

Review Article

# Brahma Kumaris Sahaj Raj-Yoga Meditation - As a Tool to Manage Various Levels of Stress

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## I N F O

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## A B S T R A C T

Brahma Kumaris Sahaj Raja Yoga Meditation is an ancient technique to bring the mental peace and inner harmony. The research on the practices of such techniques has shown that, they are great help in the stress management and in the prevention of many of the psychosomatic diseases.

The word "Yoga" simply means "Union" and the word "Raja" means "Supreme", "King" or "Master". Raja Yoga is the king of all yoga because through it one can become sovereign.

The regular practice results in good health, happiness and prosperity in life. This review article focuses on the beneficial effects of BarhmaKumaris Sahaj Raja Yoga Meditation through the effective stress management mechanisms.

*Purpose of the Research:* Main aim in doing this is to build healthy, wealthy happy, and value based society. In that society, everyone will naturally enjoy their life with the greatest worth and dignity and all kinds of freedom.

*Result:* Hectic research work on the application of the Sahaj Raja Yoga Meditation has reviled many health benefits they have been highly significant to promote the mental health and positive emotion.

*Conclusions:* The practice enhances the cognitive capacities such as improved concentration, memory and focus. These are useful to develop the positive relationships overcoming the negative tendencies.

**Keywords:** Brahma Kumaris, Sahaj Raj-Yoga Meditation, Stress Management, Tool

## Introduction

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is an Non-Government Organization situated at Mount Abu Rajasthan in between the beautiful greenery and peaceful Hilly mountain area. And sister organization are Raja Yoga Education & Research Foundation, and Brahma

Kumaris Academy for a Better World. Brahma Kumaris is an international NGO in General consultative status with the Economic and Social Council of the United Nations and in Consultative status with UNICEF. The organization has completed 80 glorious years of service to humanity. It recognizes intrinsic goodness of every human being and helps to rediscover it within each one of us. It has been

honoured with 7 Peace Messenger Awards by the United Nations.

The organization through its 5000 centers in over 135 countries, offers education in human, moral and spiritual values. In the past eight decades the organization has made peace, love and happiness a sustainable experience in the lives of millions of people using spiritual principles and Raja Yoga Meditation. The Rajyoga Education and Research Foundation through its 20 wings, which includes the Medical Wing, imparts Spiritual Life Skills for personal and professional empowerment to every segment of society.

Raja Yoga Meditation is a powerful tool for holistic healing. It has positive influence on the whole existence of human being. It harmonises the physiological system as a whole as well as transforms all spheres of human existence - that is physical, mental, emotional, intellectual, occupational, social and spiritual. Raja Yoga is truly a holistic treatment as it heals the governing mechanisms and the controller of the whole person. It also transforms one life style and relieves emotional and mental conflicts as well as brings lasting peace and satisfaction in one's life. One of the basic rules of holistic health care is healing takes place from within. Raja Yoga meditation also heals a person from within. Its practice transforms the biochemistry of brain in turn having a harmonizing effect on whole organism. It is said that holistic healing is self initiated. Raja Yoga Meditation is also a self initiated technique in which healing takes place as a result of activation of health promoting physiological and biochemical processes. During the Raja Yoga Meditation practice the person also re-establishes the harmony with other human beings, his environment and the universal life energy. Raja Yoga Meditation practice potentiates the length, breadth and depth of human existence. It is not a retreat from personal, social and professional responsibility but it's an art of fulfilling those responsibilities in a balanced way and achieving the goal of holistic self-development-physical, mental, intellectual, and spiritual.

### Meaning and Definition

Raja Yoga can be defined in a number of ways. The word "Yoga" simply means "Union", and the word "Raja" means "Supreme", "King" or "Master". Raja Yoga is the king of all yogas because through it one can become sovereign<sup>1</sup>. The power that gain, is the power of control over own mind, because it is one's own mind that has been creating sorrow and distress. In spiritual terminology yoga means communion of the self with the Supreme being. Once the communion is established the practitioner receives positive vibrations of tranquility, bliss, purity, mercy, etc, from the Supreme Soul. It is well known fact that when a tuning fork' is vibrating, if you bring another tuning fork close to it, the second one also starts vibrating with the same frequency. God, the Supreme, always vibrating with

the frequency of peace, bliss, purity, power and all other positive qualities. During meditation practice one just tunes one's mind to the Supreme. In other words one just takes his consciousness near the Almighty and no sooner does this happen then the practicer's mind also picks up those positive harmonizing and health promoting frequencies.

In wimple words, yoga is the link established by single-minded, passionate, loveful and purposeful intellectual remembrance of god which brings about the divinization of man, i.e., the purification of self, the conquest of vices and the attainment of subline peace and heavenly happiness.

Stress is form of pain a messenger that comes from inside which tells you that there is something you need to learn or change. Stress is the inability of an individual to cope with manage and change, it is the inability to cope with the quality of demands in the time again.

Challenges Pressure Dynamism = ----- Stress  
(Tension) = -----Inner strength Resilience

Numerous Scientific investigations have proved beyond doubt that psychological stress can have disastrous effects on physical health stress can generate a chain of reactions leading to organic diseases. The disease in turn leads to anxiety, worries, pain and creates a vicious cycle, pituitary hormones are also governed by the hypothalamus that secretes releasing and inhibiting factors for pituitary hormones. Thus, the hypothalamus is the master of the endocrine system.

### Basis of Sahaj Raja Yoga Meditation

Meditation with God is based on the consciousness of the soul. Unless and until one has the consciousness that he is a soul, he cannot contemplate any relationship with God, for God related to him not because of any physical or temporal tie but as a Supreme Soul to a human soul. So, an aspirant of Yoga should know that, in order to proceed further on the path of Yoga, he has first to be soul-conscious, because body-consciousness poses a hedge, may, it builds up and impassable wall between the soul and God. To be body-conscious is to turn away from God and to be soul-conscious is to turn towards God.

Soul -consciousness forms the basis and the Knowledge of Supreme Soul, faith in the Knowledge and the hearty remembrance or purposeful consciousness<sup>2</sup> of Supreme form three main pillars on which the practice of Raja Yoga Meditation rests. The strong aspiration to meet Supreme Soul, to be united, experience and activate the living relationship with Supreme Soul, is the point from where all talk of Yoga starts. The fact that many a religious-minded man, even though believing that he is a soul, has no strong aspiration or yearning to be re-united to Supreme Soul, the most Merciful, Blissful, Peaceful and Loveful is the wonder of all wonders.

### Sahaj Raja Yoga Meditation as a Therapy

The practice of Raja Yoga as described in the preceding section benefits many people suffering from minor psychological problems known as “neurotic illness”. Late Dr. David H Fink well known neuropsychiatrists from California, described the term average middle class neurotic. According to him normal people also fall in this category. We all at times feel tensed, nervous, restless, frightened, have difficulty to go to sleep, tend to forget important information’s, experience palpitation, undue sweating in hands and so on. Average middle class neurotics experience some of these symptoms on some occasions. If you honestly analyse your own life, you will find that at times you too experience such symptoms, Raja Yoga practice alone can be tremendous help in overcoming these symptoms.

**Relaxation Response:** Raja Yoga Practice is an easy and natural method of eliciting relaxation response. Herberd Benson at Harvard University has done extensive research and shown that relaxation is an antidote to stress. When you are relaxed you are able to face adverse circumstance more easily. Stress increases the susceptibility of a person for neurotic tendencies. Under tension you develop negative approach towards life’s events. You tend to become short tempered. The rational and logical thinking is hampered which tends to make a person neurotic.

**Positive Thinking:** Raja Yoga practice is an art of positive thinking. The thoughts that we generate are all positive thoughts. Within few months of meditation practice you automatically become a positive thinker. Positive attitude towards life acts like a buffer and helps to absorb shocks of day-today life.

**Relieve Pressure of Life:** human Beings can be compared with a pressure cooker. When the pressure in the cooker increases the safety valve becomes active and extra pressure is released. Similarly, due to several adverse circumstances and other problems of life mental pressure in our daily life increases. But in our life we do not possess the mechanism of a safety valve and hence tensions tend to find an outlet in the form of neurotic symptoms. Raja Yoga practice acts as a safety valve and the amounting pressure is released, minimizing the neurotic tendencies.

**Gives Satisfaction of All relations:** In the present era our psychological needs have become more and more complex. In this era of Jet Race and competition most people are busy in their own world and hence are not able to find sufficient time to satisfy the psychological needs of their family members, relatives and friends. Therefore, they tend to feel dissatisfied with their parents, spouse, children, other relatives or friends. They are also not able to express this dissatisfaction openly, hence consciously or subconsciously tend to suppress them. This suppressed

dissatisfaction tends to find an outlet unconsciously and neurotic tendencies are formed giving an outlet to these suppressed dissatisfactions. This mechanism takes place at a subconscious level and normally one is not aware about it. Even when one knows this psychological mechanism the present daily relationship have become so delicate and complex that one is not able to feel satisfied in all relationship. Raja Yoga practice where the mind is tuned to the Almighty and receive unconditional love for all relations, suppressed dissatisfactions are relieved. Regular practice of meditation prevents all these average middle class neurotic tendencies. Persons having some neurotic problems would also benefit from meditation practice.

**Neurotic Diseases:** patients suffering from neurotic diseases such as anxiety, neurotic depression, obsessive compulsive disorders, phobias and so on routine systematic meditation practice proves beneficial when combined with conventional psychopharmacology and psychotherapy.

**Healing Psychosomatic Diseases:** For the treatment of psychosomatic diseases when meditation is combined with conventional medicine. The dose of medicine can be reduced and the disease can be cured permanently because meditation removes the root cause of psychosomatic diseases.

For treating specific psychosomatic diseases specially modified meditation can be used as a therapy. Simonton and Simonton of U.S. and others have successfully used visualization techniques in giving relief to cancer patients. Initially other medical experts did not take them seriously. Subsequent proper documentation and experiences of many patients have swung the pendulum. Now the number of research scholars too recognize the value of such visualization techniques. Certainly visualization practice with relaxation will benefit patients suffering from psychosomatic diseases. Benjamin O Bidd and Joseph J Weed in their book Amazing secrets of psychic healing have given a large number of examples of curing minor or major physical problems by such technique which they named “Medi-Pic”. Such specific visualization at the end of each session of Raja Yoga practice can help patients suffering from arthritis, Backpain, Asthma, Diabetes, Skin Disease, peptic Ulcer Headache and High Blood Pressure and so on when combined with the conventional medicines.

### Practice Method of Sahaj Raja Yoga Meditation of Brahma Kumaris

The classical work of Raja Yoga Meditation of Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalyaya is one of the most authorities guide on the principles and practices of Meditation which based on the Samkhya philosophy. Ethical preparation, control of the mind and body and development of the spiritual journey is explained in the Practices of Raja

Yoga Meditation. The practice of Raja Yoga Meditation is useful in the reduction of the impurities and attainment of the highest wisdom. Here are simple seven steps they are;

1. **Preliminary Preparations:** A deep and lasting experience of Raja Yoga, some basic preliminary preparations are essential. One needs two types of preparations, physical and mental. Don't practice meditation when you are physically tired. As a beginner meditation practice in a distracting environment also won't be successful. Select a place which is at least free from noise and other distractions. If the room is illuminated with red light, it will have positive effect. Research studies have shown that, dark red light has same adverse effect on one's mind but the light red atmosphere that is pink colour has the tranquilizing effect on one's mind. The red tube which is usually seen at Raja Yoga Centres in fact, creates a pink atmosphere leading to positive effects. Position, the aim of Raja Yoga Meditation is to become a karmayogi which means to remain in the meditative mood even while doing day-to-day actions. Yet for a deep experience of meditation, special practice, twice a day for 20-25 minutes is essential. Sit straight in an easy posture. Upper extremity in semiflexion and all bodily muscles in as much relaxation as possible. For this health promoting position sit cross legged, keep your hands in your lap, stretch your back to maximum straight position and then slightly let go, automatically your back will take up the natural curves. You can comfortably sit in this position for 20-25 minutes.

The uniqueness of Raja Yoga is that the practitioner keeps his eyes naturally open. An unexperienced meditator may think that open eyes leads to distractions. On superficial level this argument is true but the deep analysis would reveal that closed eyes are more distracting. When eyes closed sub-conscious mind will come to the surface and mind will be pulled by the large number of subconscious memories. Mind distractions will have no limits then mind jump from one subject to another. The open eye meditation has the profound benefit of making the surrounding atmosphere peaceful and pure.

2. **Self-Observation:** Raja Yoga Meditation can be used for the treatment of many specific diseases holistically. Regarding yoga practice many people have several misconceptions. That during practice we should make our mind blank. It is a wrong notion because initially it is not possible to make our mind blank and it's not the objective of yoga practice. At the initial stage you sit for practicing yoga and aim to make your mind blank you will find that at that particular point all unnecessary and unwanted thoughts will disturb you. Even such thoughts which do not distract your mind in normal day-to-day work will disturb you when specifically intend not to

think about them. This is a psychological phenomenon. In fact, the fundamental property of mind is to think. During meditation practice, we channel this faculty of mind in the proper direction. Before you sit for meditation mind is travelling on a specific road where final destiny is worldly goals and objectives. During the 15-20 minutes of meditation practice give turn to mental thoughts on the road where the final objectives and goals are that of spiritual experiences. The very first step is to reduce the speed of thought processes. In the beginning of meditation for few seconds observe own thoughts. Just watch mind like a second person. When do this self observation invariably you will find that the speed of thinking reduces.

3. **Self-Realisation:** giving turn for self-realisation, having completed these preliminary steps of self observation now ready to turn thought to the road of self-realisation. Naturally and gently generate the thoughts of self-realization. The basic concept is to be aware about the spark of metaphysical light in the centre of the forehead which is completely different that the physical body. This metaphysical light has three potentials namely mind, intellect and personality trait. Mind has the property to think. Thoughts whether good or bad, positive or negative, all originate from the mind. In response to various stimuli the mind responds according to past experiences and personality traits. Although in midst of adverse circumstances, one can generate positive thoughts yet past experiences and conditions can influence the mind or pull the mind in a particular direction. The intellect takes a final decision for particular action. The intellect is also influenced by past experiences and personality traits. According to the decision the soul gives specific order for a particular action. Brain and bodily organs act as instruments of expression. Every action that leaves an impression on the soul. When a particular action is repeated the impressions become more and more stronger and later on influence the mind to think in a particular manner, the intellect to take particular decisions. Understanding this mechanism helps to understand that are responsible for own actions. It realizes that habits, conditions and personality traits are influencing thoughts and actions. Consciously transform thinking pattern and actions. Generate positive thoughts and perform positive actions soon it will become part of conscience and it will motivate, support and direct to more and more positive actions.

The original nature of the soul is that of peace, love, bliss, purity and power. Everyone in this world desires to have love, happiness and power. All endeavors be conscious or unconscious, are directed to satisfy this urge of experiencing peace, happiness and to become powerful. The experience

of many meditators is that when they become conscious about the true self as an eternal, immortal, indivisible, imperishable, point of divine light, they experience peace of mind, lasting bliss and inner power.

4. **God-Realisation:** Turning the mind to Almighty, one generate the above mentioned positive thoughts leading to self-realisation, the feeling lightness, tranquility and freedom from attraction towards the physical body. During this fourth stage of Raja Yoga practice gently and naturally generate positive thoughts related to the various aspects of God-realization. The basic concept of God-realization is that an infinitesimal, point of conscient light and might. Although the form of the Supreme is the smallest of small beings in the Universe, yet his attributes and powers are inversely proportional to his form. That means his attributes, qualities and powers are largest of the large, highest of the high in the Universe. His form is perceived as a point of light. The Supreme being is the divine mother, father of all souls. In the basic teachings of all religions, the Supreme is considered incorporeal and a being of light. The basic practice of Raja Yoga it would suffice to say that receive unconditional love of all relations from the Supreme. Yoga is not only a mental and intellectual communion with Almighty but during Raja Yoga practice establish all relationship with him. Experiencing the perfect stage of stillness, fulfillment and total satisfaction.
5. **Eternal Relation with Supreme:** Re-establishing all relations with the Supreme, having experienced a deep sense of detachment and positive qualities of the Supreme, further establish all relations with him achieving unconditional love of all relations from him.
6. **Narrating all feelings to Almighty:** In this stage express all feelings and emotions to the Supreme and receive his guidance and suggestions. In this stage all hidden and sub-conscious emotions surface. This has a therapeutic effect, this is similar to the stage of catharsis described in the several methods of psychotherapy.
7. **Coming back with positive determinations:** this is the last stage during Yoga practice in which generate some positive thoughts which would help in performing future actions with purity and peace of mind. A practitioner becomes once again aware of the physical body and the physical surrounding.

Follow these seven steps of Raja Yoga Meditation practice, every time sit for meditation, these are systematic steps<sup>3</sup> hence spend sufficient time in each step. After some practice will be able to pass each step quickly and achieve higher stage within a short time, stress hormones are activated in your body and brain. This leads to your body using its "Implicit Memory" to remember how to process stress quickly and unconsciously. Stress hormones flood your

body and brain is affected by these hormones and become even more sensitive to perceived stressors.

Stress adversely affects our physical mental social and emotional states and also workplace.

**Physical symptoms:** Headaches, stammering, increased heart rate, sweating, diarrhea, tense, muscles, insomnia chronic fatigue alcoholism smoking ulcer etc.

**Mental symptoms:** Forgetfulness, anxiety, apprehension loss of judgment power, loss of concentration, irritation etc.

**Emotional symptoms:** Sensitive, insecurity, fear of criticism, suspicious, fussy, quiet feeling.

**Behavioral symptoms:** Nail biting, not mixing, reckless driving, eating abnormally more or less.

**At work place:** more absent, low productivity, poor environment, and low job satisfaction.

**Levels of Stress:** Physical, Mental, Emotional and Spiritual levels. There is no rule to classify stress but stress can be classified in to the following categories:

- Marginal stress
- Eu-stress
- Optimal stress
- Stressed Stage
- Distress

#### Stress level 1

Managerial stress is a state of insufficient stress which acts as depression and may leave individual with feeling of getting bored or dejected and the performance level is just 40% where there is no responsibility and an individual remains in boring state his empty mind becomes a devil's workshop.

#### Stress level 2

Eu-stress is positive and productive because it motivates and drives people to act and achieve their goal. It is also known as positive stress. Eu-stress where performance level is 70% and a person strives to better his performance despite stress.

#### Stress level 3

Optimal stress is the state where an individual remains active and delivers their best. His performance level will be 100% act this stage. There are no criteria for this stress and varies man to man according to their skill. Stress level 2 and 3 are also known as positive stress.

#### Stress level 4

Stressed state is beyond optimal stress where individual feels burdened beyond his capability and develops a sense of being stressed with a lot of work load performance level declines to 50% and feeling of being stressed occupies the

mind. The state of mind remains tensed. It leads to a state of hypochondriasis.

### **Stress level 5**

Distress reduces concentration and clear-thinking person feels completely insecure. If this state prolongs long person lead to mental breakdown. It is distress phase where an individual feels helpless, hopeless and outwitted to unable to do his best and remains tied up in knots and his performance level declines drastically. This is the most critical stage which leads to total consequences in life.

Absolutely there are so many ways to manage stress here under I am going to introduce the Brahma Kumaris Sahaj Raj-yoga Meditation as tool to manage the stress.

Meditation is simply the "Management of thoughts" or giving right direction to the thoughts. It is the practice to take control of our thoughts. During the waking period on an average of 30-40 thoughts per minute bombard our mind of which 90-95% are idle waste or negative<sup>4</sup>. Yoga means to have union or connection with something specific. The Supreme power is the unlimited ocean of knowledge peace purity and happiness.<sup>5</sup> So, to have yoga with the Supreme power is to have unlimited attainments. To have good meditation the intellect must be harmony with the mind.

To generic meaning of meditation is the healing of the mind or to take control of the mind. Meditation is to create some space for ourselves. It is to renew ourselves on a day to day basis. The moment of meditation is the most happiness prone moments in life.

Meditation - the self-empowerment technique: meditation is the art of training the mind it is the art of thinking properly and developing creativity meditation is spiritual growth<sup>6</sup>, the techniques to reinforce the inner self, replenish the inner energy level through which one is going to achieve better efficiency in the work one performs<sup>7</sup>.

### **Meditation as True Self-awareness**

Few of us know who and what we are we have learned to base our sense of identity on what we are not (Position, Place, Possessions, labels, etc.) self-awareness is then limited and defined by what we have identity with. Meditation is the only way to see and realize all our false identities which have their roots deep inside our consciousness. Meditation allows us to decide over our true consciousness as spirit or soul or if we prefer "Pure awareness". This in turn sets us free from the insecurity that comes when we base our self-identity on something outside our self, with a little meditative practice we will even see that while our deepest beliefs appear in our awareness, they are also in a sense outside our self.

### **Meditation as Right thinking**

The aim of meditation is not to stop thinking. Thoughts

themselves can be a starting point for observing and witnessing, meditation will eventually help us to more consciously discern and control the equality and direction of our thoughts. In this way we can turn our mind away from harboring thoughts of physical, material things and towards our true spiritual nature which is forever loveful and peaceful meditation helps as to generate the highest quality of thinking which benefits not only ourselves but also our relationships and our work.

### **Meditation as Contemplation**

Everything happens in life has some meaning and significance. Unfortunately, we live so fast that we often miss the deeper meaning of events and the true significance of those people who pass through our lives when we stop to contemplate a certain situation are even just an object we are using a meditative process to allow the event or object to awaken meaning and significance within our consciousness. If we reflect and contemplate on any seen at work today or on any current relationship. It will open like or floor to reveal insights and observations that can help us in such scenes and relationships in the future.

### **Meditation as Visualization**

We are all orbits and our mind are the canvas. If we create a peaceful scene on the canvas of our mind and meditative on that scene holding it in our mind without becoming attached to it investing it with depth and richness we will begin to generate powerful feeling of peace and contentment from inside out instead of outside in. at the other end of the spectrum if we envision our goals our preferred future achievements and if we do not become attached to them, then we will begin to attract towards ourselves and the energies and circumstances to make them happen. Meditation helps us to concentrate and create inner skills which many of us have lost in our past and tantric media driven cultures.

### **Meditation as Silence**

The most powerful place within our consciousness is at the core it is the place of silence and stillness. It is this "Inner Space" within each one of us that never changes. It is also our source of personal power the power that we need to think positively and discern accurately. Meditation is a way into that inner silent space and on the way in it we see all the memories experiences and attachments that block the way and generate inner noise once we arrive "in silence" real peace is present true love is rediscovered and a natural awareness of truth is restored.

### **Meditation as Communication**

The context of all our live-in relationship. The currency of our relationship is our communication. At every moment we are sending message to each other whether we are aware of it or not. Despite the amazing toys we now use to talk

to each other across increasingly separated individuals in separatist societies. Human communication is much more than the pockets of data that we send down the line real communication is filled with intimacy real feelings and invisible messages. These messages are subtle and much deeper than words can ever convey. To commune with each other at these subtle levels is not something we learn in any academic forum. This inner sensitivity and capacity for true intimacy is an inner personal development that requires as much time in introspection and contemplation as it does in interaction. It is in meditation that we relearn how to cultivate transit and receive the kind of subtle communication that comes from the very heart of our soul.

### **Meditation as Creativity**

The only capacity we all have in common is our creativity. It is probably why we are here true creativity begins within with our self. This is not process by which we can choose the qualities of our own character to meditate on patience is to create patience within our self to meditate on a generous heart to restore generosity to our heart to meditate on compassion is to bring compassion to life in the reality of our life and the lives of others. In time all those around we will benefit. This makes our personal meditation a gift to our relationships as we create and bring the best of our self to others.

Raja means king or sovereign yoga means link or union meditation. The word has many connotations as does the word yoga the most stereotypical image that comes to mind is that of a yoga seated in the lotus posture, chanting an image of absorption and silent thought.

Raj-yoga meditation is different from other techniques of meditation. Meditation is based on the understanding that every person has two aspects to their personality, the body consisting of matter the brain and physical organs and the mind or the soul which is a metaphysical, spiritual being. The brain is the control apparatus and switchboard of the body. It is operated by that spiritual being which thinks understands reflect and has emotions. But over time immemorial, the inner being has lost its identity, getting enmeshed in brain, body and matter. Therefore, emotions and behavior have become infected leading to negativity and suffering. It is thus, necessary to regain one's real state of consciousness and concentration, we can link our mind into the ocean of divine consciousness and experience transcendental peace and release from negativity.

Raj-yoga meditation is awareness of the metaphysical self and absorption of once mind in consciousness of the divine higher being.

Yoga is form of physical yoga, different from Raj-yoga meditation. It involves techniques of pranayama and physical postures. But Raj-yoga meditation is different

because it is free from the above and needs no images of mantras.

The word meditation means to think. In this technique one habits worldly thoughts and collects one's consciousness. It is a reversal of thought and consciousness from the body and the earthly pre-occupations to the soul and its silent world.

Raj-yoga meditation is a discipline in which the exercise of awareness is regulated. It involves recollection contemplation, concentration and attention in practical methodical way.

Meditation besides having obvious benefits of bringing stress levels down, also gives rise to a healthy mind and healthy living people experience spiritual social and professional growth. It provides peace, tolerance, relaxation and also helps modify behavior and nature at a deep level.

### **Meditation for Beginners**

Sit in a natural and easy manner. Read the following words slowly and think deeply over the thoughts they contain. I withdraw my awareness from my physical organs. I become aware of my inner self, a point of light. The eternal soul. I now feel light. As the burden of physical thought diminishes. A non-material light glows in the centre of my forehead. As my thoughts concentrate. I become light. I find deep peace. Within and I am filled with power. I tune my mind to a new dimension, my original home, and my soul world. It is the land of peace and silence. I am filled with light and purity. My home has no limits. I fly free of tension. Here is my true home, there is another point of light the divine being. As I come closer to this light, I feel more peaceful and lighter going deeper I explore the depths of peace and stillness. The divine being provides a sense of peace and love gentle, golden waves pass over me. I become so still I have gone to the bottom of the ocean of serenity peace has become my true nature once more.

Now become aware of the physical body and complete sense of peace and relaxation within. This awareness must exist even during activities. This can be practice twice daily for 10 minutes in the early morning and evening. The practical results of Raj-yoga over the past several decades have been significant. They have been investigated by western scientists, and a recent study involved a series of psycho-physiological experiments made in San Francisco, California at the Longley poster psychiatric institute.

### **Studies on Brahma Kumaris Raja yoga Meditation**

In research programme Ten members of Brahma Kumaris who practice Raj-yoga meditation had an EEG done<sup>8</sup> and their muscle tension, abdominal and thoracic respiratory movement, lung carbon dioxide levels were measured the EEGs registered the presence of delta waves (1-3 Hz) in

all channel under all condition. Normally delta waves are only produced by a person in deepest sleep. Normally a person at rest shows alpha waves when eyes are closed not sleeping alpha waves disappear during activity so delta waves during activity are truly amazing. In fact, today one can learn Raj-yoga which has been thoroughly analyzed by yogic researchers and can learn techniques that produce delta or theta waves mixed with alpha waves.<sup>9</sup> So, like the meditation is a tool to manage the various levels of stress.

Eighteen male subjects were studied using the 'self-as-control' design and the two types of sessions, meditation and non-meditation, were repeated thrice in each subject. The heart rate during the meditation period was increased compared to 'baseline' as well as compared to during the non-meditation period of control sessions. In contrast there was no significant change during meditation, for the group as a whole, in GSR, respiratory rate and finger plethysmogram amplitude. The individual level analysis revealed that changes in autonomic variables suggestive of both activation and relaxation occurred simultaneously in different subdivisions of the autonomic nervous system in a meditator. Apart from this, there were differences in patterns of change among the persons who practiced the same meditation<sup>10</sup> (Telles & Desiraju, 1993a).

In an another study conducted on eleven experienced practitioners of Brahma Kumaris Raja Yoga meditation, meditators while participating in a functional magnetic resonance imaging (fMRI) study, were able to reach a deep meditative state (suggested by pulse rate and breath rate changes), while in the 'loud' scanner environment<sup>11</sup> (Khushu, Telles, Kumaran, Naveen, & Tripathi, 2000). All subjects reported vivid visual images related to the content of the meditation after the session. One subject showed significant activation in the primary visual cortex. Recently, it has been shown that Brahmakumaris Raja Yoga meditation produces changes at the level of the mesencephalon – diencephalon<sup>12</sup> (i.e., possibly thalamic level) (Telles, & Naveen, 2004).

Great scientists as great seekers of reality hesitate not, to open themselves to unknown regions as well. There is an adventure in it for them.<sup>13</sup> The new glimpses of the inner world draw them within. It is this openness, humbleness and humility among the highly developed researchers of the modern scientific era that is making them use yogic practices in their quest.<sup>14</sup> They know no prejudices. Appreciation of such developments by earlier seekers characterizes them. Yoga is leading them to open up their spiritual dimensions.<sup>15</sup> Thus Yoga can accomplish an all-round personality development by solving the problems of man and by bringing bliss into his life. It is for this reason that yoga is also becoming popular day by day in all parts of our globe just as science and technology grew popular in

the society.<sup>16</sup> Yoga is a science applicable to all, irrespective of age or sex, caste or creed, religion or sect.

## Conclusion

In nut cell Brahma Kumaris Sahaj Raj-yoga meditation help to overcome from all the levels stress. Meditation helps us to concentrate and create inner skills which many of us have lost in our past and tantric media driven cultures.

**Conflict of Interest:** None

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