and again after a cycle of every 5000 years.

The age of a Kalpa (World Cycle) and the real import of God's three actions. **Creation, Sustenance and Destruction** can be rightly told by God Himself, for it is He who performs these actions and who is above birth and death also. A human being, whosoever he be, is not competent to reveal the truth about all this. The knowledge we got from God Himself, who says that the duration of a Kalpa or World Cycle is 5000 years.

*When does the world need God to act?*

When **Iron Age (Kaliyuga)** thus comes to its end, God has to come into the world and perform His actions so as to re-establish Golden Age, (Satyuga), to regenerate man once again into deity and to re-build the foundations of the Adi Sanatan Deity Religion and to re-impart happiness to the suffering humanity; for, God is the only Soul left that never gets defiled and is never overcome by delusion or sufferings. If God does not act at such a critical hour, then who else would bring back Satyuga? When the last phase of Kaliyuga has ended, who would transmute men into deities, who would plant the sapling of the real and highest Dharma and who else would re-establish peace and happiness in the world? Does it lie in the hands or power of any Iron-aged human being, be he a recluse or a saint of a high order, to lead the world to Satyuga or to transmute a whole section of mankind into deities? No. This tremendous task of uplifting the extremely vicious and degenerate men of Iron Age can be done only by God, the Almighty, who is higher than the

deities, i.e., who is the Supreme Soul whom people adore as the 'Redeemer of the Fallen' and as 'the Supreme Lord of the deities also.

### **LESSON 6: Trimurti: Brahma, Vishnu, Shankar**

How does God transmute man into deity- The Roles of Brahma, Shankar and Vishnu.

In order to uplift man from the lowest rung of moral degeneration and peacelessness to the highest point of purity and happiness, or in other words, to transform an utterly depraved and corrupt human being into a thoroughly noble one, called 'Narayana', God-Father Shiva makes his intellect divine and his judgment righteous, because it is surely due to man's intellect having been debased or his judgement having been defiled that his thoughts, words and deeds have become unrighteous and it is due to his actions having become bad that he is suffering badly. Now, the intellect of a man can be divinised by receiving Divine Knowledge and by turning the intellect away from vices and towards God who is the Purifier and whose remembrance has the peculiar power. Therefore, what God does for the redemption of mankind is simply this that He teaches man Godly Knowledge and easy Raj Yoga because none else can rightly give us the knowledge of God than God Himself can. That is why God alone is adored as the 'Bestower of Divine Intellect' and the 'Giver of the Eye of wisdom'. But as has been repeatedly pointed out, God is Incorporeal. As an Incorporeal Being, God cannot teach His knowledge. For transmission of His knowledge, God requires a medium; He requires an organ of speech. So, just as human beings listen to discourses on Godly Knowledge by means of their ears, God has to impart the Divine Knowledge by the use of a mouth. But, God cannot take a corporeal birth because He is above birth and death; He has no stock of any past actions, of which He should reap the fruit by taking any corporeal form. He is the Mother-Father of all mankind and, therefore, He is not to have any worldly mother and father. He cannot be born as a human baby and be fed and fondled and guarded by men and to have mortal relations with them, because He is (above wordly actions and their fruit) Karmāteet, beyond karmic accounts.

**God Creates Three Deities**— in order to accomplish the work of creation, sustenance and destruction, God, first of all, creates three subtle deities, called 'Brahma', 'Vishnu' and 'Shankara'. He is, therefore, called 'Trimurti', meaning thereby the Creator of the Divine Triad. But since people do not know these recondite truth to-day, they wrongly think that Shiva and Shankara are one and the same person. The fact, however, is that Shankara is a deity

created by God Shiva to represent how the world ultimately gets destroyed. Shiva Himself is incorporeal whereas Shankara is a subtle form, an angelic body.

The destruction of the old, Iron-Aged, vicious world through the agency of Natural Calamities, world war and internecine strife is essential; for, otherwise, complete peace and happiness cannot be brought back to the world. The day breaks when the night ends. Likewise, when all the symptoms of the Iron Age vanish, then only there is room for the Golden Age to enter.

The world during Golden Age and Silver Age has cent percent purity, peace and prosperity and, so, it is called 'Paradise' or Garden of Allah, or Heaven (Swarga or Vaikuntha), and compared to it, the world as in Copper Age and Iron Age, is the veritable Hell or Narak. The human population in the Iron Age is very large whereas it is comparatively very very small in the Golden Age but people do not know where most of the souls go and stay after the Iron Age has ended. Now, God Shiva has revealed that they go to the world of liberated souls (Soul World) or Brahmaloaka as a result of the world's destruction. So, the act of destruction is a blessing in disguise; it is an act of doing good to mankind or conferring liberation on the souls. The souls that desire salvation, attain it through this act of world-destruction. And, God Shiva because of granting us salvation, is called 'Mukteshwara'—the Liberator God. In addition to performing the act of establishment of the new world order (called Satyuga) through Prajapita Brahma and the act of ending the old world order (called Kaliyuga) through the deity Shankara, i.e. in addition to the acts of bestowing Fruition (Jeevan Mukti) and Liberation (Mukti) on mankind, God-Father Shiva gets the act of Sustenance or governance of the world of Golden-Age and Silver-Age done through Vishnu.

In order to understand the function of sustenance or governance, it is necessary for you to first understand what the four arms of Vishnu denote and what the four adornments in the hands of Vishnu represent.

*The four adornments in Vishnu's hands symbolic: (see pic)*



(Fig 26)

- 1). The conch (shankh) in Vishnu's hands stands for purity of speech,
- 2). The discus or the wheel (Chakr) symbolises the knowledge of the self and of the world-wheel.
- 3). The lotus represents purity of actions or uprightness of practical life and the spirit of detachment.
- 4). The mace denotes victory over the five vices—sex-lust, anger, greed, attachment and arrogance.

Two of the arms of Vishnu represent Shri Nārayāna and the other two represent Shri Lakshmi.

The halo or the crown of light of Vishnu is symbolic of piety and peace and the crown of gold, bedecked with jewels, is an emblem of sovereignty or prosperity.

Thus, by blessing souls with right understanding of the significance of these symbols of Vishnu and by giving them exhilarating visions of Vishnu, the four-armed, God Shiva exhorts mankind to adopt Vishnu as their ideal and He inspires them to take to purity of speech (symbolised by conch), attain the knowledge of the self and the world-drama wheel (represented by the discus), hold on to purity in practical life (of which lotus is the symbol) and thus to win complete victory over vices (symbolised by the mace) and He explains to them that, if they do so, they would attain Double-crowned sovereignty in Heaven. So, all those who receive Godly Knowledge and learn easy Sovereign (Raja) Yoga through Prajapita Brahma, they make their spiritual endeavours with the object of being raised to the Double-crowned deity status, such as that of Shri Lakshmi and Shri Narayana. Having this ideal in view, they do righteous and virtuous deeds and work for complete purity.

The most esoteric knowledge about the identical repetition of world-history every cycle of time:

During every cycle, the souls who are the actors on this world-drama stage will be the same because they are immortal and because no new souls are to be created and added to the existing number since the souls are eternal. Each soul will act the same part in the next cycle also since, in the soul itself is indelibly ingrained the part that it has played life after life in the previous cycle or that it has to repeat cycle after cycle. Just as in a tape record or a gramophone record, a whole song or drama is recorded and it repeats every time the record is played, even so, a soul's role in this world drama is recorded in the soul itself which is only a self-luminous, conscient point. How mysterious this appears to be!! In the very very small, sentient entity, called the 'soul' is engraved, as if, the part it plays minute after minute in its numerous lives—this is the strange nature of the soul! The soul replays this part once every 5000 years because each one of the four Yugas of this world-drama being equal to 1250 years, the duration of one World Cycle (Kalpa) is only 5000 years.

That's the reason we have "Deja Vu"- the feeling that, "I have witnessed or seen this before", even though it is totally impossible for that to have occurred. This is some glimpses of the previous cycle of time popping up into the vision randomly, very rarely.

## **LESSON 7: Brahma and Brahma Kumaris**

The descent of God into the body of an incognito person in order to convey knowledge:

After having created the three deities, the Supreme Father Shiva descends from His Supreme Abode (Param Dhām) into the body of a mediocre man for, I have already explained that He, the Incorporeal Being, requires a human organ of speech to reveal Divine Knowledge. Such a descent or advent of God into a human being's body is known as God's supernatural or Divine Birth or the Divine Presence of God in a particular man's body. Evidently, God's Birth is not ordinary as that of human beings; God, by controlling Matter or Nature, is born in an unearthly and supernatural manner. What God does is that He descends from His Supreme Abode daily for some time. He makes the intellect of an aged man the seat of His glory and, lording over him, He uses the mouth of the man for revealing Godly knowledge, and for explaining the way to victory over the vices and to cultivate divine qualities in life and, having done this, He goes back.

The name of the person in whose body God Shiva embodies Himself God Shiva gives the Divine name 'Prajapita Brahma' to the person in whose body He descends. He descends just to give the knowledge and leaves, freely, any time, as needed. Those who obtain God's knowledge as revealed through the mouth of this man, Brahma, are called 'Brahmins' or 'Brahma Kumars(male) and Brahma Kumaris(females)', as this symbolizes a new birth, a spiritual birth. Everyone has an ordinary birth, i.e. the physical birth given by one's parents. But when a man obtains Divine Knowledge from God and his life is metamorphosed considerably, i.e. his soul gets elevated, he is said to have had a new birth which means a spiritual awakening. For instance, when a man recovers from an old, severe illness and attains health, people say: This man has had a new birth, so to say. In the same manner, if a man does not forget old things and does not give up bad, old habits, people say to him: "Gentleman, consider yourself as having died and now take a new birth." They mean to advise him to forget about his past and strive for a good character and sound behaviour. Likewise, when the men and women of Iron Age, having lived in vices for generations, discard vices and other dirty habits and become pure and morally reclaimed, they are said to be reborn. Such a birth is called Marjeeva Janma, i.e., spiritual rejuvenation or moral regeneration. Because of giving such a birth to human souls, God is called the Father, the Creator and the Redeemer, as, otherwise, the souls are immortal and there is

no question of their being created or born. So, you should note that regenerating the soul by giving it Divine Knowledge and enabling it to establish itself firmly in such consciousness as is implied by these words; 'I am a Soul', the Immortal child of the Supreme Soul, and then spiritually adopting the souls as His children, is what we call the work of 'creation' that God does. Only those men and women who follow God's direction and become purified, attain deity-status in their next birth in the Golden Age that ensues soon after.

It is clear that it is by Godly Knowledge and easy Raj Yoga that God creates or establishes the Golden Age or new, viceless order. The act of 'Creation' does not mean constructing something out of nothing but it means the moral reconstruction of mankind or the re-establishment of the ancient-most Deity Religion. And, you would be pleased to know or, perhaps, surprised to know that God Shiva, the Supreme Father, has been doing very well at getting this work done now through Brahma and the Brahmins.

*'Confluence Age': The Significance of this period.*

The time when God does this act of creation is called the '**Sangam Yuga**' i.e., the period of confluence of the ending phase of Iron Age (Kaliyuga) and the starting phase of Golden Age (Satyuga). Generally, people have heard something about the four ages, viz, Golden Age, Silver Age, Copper Age and Iron Age; but they do not know anything about the most important and the most auspicious of all epochs i.e. the Confluence Age, the period when God, the Highest Being, descends on the World Drama-Stage and meets us human beings, His beloved children, and gives us the most precious boons of Redemption (Mukti) and Beatitude (Jeevanmukti).

The Confluence-age is also the '**Amrit Vela**' or the 'Brahma Muhoorta' in the true sense of the words for, though we generally consider the confluence of the last phase of night and the first phase of the day as 'Amrit Vela' or Brahma Muhoorta, yet in reality, the terms refer to the confluence of the ending phase of Iron Age and the starting phase of Golden Age. Iron Age is the Night due to ignorance and stupor and Golden Age is the Day due to bright character of the people and because it is when these two meet that God gives Amrit (The Nectar of Divine Knowledge) and guides them and, ultimately, takes the souls back to Brahmalo— the world of liberated Souls, that is why even to-day, people pray to God thus: "Oh God, takes us back Home to be with you." People call God as the Liberator and Guide. It is because of this function that



God is the real Spiritual Guide or Preceptor (Sadguru) of mankind. He is the Supreme Teacher also because He gives us knowledge about Himself, the Creator and teaches us the history of the world—the creation.

**MURLI / DIVINE KNOWLEDGE / Daily readings of a Brahmin:**

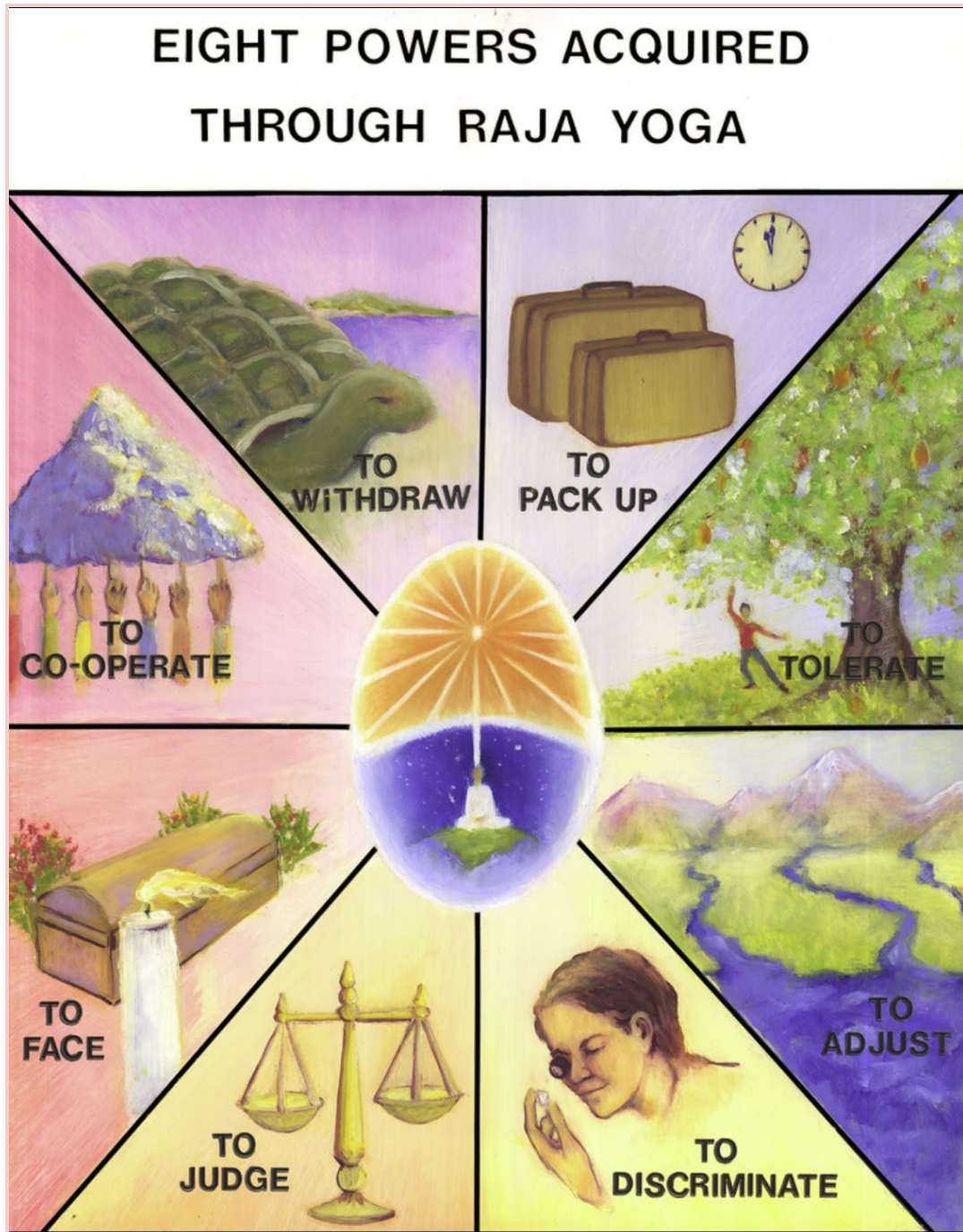
Divine Messages, Discourses, Words spoken by God (Shiv Baba) through the mouth of the aged man he named 'Prajapita Brahma' also lovingly known as Brahma Baba, are referred to as Murli, the beautiful flute of Truth. Brahma Baba left the body on Jan 18, 1969, and is now playing a subtle role as an angel, servicing the world subtly, continuously from the subtle region. This day is very special, as it marks the ability of man to become angelic (divine again) again, as was his true nature.

After that, God descended and used the mouth of a female body, Dadi Gulzar, who very recently also has left the body (who has also become an angel through many years of effort making), as Time is now reaching its closure. The versions of God spoken through Brahma (Sakar Murli) and Dadi Gulzar (Avyakt Murli) had been recorded and written, and continue to be circulated to all Brahma Kumaris Centers and Brahmins (also available for all online now), to be read to reawaken the soul of man, as only His words have the magic to do so, to accomplish God's divine mission to create Satyug / Heaven / Golden age, and transform us souls, into humans worthy of living in that era -called Deities.

**LESSON 8 (ADDITIONAL LESSON): 8 POWERS OF THE SOUL:**

These are inner divine powers that Raja Yoga meditation gives, much needed by man to control his mind and emotions to transform.

(Fig 27)



## 1. Power to Pack up

The power to let go allows me to cut away everything that is destructive and wasteful.

It is the power to let go of all and hold nothing of the past in neither my heart, nor anything pointless of the future in my mind.

To say "No", to negativity means to 'Travel Light', packing only that which is necessary.

Discipline – In all moods, discipline holds you steady. To discipline is guiding your attitude, channeling of talent to strive for perfection.

Purity– Purity in thoughts, words and actions is the foundation of the power to let go.

Self-Respect – When I have self-respect, I can let go of the expectation I have of myself based on what others expect.

Forgiveness– Forgiveness allows me to let go of the negative and the mistakes of others.

Goddess Durga – Destroyer of defects, the bestower of this power. Anything but isn't pure and true, using knowledge and detachment, she destroys.

Her vehicle is a lion. (Indication of powerful problems being subdued)

It is merciless and straightforward, uncompromising and relentless. Her main weapon is a sword that destroys illusion.

The hard symbol of the sword is balanced by the lotus depicting purity and the beauty and fullness of the blossom remains.

The power to pack up is to dispose of all idle, waste and negative thoughts and act on only positive thoughts.

A positive thought is any thought when manifested into words or actions brings benefit to yourself, others in society, the environment and to the Creator. If it does satisfy these four conditions, there is some weakness and it is deemed negative and will cause sorrow somewhere. When you apply the power to "pack up" waste thoughts, it means you are then "traveling light" and then you practice the "incarnation of economy" which means that you get the "optimum returns with least expenditure". There is no wastage. Wastage of any kind is the genesis of pollution, be it mental or physical. This economy brings power and a completely positive outlook in everything. Difficult tasks become easy and impossible ones suddenly become possible.

This is the power to cut away everything that is destructive, useless and wasteful. It is the Power to LET GO and hold nothing of the past in the heart or anything negative about the future in my mind. It is the strength to say 'no' to negativity.

Letting go requires courage, forgiveness, trust, and purity. It means life starts anew from this point, and its foundation is Truth. When it becomes easy to let

go of all limitations of identity, and all the expectations by others or society then it is possible to have greater understanding and compassion for the self and others.

## 2. The power to FACE

Power to face means that nothing is too fearsome to handle, that I am equipped with all the powers I need to face, whatever comes – fear or overwhelming emotions, lack of self esteem, attack or denigration by others, situations that seem impossible.

With this power one is able to observe and see beyond problems and difficulties.

It also gives the courage to discover a positive side to something, which seems to be totally impossible.

The power to face is ruthless and does not in any way accommodate obstacles whether they are internal or external.

Courage – One is bound by the contract of courage when one invokes this power. One is able to take a step of courage and Shiva responds with power a thousand times greater.

Determination– with true determination, qualities of mind such as peace, purity, happiness can remain stable and uninterrupted by the bumps of life.

Confidence– to face the facts of life, one needs confidence in himself, god, karma and drama.

Purpose – just like a paper can be burnt when one focuses the sun rays through a magnifying glass, so also obstacles are burnt when I have a clear purpose in life.

Goddess Kali– Destroyer of obstacles is the bestower of this power.

Kali wears the necklace of skulls, which signify that even death cannot dare to frighten her.

Kali is dressed in black, a symbol of being fearsome to obstacles.

Kali carries the severed head of an opponent to show that no monster shall pass her by.

On the other hand, she carries a bowl of blood of the demon to stop him multiplying with each drop that falls to the earth.

She also carries Trident of being Trinetri (one who is having the third eye to destroy the weakness of the self) and

Sword to destroy illusion.

The power to face obstacles in life is courage. There is always a solution to a problem. Problems do not exist forever. Therefore, start looking for the smallest iota of positivity in the most difficult situation where all seems hopeless. When you see that little ray of hope, build on it and hold steadfastly

and that growth will overcome all the defects. When faced with the vices of anger, greed, ego, lust and attachment, do not engage in a direct fight to win them, instead fill yourself with the virtues of tolerance, contentment, humility, purity and detachment from deep within and the vices will be displaced. Courage is the nourishment of the strong to make the impossible become possible and the weapon to conquer all difficulties.

The power to face is the ability to confront and resolve external and internal obstacles, tests and challenges.

The main attributes of this power are courage and honesty. The Power to FACE means that nothing is too fearsome to handle, that I am equipped with all the powers I need to face whatever comes – fear or overwhelming emotion, lack of self-worth, attack or denigration by others; situations that seem impossible, insurmountable.

This power is not to be cajoled or negotiated with. There cannot be any acceptance of illusion or falsehood, ego, greed, desire, attachment, jealousy or anger in the self, neither should it be supported in others. Balanced with the Power to LOVE, self-respect, compassion, and understanding emerge; self-deception cannot be tolerated because it devalues the truth of our natural, original nature.

### 3. Power to Tolerate

Tolerance means strength and inner power.

With the power to tolerate, one is able to take criticism, insults, anger or any physical sufferings without reacting even in thoughts or even feel it as a burden.

On the basis of soul consciousness one will be able to give love, like the tree which is saturated with the fruits when pelted with sticks and stones gives its fruits in return.

Love– the seed of tolerance is unconditional love, not in a superficial way but as being God's child. Understanding– through understanding one can accept another person as he is, and can demonstrate tolerance in a practical form.

Acceptance– through acceptance, mountains are made into molehills, and molehills are made into mustard seeds.

Patience– speedy drive in the journey of life might end up in a tragic accident. I need to be patient, time is the best healer.

Goddess Jagdamba – The great world mother is the bestower of this power.

Bow and arrow symbolises the accuracy of her love.

Her arrow of love pierces even in the hardest heart, melting the encrusted layers of pain.

She also holds the Discus of Self-Realisation, Sword of knowledge,

Trident of being Trilokinath (Masters of three worlds), Conch shell of sweetness,

Lotus of detachment and Mace of strength.

Her chariot is a tiger – king of animals, strong and beautiful. Goddess Jagdamba has the perfect balance of love and law.

The power to tolerate difficulties involves the ability to go beyond the influence of negative situations and to be able to react indifferently not even in thoughts. If someone offers you insults, criticisms or anger, or even if you endure physical suffering, you can still remain peaceful and happy if you have the power to tolerate. The power to tolerate IS A GREAT STRENGTH to the wise, it appears as a weakness to the egoist. The power to tolerate embraces the powers of humility, responsibility, self respect and cooperation. The power to tolerate brings the maximum benefit when applied with love, mercy and compassion. It is like the fruit tree that bends with all humility to lower its fruits for picking and gives freely of its fruits even when pelted with sticks and stones.

The power to tolerate is the ability to respond to external and internal events positively, yet not be affected by them.

Visualize a tree with lots of fruits hanging from its branches. When I throw a stone at it, what does it do? It bends its branches low and offers its sweet fruit to me. I enjoy eating the fruit, which gives me inner satisfaction. What happens as a result? My respect for the tree increases.

This is a beautiful image of the power of tolerance and I have lots to learn from it. It shows me that if I want to imbibe the characteristics of the tree, I must become full of the fruits of the spiritual attainments from the Supreme Soul. When I am filled internally with fruits like joy, love, wisdom, beauty, and peace through spiritual knowledge and meditation; even when the stones of difficult circumstances come my way I'll still be able to respond positively and creatively, with courage and humility. Tolerance means that no matter what stones come my way, I realize completely that those throwing them are souls not full of attainments although in their original state they are pure soul, and so my duty is to continue to share my internal attainments with them. If I'm empty, the stones will injure me, and I'll react with anger or fear or ego or some other negative emotion.

Like a tree, develop the strength to remain unaffected by external or internal events and respond to it positively.

First I need to withdraw & learn to pack up then Tolerance will come naturally.

#### 4. Power to Withdraw

Power to withdraw allows me to step away from my own 'story' for a moment, from my pain, sorrow, needs and desires, not in order to deny, but to understand and to heal.

I am able to be free from my own needs and limitations when others are in need.

The power to withdraw does not require one to leave the world and live out life in the barren mountains, but rather, empowers the self with the same detachment whilst living fully in the physical world.

Detachment– to withdraw is to detach from whatever the current situation is – feelings, emotions, confusions, and interaction; to detach from the scene, from the body I inhabit.

Concentration– Concentration on the pure point of consciousness, the real self, the living being who plays the character, allows me to detach from the role I am playing.

Silence – Whenever I am silent and cool, I am able to withdraw from the negative influences of situations and to listen to what is being said and also what is not being said.

Introspection– Introspection allows me to be in creativity within and thus be free from wastage of thoughts

Goddess Parvathi– Goddess of Hope and Zeal is the bestower of this power. Her name itself says that she is the one who is beyond the negative influences of others.

Rosary – The rosary indicates whilst being threaded, connected with many other beads, she is clean in her singular identity and so independent.

Bull is her chariot. She also carries lotus of detachment and a bowl of nectar.

The power to withdraw your thoughts is possible even while you perform activity. Naturally your thoughts must be involved, but during any task you can withdraw and check yourself with the consciousness of your inner peace even for a brief second. Always check for defects and correct if necessary. Like the tortoise who withdraws its legs and take protection with its hard shell on hearing unfamiliar sounds or detects impending danger, so too, withdraw yourself and go deep within and regain your inner strength using the innate values as protection. When there are obstacles or difficulties facing you, look first within for the solution and not without confusion.

It is the power to become a pure point of consciousness, the real self – the being

who plays the character, detached from the scene, from the role being played, from the body. It does not require us to leave the world but be beyond its influence – connected to the true self.

The power to withdraw is about perspective. It gives clarity and coolness, as well as the ability to change a situation. To withdraw is to detach or step back from whatever the current situation is, be it strong feelings, emotions, anger, or

#### 5. Power to cooperate

To have the power to Co-operate means to have a quiet eye for what is needed to bring success and to supply it at the right time, in the right place and then to be off.

Everyone will co-operate in something that they care about.

But actually to have this virtue 'full time' means to be constantly extending your hand wherever it is needed. Respect – Respect is cooling and brings hearts together. To know one's own worth and to honour the worth of others is the true way to earn co-operation.

Honest – To be honest to one's real self and to the purpose of a task earns trust and inspires faith in others. Harmony – The gathering does not co-operate with each other until there is harmony within and among the individuals. Just as the musician needs to practice playing the instruments alone before joining the symphony orchestra, the individual needs solitude to be in touch with his or her potential before joining the gathering. Humility – When one has the virtue of humility, everyone "bows down", since everyone bows to those who themselves bow first. The more presence of a humble person creates an inviting, cordial and comfortable environment.

Goddess Laxmi– Goddess of wealth is the bestower of this power.

She symbolises great beauty and harmony.

She carries lotus in her hands, which represent beauty along with purity and detachment.

Her motive for co-operating is always pure and she is not in anyway attached to the outcome of her contribution nor does she require ownership of the task at hand.

Her treasure of wealth is absolute abundance and is overflowing.

She is happy to share her treasures.

You too can become like her ...

The power to cooperate with others and the environment requires the understanding that you have to know when to give cooperation as well as to know when to take cooperation. Cooperation has a great affinity for taking and giving responsibility. Cooperation is to understand that all souls are children of



the One Father. This is the concept of "brotherhood". The feeling and attitude of brotherly vision creates unity and strength and makes any task easy. Cooperation is the understanding that no man is an island and wastage is to commit spiritual suicide, if not today, then tomorrow. Your conscience is but the judicial arm of that law of karma that dispenses divine justice and for this "nothing is for free in this world". There is an equal price on all your thoughts and actions.

The power to co-operate is the ability to give attention, time, experience and wisdom in the service of others and to work alongside them.

In many ways, the power to co-operate is the culmination of all the powers. It requires us to be free from vice: ego, jealousy/envy, attachment, lust, anger, greed – from anything that distracts from being an instrument for a task. When the attitude is detached, the innate sense of knowing accurately what is needed, plus the ability to be flexible and able to adjust to all situations and types of people, enables us to be benevolent.

To fully realize this power is to be full to the point of overflowing, beyond any need to be praised or acknowledged. Self-respect and complete contentment result, and from this state of fullness, giving freely and unconditionally are natural.

#### 6. Power to Judge/Decide

Power to decide allows taking clear, quick, accurate and unbiased decisions.

Raja Yoga meditation provides this strength and clarity of the intellect through greater self-understanding and a detached perspective.

The one who is using this power makes a statement that " I trust myself and I am clear that my actions are right and will bring success. I am prepared to stand by my choice and to receive the consequences."

Faith – For this, one needs to be above the influence of situations, the emotions and the opinion of others and have faith in God's power.

Balance– Balance of love and law, firmness and flexibility, cheerfulness and maturity, logic and intuition sharpens the power to take accurate decisions.

Wisdom – one also needs a clear wisdom of what is right and what is wrong.

Surrender– this power requires total surrender of intellect that is to be completely free from any attachment to the outcome of the decision. "Duty is your responsibility, the result is not your concern" (Thus speaks God in Bhagvad Gita)

Goddess Saraswati– Goddess of Godly knowledge is the bestower of this power.

She is dressed in white for cleanliness and her vehicle – peacock, represents beauty and purity.

She carries with her religious scriptures in one hand, the rosary which is the memorial of perfect spiritual beings in another. She also plays the Sitar to bestow godly knowledge to the world. She takes her strength to act decisively from God's instructions (scriptures) and by looking to role models (rosary) whose decisions were naturally powerful, pure and victorious.

The power to judge allows you to take and make quick, clear, accurate and unbiased decisions consistently. You have to be free from the attraction and influence of emotions and opinions of others. You need a clear understanding of what is spiritually right from what is morally wrong. This needs clarity of thought when there is harmony of the mind and intellect with a detached perspective. Never set out to look for the defects in others first. Always be part of the solution and not part of the problem. Always stand back from a position outside the problem. When you stand on top of the mountain, the city below looks small and friendly, when you are lost in the forest, you cannot even see the trees.

The power of judgment is the ability to assess the quality of choices, decisions, and actions in yourself and in others.

This is the power of truth, the power to choose truth, to stand alone in that truth no matter what. It is intrinsically connected to the Power to KNOW and takes much of its clarity from that power. I can often know the best course of action, can be absolutely certain, but without the Power to DECIDE, I am unable to follow that knowing.

This power requires me to be completely free from any attachment to the outcome of my decision. I must make the decision, follow through but not be concerned about the result. Any expectations or investment of myself in the result can create worry, doubt, confusion and, ultimately the disappointment. I must also understand that whatever decision I make is destined and accurate – I will always learn and benefit from it.

#### 7. Power to Discriminate

Power to discriminate is the ability to give the correct values to the thoughts, words and actions of others and myself.

Just as the jeweler can discriminate false from real diamonds, so also one should be able to discriminate falsehood from truth, wrong from right, illusion from reality, losses from benefit.

Negative thoughts often cloud true discrimination and these could be eliminated through meditation. Clarity, accuracy, trust, and simplicity enable one to discriminate effectively.

Clarity– Clarity of thoughts have to discern accurately.

Accuracy– Accuracy is being in a right place at the right time.

Trust - When I trust my intuitive powers, even in the face of opposing opinions, I will be able to discriminate effectively.

Simplicity - Simplicity dramatically heightens your power of perfection.

Goddess Gayathri – Goddess of intellect is the bestower of this power.

She discrimination the basis of Godly Knowledge ( scriptures)

She also carries nectar of knowledge and rosary. Swan is the vehicle, which can discriminate between water and milk.

White colour of swan is the symbol of simplicity and peace.

The power to discriminate is to apply the correct values to the thoughts, words and actions of yourself and others. Just as a jeweler can discriminate false from real diamonds, so you should be able to keep positive, worthwhile thoughts and discard the negative harmful ones. It is the negative thoughts which often cloud true discrimination because you lose objectivity and clarity in thoughts when the motive is selfish, injurious and deceitful. You have to be like a swan who can pick out the gems from among the stones with immaculate accuracy.

The power to discriminate is the ability to discern the subtle and separate what

is true from what is false.

This is the power of the intellect, the divine intellect. It is the art of consulting the most elevated consciousness to understand truth and falsehood, right and wrong, reality and illusion, benefit and loss.

The power to know is the ability to discern accurately – the power of clarity that allows the best course of action to be chosen. When it becomes possible to see beyond the present moment to the future implications of any choice, there is no longer a reaction, but a considered response. It requires trust in the higher self, even in the face of opposing opinions, and listening to what is known deep within.

#### 8. Power to Accommodate

Power to accommodate is the power to remain above from any clashes of personality or nature, to be able to mould and adjust, as the situation requires. It is the power to soothe and comfort the hearts of anyone.

Just as the ocean can accommodate all the rivers flowing into it, likewise, one is able to donate 'space' for everyone's preferences, opinions and weaknesses.

During this historical time of exponential change, one must create comfort in the world wherever one finds that no comfort exists.

Flexibility – Flexibility brings the ability to accommodate, just like the little straw that doesn't break but bends in the storm. It is flexible, but strong and therefore rises again when the storm is over.

Mercy– Mercy goes behind and meets the hidden needs of a person's mind, their child life –self.

Openness– Openness allows me to move the boundaries of comfort zones wider, to move the edges of limitation into unlimitedness.

Gentleness – one who is gentle sees, understands, adjusts but never interferes. Gentleness is not a lack of strength but a quality, which doesn't disturb, doesn't push, yet knows its power and can provide shelter. The result of the power to accommodate is a deep contentment.

Goddess Santoshima– goddess of contentment is the bestower of this power. She carries Trident destroying all preferences and opinion based ego, greed and attachment.

Sword destroying illusion and

a bowl of rice which represents the nourishing aspect of this power.

Her symbol is a coconut signifying soul-consciousness.

Her special day is Friday.

The power to accommodate is the power to be above any clash of personality or nature. It is to be able to adjust and change negative situations into opportunities without creating conflicts. Just as the ocean accommodates and separates the waste from all the rivers, so too do not reject anyone, but change relationships through the powers of good wishes.

The power to accommodate is the ability to expand and accept the presence, ideas, and desires of others.

This is the power to provide comfort where no comfort exists. Its foundation is a constant connection with inner truth and an openness & regard for others.

To accommodate does not mean to compromise...It means to maintain one's own integrity and the integrity of others with a commitment to truth, and faith in The power to accommodate requires deep understanding and acceptance, the ability to nurture the true identity so that what is needed in any situation becomes present. With this power, a deep contentment is experienced that is impervious to the prevailing conditions.

## **PRACTICAL EXPERIENTIAL MEDITATION PRACTICE: GUIDANCE**

**VISUALIZATION:** This is sometimes known as mental rehearsal, creative or guided visualization or imagery - is a safe, powerful mental technique used around the world for a wide range of different purposes of self improvement, including various types of self-help, health, business improvement and sports improvement, working on the subconscious level. Visualization is the simple act of closing the eyes, relaxing the mind, and then vividly imagining a scenario in your mind that you would like to occur in your life. It is a very powerful tool in meditation. When you visualize a scenario repeatedly, it has shown to help create new powerful mindsets, attitudes and results by mentally 'programming' your subconscious mind to attain a specific result we desire - which is the powerful computer-like mechanism that operates all the automatic processes inside of us, including our habits, beating of the heart, circulation of the blood, cell regeneration, respiration, metabolism, and many other functions. Its is a powerful and safe way to reprogram the mind for better performance in specific areas of your life or for improved mental and physical results. It is also used as a form of neuro linguistic programming (NLP), which is the study of communicating with the subconscious. Besides its use for health, and business and sports improvement, this technique can be used to overcome many specific problems and issues as well, in both mental and physical realm, as Visualization taps into your extremely powerful imagination within your subconscious. One of its greatest benefits is it can be personally tailor to fit your exact needs, at any time. This gives one freedom and allows one to strengthen and grow in the areas you wish to focus upon. There are simply no other mental techniques which can influence performance with the same ease and effectiveness as visualization. It's easy and doesn't take much time, and so its not only effective but also convenient to fit in with your daily life. It can be practiced without guidance also once clearly understood. Visualization isn't just visual, but involves the feelings and emotions, which enhances and makes it even more powerful. Visualizing regularly also means that your subconscious mind picks up on exactly what you are trying to convey. Even when you can't actually see the images, everything is experienced in the subconscious as if it were real, even though we think imagination is an unreal state of mind. Imagination borders alongside conscious reality and is the most easily accessed point form consciousness. The more you dwell upon these images, the greater their chance becomes of being realized. Everything you desire must be imagined first. The more you exercise the imagination actively, the quicker you get results. Acknowledging

and appreciating the power of imagination, makes it different from fantasy. By realizing that your imagination has the capacity to turn you into whatever you wish to be, you have taken an important step on the road to self-realization. Fearful images can get replaced with desired images and this is actively projected forward in reality. Specific control and direction consciously tapping into the power of Visualization gives success. The more senses you involve the better the quality of image and the better the result, the quicker it becomes realized.

Imagination wins over the Will. Thus using imagination to energise the will toward achievement of a positive goal is possible. The power of the will can be enlisted and harnessed to make the wanted outcome a reality. The imagining of a good state takes the focus from the problem state and onto a desired state. The imagination gives the will a direction in which to go.

#### **Raja Yoga and Visualization and Concentration as Divine Connection.**

In Raja Yoga, we use visualization and concentration to see our true identity as a soul, and God's identity as a soul to connect and see the transfer of energy from Him to us. It is empowered Visualization based on True Knowledge. Believing ourselves to be souls and practicing soul consciousness gives us the taste of withdrawal from the body. This state, which is akin to restfulness one has during sleep, enables our muscles to relax.

The space in the mind where visualization takes place is the 'seat of the soul'. This is the hypothalamus, which is considered to be the area of the seat of the soul. Thus stress and fatigue triggers the hormonal systems.

When one practices meditation one is exposed to the Light, Might, Love, Bliss of God, the Father/Mother and refreshes the soul, also washing it of the dirt of its past sinful actions. These influences lead one to such a deep feeling of peace that however stressful the situations may be, they now cannot move the Yogi from his fixity and stability in that state of superconsciousness. This state gives a person high ideals, noble goals and positive ideas, building purity, divinity and royalty, which gives an integrated and harmonious personality. This state directly affects hormonal secretions of the hypothalamus, and increases cellular immunity and resistance power to deal with stressful situations. It is thus a tremendous gain at the physical and psychological level. Mental health is the ability to balance the feelings

### **Importance of Solitude and Silence:**

In order for us to be able to meditate or reflect, we need to spend time in Solitude and Silence.

Some benefits of Solitude as clarified by Azeem Dana in his book Satyam:

1. There is attention towards self.
2. Being in solitude, your subtle energies of thoughts, words and actions are accumulated rather than used up.
3. In solitude you find time to analyze yourself.
4. In solitude you understand where you are moving towards in life.
5. In solitude, you become free from all that makes you tired mentally and physically.
6. It is better than sleep because in solitude you can be aware of yourself unlike in sleep.
7. By being aware of self, you understand yourself better.
8. You experience the silence within.
9. More power gets accumulated.
10. You are less tired. Although if the silence can be experienced even whilst doing, thinking, then there is only storage of energy and no drainage and there will not be tiredness.

### **How to practice Yoga:**

(As outlined in "A Hand-book of Godly Raja Yoga")

How is Yoga to be practiced? This question common to all aspirants of Yoga? The seekers also ask, "How and where is the mind to be stabilized ? Is any *mantra* to be recited or any religious formula to be repeated in mind ? Does the practice of Yoga require one to make use of a rosary or does it require concentration of one's mind on any gross or mental image of a deity ?" All these questions arise in the mind of a seeker-after-Yoga because various kinds of Yoga which men, as religious guides, have been teaching since the beginning of Copper-age till this day, required one or the other kind of religious aphorism or image of a deity or the use of a rosary, or advocated the focusing of mind on any object, even if that object be other than God Himself. But, it should be clearly understood that the easy Raja Yoga which God-Father Shiva Himself is teaching now, does not require one to depend on

any of these. What this Yoga requires is Knowledge of God and a keen aspiration to be united with Him and also the purity of thought, word and deed.

By use of common sense, one can understand that, in order to stabilize his mind in the remembrance or consciousness of his near and dear ones, man does not require the help of a *mantram*, incantation (*Japa*), breath-control and rosary. He rather finds the image of his beloved relation constantly occupying his mind and he feels under the spell of the love which is the magical religious formula, i.e. *mantra* in his case. Even a small child would not ask for an idol or image of his father as an aid to stabilize his mind in the remembrance of his father nor would he feel any necessity of sitting in a particular posture for remembering his father. So, it should be understood that, as a matter of principle, the very question implied by the words: "what is the technique of Yoga?" does not arise because God is our Most Beloved Father and our Most valued Guide and Friend, the nearest relation of ourselves(souls), the only one who purgatorates souls of their sins and liberates them from the bondage of *Maya* and bestows heavenly happiness. One should, in fact, feel no need to ask the question: 'What is the technique or method of practicing Yoga', because, being interested in the attainment of perfect peace and happiness, one's mind should automatically turn towards God who is the only bestower of these. But, since man is ignorant of the divine name, spiritual form, supreme abode, acts, etc., of God, he is unable to contemplate God and, like the mind of a passenger who has lost his way, his mind also has become wayward: it turns to this side or that side sportively and ignorantly. But now that we have revealed God's divine name, form, abode, etc., in the preceding chapter, the seeker should find it easy to turn his mind towards God and to stabilise it in that consciousness and should, even while performing his daily duties, remember God lovingly.

However, with the object that one may be able to light an intense fire of Yoga, so as to melt away one's evil predispositions and vicious mental-impressions (*Samskaras*), to break the bondage that has resulted from one's past unrighteous actions and to attain stability in Yoga, we lay down here a brief outline to indicate how one should practice yoga. By following this outline, one would enjoy the deep bliss of the union of soul with the Supreme, and attain spiritual heights speedily. It is hoped that the new entrants to the path of Yoga would be able to benefit by it and would have special sittings of Yoga.

Before we explain the method of practicing yoga, it should be clearly understood that the practice of yoga does not consist in *merely* fixing the mind



on some object or ideal and attaining concentration or a state of thoughtlessness. Yoga, in its true meaning, requires one to withdraw mind from all objects and persons of this physical world and to stabilize it pin-pointedly in God-consciousness. Before one can attain this perfect stability of mind in the state of God-experience, one has, in the initial stages of practice, to engage his mind in contemplation of God so that thoughts of this gross world do not enter his mind. This contemplation of God or transcendental meditation. i.e. recapitulation of the divine knowledge, rapidly leads one to the highest stage of yoga in which the soul is completely absorbed in the divine experience and no longer requires any recapitulation of divine knowledge, etc.

### **The Method of Practice**

Now, we explain the way to practice this Godly yoga by giving an example from this gross world.

Suppose you want to remember the sun. Your mind and intellect straightaway get focused on the orb of the sun, in the Ether(*Akash Tattwa*), high above. As you know the shape, qualities and function of the sun, all these particulars also will emerge in your mind. The benefit which the world derives from the sun will occur to your mind automatically and without any strenuous efforts.

Now, let us apply this example, however gross, to the practice of Raja Yoga. It has already been revealed to you that God is self-luminous micro-star-like in form. He is more radiant than even thousands of suns together. This effulgence is divine and golden-red. His Supreme Abode(*Param Dham*) is far above the world of the sun and the stars and also above the subtle realms of Brahma, Vishnu and Shankara. He abides in Brahm which is also called the *Akhand Jyoti Maha Tattwa* or the golden-red, immutable and non-sentient element. His divine name is Shiva. He is the benefactor of the whole world. He is Knowledgeful, Peaceful, Blissful, Loveful, Almighty, the Over-Lord of and also the immortal Seed of the Human World Tree (Figure on page —). He is the Bestower of *Mukti* and *Jiwan-Mukti*. Besides these, God's relationship of Father, Teacher and Preceptor, has also been explained to you and the knowledge of the World Wheel also has been imparted to you (see page 23). All this knowledge will emerge in your mind when you connect or link your intellect with the natural, easy and silent remembrance (consciousness) of the Incorporeal, super-mundance, *Karmateet*, Almighty and the Most Beloved Father Shiva.

In this kind of remembrance, the attributes and Divine Acts of God will also naturally emerge in your Mind. When all this happens, the soul will rest in its original pure self and will thus feel free of the burden and encumbrance of its body, because it is a spiritual Law that, if a person engages his mind in the remembrance of the Incorporeal God, he himself also feels as if he is simply a soul without the material body.

By employing your mind in the steady and hearty remembrance of God in this way, your intellect will automatically get disconnected with objects and persons of this Iron-Aged, ephemeral and vicious world and will instead, get established in consciousness of God.

#### *Transcendental Meditation*

Now keeping in mind the knowledge explained, one should begin one's Yoga-practice by meditating thus : "I am a soul, a conscient point of divine and eternal light and power. I am an entity different from my body. In my original nature, I am peaceful and pure. I was free of any bondage originally". Contemplating thus, one should turn one's mind upwards, towards the golden-red, insensitive light-realm, called Brahm, in the highest region called *Brahmloka*, which is far beyond the realms of the Angels or the subtle deities and should meditate thus : "In fact, this light-house is the original, sweet Home from where I, as incorporeal soul, came on the World Drama-stage and played my part life after life, by donning different bodies, but now I have again to attain the original state of calmness, quietude and purity. As a soul, I am different from this body and now I am to get re-instated in my original pure and peaceful nature ".

By having winged up into the *Brahmloka*, i.e. the world of souls, with the help of these thoughts, one should now lovingly meditate thus on God-Father Shiva, who is of the form of a point-of-divine-light and power and who abides there in the *Brahmloka* : "God Shiva is my most Beloved Father. He is Lightful and is one who blesses us with the unhampered sovereignty of ever-peaceful and ever-happy heavenly world . I am really lucky to have a bond of love with God, the sweetest Father and to have known Him and to have obtained the invaluable treasure of Knowledge from Him. I am very fortunate because I am now purifying myself by the power of Yoga or the sweet remembrance of God. In fact, I have all my spiritual relations with God; He is my Supreme Mother and Father, my Supreme Teacher, my infallible and Supreme Guide and my real and eternal Friend. He is now doing me complete spiritual good by liberating me from the bondage of *Maya*...". "It is a matter of great rejoicing

that I am the eternal son of Peaceful and Blissful Father who is the one Lord of the three worlds. I am very happy to know that Redemption (*Mukti*) and Fruition (*Jeevan-Mukti*) are my birthrights that I will have as inheritance from God, the ever-liberated and Heavenly Father, I have now obtained Godly Knowledge, revealed by God who is the eternal Seer of the three aspects of time, and I have now attained the divine sight or the eye of divine Knowledge.....”

Using these thoughts as a ladder for your mind, let your consciousness ascend to the peak of spiritual experience and there rest yourself in the bliss or the exultation you get. In this way, you will find that your mind has detached itself from this material world and its objects and is now established in the sweet and refreshing single-pointed consciousness of God. At this stage, you would feel as if currents of light and might from the Almighty God Shiva are descending into you and, through you as the medium, they are spreading all over the world for purifying the elements. Feeling yourself as a point of light and a dynamo of might, you should enjoy that calm, tranquil and bondageless state and should take delightfully the experience of enravishment and enrapture that comes because of the flash or blaze of divine light descending on you and drink deep in God’s love and be immersed in the sea of His affection and the concentrated and intoxicating remembrance of the Sweet Father.

If suddenly and somehow one’s mind turns away from this other-worldly, supermundane and superconscious experience or meditation, one should again set one’s mind to contemplation of his relationship with God and other facts relating to God so that his consciousness may not drag him down to this gross world. For example- one should start reflecting thus : “This world is like an inn, our sweet Home is the world of souls, the Highest Heaven or *Brahmloka*. This vicious world of Iron-age is now at the brink of Destruction: it has, therefore, no longer any attraction for me. I feel no attachment with the objects and persons here. I repose my full-fledged and whole-hearted love in God, who is leading me to *Brahmloka* where there is perfect peace and He is now guiding me to Heaven where there is complete happiness. I have played my part full on this World-Drama-stage and now being my last, i.e. 84th life, I am a co-actor with God-Shiva Himself. God Father Shiva is the most generous and most bountiful Father; He has blessed me with the divine gifts of Godly Knowledge and Raja Yoga which are the keys to all that human beings aspire for. My dear Father Shiva, really I feel that you bestow peace and happiness on mankind and grant spiritual good to all the people.

Therefore, I love you from the core of my heart. You are extricating me from the morass of vices and are making me worthy of the birthright of heavenly sovereignty for 21 lives. How can I repay you for all these salutary acts of yours. O my dear Shiva, the Father on high, I promise that I will not commit any sin from now onwards....". Thus meditating, one should stabilize one's mind in the deep experience of transcendental peace, might and love and should get absorbed in the soul-captivating bliss and should rest as a point of divine effulgence and power.

### *1.How to Meditate in Raja Yoga: Initial Stages*

Meditating is easy. Raja Yoga even has the name 'Easy Raja Yoga'. But sometimes getting started needs a little explanation. Here is a simple five-step process to follow. Soon you'll arrive at the quiet still place with just a single stride - a single thought - and you won't even need to take five steps.

**Step 1 : Relaxation** : Relaxation is about letting go of tension and stress and bringing the mind and body into a state of calm and peace ...

- Relaxation in the forest
- Relaxation of the muscles
- Relaxation with the breath
- Relaxation connection

**Step 2: Concentration** : Concentration allows me to use my time productively, once I have relaxed: I focus on the thoughts I choose to have ...

- Concentration flow of breath
- Concentration on a point
- Concentration on the word shanti
- Concentration counting backwards

**Step 3: Contemplation** : Contemplation is reflecting deeply on myself, my inner world and my values...

- Contemplation eternity
- Contemplation on the true self
- Contemplation being of light

- Contemplation your core quality

**Step 4: Realisation** : Realisation is when my understanding and feelings combine and I experience a more profound, more meaningful reality within...

- Realisation love
- Realisation pure light
- Realisation eternity
- Realisation soul shift

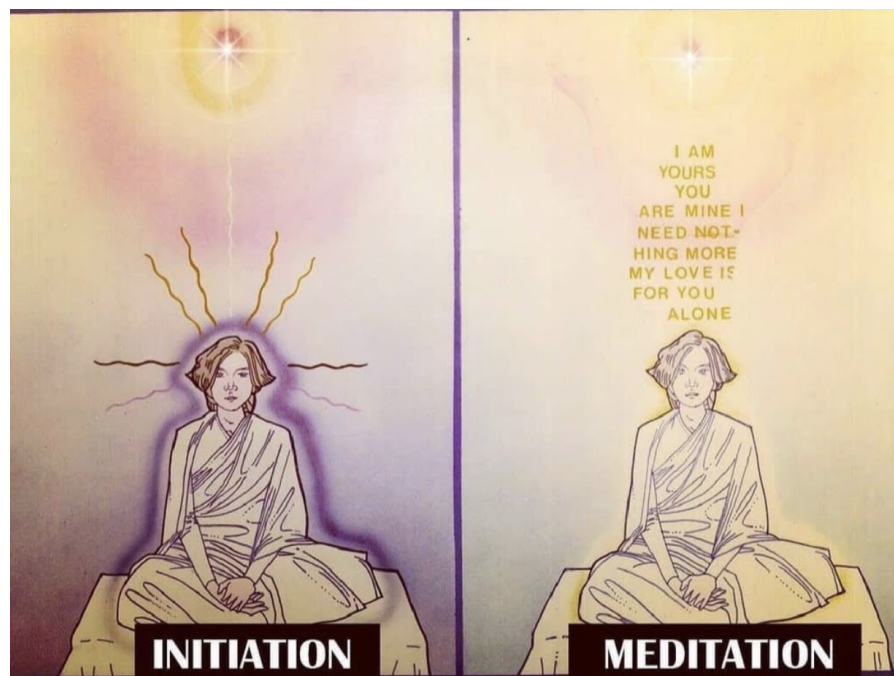
**Step 5 : Meditation** : Meditation is focusing on a thought and remembering my eternal identity, and re-awakening a wonderful state of well-being.

- Meditation Beyond..Meditation to the Source (Supreme Soul/God)
- Meditation the simple shift
- Meditation beyond the story.

#### *FOUR STAGES OF RAJA YOGA MEDITATION*

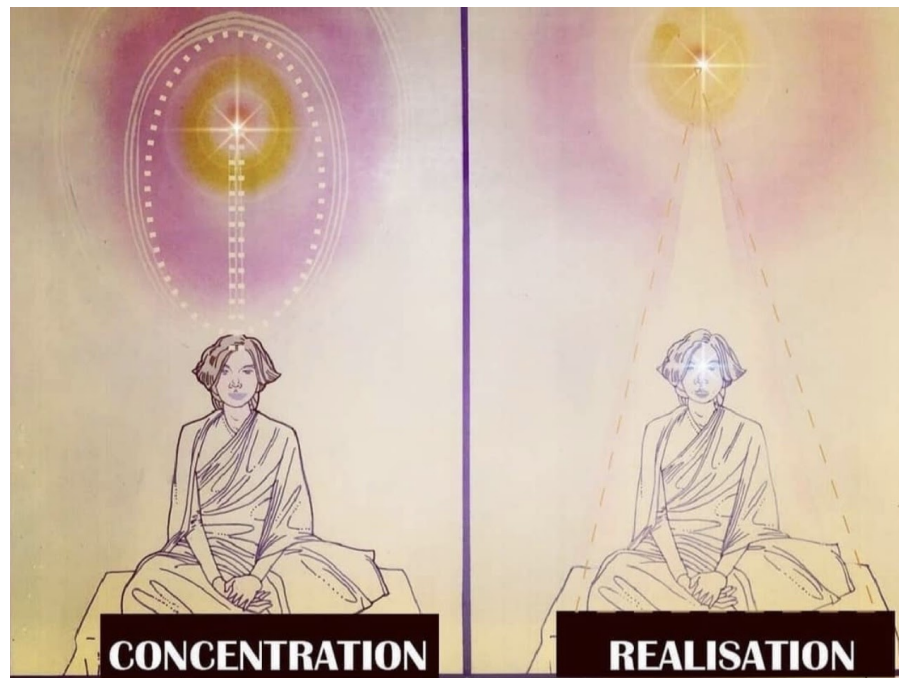
(after receiving The Basic Course) as shown below in the pics:

(Fig 28)



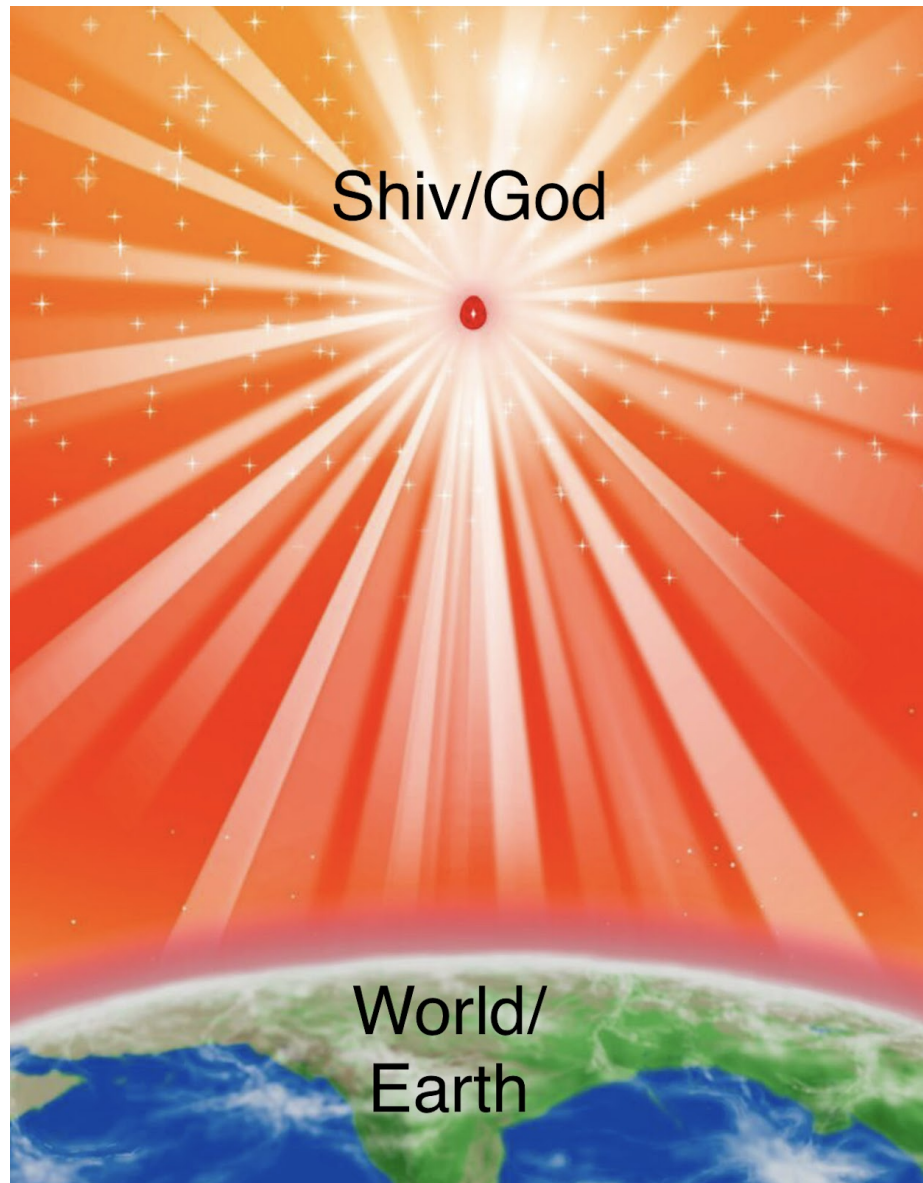
1. INITIATION : When you sit, with the thought of becoming Soul Conscious, and watching how you disconnect from everything else, except your identity as a Soul/Point of light energy seated in the center of the forehead.

2. MEDITATION: The focus shifts to the Supreme Source, the Ocean of endless love, peace, virtues and powers, the eternal Father. And pondering lovingly on the relationship with Him.



3. CONCENTRATION: Concentrating or focusing on that identity exclusively. Here thoughts have seized naturally, and the total thought, feeling, and vision is of the Light Being. There is only the Point of Light in a Golden red realm..of stillness and silence.

4. REALISATION: The easy stage of basking in the love, powers, virtues, and spreading that onto all below... and at the same time, receiving from the Source non-stop, the feel of abundance.



(Fig 29): Shiv/God and World/Earth

## 2. GUIDED RAJA YOGA MEDITATION:

We use this word 'empowerment' a great deal and yet empowerment cannot come to me from anyone else outside, but empowerment which comes from within means that it's a strength that stays with me forever and ever. Wherever I go, whatever else it is I do, this power is that which I carry within my own being.

Let's experience a few minutes in which we use this concept so that you can actually see how it works for yourself.

### **Step by step procedure for Rajyoga**

1. Stare at a point - focused attention or feel love and compassion.
2. Connect with God for easy detachment from becoming conscious of thoughts or situations.
3. Experience the inner peace, love, compassion and happiness that happen naturally as the Consciousness detaches from stress, worries and day-to-day responsibilities.
4. Practice performing daily actions with focus on positive emotions.

(Spirituality Health and Inner Values Academy, 2020)

### **Guided Meditation: SOUL CONSCIOUSNESS**

Sit quietly just letting the body be relaxed, preferably both feet on the ground and your hands folded quietly.

Let your breathing become natural and slow. You can keep your eyes open. (In fact it is preferable to do so, so that this awareness becomes a natural stage of awareness for you.)

I focus inside and I watch what's happening inside my own inner world.

I see many thoughts flickering on the screen of my mind and I can consciously choose which thoughts to have.

I choose the thought of peace.

I visualise a point of light and in this awareness of peace I know that this is who I am.

I am a being of light. (INITIATION see pic above)

I am a being of peace.

My thoughts slow down and I savour the beauty of peace within, as my inner world is filled with peace.

I am also filled with light.

I can feel the clouds of confusion receding and as this light becomes bright I can feel my own inner power growing within.

My own being is light, might, peace.

Having forgotten myself I had forgotten these original and natural qualities of mine, and now that I know who I am, all these qualities naturally belong to me again and in this awareness I radiate light, peace and might.



And now I let my thoughts come back to the awareness of the physical body that I occupy and the situations in life that I find myself in today, but now I come back with an outlook transformed with an attitude which is very different. Coming home in this awareness of I the soul, the master of this physical instrument, this precious body of mine, I know now what it is I have to convey through my eyes, through my lips, through my actions, I know the direction that I have to move in.

My vision of others has also been transformed. I don't put them into boxes anymore. I am able to see them as external beings, as souls. I still carry on with those things I need to do, but now having created that original eternal world also, there is clarity in the way which I think; there is understanding and empathy in the way I behave with others; there is power in my actions so that my actions lead to the right conclusions; and positive results emerge in my life and also the lives of others around me.

I compare this to the state I was in before, a state of chaos and confusion inside, and so little wonder that there was chaos and confusion in the world around me. Managing myself means to know that I am the creator of my own inner world. I'm able to be the creator of the world around me. Managing myself means finding my own dignity, finding my own state of self-respect so that I'm able to stand independently on my own feet. We surround ourselves with so many different supports and are unable to manage without those supports. But now that I know who I am, I carry my own stage of self esteem and of course when I value myself, I value others around me. In a state of self-respect that respect extends out to others. Managing myself means I'm able to move with stability in which I bring calmness to the world of chaos around me. The peace that I have means that I can begin to create a little oasis of peace around me. The light that I have means that illusion and darkness no longer touch me. The power that I have means that I can truly be free.

Om shanti. Om means I (soul) am, shanti means peace. I can turn back to this awareness at any moment and again be a master of myself.

**Sister Jayanti** is the Director of the Brahma Kumaris in London. This article, originally published by BK Publications ([www.bkpublications.com](http://www.bkpublications.com)) in Retreat Magazine #10, is an extract from her opening presentation in a series of audio presentations entitled Meditation for Extremely Busy People.

*GOD'S MESSAGE:*

*Baba comes to liberate us from these sufferings (according to our effort /Yog). We need to have good sanskars/nature, pure Drishti/Vision.*

*Body consciousness brings all other vices!  
Soul consciousness effort is needed.*

*TIME.. has spoilt our character. Like an old house gets spoiled or ruined over time naturally. And of course the influence of the wrong company too. Happiness of the Golden age is not possible here! Baba/God is here to liberate us! Take us there. So effort is needed NOW before leaving the body!*

*"Constantly remember me alone" God's direct direction. And thus we cut all births' karmic accounts, and get liberation (going back to the soul world) and liberation in life (in Heaven-Golden Age, here on Earth) too!*

*All souls now are sinful souls. So to be merciful, kind and understanding.*

*Wrong knowledge has spread because of the degraded intellect of souls! This is the Ravana kingdom of the second half of the Cycle of Time. This had to happen too.*

*This is a study through which one makes one's character DIVINE! As everyone's character is spoiled now! But only One Baba (Ram) can change this.*

*(By 2025, India's population will be more than China! So more Food n water problems.*

*Baba says...*

*"I enter the chariot of (Brahma) the one who doesn't know his own births! So I give gyan and teach everything".*

*No one can claim good status (of mind now, or in future life/lives) without study.*

*Dharna/Embibe: Don't spoil your stage by believing rumors. Don't burn inside when you hear lies . Take God 's directions.*

*Full effort to be soul conscious. Don't defame anyone. No criminal eye. Listen to what Baba says..and keep inside and imbibe.*

*Blessing : may you Gain victory over every situation on Faith..n intoxication. Become Embodiment of success!*

*With Yoga.. Feel the attainment! Even when not visible yet...*

*Test papers will come. No food etc...but Yoga will give the experience of dry chapati being soft! No one will be able to distress you. Check this.*

*Don't let comfort and facilities deceive you..don't rely on them. Only use them in a detached manner.*

*Slogan: Be an instrument. Play part accurately..and thus receive cooperation from everyone*

## **GOLDEN PRINCIPLES / SPIRITUAL RULES FOR A YOGI:**

### **1. BRAHMACHARYA / PURITY / ABSTINENCE**

It is obligatory on a practicant of Yoga to observe some important spiritual rules. The most essential of all the rules are *Brahmcharya* (continence), purity of thought, word and deed and complete non-violence. As long as man does not observe *Brahmcharya*, he cannot get stabilized in Yoga because sex-lust(*Kama*) and Yoga are sworn enemies. Sex-lust is based on body-consciousness and is born of eyes tainted with animal passions and mind assailed by criminal thoughts and darkened by forgetfulness of God. On the contrary, Yoga is based on soul-consciousness, sustained by innocent eyes and is born of mind that is full of love for God. Therefore , it is utmost necessary to consider sex-lust as a door to Hell and to take the vow of continence and fulfill it willingly, voluntarily and with determination so that the soul can realize its pure self and can attain steadfastness in Yoga and, through it, can draw strength from God for giving a valiant fight to other vices.

### **2. PURE DIET**

Besides *Brahmcharya* and purity of thoughts, words and deeds, purity of diet also is essential. The food, man takes, has a great effect on his mind. Therefore, one who aspires to be a good Yogi, should take only rightful or *Satoguni* food, i.e. food which is congenial to spiritual advancement and does not give rise to unclean thoughts, does not rouse animal passions and does not foment a man's temper. Right- ful food is that which has been earned

righteously and has been prepared by a person who practices Yoga and observes the vow of *Brahmacharya*. Such a type of food does not give jolts to man's state of Yoga and does not pollute his mind. On the contrary, man's sense of right or wrong, greatly improves his mind, becomes enlightened and calm, his nature becomes sweet and cheerful and sloth, stupor or drowsiness do not touch him and, above all, his mind can easily concentrate on God.

### 3. MURLI / GOD'S WORDS

In addition to observing these rules, one should also have a daily lesson of God's Knowledge and should pay utmost attention to the inculcation of such divine virtues in him as introversion, contentment, tolerance, humility, righteousness, straight-forwardness, plain-heartedness, detachment, sobriety, cheerfulness, etc., etc.

This Yoga has not to be practiced in a half-hearted manner or only once or twice a day. One should rather practice it frequently, if not constantly. One should keep full attention on his state of mind and should engage his mind again and over again, with the remembrance of God, even while he is doing his worldly duties. If you do not practice it during the working hours of the day, then you would not attain much success in your special sittings of Yoga also. It is, therefore, necessary that man should have his heart set on God even when his mind is busy in worldly actions.

#### **RECOMMENDED MINIMUM DAILY PRACTICE:**

5-30 minutes in the Morning (Amritwela 4am or First thing in the morning)

1 minute after Every Hour

10-30 secs before Every Meal

10 secs before Glass of Water

5-30 minutes before Sleeping

(Read or Listen to the Murli daily 20-30 mins)

Create a Thought & Visualise -

"I am a Happy Soul.. Separate from this body.

I CONNECT and DRAW ENERGY & EMPOWERMENT FROM THE SUPREME SOUL.

I am Your child, and You are the Almighty!

I am always taken care of.

I am filled with Peace, Joy, Love, Purity, Contentment.  
My Body is Healthy.  
My Relationships are in Harmony.  
My Work is Perfect.  
I am filled with Gratitude.  
My Life is Beautiful.  
Please remind me to Connect to You.”

OM SHANTI

*Example of MURLI as explained by Senior BK Jayanti, U.K.*

God’s versions are called “Murli”: This is an example of “Daily Knowledge” that we listen to as part of the Raja Yogi lifestyle.

Murli usually covers 4 key areas of Raja yoga practice:

- 1). Gyan (points of knowledge)
- 2). Yoga (points of Connection )
- 3). Dharna (points to embody/imbibe/live)
- 4). Sewa (points on how to serve)

Some recent key points that were reaffirmed in the latest Murli of 10th October, 2021. (God’s versions), as explained by Senior Bk Jayanti, U.K.

Baba is saying that at this moment you are coming together with one idea, one thought, but now move forward to the stage where sanskars also come together. For the Brahmin family\* (those who have done the basic Raja Yoga Course and are following its practices and principles), it is not just those original sanskars coming together, but of being “Bapsamaan” (Fatherlike/Godlike) and so to be able to create the sanskars / nature to be like the Father. And when that happens, that will be the magnet to bring all souls closer together. And through that there will be God’s revelation.

So Baba gave us a big challenge to bring all sanskars together – not just by having one idea, or another idea today, but can we all come together with those same sets of sanskars with the aim of becoming Bapsamaan? The most important quality that Baba has mentioned is the quality to mould the self. If you think about trees that are tall and strong, it is because their roots are very deep and also because they are able to bend with the wind. And so yes, I have to be firm on my basic principles. And so those roots are very

interconnected with each other; deep-roots, strong roots and so our faith, our vision is the same. And so the roots come together very powerfully, but the tree has to be able to bend otherwise it will break.

Baba is reminding us that, whatever are the situations of the world, whatever are the storms that are going to come, we have to be able to mould and adjust. So yes, having very deep roots is going to be powerful and helpful. But also, a couple of days ago, Baba was talking about: “marjeeva jeevan”: the living death and the rebirth. And for Brahmins – the word “Brahmin” means twice born “dvija”, and so it is not about castes, but rather it is that idea of spiritual rebirth. And that idea of spiritual rebirth comes in many traditions and Christianity especially.

But what does Baba mean when He’s talking to us and saying: make sure that you don’t come alive in the past birth but you stay in your spiritual birth, your new birth, as a Brahmin. Baba specified that: Let there be not any sanskars of your past birth, but let there now be the sanskars of your new birth. Let there be a new way of thinking, a new way of being, a new way of working and a new way of living. And in that stage yes, it will be my original deity sanskars that will emerge following that train of thought that Baba is using.

When you physically let go of the body then you let go of everybody around you also. And when you are reborn then you have a new set of relations and there must be karma from the past that is carried to have brought you to that family.

But it is also an opportunity for a very new interaction and new sanskars. And the family is new and so the quality of interaction is very different and very new. And here, whether it’s lokik or alokik, I am with the same group, I am staying with the same people and maybe I’m changing, but they are not changing and so at that moment what do I do? How am I able to remember my new birth and my new sanskars?

And so when Baba says it takes effort... and usually, most often, when the expression “it’s difficult” comes then it comes for 2 things: it comes for soul consciousness and Baba says “it takes effort’ [to become soul conscious]. But it also comes for remembrance of God. Being stable in the remembrance of One is also not so easy; the mind slips away very quickly.

So especially for that first step of soul consciousness, I have to keep reminding myself: this is my new birth, it isn't my old birth. I am new. I now have a new set of Parents; yes I have the old parents still with me and I am connected with them, but my new parents are BapDada. Most of you did not meet Mama, but most of you have met BapDada. So BapDada are my new Parents now.

And so what is their hope and expectation for me? Am I able to fulfill those hopes and expectations?

And so I was thinking that to allow that flexibility to come I have to keep reminding myself of this new birth and a shift from my old way of thinking...whatever that may have been. And now I want to be able to claim Baba's love and experience Baba's love ...(the meditation song was very beautiful; Baba invoking us to come to the subtle region and experience the love of the subtle region and experience the joy of Sangam Yug (confluence age, through that)... and so if I stay down here I can't experience Baba's love. But if I'm following Baba's directions in all the things that I do, then I can stay up above and Baba's love becomes real and accessible.

And so today's murli is very much about Baba seeing how everyone is coming together with love and as a result of that Baba came to meet that group and of course acknowledging Bharatwasis (those living in Bharat/India) and the souls that came from abroad from far away. But in particular, on a very practical physical level at that time, it felt that seeing us altogether Baba is responding to that and Baba was giving us a huge amount of love.

And so today the same thing applies: if we are doing what Baba wants us to do...and it is interesting that Baba always played with "UK" as "OK", but also, UK, the United Kingdom. And so in satyug truly there is the United Kingdom, but, the rehearsal for that and the experience for that today is to be able to come together in that love, so that then it is not "my idea" or "your idea" but we are able to tune into Baba and see what is it that Baba wants.

And once we are able to do that then it is going to be the same idea and the same thought – it's not going to be a debate. It is going to be absolutely harmonious and we are going to be able to move forward together. And Baba very categorically is saying that, that is the magnet that is going to be able to reveal Baba to the world: seeing the unity of many different traditions coming together, many professions coming together, many everything coming together! All the variety, all the diversity, is coming together as one.

It's true that when people see a multicolored rainbow gathering, their question is "what is it that holds everyone together?" And we would always say, it is our love for Baba, and through that our love for each other also. Yes, we are together but yet, the next step is are we able to bring our ideas and our thoughts absolutely together so that truly, it is one idea and one thought and that is what manifests in a practical way. So Baba was giving us the return of our love and unity and actually coming to meet that particular group from abroad but also the instrument from Bharat.

Another very interesting thing that Baba was talking about in the murli was about bringing different groups of professionals together. Baba had also mentioned it in last week's murli as well. The person who picked up and ran with this was Jagdishbhai. Jagdishbhai put in a good amount of time and energy gathering different professionals together. And of course what made it easier was that even then the population of the Brahmin family in Bharat was 10 times bigger than the one abroad.

And so there were always people who belonged to all the different professions who were then able to become the foundation for creating a situation, where other lokik professionals would come and join.

And so today Baba is saying again that you started this and so do as much as you can. And what you can't do is also fine, even a little is okay. But whatever you are doing now is going to be the seed for the future. And many years later today, one of the most active things that happen in Bharat is that they have gathered all the different professional wings and of course now there are thousands of wings and all of them are serving very intensely within those particular wings. And each wing is managing to do amazing things.

And so Baba definitely predicted everything that would happen through Global Corporation. We don't have 'Wings' here and I don't think anywhere outside of Bharat, they have Wings as such- you have little groups and so different professional groups that have been serving and that has been one of the most rewarding services in GRC. And I'm sure that Baba will inspire us to do even more later on with GRC.

But it was again a very interesting experience, whether it was medical people or whether it was mental health or social workers or teachers, all the different varieties of professions and people coming together for that and carrying away not just inspiration and good feelings but they would actually carry away



and do something. Not just Brahmins but lokik people who would come, they would carry that idea away and do something within their profession. And so I am seeing how Baba gives us signals and to whatever extent we pick up on those signals it becomes very powerful and a beautiful reality. So the service that started way back then, has been flourishing all these years and continues and moves forward even further. But the main lesson for us is learning to mould, learning to adjust and learning to be flexible.

Om shanti

## **CHAPTER IV**

### **ANALYSIS OF THE DATA AND**

### **RESULTS OF THE STUDY**

#### **ANALYSIS OF THE DATA:**

The data from the 20 subjects of this research, from the Pre and Post Raja Yoga Meditation Practice, were collected, documented and analyzed from both sets of Questionnaires :

- 1). Oxford Happiness Questionnaire (Pre and Post Raja Yoga)**
- 2). Satisfaction with Life Scale. (Pre and Post Raja Yoga)**

In the present study, **a significant difference was found showing a marked improvement in the index of Happiness and Life Satisfaction Scale.**

**3). Comments of the Cases:** A brief handwritten feedback of the overall benefit of Raja Yoga, as experienced by the participants is also outlined below and the original pictures are attached in the Appendix.

#### **1). The Oxford Happiness Questionnaire (OHQ)**

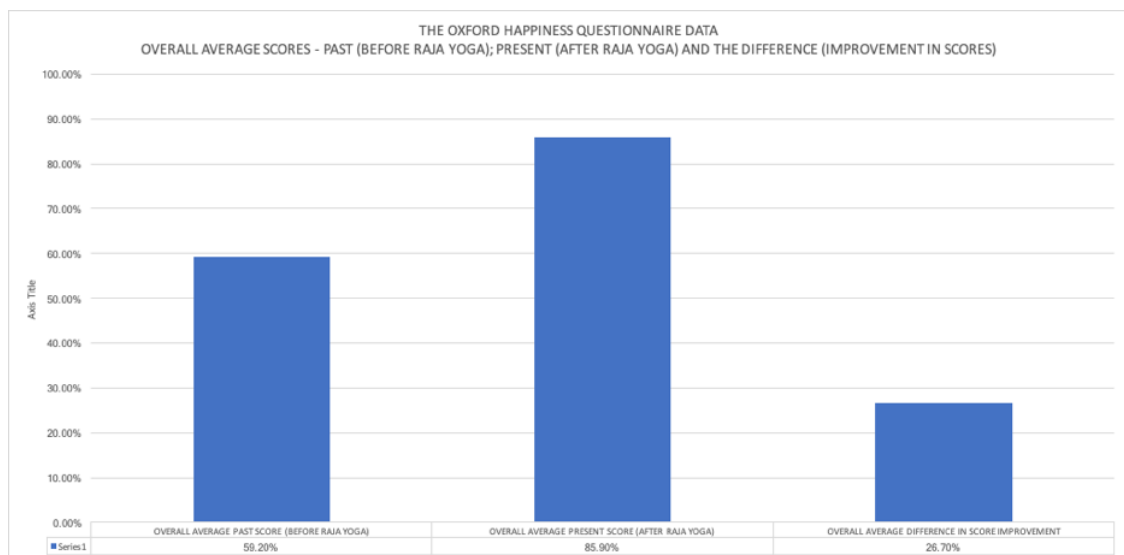
##### **Scores and Analysis OHQ:**

The mean happiness scores and happiness status were compared between Pre and Post Raja Yoga, as has been shown in the charts below.

**Mean Happiness Overall scores Post Raja Yoga were significantly higher at 85.90%, improved by 26.70%, as compared to those of Pre Raja Yoga Overall Happiness scores at 59.20%.** Significantly showing that all the subjects currently (post Raja Yoga) have a much Happier state of mind, which indicated that all Raja Yoga meditators [n=20(100%)] were happier than they were Pre Raja Yoga meditation.

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As shown in the table below, all scores - mean, Post Raja Yoga Practice, were ranging from 4.55 to 5.76, which was above the score of '4' (66.6%) - the mark point of the OHQ. (See OHQ Scoring Method below)



(Tab 10): Graph - Mean Scores Pre, Post, Difference - OHQ

*\*Notes on OHQ scoring method:*

In this study, the average / mean of the 29-items Questions, designed to measure the happiness status, were calculated giving each candidate a specific 'score' between 1 and 6.

As the OHQs employs a 6 point Likert-type format of response, from 'strongly disagree' to 'strongly agree', to measure self-reported happiness score.

The lowest possible score was 1 and the highest was 6. Based on the mean score, the 'unhappy to happy state of mind' can be interpreted.

In this study, mean scores of 4 or >4 were considered as representing a happy state and those <4 were considered as representing an unhappy state. Where 4/6 converted to percentage is 66.6%.

Overall Mean Scores were calculated as a score between 1 and 6, and also as percentage to help clarity.

Additional Notes on methodology of OHQ:

COLUMN "R" : the scores (of the participants) for the Questions marked with (R), had to be Reversed (changed) as below: ( The charts above show the scores already changed/reversed as below for calculations and statistics)

Change score 1 to 6

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Change score 2 to 5

Change score 3 to 4

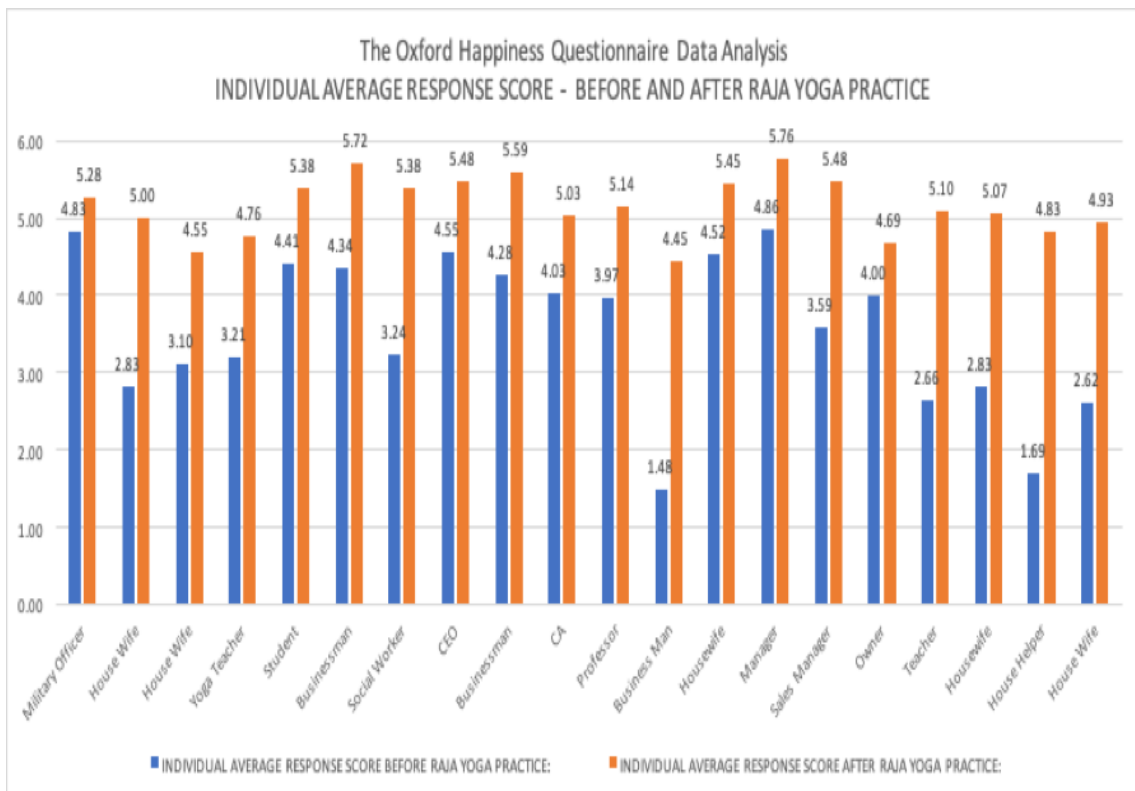
Change score 4 to 3

Change score 5 to 2

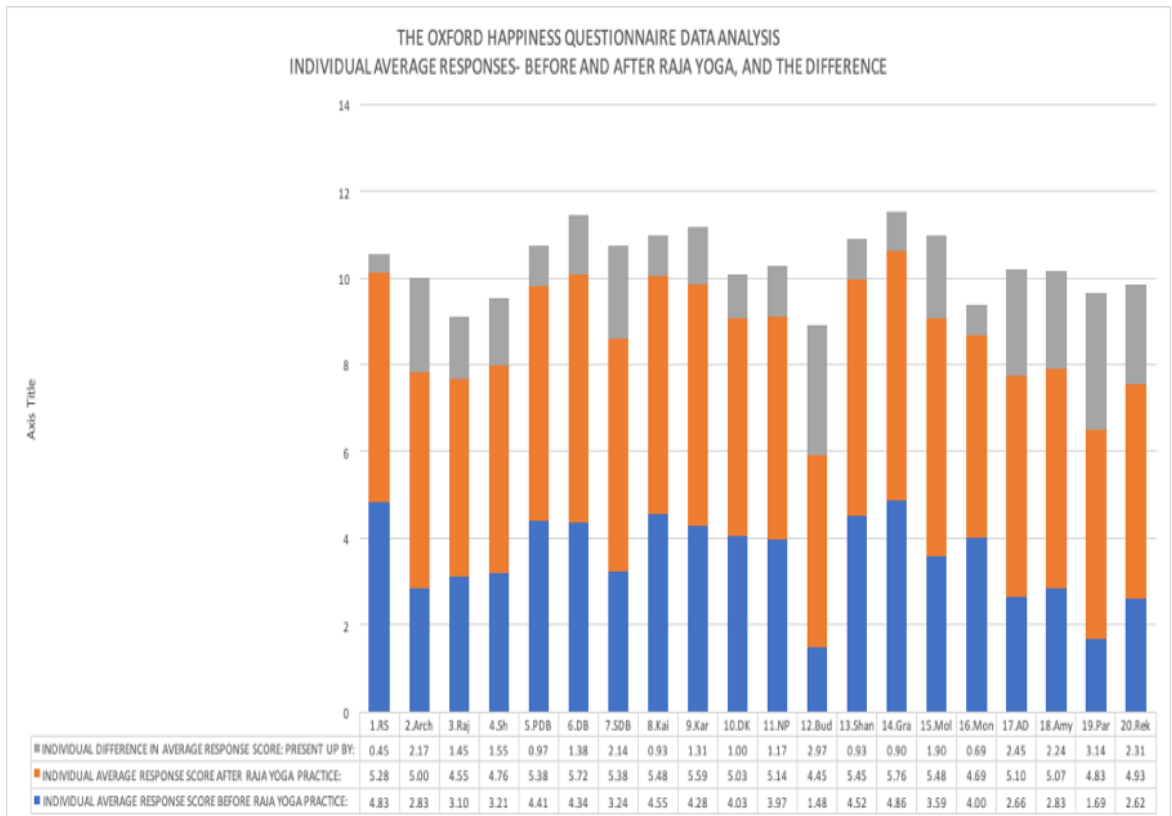
Change score 6 to 1

Below chart shows the MEAN SCORE OF EACH PARTICIPANT, PRE & POST RAJA YOGA MEDITATION. And as can be seen very easily, each and every participant had a higher score Post Raja Yoga Meditation, most of them showing a **very high difference in scores (d)**.

(Tab 11- OHQ)



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(Fig 12)

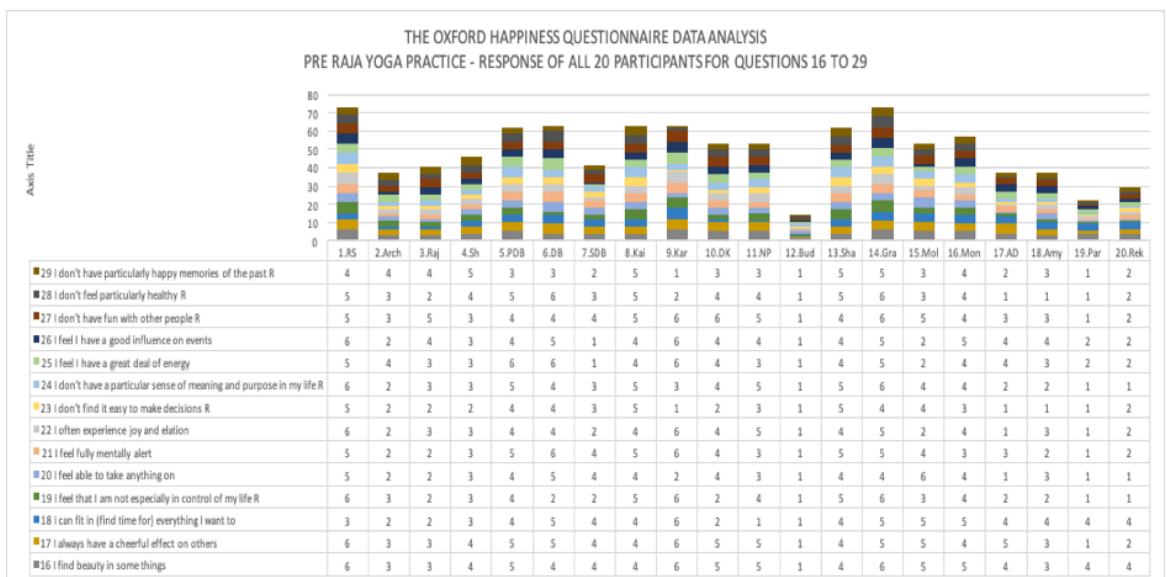
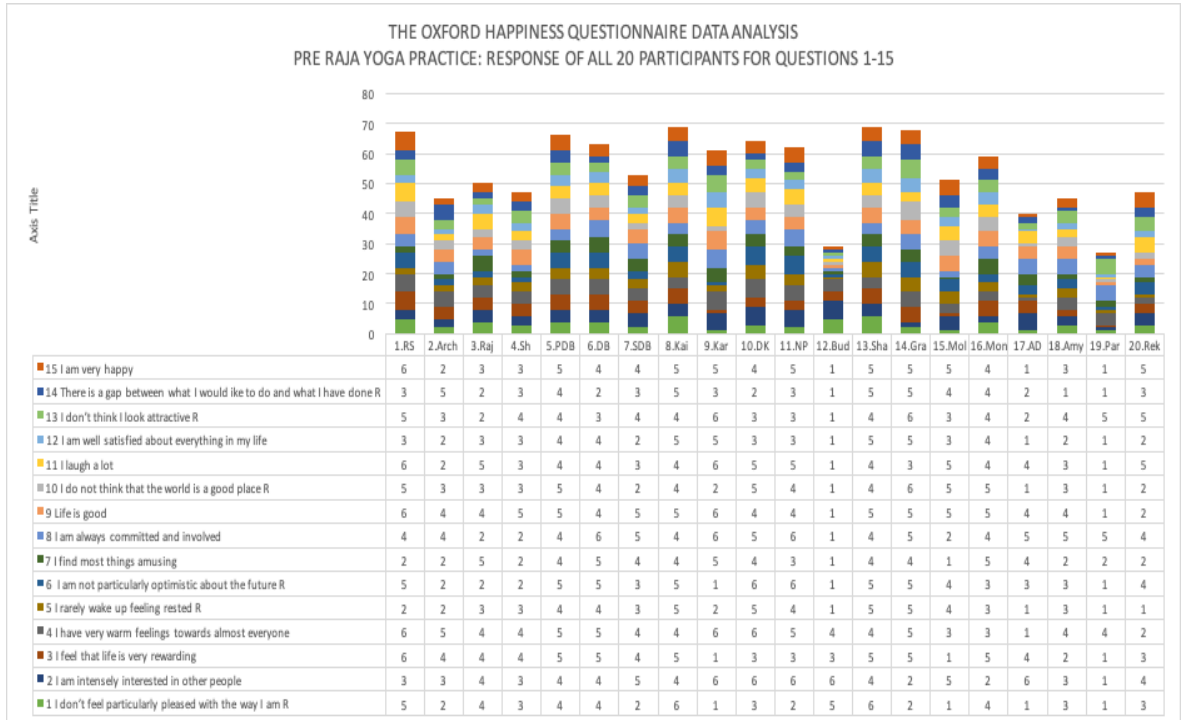
The percentage difference in **Individual Scores** increased, ranging from 7% (0.45) to 39% (3.14), with the average increase being 26.7%. The Candidates that showed a lesser increase in percentage, was because their average score Pre Raja Yoga, was already quite high, as they were very positive personalities and had already been living in quite a meditative lifestyle from before the interception, and were also unmarried, with lesser responsibilities. However, upon questioning, all candidates were clear that Raja Yoga had significantly helped improve their mental state, happiness and general overall well being, as since their on-going practice of Raja Yoga, their tolerance level had increased, understanding of self had become clear, and the ability to draw and empower self from the Higher Source, had truly transformed them and their lives.

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The 2 charts below show the responses of all the 20 Participants, to all 29 Questions of the Oxford Happiness Questionnaire - **PRE RAJA YOGA PRACTICE.**

**OHQ- Charts denoting Questions 1 to 15 and Questions 16 to 29**

(Tab 13)

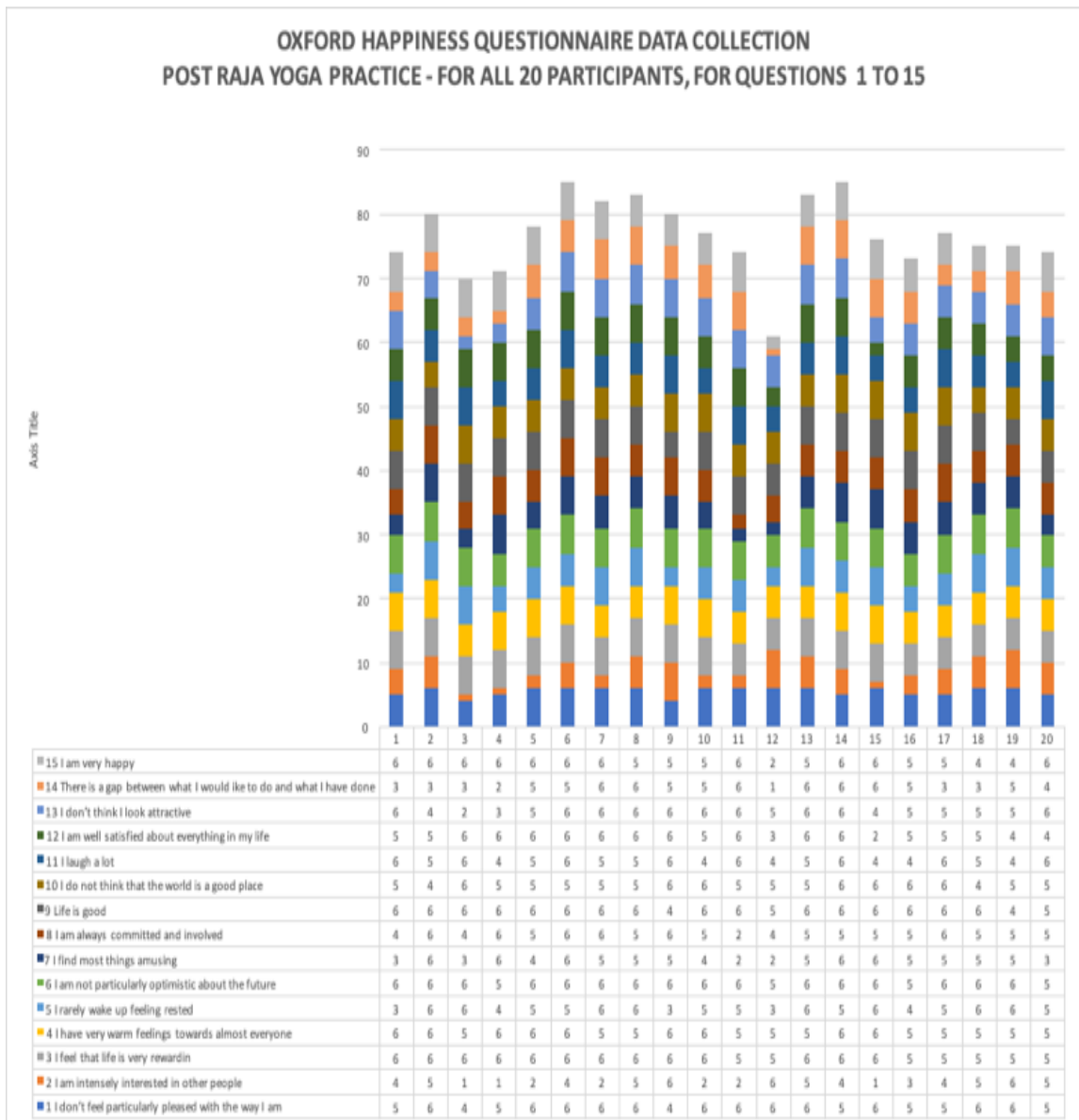


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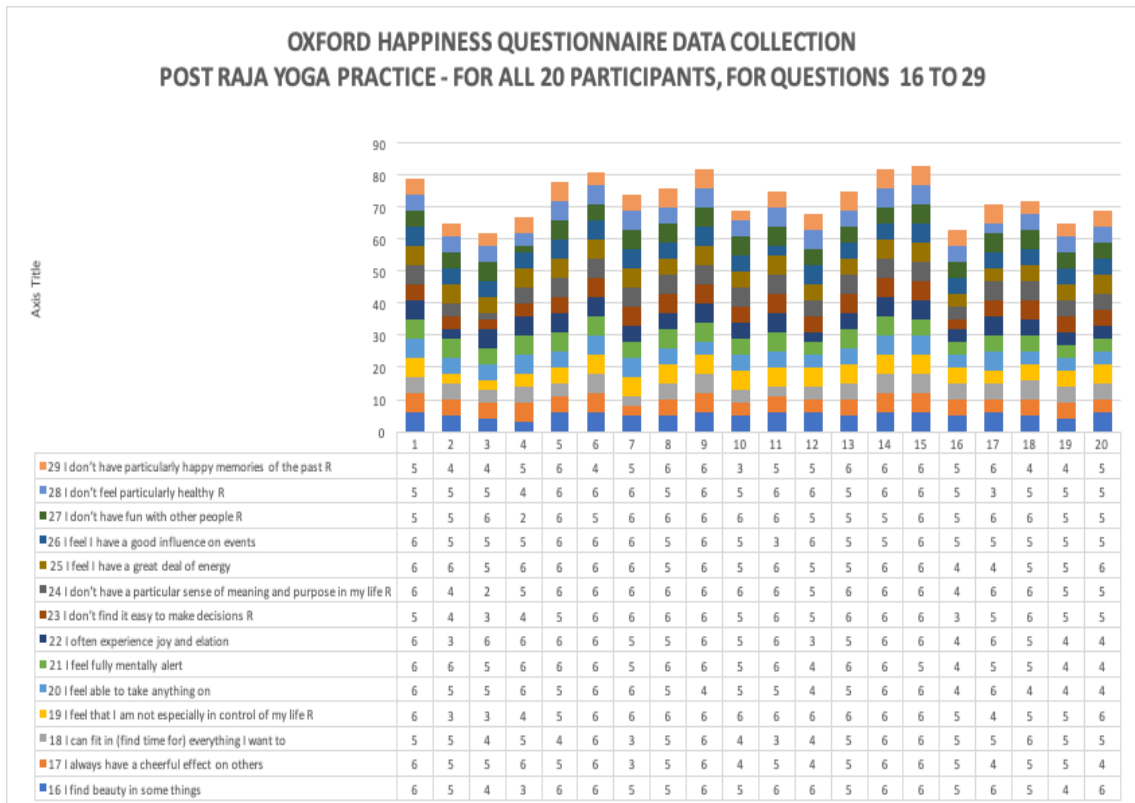
The 2 charts below show the responses of all the 20 Participants, to all 29 Questions of the Oxford Happiness Questionnaire - **POST RAJA YOGA PRACTICE.**

Charts denoting **Questions 1 to 15** and **Questions 16 to 29**

(Tab 14)



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**OHQ OVERALL MEAN SCORES (Max score 6) (Tab 15)**

MEAN OVERALL PAST SCORE - PRE Raja Yoga	3.55	59.2%
MEAN OVERALL PRESENT SCORE - POST Raja Yoga	5.15	85.9%
MEAN OVERALL IMPROVEMENT IN SCORE (DIFFERENCE)	1.60	26.7%

The PRE RAJA YOGA, Average Happiness score Overall was 3.55 (t=59.2%)  
 The POST RAJA YOGA, Average Happiness score Overall is 5.15 (t=85.9%)  
 Showing an increase in score of 1.60 (d=26.7%).

**2). The Satisfaction of Life Scale (SLS)**

**Scores and Analysis:**

The mean Satisfaction of Life scores were analysed and were compared between Pre and Post Raja Yoga Practice, as has been shown in graph



below. **Mean Satisfaction with Life Overall scores Post Raja Yoga were significantly higher ( $t=29.4$  or 84%);  $d=34.43\%$ ), improved by 12.05 or 34.43%, as compared to those of Pre Raja Yoga Overall scores ( $t=17.35$  or 49.57%). Significantly showing that the subjects currently are much more satisfied with their lives, which indicated that all Raja Yoga meditators [ $n=20(100\%)$ ] were happier than Pre Raja Yoga meditation.**

*\*Notes on scoring method of SLS:*

SLS has 5 Questions, with scoring from 1 to 7.

The Total Individual Score of 20 denotes being Neutral ( When calculated in percentage is 57.14% is NEUTRAL)

In this study, mean scores of 20 or  $>20$  were considered as representing a satisfied state and those  $<20$  were considered as representing a dissatisfied state.

Where 20/35 converted to percentage is 57.14%.

Thus, Above score of 20 (57.14%) is Satisfied, Below score of 20 (57.14%) is Dissatisfied)

The total numbers are added to get a total score (of all 5 Questions), that denotes their life satisfaction as follows: (Max Total Score being 35)

\*31 to 35 denotes Extremely Satisfied

\*26 to 30 denotes Satisfied

\*21 to 25 denotes Slightly Satisfied

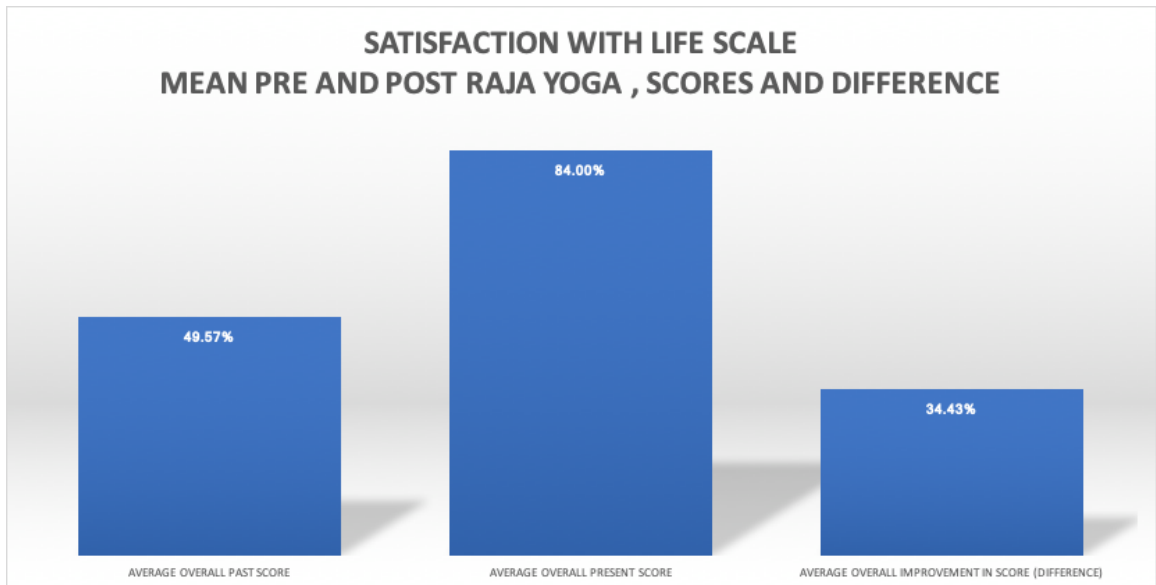
\*20 denotes being Neutral ( When calculated in percentage is 57.14% is NEUTRAL)

\*15 to 19 denotes Slightly Dissatisfied

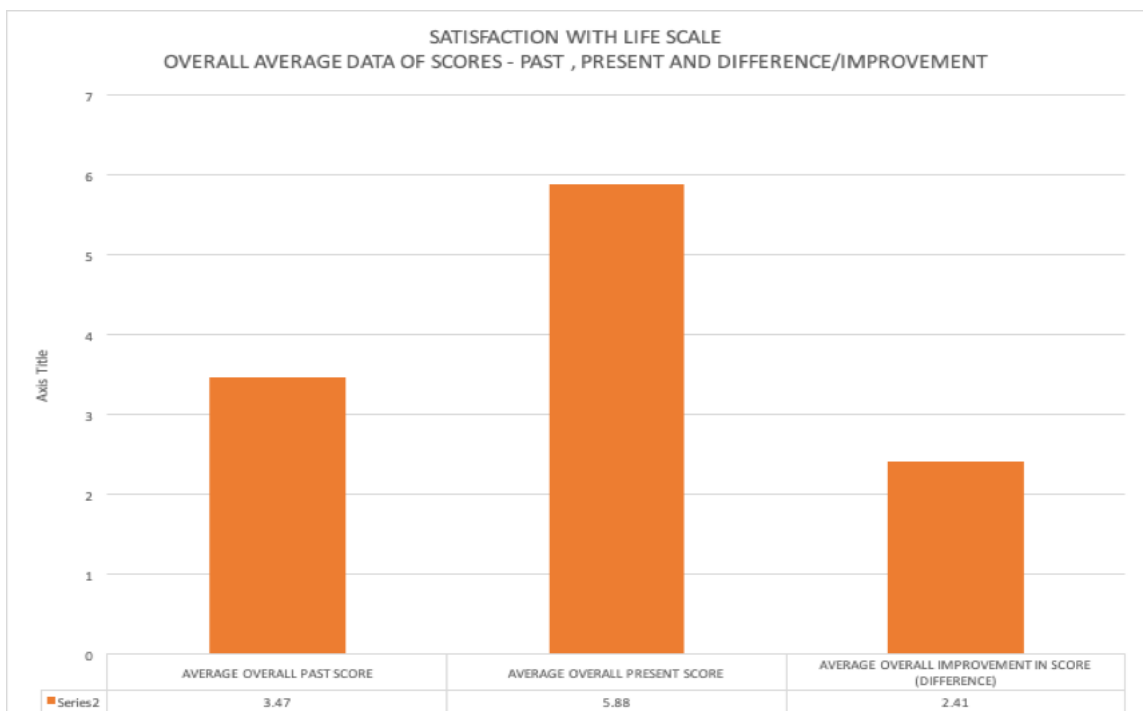
\*10 to 14 denotes Dissatisfied

\*5 to 9 denotes Extremely Dissatisfied.

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(Tab 16)



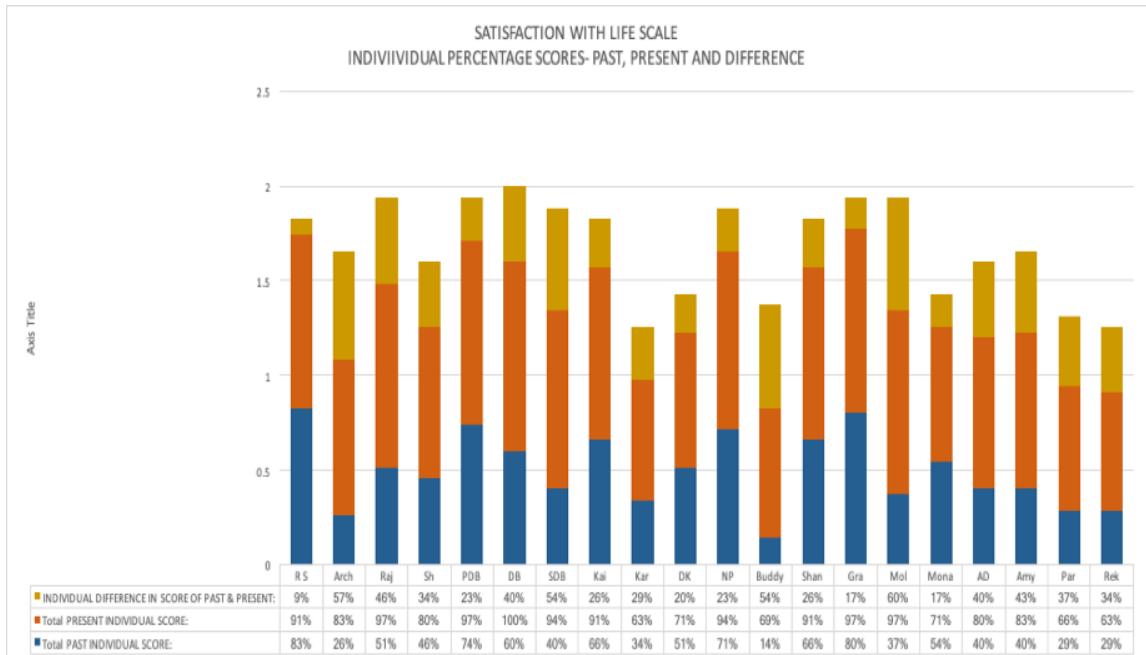
As shown in the charts above, all scores, after Raja Yoga Practice, were definitely above the neutral “20”,

**Scores Pre Raja Yoga**, ranging from 5 (14%) to 29 (83%). **Overall Mean is 17.35 (49.57%) (Average answer being 3.47 out of 7)**

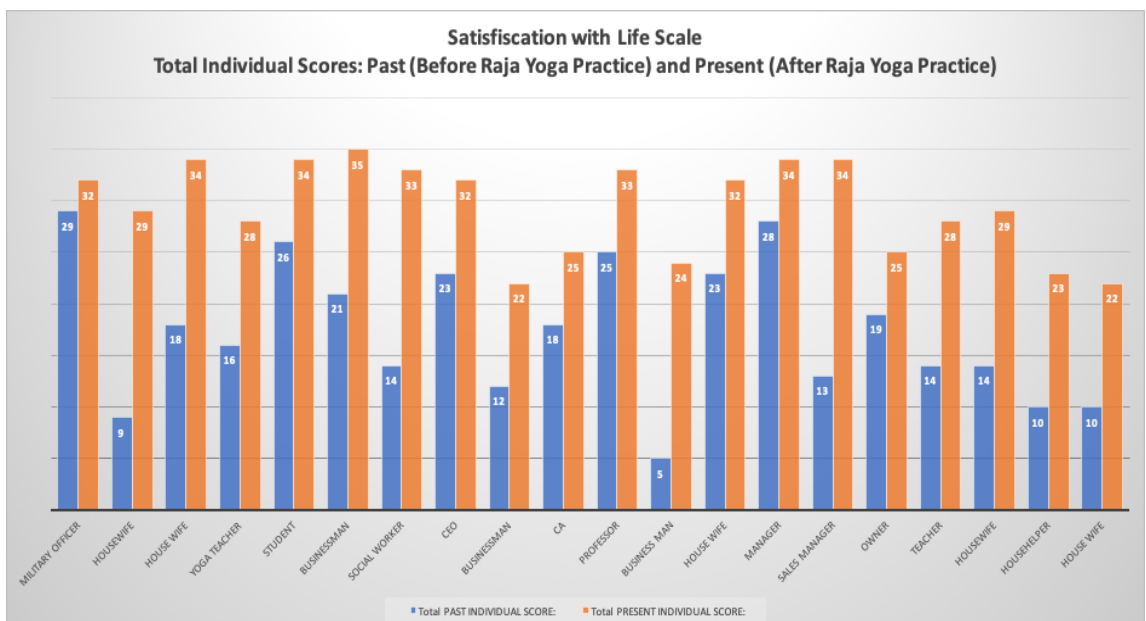
**Scores Post Raja Yoga**, ranging from 22 (66%) to 35 (100%). **Overall Mean Score is 29.4 (84%) (Average answer being 5.86 out of 7)**

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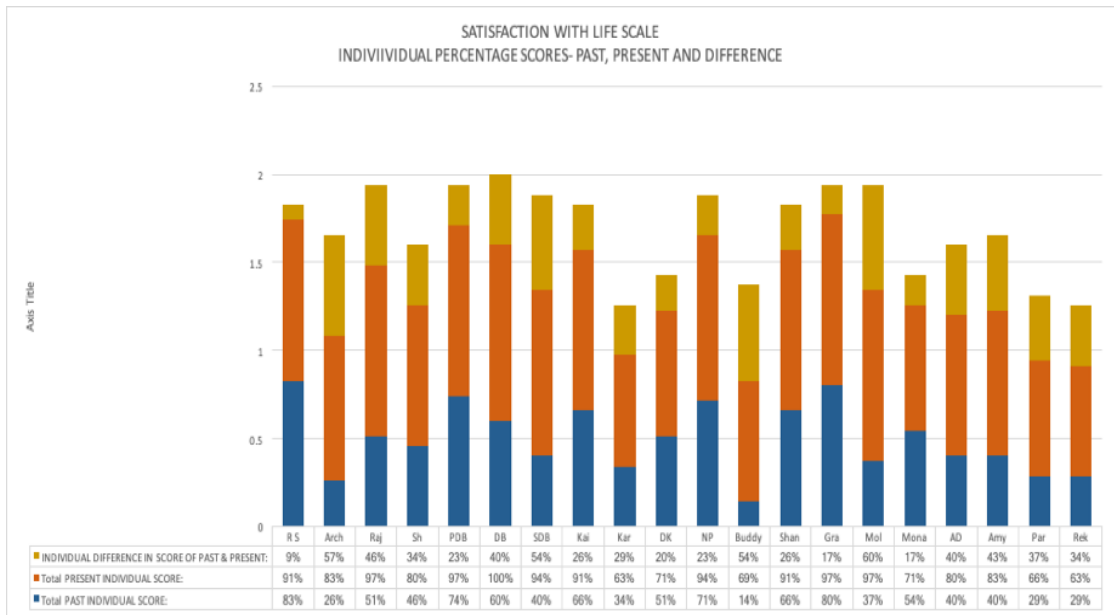
Below are the charts showing the **Mean Individual Scores - Pre & Post Raja Yoga Practice** and the **Difference** (improvement) in scores, confirming that every participant's Life Satisfaction increased.



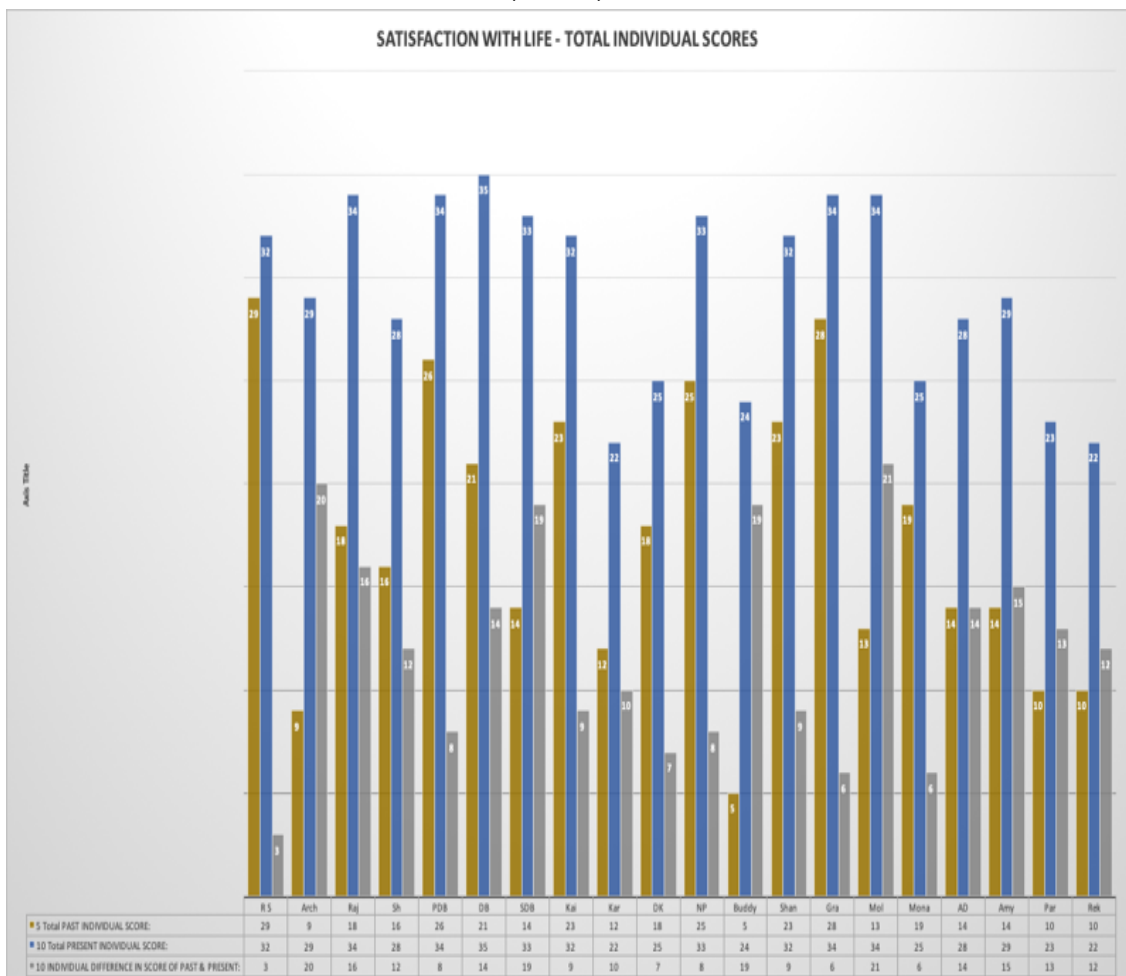
(Tab 17)



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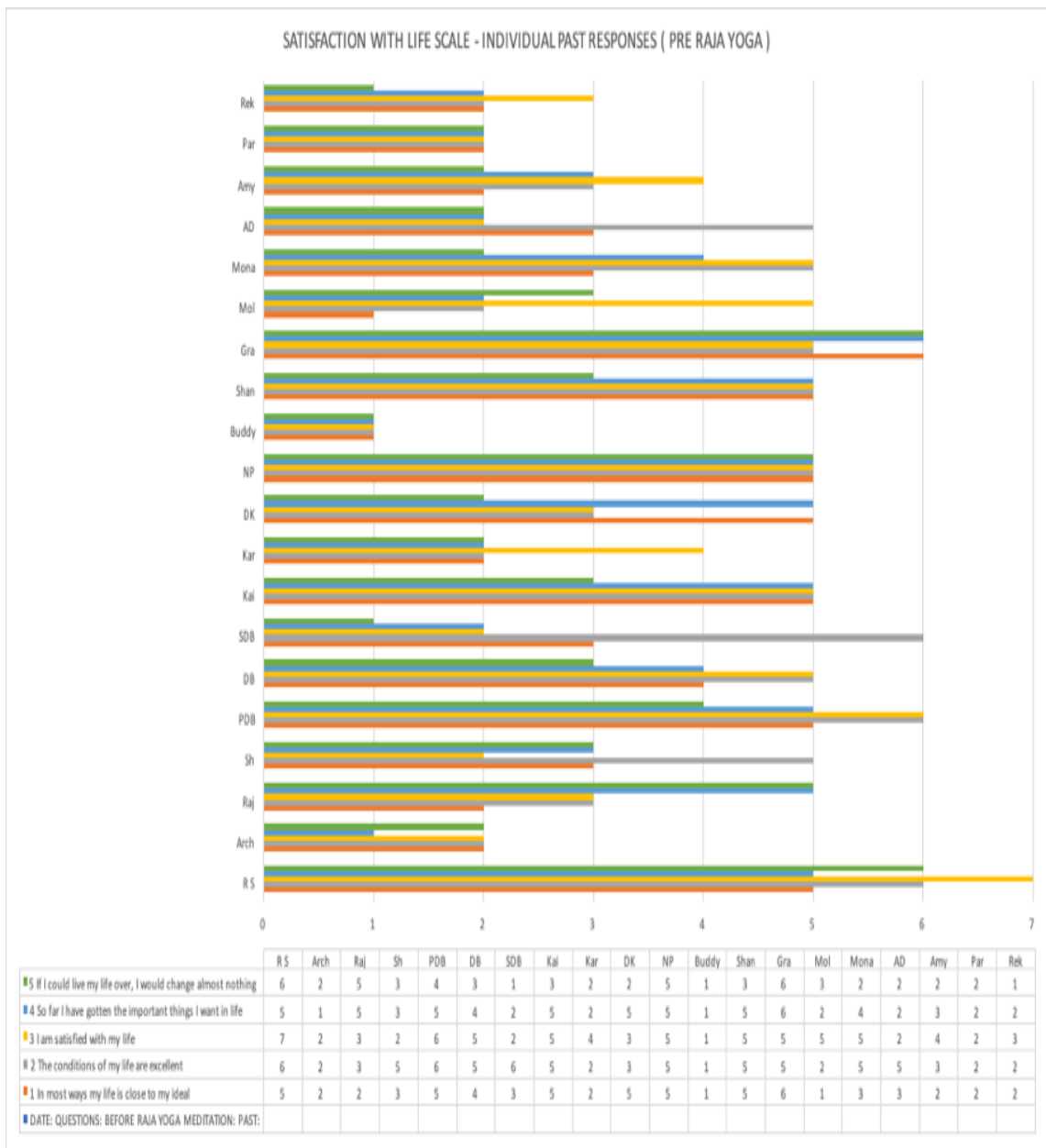


(Tab 18)



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

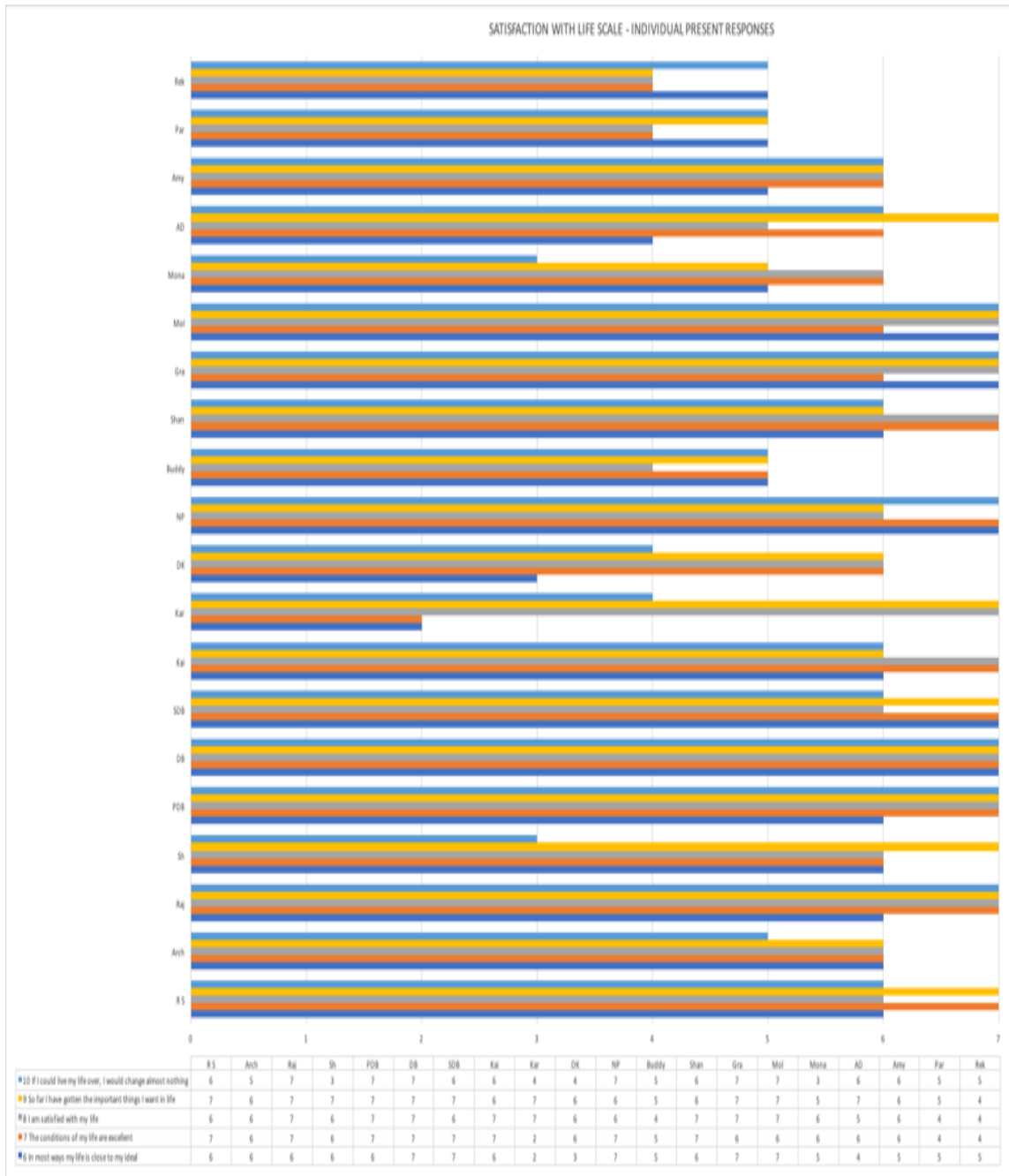
The detailed Individual Data Collection for all 5 Questions in the Satisfaction with Life Scale, **Pre Raja Yoga Meditation (Past Responses)**, given in the chart below, clearly shows most responses towards the low to mid of the scores:



(Tab 19)

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The detailed Individual Data Collection for all 5 Questions in the Satisfaction with Life Scale, **Post Raja Yoga Meditation (Present Responses)**, given in the chart below, clearly shows most responses towards the highest score of 7:



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**SLS OVERALL MEAN SCORES:** (Max score is 7) (Tab 20)

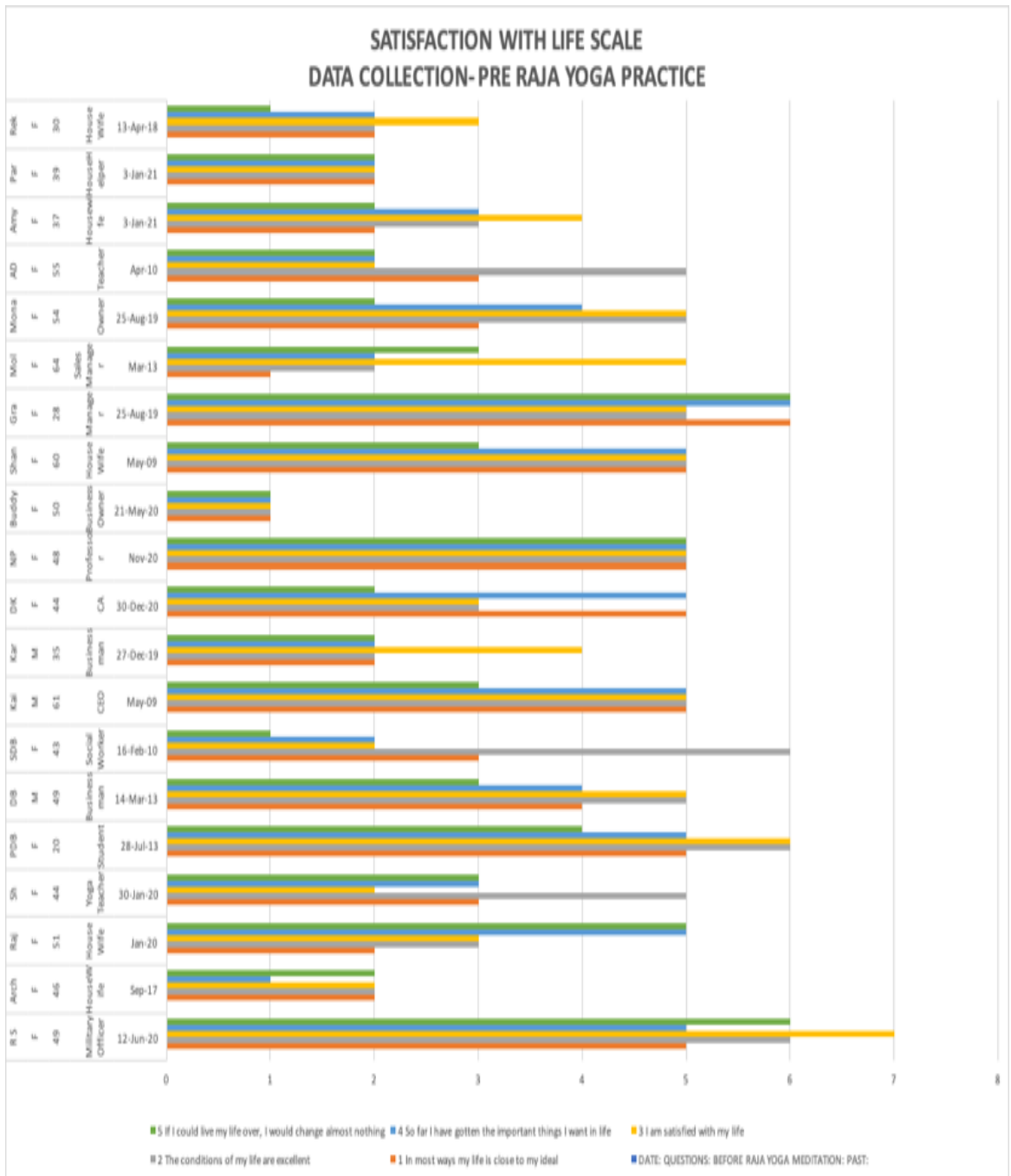
MEAN OVERALL PAST SCORE - PRE Raja Yoga	3.47	49.57%
MEAN OVERALL PRESENT SCORE - POST Raja Yoga	5.88	84.00%
MEAN OVERALL IMPROVEMENT IN SCORE (DIFFERENCE)	2.41	34.43%

Overall Data Collection of all participants, for Pre and Post Raja Yoga Meditation below:

(Tab 21)

		SATISFACTION WITH LIFE - TOTAL INDIVIDUAL SCORES																			
Axis Title		F	F	F	F	F	M	F	M	M	F	F	F	F	F	F	F	F	F		
		R S	Arch	Raj	Sh	PDB	DB	SDB	Kai	Kar	DK	NP	Buddy	Shan	Gra	Mol	Mona	AD	Amy	Par	Rek
■ PRESENT AGE:		49	46	51	44	20	49	43	61	35	44	48	50	60	28	64	54	55	37	39	30
■ PROFESSION:		0	0	0	0-Jan-00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
■ DATE:		12-Jun-21	15-Sep-17	Jan-20	30-Jan-21	28-Jul-17	11-Mar-18	18-Feb-18	1-May-09	7-Dec-10	30-Dec-20	1-Nov-20	1-May-20	2-May-09	5-Aug-18	1-Mar-15	5-Aug-19	19-Apr-10	3-Jan-21	28-Jan-21	13-Apr-18
■ DATE: QUESTIONS: BEFORE RAJA YOGA MEDITATION: PAST:																					
■ 1 In most ways my life is close to my ideal		5	2	2	3	5	4	3	5	2	5	5	1	5	6	1	3	3	2	2	2
■ 2 The conditions of my life are excellent		6	2	3	5	6	5	6	5	2	3	5	1	5	5	2	5	5	3	2	2
■ 3 I am satisfied with my life		7	2	3	2	6	5	2	5	4	3	5	1	5	5	5	5	2	4	2	3
■ 4 So far I have gotten the important things I want in life		5	1	5	3	5	4	2	5	2	5	5	1	5	6	2	4	2	3	2	2
■ 5 If I could live my life over, I would change almost nothing		6	2	5	3	4	3	1	3	2	2	5	1	3	6	3	2	2	2	2	1
■ 5 Total PAST INDIVIDUAL SCORE:		29	9	18	16	26	21	14	23	12	18	25	5	23	28	13	19	14	14	10	10
■ 5 Total PAST INDIVIDUAL SCORE:		83%	26%	51%	46%	74%	60%	40%	66%	34%	51%	71%	14%	66%	80%	37%	54%	40%	40%	29%	29%
■ 5 Total PAST INDIVIDUAL SCORE:																					
■ DATE: QUESTIONS: AFTER RAJA YOGA MEDITATION: PRESENT:		12-Jun-21	15-Sep-20	Jan-21	30-Jan-21	1-May-21	6-May-21	15-May-21	20-Apr-21	Dec-20	Apr-21	May-22	2-May-20	2-May-22	2-May-20	2-May-22	20-Apr-21	Feb-21	Feb-21	Mar-21	
■ 6 In most ways my life is close to my ideal		6	6	6	6	6	7	7	6	2	3	7	5	6	7	7	5	4	5	5	5
■ 7 The conditions of my life are excellent		7	6	7	6	7	7	7	7	2	6	7	5	7	6	6	6	6	6	4	4
■ 8 I am satisfied with my life		6	6	7	6	7	7	6	7	7	6	6	4	7	7	7	6	5	6	4	4
■ 9 So far I have gotten the important things I want in life		7	6	7	7	7	7	7	6	7	6	6	5	6	7	7	5	7	6	5	4
■ 10 If I could live my life over, I would change almost nothing		6	5	7	3	7	7	6	6	4	4	7	5	6	7	7	3	6	6	5	5
■ 10 Total PRESENT INDIVIDUAL SCORE:		32	29	34	28	34	35	33	32	22	25	33	24	32	34	34	25	28	29	23	22
■ 10 Total PRESENT INDIVIDUAL SCORE:		91%	83%	97%	80%	97%	100%	94%	91%	63%	71%	94%	69%	91%	97%	97%	71%	80%	83%	66%	63%
■ 10 INDIVIDUAL DIFFERENCE IN SCORE OF PAST & PRESENT:		3	20	16	12	8	14	19	9	10	7	8	19	9	6	21	6	14	15	13	12

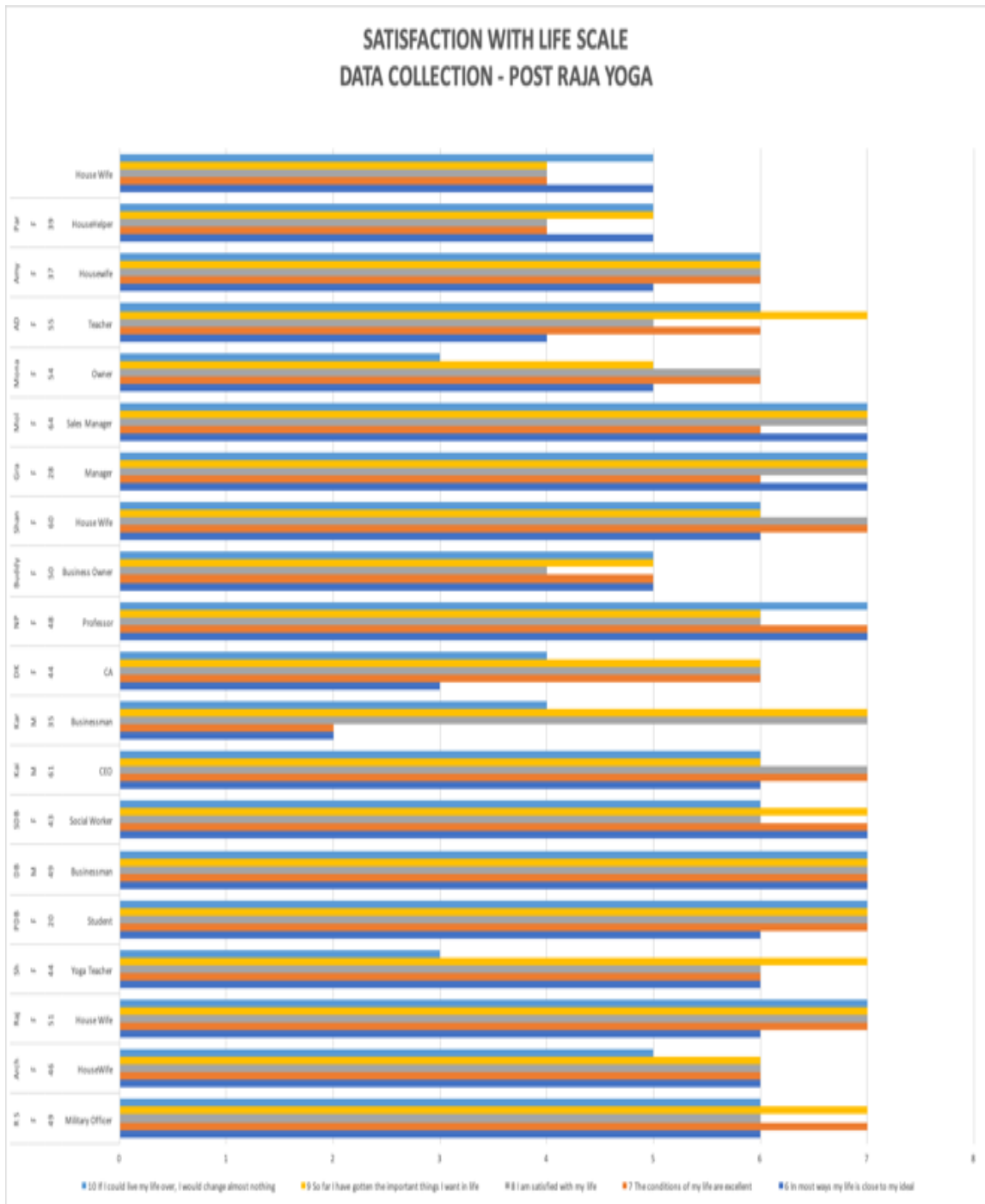
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(Tab 22)



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



(Tab 23)

### **3). INDIVIDUAL CASE ANALYSIS & RESPONSES**

When interviewed, it was also seen that all the participants were able to recognize and feel a distinct increase in Happiness and Life Satisfaction, and felt that BKRM significantly improved their lifestyle and state of mind, and thus also improving overall health and wellness. Some participants were able to shift from a marked 'depressed' state of mind, to being able to self-manage themselves to have a more positive and peaceful state of mind, and empowered to a great extent.

#### **COMMENTS OF THE CASES:**

The individual comments of participants are outlined below.

(See Appendix for the original Handwritten feedback by respondents and pictures of participants. Their individual responses to each of the 29 Questions of the Oxford Happiness Questionnaire and 5 Questions of the Satisfaction with Life Scale, can be seen from the Data Collection Excel pics, posted in the previous Chapter III, and also in Appendix. The responses to the Questions itself provide deep clarity and any further queries about the participants' state of mind before and after the practice of Raja Yoga.)

#1. RS:

"Raja Yoga help me believe all energy of self and soul and religion of Past to Present. Help improve open eyes meditation and attention. Understand Time and importance of Now. Soul and Supreme Soul knowledge and Experience. Help Sleep and Energize self during sleep. So doing research, my PhD paper, is on this - as it really improves sleep and energy. I practice all day, anytime. But for sure is at night everyday. I gain a lot. I can connect and apply anytime to help self and others really. Beyond my expectation and can help others."

#2. Arch:

"I was in tremendous depression after my only son went abroad for higher education. I was feeling very lonely and devastated even I had a very good, caring husband.

Benefit after Raja Yoga: After becoming Brahmakumari, now I'm very much at peace. No depression at all. Feeling happy, lively, energetic. Have an aim to

achieve something in life unlike before. And for this how much I saw gratitude to my 'Shiv Baba', and say thanks. Thank you Baba. Thank you Mera Baba!!"

#3. Raj:

"Before: I don't feel particularly pleased with myself and my life. I lacked lots of things. Wasn't happy. Quite Sad. No meaning in life.

After: Life changed. I'm content and happy. I practice everyday. I understand Drama and Karma. Become healthier too. Have focused. Have purpose in life now. Satisfied and happy.

1<sup>st</sup> I understood who I am, I am soul. One who plays a role on earth. So I took benefit of staying light and happy knowing my original quality is pure and I experienced God's love, as God is father of Soul, so I experienced the relationship of my mother father teacher therefore I got belonging feelings. And the practice of Rajayoga made me free from worry, because I know God is my protector... Rajayog practice made me understand my inner powers such as peace, confidence, positivities etc... so that I remain stable."

#4. Sh:

"Before Rajayoga: My mindset was very negative and had a lot of fears within me. Also had no confidence.

After Rajayoga: I have become very positive. I see only good in everything. All my fears have disappeared. I have become a lot more confident.

Life has become easy even though there are a lot of challenges outside. My internal state of mind has become peaceful and powerful."

#5. PDB:

"Main issue in life before Raja Yoga: Feared losing loved ones and friends. Had an inferiority complex. Feared Death and that affected how I lived.

Benefits of Raja Yoga for Self: Fear transformed into unshakeable faith on the Supreme father (God). The understanding of being a Soul, the master of mind, body and thoughts changed my perspective from a victim to a victorious being. I accepted everyone as equals, child of God. Practising to see only goodness in each one even if it's a hidden potential. This has made my life filled with positivity and happiness. Moreover I see all the souls in the world as my family, thereby my vision has been elevated to benefit not only myself but the world."

#6. DB:

“Main Issue in Life Before Raja Yoga: Emotionally sensitive and feeling extreme stress. Constant Headache.

Benefits of Raja Yoga for Self: Emotionally empowered so much so to uplift anyone that interact with me, with the sole understanding of I the soul being the Master of my mind, Intellect, senses and emotions. The constant practice of meditating on this understanding has made me a joyful peaceful person.

I have experimented with Raja yoga. I am still practicing it. It has changed my life, attitude as well as everything. It is wonderful. Can't be described in words.”

#7. SDB:

“Main issue in life before Raja Yoga: Suffering Depression – poor emotional and physical state. Affected by family concern of having a severe pain to heal that heal undergone open heart surgery.

After Raja Yoga and implementation of Raja Yoga in life. I no longer require any medication. Fit as an athlete. My mental, emotional and physical state has been improved and elevated which helps me live life with zeal, positivity and happiness.”

#8. Kai:

“Benefits of Raja Yoga Meditation in my Life:

- 1.It has made me stronger to face any situation in life.
- 2.My intellect has become elevated.
- 3.I have become calm and cool
- 4.My control over my sense organs has increased
- 5.I have found purpose of my life and feel empowered
- 6.It has brought stability in my life.”

#9. Kar:

Karma was very depressed. He had a deep thirst for Truth and wasn't satisfied with answers he had found elsewhere. Also seeing how his wife Amy, was so positive and her health had improved greatly, he decided to do the basic Raja Yoga Course, and try the BKRM. From his responses to the Pre & Post Raja Yoga Questionnaires, it can be seen that he scored the lowest, with no clarity as to the purpose of life, and found it tough to make

decisions, and wasn't optimistic about the future. His daughter had passed away from Cancer, and he was very sad internally, and couldn't understand why. He was also Dissatisfied with life with a very low score in SLS.

His state of mind changed completely, and not only did his happiness index shift greatly, his life satisfaction scale too went up. He had found all the answers to life and death, and became a very regular and keen practitioner of Raja Yoga. He is currently a very regular student and has become very happy and positive about life and everything. He understands Drama and Destiny and Karma. And he believes all is perfect and within the Divine Will.

#10: DK

"I had many life questions, I was a seeker and wanted to learn to meditate

Benefits of Raja Yoga:

1. My intuitive power increased
2. By learning accurate Law of Karma, many questions were answered and I found contentment in life.
3. I was able to get over my emotions faster and quicker. I got over my attachments magically and no more too body conscious.
4. My migraine improved."

#11. NP:

"Main Issue in life before Raja Yoga

I'm in the middle of Divorce process. I've a lot of confusion. Many people have a lot of effect on me such as my kids, my mom and my dad etc. I feel lost and not know what to do next. Can't make any decision with a lot of things.

Benefits of Raja Yoga for self:

I feel more calm and comfortable. I gain a lot of confidence and self-esteem. I'm more lively, strong, and joyful. I'm healthier and stronger. Being so happy most of the time. And can handle a lot of unexpected situations quite well."

#12. Bud:

"Main issue in life before Raja Yoga:

I was self concerned and groaning.

I can not sleep well and have pain in my stomach together with cramp in my leg, sometime I have headache.

Benefits of Raja Yoga for self:

I am more calm and not self centered.

I am concerned more for other people and become more self love.  
I could be happy for myself and not to let my anger drive me.  
I could achieve my happiness peacefully and calmly.”

#13.Sha:

“Benefits of Raja Yoga:

1). I understood myself. Recognizing myself I got Self Realization. 2). God gave me my recognition, so I understood God. 2 Fathers. Real Father is the Soul Father of all souls, so I got aware of being able to keep a direct relationship with God. He is my real father, teacher, and liberator. So I can now receive endless relationships, endless gain, endless powers, understand endless happiness and so can receive endless happiness that no one can take from me. All powers are within me, so I know how to invoke them. My life changed and I got a new direction, best omen. I received the biggest omen, so all my problems and bad omens became set in my new normal, and the fortune of my destiny became clear to me, so I can now be set in my positivity always. I am an elevated soul, always, from an elevated clan, elevated household, and elevated era of humanity. So now, my life is set in this elevated stage and direction, with elevated knowledge now, which gives me hope and the state of mind to make the effort to become full of virtues. God is my teacher and is teaching me, so how fortunate am I! Among trillions, rare are those who receive this fortune, and I am among them! Who am I, where do I come from, what is the purpose/goal of my life, I now know. I can see all around me, everyone as souls. All these secrets have now become clear. There are no more secrets of the world from me, so I am clear and easy about everything. I am not worried about tomorrow and all worries and concerns are over now. I got my aim of life from Raja Yoga, that I need to do such actions that turn a woman to become Sri Laxmi (the Devi). So I need to have all the virtues of the ‘Devis’ in me. I am now facing Satyug, the Golden era. All this I received from this study.”

#14. Gra:

“Main Issue in life before Raja Yoga:

There is a lack of concentration and calmness. Being irritable easily.

Benefits of Raja Yoga for self:

Becoming more patience & increasing of focus in the task I do.

Becoming more self-love & seeing others as equals.

My happiness level increases.”

#15. Mol:

“Past: Life was full of Problems.

I was involved in politics and very bad experience with people dying due to politics.

After: I gained Peace. Long term Happiness. Change in Sanskars, Peace. Understanding of all as one family. All are souls. So with one Father we can become like him too. Can reach the true pure nature with His help and can help others too. Thank you so much to Baba and the Gyan and Yoga.”

#16. Mon:

“Main issue in life before Rajayoga

I was impatient and easily frustrated

Sometimes I have a headache.

Benefits of Raja Yoga for self:

My level of calmness rises

I have become more satisfied with my life

I no longer have headache.”

#17.AD:

“Main Issue in life before Raja Yoga

Very hollow feeling inside. Lack of love. Seeking from people and not finding True Love. Sad inside, although life was good. Wanted to understand why God made us sad, sick etc. Why not be happy?

Benefits of Raja Yoga for Self: All issues became crystal clear! Understood self, soul and God. Experienced a great shift in meditation. Understood all religions and Cycle of Time. No Questions left about life. Clarity to seek Love only from God & give all people. LOVE IS GIVING ONLY. Understood and Experienced that Yoga can help in overcoming ALL PAIN. Mental & Physical also! Can Be HAPPY easily, no matter what! Unlimited Benefit!!”

#18. Amy:

“Before Raja Yoga:

I was curious why I was diagnosed with cancer at the age of 32. I had so many questions about life, after death, where would my soul go? What is my

life journey? Before Raja Yoga I thought I was the body and not soul. That's why I loved my body and was scared to die!!!

After Raja Yoga:

First thing I learned was that I am the soul and not body. Soul has three faculty and five senses. Souls come from Paramdham, Shantidham. The soul never die. Car=body; Driver=soul. In 5000 years I have had 84 births, I am the Hero in this drama, soul goes from one body to another. I believe in Karma, whatever happens, happens for good. The Supreme Soul is the spiritual father of all souls. He is the creator of heaven. He is the truth of the universe. Thank you Baba!!!”

#19. Par:

“We love very much. We believe in you (God) very much. Do you love your soul with your heart! Whatever we fo, you too (go with us when we remember you). Shanti (peace) in whatever we done do well. We will be together.”

Note: She experienced a shift within a few days of the Course! Became happy from sad, and felt peaceful and less worried about life and problems. She understood that we are actors playing roles and so didn't need to be worried, as ultimately we're all going back home to the soul world. The gyan had an amazing instant effect on her, as she is a very simple and innocent person, and practiced and experienced the benefit of Raja Yoga. She had magical experiences and visions during Yoga too.”

#20. Rek:

“Good evening Baba. Thank you so much for evening. Before Raja Yoga I was holding everything on my mind. I was keeping everything on my mind. After Raja Yoga I known how to live with your help. I feel light and stronger. Thank you so much for everything. Baba I love you.”

Note: She was another simplistic soul, who was able to experience the gyan immediately, and understood how God protects us and is with us, and all we needed to do was to 'connect' to Him. To remember Him always. And she started doing so immediately and felt the change and mind shift immediately. State of mind changed and relaxed and life became meaningful and happier and more peaceful. Life Satisfaction increased.

\*\*\*\*\*



## **CHAPTER V**

### **SUMMARY, CONCLUSION AND**

### **RECOMMENDATIONS**

#### **DISCUSSION, SUMMARY & CONCLUSION:**

A positive mind anticipates happiness, joy, health and successful results. **Gable** stated that communicating personal positive events has an impact on the person, for increasing daily positive effects and well-being. **Studies have shown that having positive emotions and a spiritual outlook helps people to come out of Mental Issues, such as depression, anxiety, stress, etc., especially following the aftermath of any crisis in life, and that these positive emotions, resulting from meditation practices, helped in providing a broad mind-set.** Positive behavior recognition is especially important during adolescent development, to cultivate moral reasoning and social perspective thinking on various social systems, and some of the research participants were very young and still greatly benefitted from BKRM practice. Positive thinking is enhanced by a happy mindset, which in turn helps with stress management and in overcoming negative self-talk. **Levy** reported in his aging studies, that older individuals with more positive self-perceptions had better functional health than those with more negative self-perceptions of aging and that they lived 7.5 years longer. This advantage remained after age, gender, socio-economic status, loneliness, and functional health were included as covariates.

Diener described that positive and negative feelings were associated with fulfillment of psychological desires. Happiness is not simply a matter of desire satisfaction, based on external factors (relationships and situations), but rather an internal processing of personal well-being or self satisfaction and thus life satisfaction as well.

### **Conclusion and Result of Study:**

Similarly, **Results of the present study - All Participants had higher scores in both Questionnaires (OHQ & SLS) - distinctly indicate that The Practice of BKRM (Brahma Kumaris Raja Yoga Meditation) definitely enhanced Happiness in all, irrespective of age, gender, profession, language, culture, cultivating and sustaining a positive mindset and that it absolutely increased Satisfaction in Life markedly, even when practiced for as less as two weeks, thus helping all attain overall health and wellness. Thus accomplishing the purpose of this study.**

Happy people have a functioning emotional system that reacts appropriately to life events. Research psychologists, Matthew A. Killingsworth and Daniel T Gilbert of Harvard University reported in 2012, that “the ability to think about what is not happening is a cognitive achievement that comes at an emotional cost” and people who achieve this kind of mindfulness are happier. Various Studies have shown that deep mindfulness meditation interventions were effective in reducing pain ratings and anxiety scores and that they increased mindfulness skills, and many Studies and Researches done in India, and various parts of the world, as outlined in the Literature Review, has shown that Raja Yoga Meditation (BKRM) enhances Happiness, Life Satisfaction and Overall Wellness. It was observed that just a few days of meditation training could enhance the ability to have a positive outlook, with significant benefit after just 2 weeks, which was usually reported in long-term meditators. Similarly, in the present study, participants scored significantly higher in happiness scores than before practicing BKRM, suggesting that BKRM helped in achieving mindfulness which elevated them to happier emotional states, overall well being, life satisfaction, irrespective of the period of meditation experience.

### **Summary of Core Benefits of Godly Raja Yoga for All:**

Happiness is associated with multiple benefits, including better health. BKRM helps in significantly increasing self-satisfaction and happiness in life by enhancing positive thinking. Irrespective of age and years of short-term or long-term meditation practice, enhanced positive thinking increases self-satisfaction and happiness in life. (JCDR. 2014). The benefits of Yoga are many and varied. In fact, any thing which is worth attaining comes to the practicant as reward for Yoga-practice.

*\*RAJA YOGA PURIFIES THE SOUL\**

Since yoga is the intellectual link with God, it is also like keeping the spiritual company of God. And, 'as the company so the man' thus goes the well-known saying. So, this divine mental association brings about purification and spiritualisation of the soul. Company of God who is the holiest of the holy, makes the soul also holy. Even if one or the other vice comes up now and then due to his old habits or attitudes, it will vanish in due course by virtue of the soul's intellectual company with God. This greatly enhances his power of discrimination between right and wrong so that he now gives up the evil ways and takes to the righteous ones. Thus, man's intellectual communion with God brings about divinisation and enables man to score final victory over the vices. A man who has intellectual association with God, is not goaded by passion; he is not sex-minded or proud. All the vices ultimately leave Him as he is now a faithful friend of God and a sworn enemy of Evil. Yoga lights such a divine fire that even the deep-rooted vices of the soul melt away and the impressions left by the old actions, also get washed off so that the soul attains its original glitter and shine.

**Among many indescribable benefits, this purification of the Soul also helps in:**

- **World Transformation**
- **The Immediate Influence on Self - Increase in Virtues and Inner Powers**
- **No more mental tensions**
- **Attainment of Divine Attributes**
- **It makes a man Active, Efficient and Alert**
- **Social Benefits**

**\*World Transformation:**

The task of world transformation is getting visible in the eyes of many those who are good observers. Many major changes are happening in the world both physical and subtle. World is at its full stage by all means. With the greatest force, the world will turn around (spiritually speaking). Raja Yogis are mediums of God for this transformation.

*\*The Immediate Influence on Self*

**Increase in Virtues and Inner Powers:**

Such a practice of meditation would have a lasting effect on your mind. You would experience as if detached from your body and would feel very light. You would be full of might and extraordinary joy and would feel intoxicated with this divine union, God's remembrance. Your heart will brim with love, compassion, kindness, mercy and sympathy towards others. The bliss and light, experienced while you were on the climax of Yoga, will attract you again and again and, while walking and talking and doing other actions, you would feel your mind is moving to other higher worldly aims, your consciousness has an upward trend and you are blessed and loved by God. You would find a fountain of enthusiasm within you. You would not feel tired. Situations fraught with the possibilities of or resulting in loss, censure, accidents, etc., will not give rise to sorrow in your mind. You would rather find yourself more in bliss and you would not feel like coming down from that highly enjoyable experience. You would realise that you are drawing near and near to Soul World / Brahmaloaka and to heaven which are your ultimate goals (Seeing Soul World with one eye, and Heaven with another eye), and you would be happy to notice that your old, negative tendencies or habits have almost left you and that their place has been captured by the divine virtues and purity. Thus, you would consider yourself thoroughly blessed all the time, and be able to revert back to this stage within a few moments of connection, thus developing a keen liking or a fondness for the practice of Yoga. In short, you would come to possess an unending treasure of contentment and bliss and an inexhaustible store of all the Godly powers, of tolerance, accommodation, withdrawing, letting go, knowledge, discernment, face (courage), and cooperation.

*\*No more mental tensions*

One who practices Raja Yoga, gets transported with unbounded sublime joy, for his intellect is in tune with God, the Ocean of Bliss. This joy is far superior to earthly pleasures. It brings rest to one's nervous system and is so energising as well as soothing to the mental processes that in this state of ecstasy or juicy absorption, one feels the fulfillment of life. One does not feel mental tension or nervous strain any more. A man practicing yoga is in a state of divine intoxication because he gets a constant dose of nectar in the sweet

remembrance of God and, so, he no longer needs any drugs to give him intoxication.

*\*Attainment of Divine Attributes*

One who practices yoga, gets divine perceptions. His mind gets infused with rare divine qualities. His attitude and out-look towards life changes. He feels himself detached from the events and has no personal ties though he actively participates in the household and social life. He no longer feels swept off his feet by the strong currents of events. The results of his actions do not disturb him. He sympathises with others and co-operates and mixes with them but he does so in the spirit of a game and takes it as a pleasure. He does not feel angered, pinched or puffed up. There is complete harmony within. He develops a sweet and loving nature. His eyes become civil and his face always bears a smile. His personality gets a deep impression of honesty and mental purity. Besides having the divine attributes of detachment, compassion, equanimity, sweetness, honesty and purity, he also gets power of toleration because he knows that all souls act under the influence of impressions or resolves formed by their previous actions or accumulated acts and habits. He feels healthy in mind and his joy knows no bounds when he thinks of great change in his habits and the rapid process of divinisation of himself. He has an inexhaustible fund of self-confidence and contentment. So, he remains untouched by frustration, desperation, worries or mental conflicts as his wishes are noble and his wants are few and his thoughts are focused on God who gives him guidance and light, inspiration and might.

*\*It makes a man Active, Efficient and Alert*

Since the practice of Yoga enjoys the feeling of withdrawal from body, he becomes tireless. His efficiency also greatly increases, for his mind now easily gets concentrated and is also free of worries, prejudices and worldly ties. He is now active and accurate. He can now plan things with some foresight and can act with great will-power. So, he generally takes things to success but, in the event of failure also he does not lose composure and calmness. Being a man of integrity, he is fearless and has feelings of friendliness towards all. All these developed traits of his mind help him to do his job well.

*\*Social Benefits*

Since a person practicing yoga looks at others as souls, he becomes a means of social good. He looks at others as brothers because he considers all souls

to be the sons of one Supreme Father. Thus he rises above the barriers of caste, creed, colour or class. His religion is the religion of the soul, i.e. the religion of peace and purity. So, a yogi has no bitterness towards anyone on the basis of religious doctrines, cults, provincial boundaries and linguistic or racial differences. So, yoga is truly the means for bringing about national integration or inter- national brotherhood.

Since a yogi, when looking at others gives attention to their souls that abide between the eyebrows and not to their gross bodies, his eyes do not get tainted with the feeling of sex-lust or with attraction towards one body and aversion towards the other. Rather, his mind, in this state of soul-consciousness, remains unpolluted and the eyes remain civil. This enables him to lead a life of piety, continence or Brahmacharya. So, yoga alone is the efficacious, real and useful means for birth-control and for solving the problem of overpopulation.

Similarly, the problems of indiscipline, bribery, adulteration also can be solved by teaching yoga which, as a way of life, makes people honest and compassionate and develops their mind to have feeling of brotherhood towards all and injury and harm to none. The greed to grab other's property or encroach on their rights leaves him. He is no longer tempted by the glitter of gold nor is he trapped by the enjoyments of flesh. He has now a character that is firm as a rock and does not yield to external pressure or internal thoughts. Yoga enables a man to lead a life of right action, self-discipline and duty towards humanity. It brings harmony between man's own mind and intellect and there remain no gaps between his thoughts, words and deeds.

### **Solution is Consistent Daily Effort and Practice of Raja Yoga.**

Cows don't give milk. You have to milk it. Likewise, God's powerful energy is prevalent all around, but we have to make the effort to tap into it. This can happen only once, we understand the true knowledge and experience the truth and the connection as Soul to Supreme Soul.

Raja Yoga is for change of mind, peace and joy. That control of the mind, brings us towards automatically being positive in life.

**Affirmations of Truth - Daily:**

*We come into this world to experience and express our true selves.*

*I am a precious diamond,*

*Radiant, Beautiful, Pure, Strong, Priceless,*

*I need to reflect only this pure inner beauty,*

*All pressures are making me “flawless”... just like any beautiful flawless diamond has also mandatorily gone under lots of cutting and cleaning processes.*

*The diamond (soul) is more precious than the container it's in (body).*

*I promise to give more time to myself. Soul.*

*Feel my inner sparkle beauty.*

*Feel the inner qualities unmask and become my core nature.*

*Feel my Connection / Union with my Creator. (Gobind Milan)*

*Feel how the Jeweller (God/Baba) is carving me to become God-like (Baapsamaan).*

*Radiate that energy and vibrations out into the world, thus serving others too. (Sewa).*

*So, May you be holy and Raja-yogi! May you have Peace and Bliss !!*

**RECOMMENDATIONS AND SUGGESTIONS:**

As various Researches done worldwide have shown, most of man's health issues, and even general life issues, are to do with our State of Mind. It is the fall of the soul, that is the root cause of man's and humanity's current turmoil and problems. The soul having fallen through "Time" has lost its original strength, powers, and capacity to deal with its own vices, its own State of Mind. It needs the Connection with the Divine, the Su/preme Source/Soul, to re-empower the "Inner self", the mind, the "inner child", to live in a way that will make it feel empowered with the 8 inner powers (see Lesson 8 in Chapter III), to be able to be contented from within, and truly satisfied with life. Especially as Peace is the core nature of the soul, along with all the Divine Qualities and Powers, and thus the continuous need and search for this is man's inner thirst, that needs to be quenched. It is the right of every human

being to be happy, pure, peaceful, and loving. And the way to achieve this isn't complicated, but rather very simple and easy. Raja Yoga can be practiced by anyone, it is also known as Easy Yoga, as it is the easiest and simplest way to understand, live, and practice meditation, independently and experientially, without the need to memorize any verses or mantras or texts. It is time for man to realize that turning to intoxicants, and long term medication can harm the body and mind. Medication and Physical therapies can help to a certain extent to deal with in the short term, but in the long run, the root to all illness and disease is in the Mind.

Thus it is recommended as points below, explained briefly as separate topics:

1. Raja Yoga needs to be practiced by every soul.
2. This Study and similar studies reach as many Education Institutes, Hospitals and all People.
3. Increase in SQ – For the Awakening and Awareness of Mankind.
4. Raja Yoga helps in all Mental Issues & Overall Health and Wellness.
5. Benefit of further Effects of Raja Yoga Research in different categories of Mental Issues.

*1. Raja Yoga needs to be practiced by every soul.*

BKRM (Brahma Kumaris Raja Yoga Meditation), has the power to help man in ways beyond his imagination and belief. It is the 'core healing' needed by every soul to become the true essence of the soul itself. To Live our Soul Purpose in joy and peace and unity and harmony in this world together as One Human World Family, helping and caring for each other, supporting each other, thus living life blissfully and in the process creating good 'karmic accounts' too. It is thus recommended that BKRM be practiced by all humans, at every age level, worldwide, without any limitations to physical ability either.

*2. Outreach to Education Institutes, Hospitals and all People.*

It is hoped and suggested that this paper reach as many people and education institutes as possible, so as to help in the understanding of the effect and benefit of Raja Yoga and its practice by all as mentioned in point 1. THE SOUL / THE MIND / THE INNER SELF / CORE NATURE, NEEDS TO BE EXPLORED BY ALL MAN.

It is the lack of education from the early years of life, in this field, that is responsible for a low SQ (Spiritual Quotient) - the root cause of man's and humanity's current turmoil and problems, causing UNHAPPINESS, a shift in



inner peace which is the core nature of every Soul. Thus the study of 'consciousness or mind', needs to be part of the educational curriculum to help improve and strengthen the state of mind from a young age.

This is reflected in the current world issues, in relationships and overall health and wellness.

The Hospitals and other institutions such as Elderly homes, Disabled people, Critically ill people, Orphanages, etc., all would greatly benefit from Raja Yoga.

### *3. The Increase in SQ - Spiritual Quotient.*

#### **For the Awakening and Awareness of Mankind, through Raja Yoga.**

SQ – “Spiritual quotient is going **beyond your cognitive and emotional skills**. It is acknowledging your mortality and thinking of what you could offer humanity. It is living in humility; bearing in mind that you are just a tiny compared to the vastness of the universe”. SQ can be increased and awakened in man through universal spirituality and meditation, Divine Connection / Union - Raja Yoga. It's profound knowledge and wisdom as explained in the 8 Lessons of Chapter III, can help man to go beyond cognition and emotions.

Man just needs to **Awaken** from his slumber of ignorance (being carried away with life's mundane tasks, and focussing on external happiness, such as earnings, and material things only), and give priority to his True Inner Self. The **Awareness** to do so, that there is a problem that is deep rooted beyond what is visible, is the first step. This awareness, will lead to the **Acknowledgement** of a **deeper invisible issue, and the medicine to cure** that, once this **Realization** dawns, it leads to the **Cure**. Which is the start of the **Spiritual Journey**, the **Clarity for the Need to take Divine Powers** through a subtle **Inner Connection**, and the on-going **Daily Effort and Practice** towards this, transforms man. **Raja Yoga is this simple connection/union.**

***“Bhai prapat Manukh Dahariya, Gobind Milan ki eh teri bariya...Avar kaaj terai keetai na kaam...Mil Sadhsangat Bhaj Keval Naam.” (SGGS)***

This verse from the Sikh Scriptures, explains the dire Need for Soul Connection with God, immediately, now, revealing the 'sole' purpose of the soul is to do this, and nothing else we do in life is of any significance, as it is of no benefit to the spirit.

*4. Raja Yoga helps Mental Issues, Overall Health & Wellness.*

As Raja Yoga helps in overall Health and Wellness, Hospitals, Nursing Homes, Orphanages, Care Centers, and any place that helps Healing in any manner, need to look at and involve some practice of Raja Yoga to help profoundly. For all Mental Issues, such as Stress, Depression, Anxiety, Insomnia, Panic Attacks, and any general problems in life that trouble you, relating to health, relationships, situations, past issues, money, recognition, etc., Raja Yoga Meditation will definitely help bring back equilibrium and happiness, and perhaps even be able to completely cure you. It is the ultimate meditation, as it works at the 'core' level of the human being - the Soul, and involves the connection to the Highest Being, the Highest Source - The Supreme Soul - God.

*5. Benefit of Further Research.*

More research studies on the positive and life changing effect of the Practice of Raja Yoga is highly recommended. Such studies would affect the world in a very constructive way and enable the quicker and more effective reach of this highly effective and very empowering Meditation Practice.

Note: There are over 300 people in Thailand, who are regular practitioners of Raja Yoga of the Brahma Kumaris, that I have personally interacted with, and can be subjects for further research, to prove the magical effectiveness of Raja Yoga.

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## APPENDIX


(Fig 30)

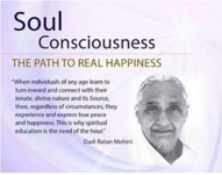
**WORLD/INNER PEACE PROPAGATORS  
SENIORS OF BRAHMA KUMARIS**

**Bro BrijMohan**  


**Bro Jagdish**  


**Bro Nirwair**  



**Bro Ramesh-01**  





**Soul Consciousness**  
THE PATH TO REAL HAPPINESS

*"When individuals of any age learn to tune inward and connect with their souls, divine nature and its Science, then, regardless of circumstances, they experience and express true peace and happiness. This is why spiritual education is the need of the hour."*  
— Gurd Karam Mahesh

- The quality of thoughts we create in our mind generate corresponding feelings. Therefore, our happiness is directly linked to what we choose to think.
- In challenging situations we lose our happiness because we have been living in the illusion that the external situation decides our inner state.






**BK Jagdish Chandra Hassija (also known as Brother Jagdish or BK Jagdish Bhai Ji) was born in the sacred city of Multan, famous for its Sufis and Saints, on the 10th September 1929.**

Brother Jagdish served in various capacities in BKWSU. He organised and participated in many International Conferences, Seminars, Fairs and Festivals. He met and discussed with many eminent Personalities such as Lord Mountbatten, the Dalai Lama, Pope Francis, Arnold Toynbee, Asst Secretary of the UN, Prime Ministers and Presidents of various countries and many prominent individuals.

His Special interest was 'Raja Yoga Meditation', Divine Knowledge, Moral Values, History, Philosophy and Cosmology.

He wrote more than hundred and fifty (150) books in Hindi, English and Urdu on 'Spiritual' knowledge, Yoga, Religions, Science, Psychology, Youth, Women, Business, Media etc. As he was a Great litterateur and had the distinction of writing most of the literature of the Brahma Kumaris organisation. He was also its Chief Spokesperson and Chief Editor of three monthly magazines: 'Gyan Amrit' (Hindi), 'The World Renewal', 'Purity' (English) – and contributed articles to many magazines and periodicals.

He was a member of the Governing Body of BKWSU and was a Vice-Chairman of the Rajyoga Education and Research Foundation. He was also the Authors Guild in India and Journalistic associations.



**Other Amazing Spiritual Leaders..**

Dr. Nirmala, Mt. Abu  
Sr. Vedanti, Africa  
Sr. Mohini, New York  
Sr. Jayanti, UK  
Sr. Sudesh, Europe  
Br. Atamprakash, Mt. Abu  
Br. Mrithyunjai, Mt. Abu  
Br. Karuna, Mt. Abu

**1. BLANK QUESTIONNAIRES SAMPLES USED: OQH & SLS & THAI TRANSLATION**

**Before Gyan Date**

- |                       |              |
|-----------------------|--------------|
| 1 Strongly Disagree   | Name :       |
| 2 Moderately Disagree | Gender :     |
| 3 Slightly Disagree   | Age :        |
| 4 Slightly Agree      | Profession : |
| 5 Moderately Agree    | Date :       |
| 6 Strongly Agree      |              |

**The Oxford Happiness Questionnaire**

Question		Score
1. I don't feel particularly pleased with the way I am.	R	
2. I am intensely interested in other people.		
3. I feel that life is very rewarding.		
4. I have very warm feelings towards almost everyone.		
5. I rarely wake up feeling rested	R	
6. I am not particularly optimistic about the future.	R	
7. I find most things amusing		
8. I am always committed and involved.		
9. Life is good.		
10. I do not think that the world is a good place.	R	
11. I laugh a lot.		
12. I am well satisfied about everything in my life.		
13. I don't think I look attractive.	R	
14. There is a gap between what I would like to do and what I have done.	R	
15. I am very happy.		
16. I find beauty in some things.		
17. I always have a cheerful effect on others.		
18. I can fit in (find time for) everything I want to.		
19. I feel that I am not especially in control of my life.	R	
20. I feel able to take anything on.		
21. I feel fully mentally alert.		
22. I often experience joy and elation.		
23. I don't find it easy to make decisions.	R	
24. I don't have a particular sense of meaning and purpose in my life.	R	
25. I feel I have a great deal of energy.		
26. I usually have a good influence on events.		
27. I don't have fun with other people.	R	
28. I don't feel particularly healthy.	R	
29. I don't have particularly happy memories of the past	R	

(Tab 24)

## Current Date/After Gyan

1 Strongly Disagree  
 2 Moderately Disagree  
 3 Slightly Disagree  
 4 Slightly Agree  
 5 Moderately Agree  
 6 Strongly Agree

Name :  
 Gender :  
 Age :  
 Profession :  
 Date :

### The Oxford Happiness Questionnaire

Question		Score
1. I don't feel particularly pleased with the way I am.	R	
2. I am intensely interested in other people.		
3. I feel that life is very rewarding.		
4. I have very warm feelings towards almost everyone.		
5. I rarely wake up feeling rested	R	
6. I am not particularly optimistic about the future.	R	
7. I find most things amusing		
8. I am always committed and involved.		
9. Life is good.		
10. I do not think that the world is a good place.	R	
11. I laugh a lot.		
12. I am well satisfied about everything in my life.		
13. I don't think I look attractive.	R	
14. There is a gap between what I would like to do and what I have done.	R	
15. I am very happy.		
16. I find beauty in some things.		
17. I always have a cheerful effect on others.		
18. I can fit in (find time for) everything I want to.		
19. I feel that I am not especially in control of my life.	R	
20. I feel able to take anything on.		
21. I feel fully mentally alert.		
22. I often experience joy and elation.		
23. I don't find it easy to make decisions.	R	
24. I don't have a particular sense of meaning and purpose in my life.	R	
25. I feel I have a great deal of energy.		
26. I usually have a good influence on events.		
27. I don't have fun with other people.	R	
28. I don't feel particularly healthy.	R	
29. I don't have particularly happy memories of the past	R	

(Tab 25)

# Before Gyan Date

Page 2

- |   |                            |            |   |
|---|----------------------------|------------|---|
| 7 | Strongly Agree             | Name       | : |
| 6 | Agree                      | Gender     | : |
| 5 | Slightly Agree             | Age        | : |
| 4 | Neither Agree nor Disagree | Profession | : |
| 3 | Slightly Disagree          | Date       | : |
| 2 | Disagree                   |            |   |
| 1 | Strongly Disagree          |            |   |

## *Satisfaction with Life Scale*

Try it yourself. Here are Dr. Diener's instructions for taking the short survey questionnaire:

Below are five statements that you may agree or disagree with. Using the 1 – 7 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 1    \_\_\_\_ In most ways my life is close to my ideal.
- 2    \_\_\_\_ The conditions of my life are excellent.
- 3    \_\_\_\_ I am satisfied with my life.
- 4    \_\_\_\_ So far I have gotten the important things I want in life.
- 5    \_\_\_\_ If I could live my life over, I would change almost nothing.

(Tab 26)

# After Gyan/Current Date

Present Day

Page 2

7	Strongly Agree	Name	:
6	Agree	Gender	:
5	Slightly Agree	Age	:
4	Neither Agree nor Disagree	Profession	:
3	Slightly Disagree	Date	:
2	Disagree		
1	Strongly Disagree		

## *Satisfaction with Life Scale*

Try it yourself. Here are Dr. Diener's instructions for taking the short survey questionnaire:

Below are five statements that you may agree or disagree with. Using the 1 – 7 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 1    \_\_\_\_ In most ways my life is close to my ideal.
- 2    \_\_\_\_ The conditions of my life are excellent.
- 3    \_\_\_\_ I am satisfied with my life.
- 4    \_\_\_\_ So far I have gotten the important things I want in life.
- 5    \_\_\_\_ If I could live my life over, I would change almost nothing.

(Tab 27)



## Thai Translation Sample

ชื่อ \_\_\_\_\_ No. \_\_\_\_\_

### The Oxford Happiness Questionnaire

	Questions		Score	T Score
1	ฉันไม่รู้สึกพอใจในตัวของตัวเอง	R		
2	ฉันมีความสนใจเกี่ยวกับผู้คนอย่างมาก			
3	ฉันรู้สึกว่าชีวิตมีการตอบสนองที่ดี			
4	ฉันมีความรู้สึกที่อบอุ่นต่อคนส่วนใหญ่			
5	ฉันรู้สึกว่าตื่นขึ้นมาแล้วได้พักเต็มที่น้อยมาก	R		
6	ฉันไม่ค่อยรู้สึกในทางบวกเกี่ยวกับอนาคต	R		
7	ฉันรู้สึกว่าเรื่องส่วนใหญ่น่าขบขัน			
8	ฉันรู้สึกมีความรับผิดชอบและมีส่วนร่วมในสิ่งต่างๆเสมอ			
9	ชีวิตนี้ดีมาก			
10	ฉันไม่คิดว่าโลกนี้น่าอยู่	R		
11	ฉันหัวเราะบ่อยมาก			
12	ฉันพอใจต่อทุกสิ่งทุกอย่างในชีวิต			
13	ฉันไม่คิดว่าฉันดีมีเสน่ห์	R		
14	ยังมีช่องว่างระหว่างสิ่งที่ฉันอยากทำกับสิ่งที่ได้ทำไปแล้ว	R		
15	ฉันมีความสุขมาก			
16	ฉันเห็นความสวยงามในหลายสิ่งหลายอย่าง			
17	ฉันทำให้คนอื่นรู้สึกสดชื่นเสมอ			
18	ฉันสามารถปรับตัวและมีเวลาให้กับสิ่งที่ฉันต้องการจะทำ			
19	ฉันรู้สึกว่าฉันไม่สามารถควบคุมชีวิตของตนเองได้	R		
20	ฉันรู้สึกว่าฉันสามารถยอมรับทุกสิ่งทุกอย่างได้			
21	ฉันรู้สึกว่าฉันมีความกระตือรือร้น			
22	ฉันรู้สึกว่าฉันมีความรื่นรมย์และชุ่มชื่นอยู่เป็นนิจ			
23	ฉันรู้สึกว่ามันไม่่ง่ายที่จะตัดสินใจ			
24	ฉันไม่มีความรู้สึกที่ชีวิตมีความหมายและมีจุดมุ่งหมาย	R		
25	ฉันรู้สึกว่าฉันเต็มไปด้วยพลัง	R		
26	โดยปกติแล้วฉันมีอิทธิพลต่อเหตุการณ์ต่างๆรอบตัว			
27	ฉันไม่ค่อยสนุกเมื่ออยู่กับผู้อื่น			
28	ฉันรู้สึกไม่ค่อยจะแข็งแรง	R		
29	ฉันไม่ค่อยมีความทรงจำที่ดีในอดีตนัก	R		

(Tab 28)

## 1. The Oxford Happiness Questionnaire Instructions

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

1 = strongly disagree

2 = moderately disagree 3 = slightly disagree

4 = slightly agree

5 = moderately agree

6 = strongly agree

Please read the statements carefully, some of the questions are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

The R notation is related to how you do the maths at the end of the questions.

Calculate your score:

Step 1.

Items marked (R) should be scored in reverse:

For example, if you gave yourself a "1," cross it out and change it to a "6."  
Change "2" to a "5"

Change "3" to a "4"

Change "4" to a "3"

Change "5" to a "2" Change "6" to a "1"

Step 2.

Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3.

Divide by 29. So your happiness score = the total (from step 2) divided by 29.

Your Happiness Score: RESULT

(Developed by Michael Argyle and Peter Hills at Oxford University.

<http://www.meaningandhappiness.com/oxford-happiness-questionnaire/214> )

## **2. The Satisfaction with Life Scale Calculation (SLS)**

**(Dr. Diener)**

SLS, is a short survey questionnaire for measuring the Satisfaction of life. The average score of self-satisfaction was compared before and after Raja Yoga too. It employs a 7 point Likert-type format of response, from 'strongly disagree' to 'strongly agree' for the 5 Questions. The total numbers are added to get a total score that denotes their life satisfaction as follows:

\*31 to 35 denotes Extremely Satisfied

\*26 to 30 denotes Satisfied

\*21 to 25 denotes Slightly Satisfied

\*20 denotes being Neutral ( When calculated in percentage is 57.14% is NEUTRAL)

\*15 to 19 denotes Slightly Dissatisfied

\*10 to 14 denotes Dissatisfied

\*5 to 9 denotes Extremely Dissatisfied.



## MEDITATION SESSIONS PICTURES



(Fig 31)

This picture was taken after doing Amritvela Meditation (4am to 6am), at Guru Kripa Raja Yoga Meditation Classroom, Bangkok, Thailand, for a Disabled person, (my father), Mohan Singh Narang. To help his state of mind to be peaceful and accepting and to overcome physical suffering.

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



(Fig 32)

Other Raja Yoga Meditations at “Guru Kripa” Meditation Classroom in Bangkok, Thailand.

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #1: RS

“Raja Yoga help me believe all energy of self and soul and religion of Past to Present. Help improve open eyes meditation and attention. Understand Time and importance of Now. Soul and Supreme Soul knowledge and Experience. Help Sleep and Energize self during sleep. So doing research, my PhD paper, is on this - as it really improves sleep and energy. I practice all day, anytime. But for sure is at night everyday. I gain a lot. I can connect and apply anytime to help self and others really. Beyond my expectation and can help others.”



NAME: RASANA. S.  
FEMALE  
MILITARY OFFICER

AFTER RAJA YOGA:

\*(HAVE VIDEO IN THAI RECORDED:)

Raja Yoga help me believe all energy of self and soul and religion of PAST TO PRESENT. Help improve open eyes meditation & attention. Understand TIME & Importance of NOW. Soul & Supreme soul Knowledge & Experience. Help Sleep + Energize self DURING SLEEP. SO DOING RESEARCH ON THIS - AS IT REALLY IMPROVE sleep & ENERGY. MY PHD AYURVEDA, IS

I PRACTICE ALL DAY, ANYTIME. BUT AT SURE IS AT NIGHT EVERYDAY

I gain a lot. I can connect + apply anytime to help self + others REALLY. BEYOND MY EXPECTATION & CAN HELP OTHERS.

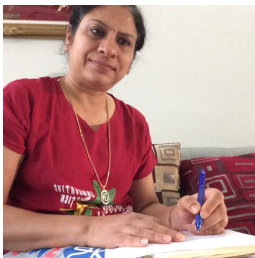
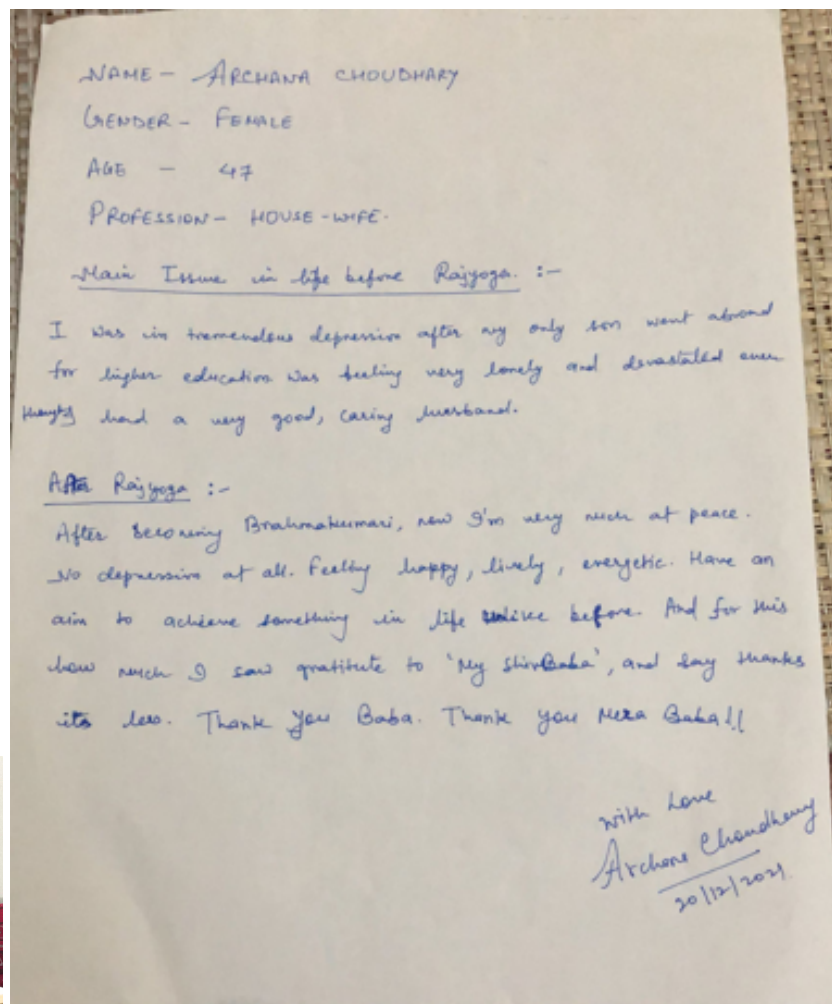
(Rasana Sompornse)  
Dec 5, 2021

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #2: Arch

"I was in tremendous depression after my only son went abroad for higher education. I was feeling very lonely and devastated even I had a very good, caring husband.

Benefit after Raja Yoga: After becoming Brahmakumari, now I'm very much at peace. No depression at all. Feeling happy, lively, energetic. Have an aim to achieve something in life unlike before. And for this how much I saw gratitude to my 'Shiv Baba', and say thanks. Thank you Baba. Thank you Mera Baba!!"





Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #3: Raj

Before: I don't feel particularly pleased with myself and my life. I lacked lots of things. Wasn't happy. Quite Sad. No meaning in life.

After: Life changed. I'm content and happy. I practice everyday. I understand Drama and Karma. Become healthier too. Have focused. Have purpose in life now. Satisfied and happy.



(#3. Raj: 2nd row, right in pic)

RAJNI -

Before: I don't feel particularly pleased with myself + my life. I lacked lots of things. Wasn't happy. Quite Sad. No meaning in life.

AFTER:

Life changed.  
I'm content & happy.  
I practice everyday.  
I understand Drama & Karma. Become healthier too. Have focused.  
Have purpose in life now.  
Satisfied & happy.

**Bk Rajni Behn**  
last seen today at 19:16

1 st I understood who am I , I am soul .one who plays role on earth .so i took benefit of staying light happy knowing my original quality is pure And i experienced God 's love , as God is father of soul , so i experimced the relationship of my mother father teacher therefore i got belonging feelings . 03:30

And the practise of Rajyoga made me free from worry ,because I know God is my protector ... 03:31

Rajyog practise made me to understand my inner powers such as peace ,confidence,positivites etc ...so that i remain stable . 03:32

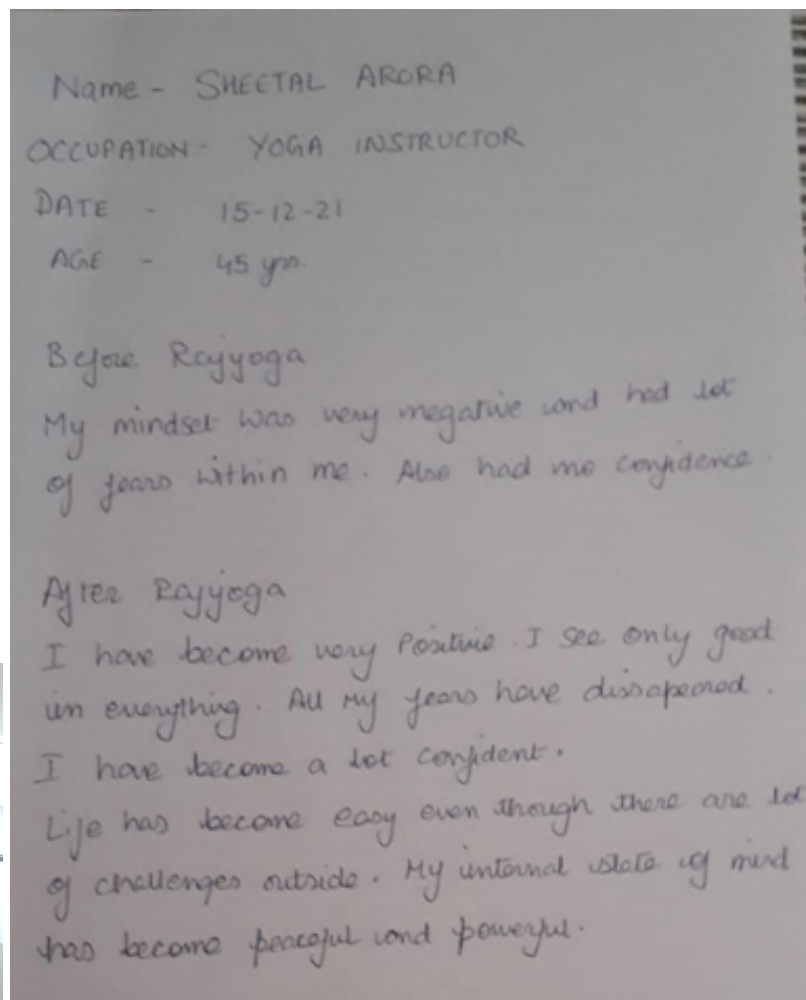
Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #4: Sh

Before Rajayoga: My mindset was very negative and had lot of fears within me. Also had no confidence.

After Rajayoga: I have become very positive. I see only good in everything. All my fears have disappeared. I have become a lot confident.

Life has become easy even though there are lot of challenges outside. My internal state of mind has become peaceful and powerful.



CASE #5: PDB

“Main issue in life before Raja Yoga: Feared losing loved ones and friends. Had an inferiority complex. Feared Death and that affected how I lived. Benefits of Raja Yoga for Self: Fear transformed into unshakeable faith in the Supreme father (God). The understanding of being a Soul, the master of mind, body and thoughts changed my perspective from a victim to a victorious being. I accepted everyone as equals, child of God. Practicing to see only goodness in each one even if it's a hidden potential. This has made my life filled with positivity and happiness. Moreover I see all the souls in the world as my family, thereby my vision has been elevated to benefit not only myself but the world.”



Profession : University Student

Date: 6/Dec/2021

Main Issue in Life before Rajyoga

Feared Losing Loved ones and Friends. Had an inferiority complex.  
Feared Death and that affected how I Lived.

Benefits of Rajyoga for Self

Fear transformed into unshakeable faith on the Supreme father <sup>(God)</sup> and  
The understanding of being a Soul, the master of mind, body and thoughts changed my perspective from a victim to a Victorious being. I accepted everyone as equals, Child of god practising to see only the goodness in each one, even if it's a hidden potential. This has made my life filled with positivity and happiness. Moreover I see ~~the~~ all the souls in the world as my family, thereby ~~my~~ vision has been elevated to benefit not only myself but the world.

Signature: Pajawal Blusale,

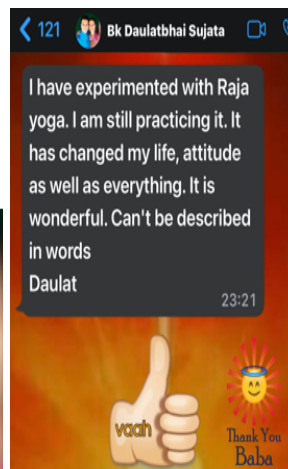
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CASE #6: DB

“Main Issue in Life Before Raja Yoga: Emotionally sensitive and feeling extreme stress. Constant Headache.

Benefits of Raja Yoga for Self: Emotionally empowered so much so to uplift anyone that interact with me, with the sole understanding of I the soul being the Master of my mind, Intellect, senses and emotions. The constant practice of meditating on this understanding has made me a joyful peaceful person.

I have experimented with Raja yoga. I am still practicing it. It has changed my life, attitude as well as everything. It is wonderful. Can't be described in words.”



Consent of Participants

Name: Daulat Bhanote  
Gender: Male  
Age: 50  
Profession: Businessman  
Date: 20/Dec/2021

Main Issue in Life before Rajyoga  
Emotionally Sensitive and feeling Extreme Stress.  
Constant Headache

Benefits of Rajyoga for Self  
Emotionally Empowered so much so to uplift anyone that interact with me, with the ~~Self~~ sole understanding of I the Soul being the Master of my mind, Intellect, senses and emotions. The constant practice of ~~this~~ meditating on this understanding has made me a joyful <sup>Peaceful</sup> person.

Signature: Bhanote



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #7: SDB

“Main issue in life before Raja Yoga: Suffering Depression – poor emotional and physical state. Affected by family concern of having a severe pain to heal that heal undergone open heart surgery.

After Raja Yoga and implementation of Raja Yoga in life. I no longer require any medication. Fit as an athlete. My mental, emotional and physical state has been improved and elevated which helps me live life with zeal, positivity and happiness.”

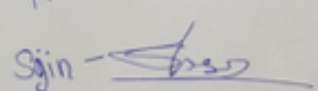


Comment of participant

Name- Sujata Daulat Bhosale  
Gender- Female  
Age - 43  
profession : Homemaker and Social Worker

Main Issue in life before Rajyoga .  
Suffering Depression – poor emotional and physical state .  
Affected by family concern of having a sev. pain to  
that heal undergone open-heart Surgery.

After Rajyoga and implementation of Rajyoga in life .  
I no longer require any medication . Fit as an athlete .  
My mental, emotional and physical state has been  
improved and elevated which helps me live  
life with zeal, positivity and happiness .

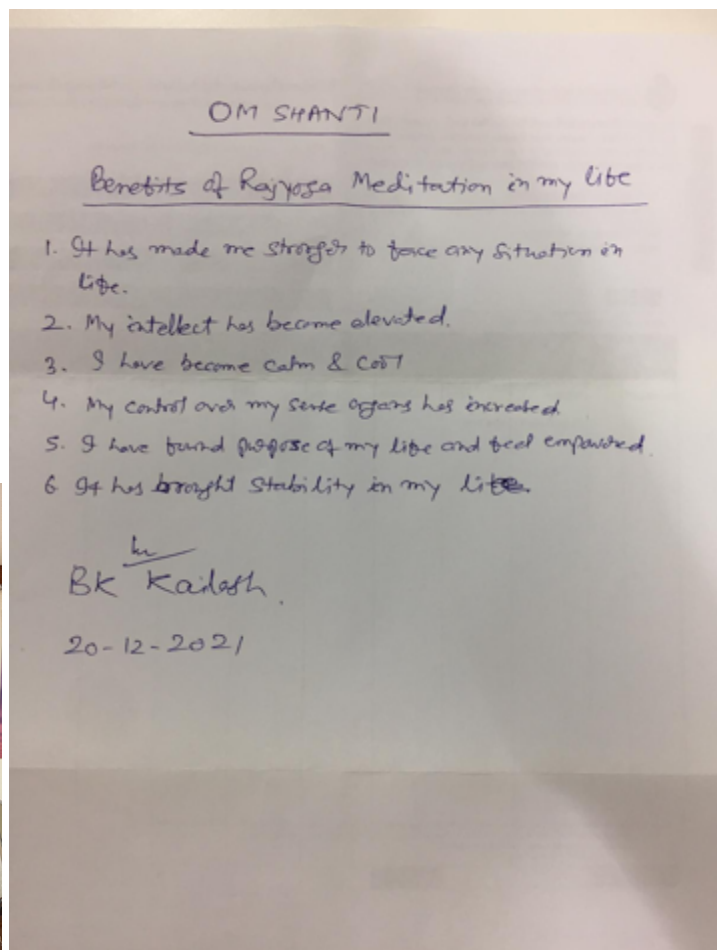
Sjin - 

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #8: Kai

Benefits of Raja Yoga Meditation in my Life:

1. It has made me stronger to face any situation in life.
2. My intellect has become elevated.
3. I have become calm and cool
4. My control over my sense organs has increased
5. I have found purpose of my life and feel empowered
6. It has brought stability in my life.



CASE #9: Kar



(The first person on the left in pic above.) Karma Bhai, was very depressed. He had a deep thirst for Truth and wasn't satisfied with answers he had found elsewhere. Also seeing how his wife Amy, was so positive and her health had improved greatly, he decided to do the basic Raja Yoga Course, and try the BKRM. From his responses to the Pre & Post Raja Yoga Questionnaires, it can be seen that he scored the lowest, with no clarity as to the purpose of life, and found it tough to make decisions, and wasn't optimistic about the future. His daughter had passed away from Cancer, and he was very sad internally, and couldn't understand why. He was also Dissatisfied with life with a very low score in SLS.

His state of mind changed completely, and not only did his happiness index shift greatly, his life satisfaction scale too went up. He had found all the answers to life and death, and became a very regular and keen practitioner of Raja Yoga. He is currently a very regular student and has become very happy and positive about life and everything. He understands Drama and Destiny and Karma. And he believes all is perfect and within the Divine Will.

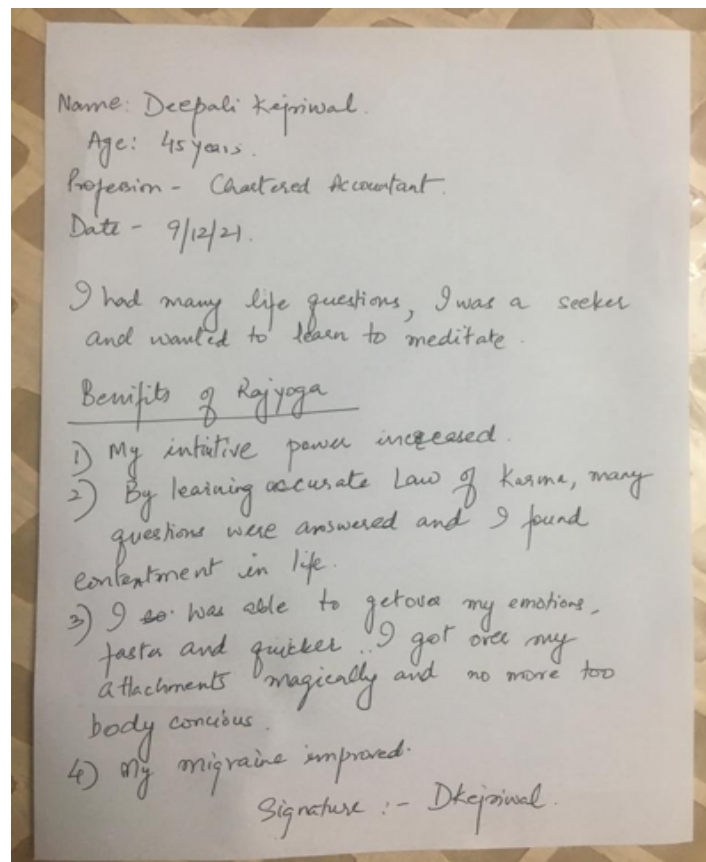
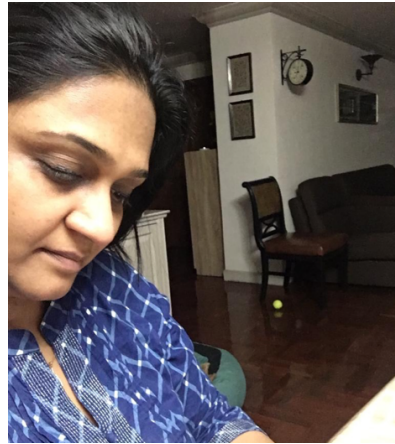
CASE #10: DK

"I had many life questions, I was a seeker and wanted to learn to meditate

Benefits of Raja Yoga:

1. My intuitive power increased
2. By learning accurate Law of Karma, many questions were answered and I found contentment in life.
3. I was able to get over my emotions faster and quicker. I got over my attachments magically and no more too body conscious.
4. My migraine improved."

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



CASE #11: NP

“Main Issue in life before Raja Yoga: I’m in the middle of Divorce process. I’ve a lot of confusion. Many people have a lot of effect on me such as my kids, my mom and my dad etc. I feel lost and don't know what to do next. Can't make any decision with a lot of things.

Benefits of Raja Yoga for self: I feel more calm and comfortable. I gain a lot of confidence and self-esteem. I’m more lively, strong, and joyful. I’m healthier and stronger. Being so happy most of the time. And can handle a lot of unexpected situations quite well.”



*Comment of Participant*

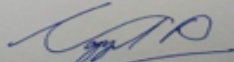
Name : Noppakamol Pimolket  
Gender : Female  
Age : 49  
Profession : Assistant Professor  
Date : 15/11/2021

*Main Issue in Life before Raja Yoga*

I'm in the middle of Divorce process. I've a lot of confusion. Many people have a lot of effect on me such as my kids, my mom, and my dad etc. I feel lost and not know what to do next. Can't make any decision with a lot of things.

*Benefits of Raja Yoga for self.*

I'm feel more clam and comfort. I gain a lot of Confidence and self-esteem. I'm more lively, strong, and joyful. I'm healthier and strong. Being so happy most of the time. And can handle a lot unexpected situation quite well.

Signature 

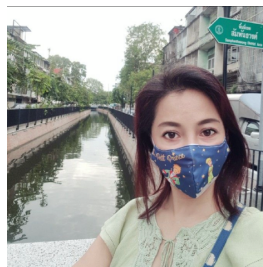


Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #12: Bud

“Main issue in life before Raja Yoga: I was self concerned and groaning. I can not sleep well and have pain in my stomach together with cramp in my leg, sometime I have headache.

Benefits of Raja Yoga for self: I am more calm and not self centered. I am more concerned for other people and become more self love. I could be happy for myself and not to let my anger drive me. I could achieve my happiness peacefully and calmly.”



Comment of Participant

Name : Jarima Chansomce  
Gender : Female  
Age : 50  
Profession : Business owner  
Date : 5/12/21

Main Issue in life before Rajayoga  
I was self concerned and groaning  
I can not sleep well and have pain in my stomach together with cramp in my leg.  
Sometime I have headache

Benefits of Raja yoga for self:  
I am more calm and not self center.  
I concerned more for other people and become more self love  
I could be happy for myself and not to let my anger drive me.  
I could achieve my happiness peacefully and calmly.

Signature : Jarima Chansomce

CASE #13:Sha

“Benefits of Raja Yoga:

1). I understood myself. Recognizing myself I got Self Realization. 2). God gave me my recognition, so I understood God. 2 Fathers. Real Father is the Soul Father of all souls, so I got aware of being able to keep a direct relationship with God. He is my real father, teacher, and liberator. So I can now receive endless relationships, endless gain, endless powers, understand endless happiness and so can receive endless happiness that no one can take from me. All powers are within me, so I know how to invoke them. My life changed and I got a new direction, best omen. I received the biggest omen, so all my problems and bad omens became set in my new normal, and the fortune of my destiny became clear to me, so I can now be set in my positivity always. I am an elevated soul, always, from an elevated clan, elevated household, and elevated era of humanity. So now, my life is set in this elevated stage and direction, with elevated knowledge now, which gives me hope and the state of mind to make the effort to become full of virtues. God is my teacher and is teaching me, so how fortunate am I! Among trillions, rare are those who receive this fortune, and I am among them! Who am I, where do I come from, what is the purpose/goal of my life, I now know. I can see all around me, everyone as souls. All these secrets have now become clear. There are no more secrets of the world from me, so I am clear and easy about everything. I am not worried about tomorrow and all worries and concerns are over now. I got my aim of life from Raja Yoga, that I need to do such actions that turn a woman to become Sri Laxmi (the Devi). So I need to have all the virtues of the ‘Devis’ in me. I am now facing Satyug, the Golden era. All this I received from this study.”

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



Om Shanti

Raj yoga से फायदा - ① स्वयं को जाना, अब की पहचान हुई तो self meditation हुआ। ② परब्रह्मा ने मुझे अपनी पहचान ही तो वाप को जाना दी वर है। लक्ष्मी पिला Good है तो भावना में जाणूमी हुई Awareness उसी कि मैं तो direct god से रिश्ता रखती हूँ। वही मेरा रिश्ता पिला है हीचर है सतगुरु है, तो अविनाशी सम्बन्ध अविनाशी आदिशक्त, अविनाशी वास्तविक - अविनाशी खुशी सम्बन्ध प्रणी अविनाशी खुशी कोई छिन नहीं समझता, अविनाशी अब गुरु में ही है - तो इनको invoke करना है। मेरा जीवन ही बदल गया नगी दिशा मिली, प्रकृति भी वसा देते तो गैर स्टेशन कर Normal खुदी दिशा में Set हो गई मेरे भाग्य की रेखा मुझे Clear दिशागी देने लगी। मैं सदा ही फंच कोरी, फंच मुल फंच धराने भी फंचे वंश की हूँ। तो मेरा जीवन ऊब उभी दिशा में निरन्तर स्वयं को आनान, मुक्तवान बनाने के कुशलार्थ में ही उठवान हीचर बनकर पदा रहा है तो मैं किस्की भाग्यशाली हूँ, जोरो में कोई को रेखा भाग्य प्राप्त होता है वह मैं हूँ। मैं मैं हूँ जहाँ से आगी का मेरे जीवन का लक्ष्य है। सभी मुख्य आत्मासं जो मेरे साथ रहती हैं और चारों तरफ दिशागी देती हैं। उन सभी का रहस्य clear हो गया। अभी मुझ भी दुनिग का कोई भी रहस्य मुझ से छुपा नहीं है तो जीवन बहुत खुसका हुआ हो गया, सल्ल हो गया चिंता कल की फिर खतरा / लक्ष्य मिला राजगोगले कि मुझे सेने नर्म करने है किमसे नारी लक्ष्मी बन लया / तो देवी गुरुओं की धारणा हो। सतगुरु दुनिग की तरफ धारा मुझ है / मैं मैं पदाई से प्राप्त करना है।



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #14: Gra

“Main Issue in life before Raja Yoga:

There is a lack of concentration and calmness. Being irritable easily.

Benefits of Raja Yoga for self:

Becoming more patience & increasing of focus in the task I do. Becoming more self-love & seeing others as equals. My happiness level increases.”



DATE / /

Name : Gracesuprang Kityamunkong  
Gender : Female  
Age : 29  
Profession : MBA student  
Date : 9/12/21

Main Issue in life before Rajyoga.

There is a lack of concentration & calmness. Being irritable easily

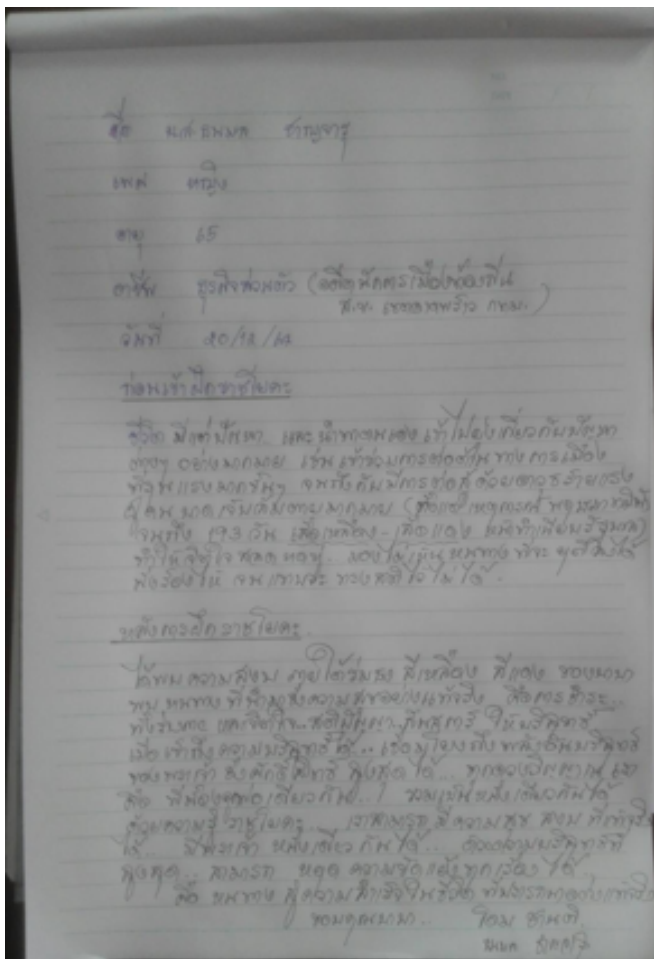
Benefits of Raj yoga for self.

- Becoming more Patience & increasing of focus in the task I do.
- Becoming more self-love & seeing others as equals.
- My happiness level increases.

Signature : Baek

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #15: Mol



Past: Life was full of Problems.  
I was involved in politics and very bad experience with people dying due to politics.

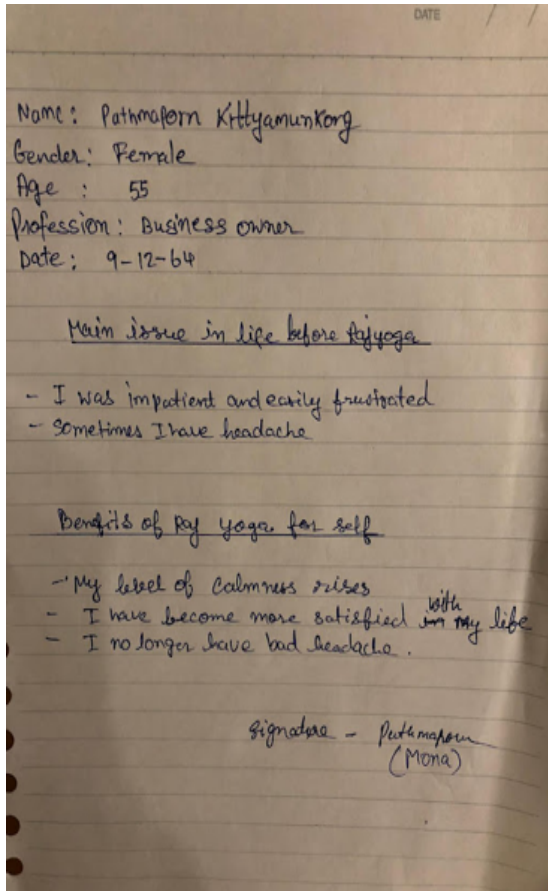
After: I gained Peace. Long term Happiness. Change in Sanskars, Peace. Understanding of all as one family. All are souls. So with one Father we can become like him too. Can reach the true pure nature with His help and can help others too. Thank you so much to Baba and the Gyan and Yoga.

Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #16: Mon

Main issue in life before Rajayoga. I was impatient and easily frustrated. Sometimes I have a headache.

Benefits of Raja Yoga for self: My level of calmness rises. I have become more satisfied with my life. I no longer have had headache.



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #17: AD

“Main Issue in life before Raja Yoga: Very hollow feeling inside. Lack of love. Seeking from people and not finding True Love. Sad inside, although life was good. Wanted to understand why God made us sad, sick etc. Why are we not happy?”

Benefits of Raja Yoga for Self: All issues became crystal clear! Understood self, soul and God. Experienced great shift in meditation Understood all religions and Cycle of Time. No Questions left about life. Clarity to seek Love only from God & give all people. LOVE IS GIVING ONLY. Understood and Experienced that Yoga can help in overcoming ALL PAIN. Mental & Physical also! Can Be HAPPY easily, no matter what!

Unlimited Benefit!



COMMENT OF PARTICIPANT

NAME: A.D.  
GENDER: Female  
AGE: 55  
PROFESSION: Teacher  
DATE: Dec 2021

MAIN ISSUE IN LIFE BEFORE RAJA-YOGA:  
- Very Hollow feeling inside. Lack Love. Seeking from people & not finding True Love. Sad inside, although life was good. Wanted to understand why God made us sad, sick etc. Why not Happy?

BENEFITS OF RAJA YOGA FOR SELF:  
- ALL ISSUES BECAME CRYSTAL CLEAR!  
- Understood Self, Soul & God.  
- Experienced great shift in meditation.  
- Understood all Religions and Cycle of Time.  
- No Questions left about Life.  
- Clarity to seek LOVE only from God & give all people. LOVE IS GIVING ONLY.  
- Understood & Experienced that Yoga can help in overcoming ALL PAIN. Mental & Physical also!  
- Can be HAPPY easily, no matter what!  
- Unlimited Benefit!!

Signature *A.D.*  
A.D.

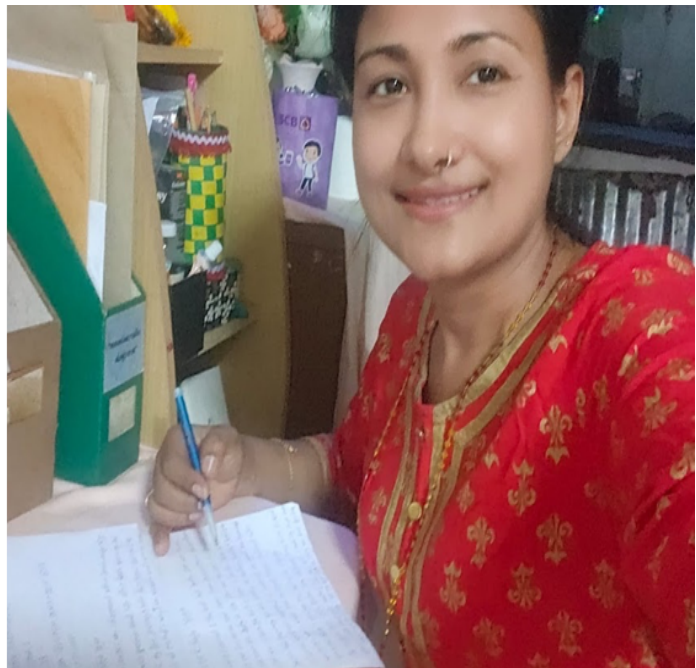
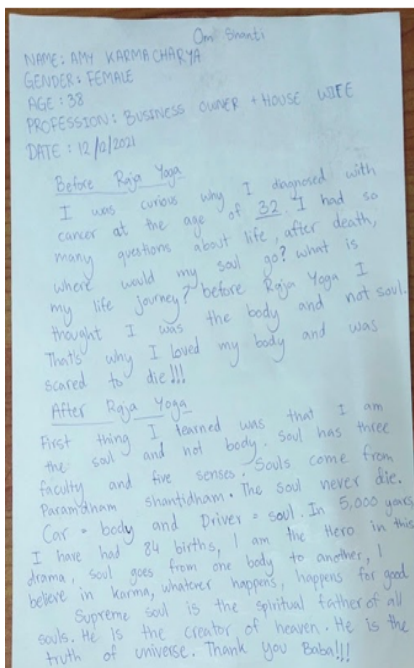


Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE#18: Amy

“Before Raja Yoga: I was curious why I was diagnosed with cancer at the age of 32. I had so many questions about life, after death, where would my soul go? What is my life journey? Before Raja Yoga I thought I was the body and not the soul. That’s why I loved my body and was scared to die!!!

After Raja Yoga: First thing I learned was that I am the soul and not the body. Soul has three faculties and five senses. Souls come from Paramdham, Shantidham. The soul never dies. Car=body; Driver=soul. In 5000 years I have had 84 births, I am the Hero in this drama, soul goes from one body to another. I believe in Karma, whatever happens, happens for good. The Supreme Soul is the spiritual father of all souls. He is the creator of heaven. He is the truth of the universe. Thank you Baba!!!”

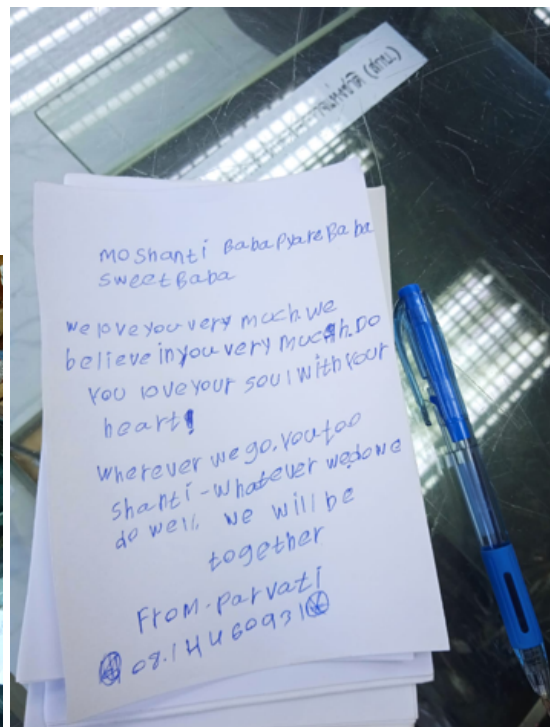


Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #19: Par

“We love very much. We believe in you (God) very much. Do you love your soul with your heart! Whatever we fo, you too (go with us when we remember you). Shanti (peace) in whatever we done do well. We will be together.”

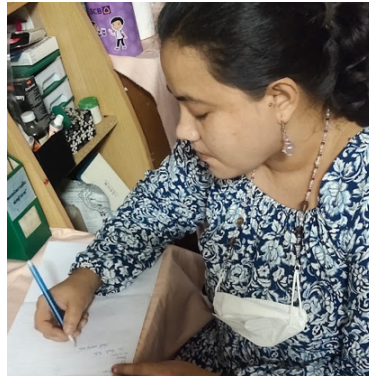
Note: She experienced a shift within a few days of the Course! Became happy from sad, and felt peaceful and less worried about life and problems. She understood that we are actors playing roles and so didn't need to be worried, as ultimately we're all going back home to the soul world. The gyan had an amazing instant effect on her, as she is a very simple and innocent person, and practiced and experienced the benefit of Raja Yoga. She had magical experiences and visions during Yoga too.



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

CASE #20: Rek:

“Good evening Baba. Thank you so much for evening. Before Raja Yoga I was holding everything on my mind. I was keeping everything on my mind. After Raja Yoga I know how to live with your help. I feel light and stronger. Thank you so much for everything. Baba I love you.”



Rakha Baniya  
female  
32  
Nanny  
12.12.2021  
Om Shanti Baba,  
Good evening baba. Thank you so much for evening.  
Before Rajyoga I am was holding everything on my mind.  
I am was keeping everything on my mind.  
After Rajyoga I know how to live with your help.  
I feel light and stronger. Thank you so much for  
everything Baba. I. Love. you.

MEDITATION SESSIONS AT THE BK CENTER

(Fig 34)





Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

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**Universal Health Coverage Day**  
**HEALTH 4 ALL**

Join us for this FREE Global Online Session  
**Sunday 12th Dec**  
**2pm-7pm GMT**  
(Greenwich Mean Time)

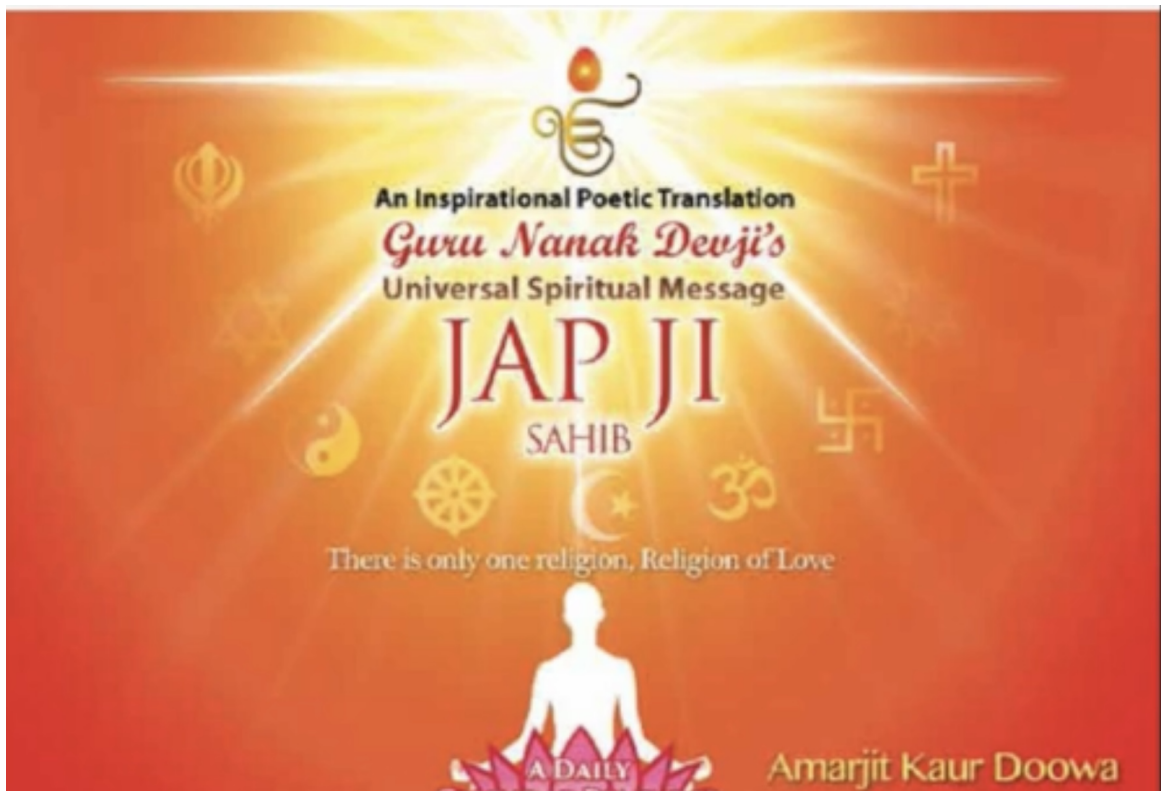
**Amarjit Kaur Doowa**  
**2pm GMT**  
**9pm IndoChina**  
**Health & Wellness**  
**Case Study**  
**Thailand**  
[www.healingourearth.com](http://www.healingourearth.com)



Effect of Brahma Kumaris Raja Yoga Meditation for increasing Happiness and Life Satisfaction- Overall Health & Wellness: Case Study in Thailand.

JAPJI SAHIB (First prayer of SGGS Sikh Guru/Scriptures),  
GURU NANAK DEV JI'S  
UNIVERSAL DIVINE MESSAGE FOR ALL HUMANITY  
Inspirational Poetic English Translation is available online in Youtube,  
as a meditative Read-along (with original Gurbani too).  
By Amarjit Kaur Doowa

<https://youtu.be/1KhD3BJcSus>



## ***RESEARCHER BIOGRAPHY***



### **AMARJIT KAUR DOOWA**

**Date of Birth:** 17/02/1966

**Place of Birth:** Thailand

**Education:** Master of Education, Avondale College, NSW, Australia  
PG Diploma in Counselling and Spiritual Health, Annamalai University, India

**Work:** 'Universal Spiritual Guide', Educator and Social & Community Services

### **SELF INTRODUCTION**

**True Identity:** I'm a spiritual being, life force, energy, peaceful soul, atma, in this body of a woman in this lifetime.

**Purpose:** I have realized that my main purpose in life is to overcome all my vices, and become a beautiful being, full of the core original godly attributes of soul - love, joy, peace, purity, bliss, power and true knowledge... only possible by 'connection/yoga' with the Divine, Supreme Being.

**Work Experience:** Having completed my Masters in Education, I have taught English for numerous years at all levels - in Kindergartens, Middle and High

schools, College, and even the Corporate workplace. I was an assistant Principal as well, and before that I worked as an Administrator in International companies for a some years too.

**Spiritual Journey:** My depth and true yearn to understand the meaning of life, suddenly after completing my Master's degree, to understand the great world masters, all religions, and my own religion's leaders' writings - scriptures, their need for leaving behind as a heritage such wonderful and powerful messages... led me to embark on a wondrous and magical journey, albeit I faced numerous obstacles and life and relationship challenges. Having begun this spiritual journey, with studying my scriptures with a true thirst, while at the same time being called to serve the youngsters of my community, and also my country, and the world at large, especially during world disasters, I found myself drawn into unbelievable depths of truth amidst all the falsehood around, and searching for the company of true beings, saints, that scriptures spoke of. And by His Grace, I found such company, and like minded souls aiming for truthful living and giving of the self, in the Godly Brahma Kumaris Universal Spiritual University.

**Social & Community Service:** Over the years I have been involved in various local, and international charities and community services through organizations, such as United Sikhs, Young Thai-Sikh Association (YTSA), Indian Women's Club in Thailand, Gurdwaras, etc. I have also served as a religious leader, speaker and organizer in Youth & Family few days and week-long Camps in Thailand for over 15yrs, and represented the Sikh religion in Inter religions Forums such as The Ministry of Religious Affairs in Thailand, HWPL, United Nations, URI, etc; and conducted many Spiritual Sessions online (currently over 100 episodes aired on TV & YouTube), and in many cities in Thailand and Worldwide such as India, Hong Kong, Singapore, Malaysia, Philippines, Indonesia, US, Africa, and Australia.

**Book Written:** I have translated the core daily Sikh Prayer (the beginning prayer of the Sri Guru Granth Sahib -SGGS) - Guru Nanak's Jap ji Sahib, into inspirational poetic English. Available as a table top book, and online in YouTube, as a read along.

(Note: Chapter 1, Introduction, under topic 6). - "**Life Changing Personal Experience**", I have outlined one of the main reasons that led to the embarkation and completion of this research and PhD program).

Email: amarjitkaurdoowa@gmail.com

## **PERSONAL CONTACT INFORMATION & LINKS TO ONLINE SESSIONS**

Amarjit Kaur Doowa  
Universal Spiritual Guide / Educator / Social Worker

Masters in Education, Avondale College, Australia.  
PG Diploma in Counselling and Spiritual Health, Annamalai University, India.

### **CONTACT INFORMATION:**

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Tel/WhatsApp/LineID: +66818283224

\*Facebook:  
<https://www.facebook.com/amarjit.doowa>

\*Instagram :  
<https://instagram.com/amarjitkaurdoowa?r=nametag>

\*YouTube:  
<https://youtube.com/user/GODGurbanioftheday>

Search: Amarjit Kaur Doowa

Research Paper Presentation link:  
<https://youtu.be/8-LJUUDP2-Y>

**LINKS TO KEY SESSIONS AIRED, related to Brahma Kumaris Raja Yoga, Spirituality, Meditation and Japji Sahib of Sikh Scriptures (SGGS), by Amarjit Kaur Doowa:**

### **SESSIONS IN ENGLISH:**

Mool Mantar of Japji Sahib, Serene Chant and Meditation Sessions in English on YouTube :  
<https://youtu.be/-F8zVcOrFBc>

Full Book audio : Inspirational Poetic English translation of **Japji Sahib**.  
Read along..(in original Gurmukhi and English poetic translation)  
Link of Full Book: <https://youtu.be/1KhD3BJcSus>

Pure Gurmukhi Recitation Japji Sahib. <https://youtu.be/K-2HnywUN-A>

**SESSIONS IN PUNJABI/HINDI: By Peace Music Studio and Godlywood Studios, Brahma Kumaris, Mt. Abu:**

\*FIRST EPISODE link to the series "**Japji Sahib**" (Experiential sharing) on Peace Music BK TV program "**Ek Onkar Ek Parmatma**" :

<https://youtu.be/8OfVNuOQfvA>

\*ALL EPISODES LINK to the series Japji Sahib in Peace Music BK TV program "Ek Onkar Ek Parmatma"

76 episodes Links :

<https://www.youtube.com/playlist?list=PLdRw-Z6LBsxkhsi2o6B8BOPUEQ6DfzxVt>

**"Navi Kiran"** Series of BK- interview format program in Punjabi by Godlywood Studio

[https://www.youtube.com/playlist?list=PLIHGGvsfey9a-yVJr-hpBn0r\\_0VyVUIkb](https://www.youtube.com/playlist?list=PLIHGGvsfey9a-yVJr-hpBn0r_0VyVUIkb)

Brahma Kumaris basic course: in Punjabi /Hindi (Aired in the Series : "**Khushiyan khere saade vere**" TV program)

Chapter 1: who am I?

<https://m.facebook.com/khushiyanthere/videos/579186929137409/>

Chapter 2: God and His Home

[https://m.facebook.com/story.php?story\\_fbid=579812009074901&id=572199983169437](https://m.facebook.com/story.php?story_fbid=579812009074901&id=572199983169437)

Chapter 3: Karma

[https://m.facebook.com/story.php?story\\_fbid=580649818991120&id=572199983169437](https://m.facebook.com/story.php?story_fbid=580649818991120&id=572199983169437)

**Raj Yog Course in Punjabi.** Anubhavi

Chapter 1: Mein Kawn ha?

Who am I?

(Deep & clear experience of Soul)

<https://youtu.be/AoWT1ISqfpk>

Raj Yog Course in Punjabi

Chapter 2: Parmatma aur Paramdham.

(God/Supreme Soul and Home/ Soul World)

<https://youtu.be/ruELWXIacqU>

Raj Yog Course Session 3 in Punjabi.

Continued - Atma aur Parmatma

Soul/Me and Supreme Soul /God

<https://youtu.be/N6atYDh9Cds>



## BRIEF INTRODUCTION:

Amarjit Kaur Doowa, is a universal spiritual guide for over 25yrs; also an English teacher holding a Masters degree in Education from Australia.

She is a happily married, and a mother of 3 grown up children (2 of whom are married), with 2 grandchildren. She studied the Sikh scriptures - Sri Guru Granth Sahib ji, with a true thirst and yearn, which led to her having served as a Sikh religious leader in Thailand and abroad, especially with youth and children, worldwide for the past 25yrs. Along her life's journey she has studied and practiced Reiki, Art of Living courses and supported many of their projects such as teaching in prisons and public programs; studied Osho's sessions; and associated with the Radha Swami satsang for over 3 yrs each.

Having studied in a Christian school, and living in a Buddhist country, with many Muslim friends, she's very connected to all religions, believing purely in "ONE WORLD FAMILY", irrespective of caste, creed, age, gender, nationality, ethnicity, race, color, etc..

Although born in Thailand and holding a Thai citizenship, she is of Indian (Punjabi) origin and was educated in a Catholic Christian boarding school for 11yrs in Mussoorie, India, hence her excellent grasp of the English language. She also speaks, reads and writes Punjabi, Hindi and some Thai.

She has had the fortune of being a Sikh representative in the Inter Religions Organization in Thailand for many years, and also a Representative in many World religious Forums, including United Nations, HWPL, URI etc.

She is a United Sikh leader in Thailand, member of the Thai Indian Women 's Association and Indian Thai Association, served as a committee member of the Sri Guru Singh Sabha (The main Sikh Organization in Thailand) and a Thai Sikh representative, for serving humanity (ongoing regular sewas in educating and helping the poor, and world disaster needs) since the Tsunami days.

She is also a Brahma Kumaris universal spiritual university Teacher for the past 12 years, serving in Thailand and worldwide with over 100 episodes of spiritual services aired through Peace Music TV channel and Godlywood Studio.

## A TOPIC CLOSE TO HER HEART :

"Winning the Mind": Key to Health and wellness, and Inner constant stable Happiness  
Everyone seeks good Health and Happiness, besides monetary success. Yet the key to true success lies within. Even to stay fit, exercise regularly, eat the right diet, take the right supplements etc, needs a disciplined and powerful mind. Although the world knows the importance of mind power, it hasn't truly been able to grasp the key to keeping the mind empowered.

A short explanation of some secrets to the third eye, and using it to tune into the art of staying empowered. Link to online session through **Healing Our Earth Foundation**.  
<https://youtu.be/CpclRtbSr5U>

Online Meditation Session: <https://youtu.be/dKdpqVA-3AU>  
(Forward to 1 hr 23 mins, is Raj Yog session..for Total Wellness, Constant Peace and Joy in the Mind)

Self, God and Meditation (English) \*Zoom recording of 10th July 2021\*  
<https://youtu.be/VsMYdbFWVO0> Topic: Self, God and how to connect with God.

Short sessions in English for **Shiv Yog Academy**:

Inner Consciousness, 3rd eye meditation  
<https://youtu.be/cg4Rh4Qehgg>

Self Transformation from Amritwela  
<https://youtu.be/2jJANJvxBFg>

Who is God? Short intro  
<https://youtu.be/yLFWTbwErek>

Who am I? Short intro  
[https://youtu.be/XO3eB2\\_u55l](https://youtu.be/XO3eB2_u55l)

Raj Yog Short guided Meditation  
<https://youtu.be/A-AOF0LXu4M>

Thought, Vibrations, Karam, Cycle of Time  
<https://youtu.be/1dleHJYRojw>

What is Raj Yog Meditation? Short intro  
<https://youtu.be/l8Sn6enEcJQ>

**Recorded Group Sessions:**

Spirituality Part 1 - <https://youtu.be/N2046QQotzQ>

Part 2- session in English, on Spirituality Karam & Drama  
<https://youtu.be/bV4H-KO844Q>

10/09/21 Blessed AMRITWELA guided meditation in English and Murli in English  
<https://youtu.be/NGcneHBUhG8>

“In Deep Gratitude.”