1 DATA ANALYSIS & INTERPRETATION

1.1 -: ACTIVITIES IN INDIA: -
Wonderful SERVICE

1.1.1 Rajayoga Meditation:
Every Brahma Kumaris center offers foundation course in Raja yoga meditation. It shows unquestionably relationship amongst mind & body & exchange between soul, God & matter. It drives one to self-confirmation, God knowledge & change of inside qualities through reflection. Dither paramount lessons & sensible exercises channel supernatural noteworthiness into positive & valuable exercises in dependably life. methodology of solid learning ensures recuperation of our fundamental qualities at most immense level.

1.1.2 Spiritual Service through Multimedia:
Electronic media: Talks on positive considering, human qualities, successful reinforcing & clearing lifestyle are constantly go on couple TV channels, for instance, Zee Jagaran, Sadhana TV & Sanskar, & Om Shanti sound channel (through DTH). foundation in like way offers colossal saving of sound CDs, VCDs, DVDs, MP3s & tapes.

1.1.3 Helpline:
Om Shanti Help Line gives 24-hour free people who are encountering wretchedness, torment & push. helpline is open in various vernaculars & in couple of urban zones in India. Visit www.OmShantiHelpLine.com for unnoticeable fragments.

1.1.4 Print media:
Apart from writing in few common & national vernaculars, Brahma Kumaris goes on few uncommon magazines in English, Hindi & neighborhood lingos. Unmistakable among these are Gyanamrit (Hindi month to month), World Renewal (English month to month) & Purity (English month to month). Significant articles by BKs are incredible part of time scattered in various national & nearby regulated papers.

1.1.5 Cyber media:
There are heaps of regions focused on giving information about activities & courses of Brahma Kumaris. official regions are: www.bkwsu.org & www.brahmakumaris.com. Key events in establishment are also webcast through web.

1.1.6 Interfaith Meets:
Brahma Kumaris have been vigorously endeavoring to create ranges between people of different religions & social solicitations. They attempt to drive focus most critical assessment being in all sentiments, which is repeating subject that prompts run of mill gratefulness & noteworthy adoration. Close by stores of interfaith tries at close to level, enormous events, for instance, Inner Voice of Peace trade 2005, Dharmacharya Sammelan in 1993 & Universal Peace Conference in 1987 have been held at Mt. Abu.

1.1.7 Group Meditation for World Peace:
On third Sunday of constantly, hoarding thought for world peace is held at same time in all BK centers in world. Pack reflection activities are particularly overseen when changes & disasters strike so that vibrations of peace can be made to support chafed people.

1.1.8 Community Service:
Every Brahma Kumaris center, other than offering free reflection & self-change courses, works with close to get-together in various ways. centers conduct care campaigns in fields of flourishing, tenet, de-oppression & characteristic confirmation. In midst of real festivals & open occasions they join other neighborhood gatherings to join people by sorting out fairs, social affairs, tableaux, shows up, mixes & open talks reviewing finished objective to update people's precious fulfillment through utilization of essential, human & extraordinary qualities.

There is making energy for breaking points & relationship of Brahma Kumaris from open affiliations. For example, in Mumbai, region has given couple open stops that were lying in indiscretion to BKs for upkeep & upgrading. Today surrendered parks have wound up astounding desert springs of euphoria & important arranging.

1.1.9 Educational Service:
There are 19 affiliation wings of Raja Yoga Education & Research Foundation (RERF) that interface with wide cross-extent of society & offer focal motivations behind various courses made by Brahma Kumaris. RERF is sister get-together of Brahma Kumaris which was set up in 1982 for giving particular relationship to different locales of society. All through year each wing holds classes & gatherings at BK grounds & main impetuses activities to people wire qualities & brilliant discernment into their lives & share them in their family & workplace.

1.1.10 Raja Yoga Education & Research Foundation (RE & RF) wings:
In 1982, regardless of its International Spiritual Study Centers, Brahma Kumaris World remarkable school for utilization of general human qualities through critical
opinion being moreover settled "Raja Yoga Education & Research Foundation". This foundation limits as sister relationship to Brahma Kumaris. It was set up as society & chose under approaches of Societies Registration Act XXI of 1860 with Delhi as its focal station. 18 wings of this Foundation were made to match perception & serve extraordinary requirements of people of various establishments. It arrangements to make wave of gainful lifted serious thought that will draw in people to change expanding air of debilitating vibe, corruption, undermining vibe & degeneration of human qualities. Brahma Kumaris World intense school's dynamic working nature of these wings gave their enormous relationship to masses through their own particular helpful event of headway. people from these wings were in like way some piece of Brahma Kumaris World wonderful school at all its study centers.

focuses & destinations of these wings are:

• To open & set up centers of Raj yoga;
• To give & spread models of Raja Yoga Education;
• To affect & associate with study & routine of models of truth quietness, intense love & flawless fairness;
• To foster soul-consideration & soul of broad club;
• To remove superstition, blind conviction & nonappearance of consideration;
• To work for decimation of good & social shades of threat;
• To spread & drive heading amongst masses;
• To complete activities for upliftment & welfare of women;
• To endeavor investigative examination in Raj yoga;
• To work for & advance typical change.

parts served are: connection, craftsmanship & society, business & industry, standard, law pros, media, recuperating, officials, religious, regular change, science & building, security, social affiliations, sports, transport, women, & youth. These wings through course & practical event of their lives are ardently contributing their relationship for upliftment of characteristics in general open eye through "fit closeness."
• Administrators Wing conducts courses in Excellence in Administration, Stress Management, Art of Communication, Harmony in Relationships, Attitudinal Change, Self-Management, & Raja Yoga Meditation. Such courses have improved homes of different executives, manager & overseers from banks & affiliations, along these lines & benefitted government pros from various state governments & Central Government.

• Art & Culture Wing has benefitted monster number of authorities & performers through get readied endeavors needed to help them vanquish undesirable inclinations other than to divert their claim to fame from 'craftsmanship for workmanship's motivation' to 'craftsmanship for headway of society'.

• Business & Industry Wing makes sensible business sharpens, regard—based affiliation & individual perfection. Its Self—Orientation Workshop spreads thought concerning criticalness of characteristics in business & industry. Self-Managing Leader program joins best current affiliation sharpens without of date affiliation measures of Raja Yoga. Individuals from different affiliations, including such industry mammoths as Nagarjuna Fertilizers & Chemicals, Iffco, Godrej, Atul Group, Oil & Natural Gas Commission, Bharat Heavy Electricals & Southern Petrochemicals Industrial Corporation, have benefitted from these courses.

• Education Wing moves regard—based bearing through social affair of endeavors & activities, including Moral & Spiritual Raja Yoga Education Training Courses drove for in-affiliation vital, higher key & colleague educators, & besides for speakers of pre-school colleges. These instructional classes are maintained by Department of Education Governments of Karnataka, Andra Pradesh, Himachal Pradesh, Haryana, Delhi, Gujarat et cetera. Wing has nearly made declaration course: Education in Values & Spirituality. It also leads children's' Personality Development camps & oversees national general courses, social events & instructive trades.
• Jurists Wing as often as possible as could be normal considering present situation outlines trades, courses & get-togethers for specialists in different parts of India which have drawn collaboration from evident characters, for event, past Chief Justice of India, Honorable Justice Ranganath Mishra; Judges of Supreme Court of India, Honorable Justice P.B. Sawant & Honorable Justice S.Mohan Wing in like way perceives sponsorship & backing of far reaching acclaimed true blue researcher, Honorable Mr. Regard V.R. Krishna Iyer.

• Media Wing handles to go on message of sublime strengthening to media work drive & workplaces at all levels, & ensures fitting level of Vishwa Vidyalaya's diverse activities & events. wing produces Om Shanti Media, assertion which gives record of affiliations made by Brahma Kumaris generally speaking & which has been acclaimed for its obliging reporting by various media characters. wing in like path goes on circles "Moving news" video tapes & VCDs. major T.V. channels spread activities on "Uncommon closeness & Values".

• Medical Wing has long & liberal history of achievements in raising general achievement care, getting some data about use obviously of activity in disarray conforming activity & flourishing advancement & in serving restorative & prospering powers. Wing's assorted all fights & Holistic Health Fairs have associated with creature number of individuals to free themselves from use of alcohol, tobacco & cures.

• Politicians Service Wing, offers programs, foreseen that would enhance adjust & bring out inward righteousness of individual government controls across over political extension. Various Central Government & State Ministers, MP5, MLAs & Ambassadors of various countries have benefitted from backing in Wing's parties & meanders, moreover from visits to Brahma Kumaris base camp in Mount Abu.

• Religious Wing tries to join religions in soul of value, thankfulness & recognize through get-togethers of religious pioneers, for instance, Adhyatmic Jeevan Darshan Maha Sammelan (1988), & Dhamracharya Maha Sammelan (1993), both held in Mt. Abu & through creative activities, for event, Ishwariya Anubhuti Jyotirling Rathyatra (tending to each of 12 Jyotirilinga) which happened in 2000. It additionally drives general Inter Faith & All religious get-togethers.

• Rural Development Wing shapes shows up, video & film presentations, peace parades, enlightening attempts & reflection courses at town & region levels to help general masses make assumption pride, co-operation & positive human qualities. It
similarly deals with remarkable classes & parties for administrative powers at town & degree levels & for Board people from fundamental fulfilling social sales & other change working situations. Starting late research work has been started by wing on yodic making in which get-togethers of Raja yogapractioners give positive vibrations to crops. effect of this practice has been brute & it has furthermore separated down use of waste products & dangerous pesticides in general sense.

- Scientists & Engineers Wing deals of science & huge slant being & progresses common thought, regard arranged science, & eco-fulfilling change & in like way present day peace, thriving & advantage. It conducts addresses & amassed classes in various mechanical settings & particular schools & universities, & has made investigative show which dependably illuminate number of heavenly events, including vital thoughts.

- Security Wing offers Spiritual Orientation Programs & classes essential to "Staff in Uniform", including Army, Air Force, Navy, Coast Guard, Central Intelligence Agencies, Private Security Agencies, State Police, Fire Fighting, Civil Defense, Anti—Corruption & Jail Services, et cetera. It would like to keep up sufficiency & peacefulness of mind of individuals in these establishments, & likewise their ability to change as per push climbing out of their hazardous lifestyles.

- Social Services Wing brings critical social relationship to physically, morally & beset people, & makes programs for social experts & powers of social affiliations. It has adequately served prisoners of different prisons, both compelling & physical help to adversities of common disasters, for event, earth which influenced Bhuj & Orissa Cyclone, & in general sense connected with noteworthy number of experts from transversely over India through its parties & workshops.

- Sports Wing propels importance in distractions through national classes & workshops, Raja yoga Meditation Camps & refresher courses for notational & extensive entertainments personalities. sports Authority of India (SAI) has driven Meditation getting prepared for national get-togethers of different stimulations disciplines in midst of regulating camps.

- Transport Wing Coordinates & deals with private get readied wanders. In courses & slide presentations to help development of self—control, self—train, self—sureness & center, & balanced point of view for people in transport industry, in Surface Transport, Railways, Civil Aviation & Marine Transport.
Women's Wing is engaged around going on message & techniques for reinforcing to women all through India & world while at same time endeavoring to raise men's appreciation for invigorate this. Regardless of sorting out social gatherings, symposia, shows up, Raja yoga camps, & whatnot as various Wings do, it goes on shaping & leads assesses on matters identifying with women & watches International Women's Day.

Youth Wing conducts meanders, for event, Positive Change Course to redesign youth’s key organization breaking point, center & sureness & support flexibility & security from solutions, alcohol, smoking & horrendous affinities. Wing is finishing its focuses with help of more than 80,000 young who lead lives of restraint & opportunity from undesirable slants & spend their essentialness in rendering conscious relationship for upliftment of society.


1.2 most understood courses, which have benefitted millions in India, are:

1.2.1 Stress Management:

Very beyond question appreciated in each & every get-together. Especially productive for heads, office workers, recouping office staff, police personnel, patients, watchmen, understudies & families. course sees sort & level of uneasiness that individual is experiencing, ended up being continually moving perspective, & shield self from negative & disturbing effects.

1.2.2 Self-Development Leadership:

It is instructional class for forces & powers at all levels who wish to develop their own specific power capacities to more lifted aggregate. explanation behind undertaking is to urge individuals to make inside qualities to fit in with change & pick right response to circumstances.

1.2.3 Spiritual Empowerment & Holistic Personality Development:
some bit of instructive, open & government affiliations, including state social events, are hunting down this course, which improves one's inward powers & huge remaining segment for persuading execution.

1.2.4 Education in Values & Spirituality:
program made by Brahma Kumaris Education Society. Comprehensively investigated & fastidiously made courses by mystics offer joined & clearing get ready in incredible, human, social, authoritative, social & uncommon qualities. courses have been shown in South Gujarat University in Surat, Chaudhary Devilal University in Sirsa, University of Madras & different assorted focuses of bleeding edge preparing.

1.2.5 Self-Empowerment Workshops
Self-Empowerment Workshops have been perceived in ladies' affiliations, youth parties, detainment facilities, recovery focuses, senior subjects’ get-togethers, common affiliations & so forth. General capable sustaining courses are held in Tihar Jail in Delhi for detainees & endeavors are as often as possible made in penitentiaries in different states by neighborhood BK focuses.

1.3 -: SOCIAL SERVICE: -

1.3.1 Rural Development Programs:
Especially in like manner extents of Gujarat, Rajasthan, Madhya Pradesh & north-east, BKs have sorted out various common effort exercises to instruct & engage individuals in subjects like cleanliness, success, de-inclination, evacuating superstition, self-strengthening, dignity, values in family life & so on.

1.3.2 Disaster Management:
During unsettling influences & trademark disturbances Brahma Kumaris have connected with give material & exceptional helper. Wide guide & recovery work has been done after seismic tremor in Gujarat, Tsunami in Tamil Nadu & Kerala & amidst surges in different parts of nation.

1.3.3 Healthcare
Flourishing & De-inclination Camps: Hundreds of successes appear, camps & fairs have been held all over India to illustrate mind-body-pharmaceutical point of view, to make think about psychosomatic burdens & some bit of Raja yoga in de-dependence of tobacco, liquor & ruinous arrangements & to give free thriving enlistment.

1.3.4 Coronary Artery Disease & Diabetes Management Camps:
For late years, social affair of expert powers has been driving camps of five to seven days for heart patients, diabetics & individuals experiencing comparative
appears. patients are guided capably to learn & rehearse solid way of life affinities & Raja yoga meditation.

1.3.5 Global Hospital & Research Center:
In 1990 J Watumull Memorial Global Hospital & Research Center was produced inside strolling segment of Madhuban. office uses allopathic, homeopathic, ayurvedic & unmistakable indigenous frameworks for recouping, & is staffed by nearby & outside, expert & deliberate nursing & therapeutic staff. There are inpatient & outpatient associations, dynamic surgical theaters & major thought unit. nearby indigenous social occasion is overseen futile out of pocket close-by & through Village Outreach Program. focus now has five extra branches put basic vitality in eye thought & mischief, engaging kind work of Brahma Kumaris, in relationship of "association" that, for BKs, hopes to go on extraordinary food & peace to individuals of world.
J. Watumull Memorial Global Hospital & Research Center in Mt. Abu is proposed to give extraordinary, present, generally comprehensive helpful organizations associations in calm environment. It Is managed & keep running by significant trust set up & upheld by individuals from Brahma Kumaris.
• It offers free or upheld treatment & prescriptions to 100,000 individuals, of whom 54,000 are tribal tenants of 855 primitive towns.
• Its town outreach program gives fundamental human organizations in 10 towns in Abu.
• Nutritional early night snacks are given to couple of assessment schools.
• Teaches sewing abilities to country ladies.
• Provides capable get prepared & business chances to neighborhood youth through nursing get prepared center interest.
GHRC has opened different branches-BSES MG recovering center in Mumbai, G.V. Mody Rural Health Care Center & Eye Hospital, Abu, Global Hospital Institute of Ophthalmology, Abu & Clinic-cum-Diagnostic Center in Vadodara.

1.4 MEGA EVENTS
1.4.1 Swarnim Bharat Yuva Padyatra: -
Youth Wing of RERF took up assignment of meeting incalculable all over India to finish care on unprecedented nearness & qualities by engineering Padyatra (meander by walking) around August to November 2006. highlights of this rally are:
Number of Padyatras: 30 achieving 9-star system urban zones. Through & through parcel: More than 25,000 km. No. of Padyatris: 25-35 consistent Padyatris in each
yatra despite extensive number of neighborhood yatris. Incited: Mumbai on 20-8-06. Finale: Ahmedabad on 26-Nov-06. Target groups: More than 15,000 endeavors being built in schools, universities, therapeutic facilities, government working situations, clubs, select associations, police headquarters, youth relationship of towns & urban locales, BK focuses & so on. Association works out: Cleanliness battles, therapeutic camps, addresses, solitary get-togethers, social exercises, video shows up, movies on most noteworthy sentiment being & so forth.

1.4.2 Orientation Program for Education in Human VALUES:
More than 37,000 educators of State Council of Educational Research & Training, Delhi, went to presentation program for Education in Human Values in June 2006 at Om Shanti Retreat Center close Delhi. Over most recent four years few social events of principals from state government schools in Haryana, Delhi, Himachal Pradesh, Rajasthan, Uttar Pradesh, Orissa & Madhya Pradesh have profited from presentation program.

1.4.3 President Abdul Kalam's Visit to Mount Abu: -
Dr. APJ Abdul Kalam, President of India went to Gyan Sarovar, BK Academy for Better World, on April 28, 2006. More than two thousand youth, teenagers & individuals from various purposes for living amassed at Harmony Hall to hear President Kalam share his perspectives on extraordinary course, science & most critical sentiment being & religious concordance. This was his fifth visit to foundation's home office & first after he found opportunity to be President.

1.4.4 International Dialog for Religious & Spiritual Leaders: -
Forty religious & unprecedented pioneers gathered at Inner Voice of Peace Dialog on eleventh October at Om Shanti Retreat Center. It was driven by Rev. Marcus Braybrooke, President of World Congress of Faiths, Rev. Charles Gibbs, Executive Director of United Religions Initiative & Sister Jayanti, European Director of Brahma Kumaris. people tended to nine religions exceptionally dry 19 nations. They in addition had meeting with President of India, Dr. Abdul Kalam, at Rashtrapatibhawan before they moved to Mount Abu to proceed with their exchange. Dr. L. M. Singhvi, eminent Jurist, parliamentarian & interfaith dissenter, inaugurated exchange.

1.5 RESEARCH ACTIVITIES
1.5.1 CAD Regression Project: -
In 1997, research meander, most prominent ever to perceive how way of life mediations - particularly low-fat, high-fiber diet, hour-exhausting orderly walk &
push control by Raja yoga thought - can accomplish coronary conductor descend into sin, was started by Global Hospital & Research Center in Mt. Abu.

Meander Highlights:

• Co-joined by Defense Institute of Physiology & Allied Sciences, New Delhi & assigned by D.Ph. Abdul Kalam, then investigative knowledge to DRDO.
• Nine-year study took after 516 patients in two get-togethers.
• Conclusions: Lifestyle changes enhanced CAD descend into sin & in like way reduced angina.
• Reduced stress hormones & unpleasant cholesterol & developed amazing cholesterol & physical stamina.

Uncovering learn at video visit address amidst World Congress on Clinical & Preventive Cardiology, September 2006 in Shantivan, Abu, Dr. Kalam said study's solid heart way of life module assignment was direct, shielded & sensible.

1.5.2 Meditation & Medicine: -

Other examination meanders have been finished by division of neuropsychiatry at Global Hospital in Mount Abu on 'Impacts of Raja yoga meditation in defeating drug drive'. 'Impacts of Raja yoga meditation in treating crazy afflictions', & 'Changes in Physiological Parameters – EEG, muscle strain, & whatnot, - after Raja yoga practice'.

1.5.3 Renewable Energy Projects: -

examination & change endeavor of Department of Renewable Energy (DRE), set up in 1992 by World Renewal Spiritual Trust, sister social affair of BKs, stretches out to taking after movements: photovoltaic force packs; sunlight based steam cooking structures; water reusing pushes; sun arranged limit water plants; & unininvolved sun based diagram. DRE enables progress of decision vitality advancement in underprivileged remote towns in Rajasthan & somewhere else.

1.5.4 Research in Spiritual Applications: -

Brahma Kumaris have research wing called Spiritual Applications & Research Center (SPARC) that tries exploration being utilized of Raja yoga meditation as part of different fields, for occurrence, success, course & science. focus has fortified takes gander at including use of Raja yoga on risk patients in Bangalore, on enhancing memory & fixation in understudies & studies scrutinizing powerful truths from exploratory point of view.

1.5.5 Environment-friendly Initiatives: -
Brahma Kumaris have gone at making symphonic relationship amongst mankind & nature. Foundation has been examining strong, fiscally smart & fossil without fuel isolating choices to diesel generators & force cross area change structures for more than a decade.

All BK grounds have consolidated eco-fulfilling progress in their structures & essentialness use. BKs have been general pioneers in foundation & utilization of sun orchestrated centrality inside far reaching get-togethers. BKs are most vital private producers of sun controlled criticalness in world. Some of striking eco-fulfilling measures understood by BKs are:

- Installed most unmistakable illustrative daylight based device in Shantivan, Abu in 1998. It can offer steam to cooking most persuading of 38,500 suppers day.
- Solar sputtering high temp water working situations that give for all intents & purposes 60,000 liters’ day to washing in Madhuban & Gyan Sarovar campuses.
- Hybrid wind-sun based diesel structure with battery bank that affirmations 24-hour power supply to telephone & fluctuating media systems in Gyan Sarovar & Shantivan.
- A Meditation Dome & Solar House in Gyan Sarovar solidify beginning late made 'twist and-vault strategy/movement system' using balance mud squares. These structures are in light of current circumstances subject to wind & daylight based tremendousness for their imperativeness supply while street lighting between them is in like manner sun masterminded filled. They have inside earth tunnel ventilation structure which keeps up for most part stable year-round temperature.
- An astounding waste treatment plant masterminded treating 2,00,000 liters of waste water so that around 80% of it is available for re-use in yard nurseries & homesteads.
- Equipping 1,000-year old town of Salgaon, which edges Gyan Sarovar grounds, with sun organized street lighting, sun based lights & daylight based cooking boxes; tantamount help to other neighboring towns is arranged or is starting now being given.
- With World Bank supporting, masterminding 60 BK centers in India with 5KW daylight based PV structure & outfitting 300 centers with 1 KW system.
- Promoting renewable criticalness progress out in open at moderate expenses by giving information & offering daylight based lights, home lighting structures & sun masterminded cooking boxes.
1.6  BRAHMA KUMARIS WORLDWIDE

1.6.1  Brahma Kumari’s at UNITED NATIONS:

Fig. No. 2: Logo of United Nations
Brahma kumaris is overall non-authoritative alliance (NGO) of United Nations approved with general consultative status with Economic & Social Council (ECOSOC). Brahma Kumaris have been in consultative status with ECOSOC since 1983, from 1983-1987 they held Roster Status & in 1998, they were allowed General Consultative status.

Brahma Kumaris center capacity at United Nations is: "change of impeccable care & reaffirming trust in parity & worth of human individual. "effective improvement": care, point of view, vision, activity, & world.

1.6.2  What is Brahma kumaris relationship with United Nations?
It also has
•  Associate status with branch of Public Instruction(DPI)
•  Consultative Status with United Nations Children’s Emergency Fund(UNICEF)

It additionally is
•  An Observer status to United Nations Environmental Assembly of UNEP
•  A passerby relationship to UN Framework Convention on Climate Change (UNFCCC)
•  A Flagship Member of anticipating Rural People (ERP), Food & Agricultural Organization(FAO)

In driving reason & models of United Nations, significant course of thought, attitude, vision & advancement is used by Brahma Kumaris as touch of degrees of Millennium Development Goals, Climate Change, Food Crisis, Gender Equality, Global Public Health, Humanitarian Emergencies, Human Rights, Women, Children, Youth, International Decades & Days.

1.6.3  How old is Brahma kumaris relationship with United Nations?
Brahma Kumaris became affiliated to

- DPI in 1980
- To ECOSOC in 1983
- To UNICEF in 1987
- To UNFCCC in 2009
- To UNEP in 2014

1.6.4 What are aims & purposes of Brahma kumaris & its course of action?

- To clear up significant & good perspectives on issues of individual, get-together & general concerns.
- To empower more essential affirmation with relating rights & duties.
- To foster possible human centered advancement.
- Support of money related, social, regular & human accomplishment & advancement of sexual presentation consistency.

1.6.5 How does Brahma Kumaris contribute to work of United Nation?

- Attending UN get-togethers, preliminary board social affairs, commissions: demonstrating oral & shaped elucidations; empowering parallel occasions; working with NGO admonitory get-togethers & panels.

1.6.6 What UN conferences has Brahma Kumaris participated in over years?

1980s-Brahma Kumaris began unmistakable exertion wanders, including Million Minutes of Peace Appeal & Global Cooperation for Better World.

1990s-Brahma Kumaris shared in most UN World Conferences which included Conferences & summits on making, supportable advancement, Earth Summit, Information Society, Women, Civil Society, superior to anything run of mill Work, Human Rights, Social Development, Conference against Racism, racial Discrimination, Xenophobia & related Intolerance, Human Settlements, Religious & Spiritual Leaders, Health & Youth.

2000-Brahma Kumaris focused on Millennium Development Goals

From 2009-Brahma Kumaris focused on Environment & recognized Conferences on:
Climate Change

- United Nations Framework Conference on Climate Change (UNFCCC) Conference of Parties (COP)
  - Where Brahma Kumaris went to sessions, molded statements, held side events, presentations, question & answer sessions in addition reviving & held parallel events in close to parties, schools, & business fields.
  - COP 15 December 2009, Copenhagen, Denmark
  - COP 16 November/December 2010 Cancun, Mexico
  - COP 17, November/December 2011 Durban, South Africa
  - COP 18, November/December 2012, Doha, Qatar.
  - COP 19, November 2013, Warsaw, Poland.
  - COP 20, December 2014, Lima, Peru
  - COP 21, December 2015, Paris, France
  - Bonn Climate Change Conference dependably since 2010
  - Climate Change Summit, September 2014, UN HQ, New York. furthermore, to That-Interfaith Climate Change Summit. Brahma Kumaris were co-signatories of Interfaith Statement.

COY Conference of Youth

- COY is get-together of young people event each earlier year COP. relationship of COY is coordinate by couple youth association with strong general engagement including YOUNGO, which is youth body electorate of UNFCCC. Our BKUN Youth expert has recognized essential part in relationship of meeting for late years & has gone to COY 7, 8, 9,10, & 11 (2010-2015).

Sustainable Development

UN Conference on Sustainable Development (RI0+20)

- Attended run of mill approaches for Latin America & Caribbean, Asia Pacific Region, Africa Region & enhancements & Europe
  - Rio+20 UN Conference on Sustainable Development, 20-22 June 2012, Rio, Brazil made revelation, parallel events, appears.
  - Rio+20 People's Summit, 15-23 June 2012, Rio, Brazil - workshops, appears.

Biodiversity

Meeting of Parties to Convention on Biological Diversity

- COP 11, October 2012, Hyderabad, India
- COP12, October 2014, Pyeongchang, South Korea
1.6.7 To what specific projects have Brahma Kumaris contributed to bring UN Programmes to masses worldwide?

Brahma Kumaris have started & acknowledged general sets out to pass on issues to light on noteworthiness of UN endeavors of development on individuals' lives & substances:


• Global Co-operation for Better World, peace delivery person development, was follow• up to work done amidst 1986 & contacted individuals in 129 nations, moving closer them for their vision of better world. This was coordinated into book entitled, Visions of Better World. (Brahma Kumaris World Spiritual University, 1993).

• Sharing Our Values for Better World structure to respect UN 50th Anniversary, in which individuals were requested that perceive values that offered wanting to lives of individuals in their nation. book entitled Living Values: Guidebook was centered around UN 50 (BKIS, 1995).

• Living Values: Guidebook & Convention on Rights of Child were affiliation utilized as center limits of Living Values Educational Initiative made by Brahma Kumaris & UNICEF.

• International Decade for Culture of Peace & Non-Violence. School consented to association course of action with UNESCO & was doled out as 'Partition for Manifesto 2000'. It suitably pushed Manifesto 2000, amassing more than 37 million checked guarantees by people to execute it. School besides made "lead" & unmistakable occasions in 51 nations & held distinctive classes & workshops as to & impelling gages & qualities main society of peace.

1.6.8 What are some of on-going activities in support of UN Programmes?

Annual observance of UN-dedicated days such as:

• International Women’s Day (8 March)
• International Day of Happiness (20 March)
• World Health Day (7 April)
• World Environment Day (5 June)
• International Day of Peace, (21 Sept)
• International Youth Day (12 Aug)
• International Day of Older Persons (1 Oct)
• International Day of Non-violence (2 Oct)
• United Nations Day (24 Oct)
• International Day of Tolerance. (16 November)
• International Day of Remembrance dedicated to Road Traffic Victims (3rd Sunday of November).
• Human Rights Day (10 December)

1.6.8.1 UN Weeks such as:
• World Interfaith Harmony week (1-7 February)
• UN Global Road Safety Week (23-29 April).

UN Decades such as:
• International Decade for Culture of Peace & Non-violence for Children of World (2001-2010).
• United Nations Decade of Sustainable Energy for All (2014-2024)
• United Nations Decade of Action on Road Safety (2011-2020)
• United Nations Decade on Biodiversity (2011-2020)

1.6.8.2 Other Activities include:
• Promoting sex consistency & fortifying of young ladies through Commission on Status of Women.
• A general activity on Spiritual Dimension of Decent Work, in moving of International Labor Organization's Decent Work Agenda.
• Research & movement of renewable criticalness to guarantee typical supportability.
• Brahma Kumaris Environment Initiative invigorating more unmistakable typical consideration inside our own specific alliance, & also working together & getting from others through exchange, affiliations, UN social occasions & adjoining works out.
• Reduction of youth mortality & change of maternal success through Global Hospital & Research Center.
• Call-of-the-Time Dialog Series: is accumulated yearly in Oxford, UK, joining prepared & youthful pioneers tending to various issues & specific solicitations. dependable theme being energy about twofold helix of capable & standard.
• Future of Power - strategy of restrictive talks investigating predicted 'improvements in force' & their effect on force in 21st Century

1.6.9 Brahma Kumaris support United Nations' activities in many ways:
• Supporting UN Millennium Development Goals through wide mix of activities driving arranging, supporting of women, extensively far reaching prospering & accomplishment, & standard sensibility.
• Sharing their bowed in human qualities to go on incredible & basic approach to manage direct broad issues.
• Highlighting reason & standards of UN by beginning activities of social & excusing nature on general scale.
• Providing stages for trade through its thorough strategy of spots for people to voice their decisions on essential matters & present them at UN exchanges.
• Presenting explanations & position papers in UN world summits, for case, on Information Society in Geneva, on Sustainable Development in South Africa, at Habitat II in Istanbul, on Social Development in Geneva, on Human Rights & Values at UN's 50th celebration, on Youth at Lisbon, on Women at Beijing, on Environment at Rio de Janeiro & others.

1.6.10 Focus for 2015-2030:
new Development Agenda of United Nations with its highlight on breadth & change Sustainable Development Goals (SDGs). Understood in September of 2015 by UN General Assembly they hail hard & fast voyage to end frenzy, change lives & secure planet.

1.7 INTERNATIONAL PROJECTS OF BRAHMA KUMARIS
1.7.1 Just-a-Minute -2006
For minute on September 17 around 4.25 BST, Wembley Arena in London, flooding with 12,000 people, with various millions around globe, went quiet. J-a-m is arranged
new campaign to make singular peace in reliably extending general climate of tumult & change by showing considered typical breaks when Individuals can re-assistant with their inside focus self, their qualities & their qualities.

- It was most paramount event made arrangements to United Nations International Day of Peace since its root in 1981.
- event went for making power of calm & still identity, starting with rise minute at time.
- Hundreds of events were sorted out in mean time in Johannesburg, Rio, Moscow, Rome, Sydney, Athens, Mauritius, Madrid & Israel.
- Millions of people in 118 countries recognized event through satellite & webcast for scrap of quiet.

1.7.2 Culture of Peace Manifesto-2000
In 2000, UN International Year for Culture of Peace, Brahma Kumaris were designated 'Errand individual for Manifesto 2000'. Amidst year 2000, through its plan of 4,000 focuses in more than 20 nations, BKWSU held remarkable exercises, courses & workshops to push consciousness of Manifesto 2000 & requested that individuals put its standards into practice. It is like way amassed more than 25,000,000 engravings in moving of Manifesto.

1.7.3 Sharing our Values for Better World -1994
This imagine was dispatched in 1994 with perspective to driving think about critical qualities & making them at individual & aggregate levels.

1.7.4 Global Co-operation for Better World 1988
This expect was moved at Houses of Parliament in London & provided for UN as first International Peace Messenger Initiative. It accumulated searches for & dreams after better world from broad number of individuals in 129 nations, which were later surrounded into Global Vision Statement & encouraged into era, Visions of Better World.

1.7.5 Million Minutes of Peace appeal -1986
In midst of United Nation's International Year of Peace Brahma Kumaris dispatched this want to underscore that peace begins with self. noteworthy number of people in 88 countries gave more than one billion minutes of peace through supplication, examination & accommodating insights. Brahma Kumaris got seven Peace Messenger Awards from UN forward is attempted.

1.8 GLOBAL INITIATIVES BY BRAHMA KUMARIS
1.8.1 **Living Values: Educational Programmed (LVEP)**

**Living Values:** Guidebook was scattered every so often of 50th recognition of UN. It helped 20 instructors with making wander for quality planning. They made LVEP in meeting with UNICEF, UNESCO & Brahma Kumaris.

LVEP offers wide assortment of experiential qualities hones & valuable approaches to teachers, facilitators, guardians & parental accept that empower youngsters & youthful grown-ups to investigate & make twelve extensive qualities. It is like way offers uncommon materials for road youths, kids influenced by war & youngsters affected by tremors. It has been utilized as bit of 74 nations in more than 7,000 spots, recognizing positive change in educators & understudies both inside & outside classroom.

1.8.2 **Call of Time**

Gather of Time talked bring pioneers from all landscapes to analyze most huge inward qualities & general truths & to encourage them in their circles of movement. It licenses people to share in amplified times of quiet & reflection. Since 1998 around 1,000 individuals have partaken in these exchanges.

1.8.3 **Self-Managing Leadership (SML)**

A doubtlessly appreciated self-progress program, SML is ordinary for those going up against troubles of progress. Self-affiliation sharpens wire organizing needs, lighting up reason & values, grasping how to focus mental imperativeness, & making affirmed social points of confinement. host of MNCs, govt. workplaces & open tries have benefitted from SML program. few of them are Godrej Boyce, Indian Oil, Reliance, Parle, Nagarjuna Fertilizers, Cibatul in India & Motorola, Ford, Ericsson, Dell, Coca Cola, Glaxo, Microsoft, Sony, IBM, Volvo, McDonalds, ILO, British Airways, subject driven affiliations, police, military, UN affiliations & NGOs abroad.

1.8.4 **Values in Healthcare**

**Values in Healthcare** - Spiritual Approach is precious & gathering change program for human organizations specialists. It gives uncommon backing to authorities & patients by improving shrewd limits. Amplified data & affectability better arrangement expert to go on might need to tolerant, with capable mending results. It has been conveyed by Janki Foundation, UK-based philanthropy that examines & advances values-based model of present day human organizations. It correspondingly bolsters clinical & research exercises of Global Hospital & Research Center in Mt Abu, India.
1.8.5 Four Faces of Women
Taking after joint effort in UN's Fourth World Conference on Women held in Beijing in 1995, game-plan of overall parties, pulls back & talked were held by BKs in 1996 crosswise over world under Four Faces of Woman standard. reason for Four Faces pulls back & assignments is to help ladies end up being fundamentally - by rediscovering their honest to goodness worth, respect & potential. Diverse assignments have been held around world with spotlight on revealing face of Shakti, wellspring of splendid power.

1.8.6 International Youth Forum - IYF:
Through IYF BK youth are offered systems & open sections for individual supporting, advancement of social breaking points & creative enhancements, picking affiliation parts & serving mankind. Yearly IYF pulls back at Mount Abu give consistent learning environment to BK youth (made 16-25) from different parts of world.

1.8.7 Interfaith Activities:
For more than thirty years, Brahma Kumaris have been bringing individuals of various religions together by asking certification & gratefulness to make society of peace & serenity. It has encouraged interfaith conversed with perceive essence & orchestrated attributes of various religions. In different nations, BK administrators serve on assemblies of neighborhood interfaith affiliations, have near to exercises, & have influence on religious get ready admonitory sheets, for example, in Australia, New Zealand, USA & Uruguay.

1.8.8 Images & Voices of Hope:
Pictures & Voices of Hope is general transformational talk proposed to relate & develop get-together of editorialists, talented workers, & media experts who grasp their work in media as way to deal with oversee overhaul thoughtfulness regarding qualities & assets that give social sales trust in future. IVOH trades help media individuals with impelling some section of media as expert of human welfare.

1.8.9 Science & Consciousness:
Taking after four general symposia on Science & Consciousness in Greece & Mexico in 1990s, Brahma Kumaris started meander entitled SPARC-Spiritual Applications & Research Center-to investigate exchange of psyche & matter.

1.8.10 Arts & Spirituality:
Different classes & gatherings have been made with focus on Spirituality in Arts. In 1990s, overall social occasions in Sardinia, Italy joined specialists from more than 50 countries to explore portion of consideration & extraordinary qualities in imaginative expressions.

1.9 BRAHMA KUMARIS GLOBAL RETREAT CENTRES

Brahma Kumaris retreat centers sort out courses, get readied, workshops & reflection pulls back for different social gatherings on weekends & events. Other than being outfitted with front line workplaces for beguiling stay they offer peaceful & unsurprising environment where people can experience tremendous qualities at most gigantic level. Courses on Raja yoga examination, Stress-Free Living, Positive Thinking, Self-Empowerment thusly on are held around year at:

2. Peace Village Retreat Center-Haines Falls, New York, USA
3. Blue Mountain Retreat Center-Leura, New South Wales, Australia
4. Baxter Retreat Center-Melbourne, Victoria, Australia
5. Wilton Retreat Center-Wilton, New South Wales, Australia
6. Casa sangam Retreat Center, Gubbio, Italy
7. Villa Serra Serena, Serra Negra, Brazil
8. Centre for Spiritual Learning, Villa Elisa, Argentina
9. Centre for Spiritual Learning, Tagaytay, Philippines
1.10  FOUNDER OF BRAHMA KUMARIS

1.10.1 INCORPOREAL FOUNDING FATHER

Dada Lekhraj Kripalani was well-to-do significant stone gem power in Sindh. game-plan of faultless dreams & huge disclosures by Supreme Soul changed his life & he persuaded chance to be intense pioneer & setting up father of Brahma Kumaris in 1936 at age of 60.

Mateshwari Jagadamba Saraswati was first honest to goodness pioneer who oversaw physical & heavenly thought surprisingly from noteworthy family. She was just 17 years old when she joined association yet soon persuaded chance to be divine Mother by ideals of her admirable objectives & aptitudes.
Brahma Baba’s rock-hard conviction, tenacious vision & natural capacity to conform to challenges & change made him common pioneer who guided immature foundation through troublesome times. He was visionary who conceptualized & set pace for general association in his lifetime, which acknowledged groundswell of heavenly exercises abroad in 1980s & 1990s.

Mateshwari Jagadamba looked into, rehearsed & exemplified each critical standard & reinforced fascinating social gathering of otherworldly understudies with her surprising pile of human & huge qualities. She embodied night out of female & manly qualities quality, revenge, generosity, force, determination & strength that provided guidance to young ladies & men who are starting now beginning general change. Brahma Baba predicted ladies rising as Shakti & driving huge & social progress with their unavoidable qualities. Seventy years on, Brahma Baba's vision & appropriate briskness have stood test of time. Brahma Kumaris have climbed as general pioneers in critical bearing. Mateshwari proceeded in 1964 & Brahma Baba left this human world in 1969. Their noteworthy legacy is carried on by Dadis-senior sisters & continually making general unprecedented family.

1.11 ADMINISTRATIVE HEADS:
Brahma Kumaris is world’s only organization where women are leading from front & making dream come true of “One God One World Family.”

Fig. No. 5: Corporeal Founding father with Administrative heads of BKs from 1936 till date

Mateshwari was first managerial head who found opportunity to be instrument for physical & heavenly examinations surprisingly from BK critical family. She was just 17 years old when she joined association yet soon found opportunity to be divine mother in light of her model excellencies & aptitudes. Mateshwari proceeded in 24t June 1964 & Brahma Baba left mortal setting up father left human world in eighteenth January1969. Their critical legacy is carried on by Dadis, senior sisters of always making general otherworldly family.

In 2007, Dadi Prakashmani, Chief Administrative Head of Brahma Kumaris passed away at age of 85. talented & common pioneer, she was organized in Mount Abu & took care of whole alliance, yet with spotlight on India. Dadi Janki, named Additional Administrative Head & orchestrated in London while Dadi Prakashmani was alive,
succeeded Dadi Prakashmani as Chief Administrative Head. Dadi Janki is immediately organized in Mount Abu, India paying little respect to way that she voyages thoroughly & routinely. Dadi Gulzar is Additional Administrative Head, & lives in Mount Abu. She isolates her time between going by Centers in India & planning wanders abroad. Since late change of force, Dadi Ratan Mohini orchestrated in Mount Abu has ended up Joint Administrative Head again guaranteeing three exceptional individuals keep controlling Brahma Kumaris around world. As Dadis are ending up being more arranged, best in class time of sisters is at this moment taking more dynamic association part.

1.11.1 Late Rajyogini Dadi Prakashmani, Former Chief of Brahma Kumaris

*Gem of Light* - that is thing that her name proposes. So, does her life. colleague of compelling illuminating, Dadi Prakashmani was picked Chief Administrative Head of Brahma Kumaris in 1969. Her staggering vitality, charity & incredible vision has guided relationship in its tremendous general progress. For her, driving this general alliance take in wake of being gatekeeper to general family. She has served on number of general admonitory get-togethers, bolstered game-plan of general social affairs & got diverse regards & plans - UN Peace Medal & advantaged doctorate to name few. She satisfied Angelic life on 25th August, 2007 & passed her devotion to Rajyogini Dadi Jankiji, present Chief of Brahma Kumaris & to Rajyogini Dadi Hridaya Mohini ji, Addi. Head of Brahma Kumaris.
1.11.2 PRESENT ADMINISTRATIVE HEADS:

1.11.2.1 Rajyogini Dadi Janki, Chief of Brahma Kumaris

A mine of information & affectability, Dadi Janki appears to live past time-space limit as she energetically takes off from one nation to other, offering experiences & motivation to significant number of individuals. Ensuing to setting up various focuses all through India, in 1974 she grew first BK focus outside India, in London. Today, she co-ordinates abroad BK focuses in 140 nations. She has supervised diverse general social illicit relationships & pulled in with pioneers from different fields. She is one of ten data heads of world named by World Parliament of Religions, & in addition President of Janki Foundation for social assurance. centenarian, living legend & Chief of Brahma Kumaris, B.K. Rajayogini Dadi Janki look like reference purpose of knowledge to all, constantly minding, sharing & blending, to perform respectable destinations in life.

1.11.2.2 Rajyogini Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris

Besides affectionately known as Dadi Gulzar, she joined Brahma Kumaris at young age of eight. Her capable case gets from dependability, clarity of information & her firm conviction in critical truths. She offers direct supportive tips to oversee noteworthy seekers all over world & spreads pleasantness & affection with her closeness & words. From early age, she had divine yearns for future world that is delineated by peace, flourishing & congruity. She has voyage worldwide two or three
times & shared her critical learning for strengthening of human souls. She is Director of BK focuses in Delhi & seats association rehearses at central station.

1.11.2.3 Rajyogi Dadi Ratan Mohini, Joint Chief of Brahma Kumaris

Fig. No. 8: Dadi Ratan Mohini- Joint Administrative Head of Brahma Kumaris

Dadi Ratan Mohini wears couple of administrative "tops" paying little respect to being Joint Chief of Brahma Kumaris. She is moreover Director of Personnel Department of Madhuban grounds at University's base camp in Mount Abu, Chairperson of Youth Wing of Raja Yoga Education & Research Foundation, Director of Teacher Training Programs in India, & Zonal Head of Brahma Kumaris relationship in state of Rajasthan. Regardless this "most mind blowing valuable stone", as her name proposes, reliably has every one of reserves of being light & weight free. Known for her commitment to making imperative & awesome marvel in adolescents, Dadi, even in her eighties, is herself overpowering & energetic on most central level.

1.11.2.4 Other Office Bearers at Head Quarters:
Rajyogi BK Nirwair Ji, Secretary General.
Rajyogi BK Brij Mohan Ji Addl Secretary General.
BK Ramesh Shah Ji Addl. Secretary General.
BK Karuna Chief of Multimedia
Rajyogi BK Mruthyunjaya Ji Executive Secretary of Brahma Kumaris
Rajyogini BK Mohini Bhen, In charge of Uttar Pradesh Zone, Chairperson, Rural Wing & Vice Chairperson of Politicians' Service Wing (RERF).
Rajyogini BK Munni Bhen, Excellent Organizer
Rajyogini BK Ishu Dadi –Handles correspondence & resources.

1.12 “75 YEARS OF BRAHMA KUMARIS AT GLANCE”
1936 - Originally known as Om Mandali, Brahma Kumaris was founded in Sindh (now in Pakistan).
1936-50 - Around 300 people spend 14 years in Karachi as self-sufficient community engaged in intense spiritual study, meditation & self-development.
1950 - original group shifted from Karachi to India & set up its base at Mount Abu in Rajasthan.
1950s
• First get-together of Brahma Kumaris set out to serve mankind. Couple focuses open in Delhi, Kanpur, Lucknow, Amritsar, Ambala, Patiala, Bangalore & Bombay.
• Basic courses & shows on Raja yoga developed. Brahma Kumaris get welcomed to different social gatherings & get-togethers. Relationship through showcases starts.

1960s
• Mateshwari Jagadamba passes away on June 24, 1964.
• Lot of enlargement exercises in home office & fluctuating urban zones.
• Definitive philosophies, standards, codes & commitments set around Brahma Baba to set up smooth regulatory structure inside alliance.
• Better frameworks for clearing up learning, giving courses, addresses & building presentations advanced.
• After setting relationship on solid pivotal casing & putting its relationship in light of procedure for advancement & change, Prajapita Brahma passes away on January 18, 1969

1970s
• Some part of tremendous made work went ahead in couple of Indian tongues.
• In 1971, BK course of action goes to another country to share Godly Knowledge. BK focuses open London, Hong Kong & masterminded urban zones in Asia, Europe, Africa, North & South America in late 70s.
• Several wide & national get-togethers shaped in Delhi, Abu & distinctive urban get-togethers, joining top pioneers.

1980s
• By mid 1980s BK focuses set up in more than 40 nations outside India.
• Affiliated to UN's Department of Public Information in 1981.
• 1983-Universal Peace Hall began in Mt. Abu.
• Received seven Peace Messenger regards from UN. Gets consultative status with UNICEF in 1987.
• Two general activities - Million Minutes of Peace & Global Co-operation for Better World dispatched in 1986 & 1988, independently.
• India’s President, Vice President, UN pioneers & general pioneers visit Mount Abu. All-India battles on prospering thought & youth welfare sorted out.

1990s
- 1991-Global Hospital & Research Center in Mt. Abu dispatched.
- 1994 - Commemorative postage stamp of Prajapita Brahma discharged by President Shankar Dayal Sharma at Rashtrapati Bhawan, New Delhi.
- 1997 - Shantivan-most unmistakable BK grounds worked in Abu.
- 1998-Granted general consultative status with ECOSOC.

2000-07
- 2000 - Designated 'Flag transport for Manifesto 2000' by UN to affect Culture of Peace. Assembled most essential no. of engravings in world.
- 2001-0m Shanti Retreat Center-northern India BK grounds opens close Delhi.
- 2003-05 - Mega programs tending to half lakh to two lakh individuals each held in 15 urban get-togethers transversely over India.
- 2004-Shanti Sarovar, south India BK grounds, opens in Hyderabad.
- 2006 - President Abdul Kalam visits Mount Abu. One moment - general occasion for peace held in London. All India Youth Rally dispatched. World Peace Festival-most discernible occasion concentrated on 70th certification of Brahma Kumaris being held in New Delhi from Oct 27 - Nov 5.

2007
1. 'Swarmina Karnataka' - Socio-fit Service Project dispatched to serve 28 thousand towns, 174 talukas, 28 district covering more than 5 crore individuals.
2. Akhil Bharatiya Sampurna Gram Vikas Abhiyan' (All-India Holistic Rural Development Campaign) was pushed.
3. Dadi Prakashmani Spiritual Training Center was displayed.
4. International Convention on "Trademark Crisis" from 21st to 24th September, 2007 was sorted out & Hosted at Gyan Sarovar, Mount Abu.

2008-2010
2008 - 'Gokul Gaunv' (Village) plan spreading & guaranteeing cleanliness, prospering, bio-fertilizer & change through examination in Indian towns & remote degrees.
- scheme 'My India, Healthy India' which goes for spreading prospering affiliations & empowering amongst country individuals of Indian towns.
2009 - plan 'Respect Education & Spirituality' expecting to get change scholastic world. Under outline 'One-Year Post-Graduate Diploma in Value Education & Spirituality' & 'Two-Year Master of Science in Value Education & Spirituality' are beginning now being keep running in joint effort with Annamalai University. Some more new courses are other than being considered & showed.

2010-'Clean Mind & Green Earth' (2010) multi-pronged undertaking which goes for purifying character & accomplishing normal night out by planting lakhs of trees all through nation & particularly in condition of Rajasthan. respect for 'Clean Mind & Green Earth' is being made among school & understudies transversely over world.

2011-2012

2011

• year prescribes fulfillment of 75 years of participation & spread of Godly message to humankind. This momentous event has been dispatched as Platinum Jubilee at Om Shanti Retreat Center, Delhi, where President of India H.E. Pratibha Patil, Vice President of India, Dr. Mohd. Hamid Ansari, Chief Minister of Delhi Mrs. Shiela Dixit, Former President of India Dr. A.P.J. Abdul Ka lam, Hon'ble Governor of Rajasthan & Punjab Shri Shivraj Patil, Senior Political Leaders like L.K. Adavani perceived awesome times. Paltinum Jubilee Celebrations are occurring from fourth to eighth November, 2011 at Brahma Kumaris World Headquarters, Mount Abu. (Rajasthan), close-by at different diverse urban ranges of India & abroad. subject of Platinum Jubilee Celebrations is 'One God, One World Family'.
• Similar exercises were held at Headquarters, Mount abu, unmistakable spots of India & abroad.
• This year Education Wing dispatched two more courses on Value Education & Spirituality one of which is MBA in Self-Management & Crisis Management.
• A 24-hour Radio FM channel called "Radio Madhuban" was dispatched.

1.13 BRAHMA KUMARIS – SCIENTIFIC & INDUSTRIAL RESEARCH ORGANIZATION

1.13.1 Solar Energy for sustainable Future: -

Today world centrality supply is dependent on openness of insignificant exertion, standard vitality sources through gas, oil & coal. unnatural organic change, trademark sullying & extended fuel costs conflictingly affect whole of mankind. general political accord is that centrality time on to great degree crucial level ought to be changed
Recalling last objective to give strong inspiration towards movement of clean change and fitting society, World Renewal Spiritual Trust (WRST), lifted open unselfish trust has set up Department of Renewable Energy in 1992. It induced opportunity to be clear to join colossal slant being & values with examination & progress of renewable development. They perceive that blend of both will drive them towards better future. Thusly, trust works in close contact with its sister alliance i.e. Brahma Kumaris.

WRST has done separating examination & progress winds with Indian & German Governments, & got official confirmation as Scientific & Industrial examination affiliation (SIRO) through Ministry of Science & Technology, GOI in 2011.

WRST has begun 6 wide sun based steam cooking structures cross India which uses surplus steam for various method applications, for event, attire, refinement & water cleansing. Thus, WRST has showed up & works around 100 photo voltaic battery structures (Off cross degree) with total cutoff of 1.2Mw top.

1.13.2 “INDIA ONE”- SOLAR THERMAL POWER PLANT PROJECT

1.13.2.1 Introduction/ Executive Summary

Essentialness is one of most principal necessities for this world to work really. Its openness & obvious supply is of fundamental interest. As we are all mindful, significance & fuel expenses are rising coordinated & negative effects of general temperature change are logically clearly self-evident.

World Renewal Spiritual Trust (WRST), selected Charitable Trust/saw Solar Research Center & sister relationship of Brahma Kumaris, is setting up "India One" 1.0 Mw el. Sun based warm power plant with particular picking focus to show up & copy this inventive progress for India. "India One" will supply power & breaking point water for focal station of Brahma Kumaris (25 000 people) in Abu Road, Rajasthan, India.

"India One" relies on upon Concentrated Solar Power (CSP) headway with extraordinary considered 770 no’s in-house made 60 SQM versatile paraboloid dishes which offer static focus with totally balanced twofold turn taking after segment.

In context of critical bit of static focus, there is favored viewpoint of orchestrating essentialness stockpiling at center interest. High drive light based radiation can be mixed into opening recipient that goes about as warm immensity stockpiling; imperativeness can be secured for 16 off-sunny hours, thusly interfacing with 24-hour operation. Wind goes on indigenous change sensible for India & gives oversaw gathering process, enabling replication of movement.
For this expect, WRST has participated with Fraunhofer Institute (ISE), perceives sponsorship of Wolfgang Scheffler & has secured part financing from Indian & German Government. WRST is in close contact with various sun based R&D affiliations & makers & has started creation & erection by begin of 2011.

"India One" is to some degree financed by Ministry of New & Renewable Energy, Government of India & Ministry of Environment (BMU) Government of Germany through GIZ.

“thermal solar power plant (solar only) will be first of its kind in dish technology in direct steam generation mode, with full thermal storage for 16 hrs continuous operations for base load.”

1.13.2.2 PROJECT DETAILS

After examination of couple sun arranged movements, sun filled illustrative dish improvement has been discovered most reasonable for their motivations.

TECHNOLOGY ADOPTED

INDIA ONE solar thermal power plant is based on three key technologies

1) Parabolic reflectors

centrated sun controlled shafts from 60m2 dishes are focused towards in – house developed, staggeringly compelling distress beneficiaries, which are organized before each dish. Innovative force is interwoven into overpowering iron throwing & in this way gives dumbfounding warm stockpiling. heat exchanger transform is totally embedded into warm stockpiling medium & grants upgraded warmth trade. Surprising security & robotized screen keep up significant segment from astonishing centrality loses amidst night or in shady condition.
2) Thermal storage
warm farthest point works between 250 C to 450 C & can be released on interest. By methodology for aggregate warm mass, limit will be adequate to run TURBINE around clock

3) Rankine Cycle
plant is outlined out as detainee force plant (off framework) in cogeneration to give power & warmth to WRST & Brahma Kumaris, Shantivan complex, this will astonishingly develop general capacity.

1.13.2.3 TECHNICAL SPECIFICATIONS
It is proposed to set up inventive sun controlled warm power plant in light of starting late made 60m2 illustrative dish with 16 hrs steel center disheartening beneficiary & utmost for steady operation with taking after important specific determinations.
Number of dishes: 770 nos. of 60m2 paraboloid reflectors
Electrical yield: 1.0 Mw el. (net. 22000 kwh/24hrs)
Warm yield: 140 Mwh th. (24hrs)
Sun controlled field: 25 Acres close grounds (1.3 km)
Complete mirror locale: 45.000 m2
Turbine: 1,0 Mw el. at 255C & 41 bar (Siemens)

1.13.2.4 Salient Features Of India One
770 no’s of static cast iron despondency gatherers with warm stockpiling for 24 hrs relentless operation
Orchestrate super warmed (DSG) steam period on energy, with no extra shine exchange liquids required
Two phase twin turbine & generator from Siemens
Expected force period – 24 MWH/day
Cogeneration - 1 million ltrs/day high temp water at 60 deg.C
Headway of vegetables & trademark things under sun powered Reflectors.

1.13.2.5 Budget
money related game-plan for errand is 75 Crores Indian Rupees (~12 Mio. Euro) in spite of cost of region. World Renewal Spiritual Trust has ended up being deficiently financing from Indian Ministry of New & Renewable Energy Sources (MNRE) & German Ministry for Environment, Nature Conservation & Nuclear Safety (BMU).

1.13.2.6 Current Work Status
450 no’s of reflectors were raised. Sun organized appraisal mirror were curved for 650 no’s of reflectors. 10 recipients in game-plan were endeavored with variable stream for warm stockpiling, DSG & warm episodes. Turbine & generator were introduced & adjusted by draftsman from Siemens. Data spread gathering for guests was created & is operational on region.

1.13.2.7 Partners, Good Wishers & Team

1) Ministry of New & Renewable Energy (MNRE) New Delhi, Government of India provides funds under its research & development scheme.

2) German Federal Ministry for Environment, Nature Conservational & Nuclear Safety (BMU) inside specific development "Com Solar" gives some piece of preferences under its progress course of action.

3) GIZ Deutsche Gesellschaft für Internationale Entwicklung – GIZ is executing relationship of German Government, orchestrating sponsorship to "India One" imagine for Government.

4) Fraunhofer Institute for Solar Energy Systems ISE, Freiburg, Germany gives consultancy in level of plant reenactment & while later examination of execution.

5) “India Care” Trust Berlin, Germany, standing partner of WRST in renewable projects

6) Brahma Kumaris World Spiritual University monitor relationship of WRST which demonstrates thought, qualities & ethics, with base camp in Mount Abu who are customer of power & warmth made.

1.13.2.8 Information Dissemination

“India One” envision is each day passed by various guests why ought to will get couple answers concerning sun organized centrality & new progression. Among visitors there building colleges, potential customers, both institutional & individual, c working with renewable be grouped VIPs, from India as abroad.
### OTHER SCIENTIFIC & INDUSTRIAL RESEARCH PROJECTS

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Project</th>
<th>Collaborative organizations with SpARC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Effect of Raj Yoga Meditation on Physiological, Psychological &amp; Affective Functions</td>
<td>Three Labs of Defense Research &amp; Development Organization (DRDO), Ministry of Defense, New Delhi:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• DIPAS (Defense Institute of Physiology &amp; Allied Sciences)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• DIPR (Defense Institute of Psychological Research)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• INMAS (Institute of Nuclear Medicine &amp; Allied Sciences)</td>
</tr>
<tr>
<td>2.</td>
<td>Neural Correlates of Well-Being in Long Term Raja Yoga Practitioners.</td>
<td>NIMHANS (National Institute of Mental Health &amp; Neuro Sciences), Bangalore.</td>
</tr>
<tr>
<td>3.</td>
<td>Effect of Raj Yoga Meditation for Holistic Healing</td>
<td>ISIC (Indian Spinal Injuries Centre), New Delhi).</td>
</tr>
<tr>
<td>4.</td>
<td>Effect of Raj Yoga Meditation: Resting State simultaneous EEG-fMRI Study</td>
<td>Cognitive Neuroscience Center, Dept. of Neuroimaging &amp; Interventional Radiology, NIMHANS, Bangalore.</td>
</tr>
<tr>
<td>No.</td>
<td>Title</td>
<td>Institution/Location</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>5.</td>
<td><strong>Creation of Universe in pursuit of Indian Philosophy &amp; Science</strong></td>
<td>Jawaharlal Nehru University (JNU), New Delhi.</td>
</tr>
<tr>
<td>7.</td>
<td><strong>Mapping of Default Mode Network in Long-Term Meditators using Simultaneous EEG-fMRI</strong></td>
<td>Cognitive Neuroscience Center, Dept. of Neuroimaging &amp; Interventional Radiology, NIMHANS, Bangalore.</td>
</tr>
<tr>
<td>8.</td>
<td><strong>Metaphysical &amp; Psycho-physiological assessment of Raj Yoga Mediators</strong></td>
<td>SpARC (Psycho-Physiological Research Lab) &amp; INMAS, New Delhi.</td>
</tr>
<tr>
<td>9.</td>
<td><strong>Psycho-Physiological evaluation in long term Raj Yoga Mediators &amp; Study of their cognitive abilities</strong></td>
<td>SpARC (Psycho-Physiological Research Lab) &amp; INMAS, New Delhi</td>
</tr>
<tr>
<td>10.</td>
<td><strong>Integrating Spiritual aspects as part of pre &amp; post Disaster Management curriculum &amp; training</strong></td>
<td>NDM (National Disaster Management Authority), New Delhi. NDMI (National Disaster Management Institute), New Delhi.</td>
</tr>
<tr>
<td>11.</td>
<td><strong>HOLISTIC HEALING OF HUMAN SUFFERING THROUGH MANSA SEVA CANCER PATIENTS</strong></td>
<td>Kidwai Memorial Institute of Oncology (KMIO), Bangalore.</td>
</tr>
<tr>
<td>12.</td>
<td><strong>Attention profiling of Long term Rajayoga meditators</strong></td>
<td>INMAS (Institute of Nuclear Medicine &amp; Allied Sciences), DRDO, Delhi.</td>
</tr>
<tr>
<td>13.</td>
<td><strong>Spiritual Empowerment of Young Girls at NIRMAL CHHAYA Rehabilitation Centre</strong></td>
<td>Government of Delhi.</td>
</tr>
</tbody>
</table>
1.15 Spirituality

Capable nearness is not same as religion. There can be religion without significant sentiment being, & capable nearness can convey estimation hallowedness that is major to different religions yet then require not be passed on through any of them. Regardless, to different individual’s word "religion" has wound up being quite recently check, recommending custom or fundamentalism with no most huge sentiment being. However, root noteworthiness of religion is 'to join together or to re-interface' recommending re-joining of self with its Source. besides, is uncommonly critical; truth be told it is to incredible degree clarification behind significant sentiment being. Three most irreplaceable considerations that structure reason of critical insight are:

1. understanding of myself & how I see myself in relationship with world.
2. understanding of Source or Supreme & my association with Him.
3. understanding of law of circumstances & end results or 'Kanna'.

Avyakt Murli of 30-1-85 goes on quality of Satyug is about how five segments will serve us there:

<table>
<thead>
<tr>
<th>No.</th>
<th>Study Title</th>
<th>Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.</td>
<td>Meditation effect on Cognitive and psychological factors in Breast Cancer Patient</td>
<td>All India Institute of Medical Sciences (AIIMS). New Delhi.</td>
</tr>
<tr>
<td>15.</td>
<td>Rajayoga Meditation Intervention in students with ADHD</td>
<td>* Central Institute of Education (CIE)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Delhi University (DU)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Indian Council of Social Science Research (ICSSR)</td>
</tr>
</tbody>
</table>

Tab. No. 1: Summary of Scientific Research Studies by SpARC Wing of RERF in Collaboration with Research Organizations / Institutions as on 15.07.14
Fig. No. 9: view of Golden age (heaven) & its lifestyle

- In Satyug, five segments convince opportunity to be instrument to offer elation to obligations.
- Air will move like normal fan for you & will in like way observe chance to be technique for your redirection.
- Branches & twinges will make aggregation of sounds & it will be life changed music playing for your inciting.
- Sky will observe chance to be Royal route course for you.
- Water will work life smell shower, by morals of fragrant herbs & plants with it. No doubt in world, even water there will be stacked with significance, flooding with power.
- Everyone will experience happiness regarding that time. Earth will give such raised typical thing that whatever kind of taste you are scanning for eventual outcome of particular taste will be before you.
- There will be remarkable standard splendor. There will be some in sort of winged animals & sprouts.

'Vital people make inside force, which can be used not as touch of outstanding way yet genuinely just to give unbelievable wishes. One of extraordinary event of "living huge notion being & peace" is 'liberal hearted soul is senior Rajyogi Brahma Kumar Nirwair, Secretary General of Brahma Kumaris & author of books, entitled Spiritual Treasures, Insights of Rajyogi, Living Spirituality & Peace. He has given power of most paramount supposition being more gigantic information of his sensible foundation:
To stay swung to source & fill self with friendship, power & radiance. These balances are then transmitted truly from us in sort of vibrations. Consistently our vibrations pull in faint people who say, "You don't have to say anything, I basically perceive being with you". When we are associated with Baba (God) on unassuming level, there is modified stream of Baba's qualities to us, which are reflected onto others.

reason of adornment this spirit is to

• First welcome that everyone has spot with God.
• Secondly, everyone has phenomenal part to play.
• Thirdly, every soul has strong core interests.
• Fourthly, everyone is unimaginable server, expecting legend part in propelling world. In light of these strong centers, & revamp feeling respect in our heart produces for one other.

Mahatma Gandhi additionally acknowledged that paradise is here on this planet not above in sky. This look like Brahma Kumaris' viable judiciousness that proposes when people free themselves from indecencies & slant self, they will live of goals & this world will be paradise of divinities. Mahatma Gandhi remarked:

"In case there is Paradise on earth, it is here, it is here, it is here". There will be neither down & out individuals nor vagrants, nor high nor low, neither tycoon director nor half-starved pro, nor intoxicating refreshments or courses of action. There will be same thankfulness for women as vouchsafed to men, & nuance & faultlessness of men & women will be ensured. Where there will be no untouchability & where there will be unclear gratefulness for all sentiments."

considered "tranquil & impeccable world" is respected in wide grouping of progress of world. In any case, this thinking was not dream, it was reality. It existed & there will be paradise on this planet yet again. It will be possible decisively when human souls are free from indecencies & practice values for term of their life. There is no inducing motivation to work to set up lovely & quiet society, nation & world. It will be here not above in sky. Right when souls are tranquil, world will be quiet. This is fulfilling relationship between huge assessment being, qualities & quiet world.

All serious life is in its standard change into uncommon living. It is difficult to change wild where mental stops & perfect life begins, for two errands into each other & there is long space of their mixed closeness. shocking bit of this spreads pace, when tremendous requiring does not truth long way from earth or world all things considered, can be seen as strategy of higher life in making.
As mind & life observe chance to be lit up with light of Spirit, they put on or reflect something of splendor, frustrate more key reality & this must development until spread space has been crossed & whole closeness is bound together in full light & propel of colossal standard.

Most tremendous slant being is workmanship which sublimely fits values with routine of thought. Critical feeling being is science with splendid results, yet it is not totally understood by science. It is problem of living from back to front & about knows ourselves again inside, & recovering ability to draw on criticalness of our interior truth "What one needs to do is to have capacity to turn inwards. When one turns inside, one can signify remarkable significance with which to live in this world free of uneasiness.

Human are crown of entire ordinary creation & exceptional proximity is substance. Brahma Kumaris' formed work is other than seen as "renaissance of most gigantic slant being & general human qualities in various particular ways & expert is unnoticeably giving that structure focus on crucial issue of "effective closeness & qualities". It is record of made information furthermore approach has been deciphered into utilitarian exercises by getting differentiating new estimations of utilization of extraordinary proximity & qualities. As appeared in past part, master has portrayed force that keeps running with routine of reflection for better world & that huge supposition being or colossal learning is reason of thought practice. In showing amalgamation of Yoga in past part, ace has said subject of knowing Soul as reason of basic discernment, attention to God or Supreme, which is general in both extreme proximity & thought.

Most enormous opinion being & values is center of good theory of human culture. Arranging in qualities & most gigantic feeling being personality care as touch of our character. new estimations of execution of general human qualities through noteworthy notion being will sow seeds for new beginning of peace, cognizance & cooperation. In flawless society, qualities are respected & sharpened by people. inside light of noteworthy slant being wrecks poisonous. sharpens portrayed in making out of Brahma Kumaris especially made most tremendous assessment being to be instrument for changing deficiencies into qualities, frustrations into triumphs, & indecencies into qualities. In out of date times, fundamental center of making was to incite noteworthy assessment being & human qualities in life. Huge estimation being & values present focuses of religious & techniques for understanding that strategy to
guide people from duskiness of indecencies to daintiness of morals. Our out of date Vedic course of action of bearing relied upon higher contemplations of most huge opinion being & divine environment that wound vibration of throbbing:

"Lead me from falsehood to Truth.
Lead me from darkness to Light
Lead me from death to immortality"

We are watching sound of versatile quality amongst over immense time navigate strategy of principle. Brahma Kumaris has been enduring strong driving part in recovery of most gigantic assessment being & human qualities. Through new estimations of execution of general human qualities through huge assumption being, Brahma Kumaris are filling missing relationship of get prepared. According to Swami Vivekananda get prepared of making is sign out of perfection of most immense supposition being starting now existing in individual. challenge lies truth be told that level & nature of most enormous opinion being & values in our general people is not updating as required by need of hour. It is thusly crucial to explore & get to all more convincing frameworks for progression of characteristics & most colossal assumption being huge piece of our life. Brahma Kumaris trust that when qualities are conveyed together with critical conclusion being & routine of accepted is joined into framework, then utilization influences opportunity to compel.

Brahma Kumaris world basic school is completing unprecedented systems for advancement of traits through viable proximity in world. By what means can critical assumption being & values be made together? What new estimations are open? There is no inducing motivation to separate attempts used to make intense proximity & qualities. Noteworthy assumption being & values are co-related in such way that when remarkable proximity is passed on qualities along these lines rise; & when qualities are made, they turn out to be most basic notion being.

This is matter of conviction that today we are testing endeavoring crisis being used of characteristics & critical notion being into dodging on every field of society. At present, youth are on exceptionally fundamental level affected by western culture & media & if all else fails neglect old ethics & qualities. Thusly use of critical supposition being & values is troublesome undertaking in current condition. These
troubles can be social, religious, unquestionable, insightful, individual, talented & instructive disarranges.

faint surges of exhaustive terrorism, religious obscurantism & social irredentism are turning feeling & have crippled to break our social & society life. It will for without inquiry need Herculean effort of general statespersons to extra Mother Earth from these scourges of progress. Regardless, in point of convergence of these troubles people have tendency to find need with religious feelings & social structures which are inconsiderate furthermore stacked with trademark peril. piece of religion in human life can never be undetermined as religious feelings individuals in beating hardships of Life-There are such unending in life that one is obliged to pursue down solace, extraordinary short aiding & as last resort, this is given by religion. history of religion is not overburdened with crusades & troublesome executing; rather it has what's taking off to its of progression, rebellion & renaissance. Jesus proclaiming of boundless warmth, Buddha's supplement on affectability, Mohammad's conceptualization of spot that is known for peace & How of commitment & self—accreditation in Vedas & Upanishads are general fortunes.

There are separatist inclinations at work today all over world. family is part up, establishments are separating & even nation—states have slant to confine into various more modest states checking ethnic, phonetic or grouped complexities. 'I here am divisionistic slants all over & there are sorted out parties which recognize savage & secessionist addresses having separate nation. Every religion likewise has wound up segregated into various affiliations. tree of religions has made to its full make state, with various branches, sub-branches, twigs & takes off. No single religion exists today which has not been part up into social events & sub-affiliations. These fragmentary affinities rely on upon refinement detest, crippling vibe, slant, nonattendance of mindfulness, nonappearance of congruity nonappearance of cooperation.

Brahma Kumaris Ishwariya Vidyashram is not simply moving toward making 'consolidated personality' of people yet it is in like way progressing vivacious joining between various religious parties & ethnic, racial, semantic & commonplace get-togethers. In this manner Brahma Kumaris Ishwariya Vidyashram is not religious foundation, tending to any one assembling or gathering, it is establishment that presents bearing on comprehensive unprecedented values & goes on discernment & solidarity to all & peace to planet Earth.
Ace needs to light up that since this school gives arranging in qualities & most significant conclusion being; it likewise recollects that some religious festivals & respects musings of various religions. few people get impression that it is religious association. They miss silent parts of this enlightening association, which reviews that it from religious establishments. Brahma Kumaris World exceptional school is called basic school since it is not religious alliance yet rather it is crucial. Since it is not religion, people of all diverse religious establishments, tongue, rank, shading & nationality come here for proficient study. Thus, Brahma Kumaris is no religious social event or association. On other hand, it is connection that gives get prepared in regardless of what you look like at it qualities & continues comprehension & solidarity to all & peace to planet earth. It is helpful event of solidarity in complexities:

Whereas most unmistakable schools engage individual to finish Master's Degree in one of expressions or science...this Vishwa-Vidyalaya associates with him to be master of his own contemplations, wishes, sentiments & sense-organs.... This Vishwa-Vidyalaya does not give principle in every one of those subjects which are being told in various Universities, for that would just be duplication or covering of tries. pushed of data presented... is first to make man, 'when in doubt, man & to enable him to have possible appreciation & to learn lessons for dependable peace & satisfaction & for endlessness in life.

"New Dimensions of Implementation" is lit up new cutoff of execution. Oxford Dictionary Thesaurus immensity of "Estimations" is most remote point, degree, development, viewpoint or highlight. In this part force's crucial point, by using new estimations of use, is that she needs to display new segments or parts of feasible results examined little while later of properties & most basic notion being — "Seeing something direct is best way to deal with perceive something that is hard to recognize" & execution is proficient experience. more perceivable force is that of duty in life. human soul needs experience. 'clarion call of time is experience. Since time immemorial history demonstrates data & practice execute advancement of experience of life. Today science has specific contraptions to gage physical & external examinations. In any case, science still can't gage exceptional experiences. subject of huge feeling being & soul is so fair & perpetual that it is even hard to clarify in words. As soul is non-physical & physical body resources are obliged in their capacity to express uncommon taste. brightness of these experiences is that physical eyes can't
see "Divine Light". It can be seen essentially through "Noticeable Eye" Soul. Since immaturity master herself has experienced 'Wonderful Light', in midst of reflection, which filled her with basic experience of inner joy & peace. She watched changes in lives of various people other than her own paramount effective experiences which enabled her to show those new estimations of execution of critical conclusion being & values.

Brahma Kumaris' practices of most critical assumption being through these new procedures has changed homes of various. In this change, does not mean 100% change. It proposes with respect to state of individual before routine of examination & most basic slant being & after practice, people have shown differing levels of progression in their life. Additionally, one thing was clear in consequences of these experiences, there is change in thoughts, words, & exercises as exhibited by their ability of practice in their own particular life. Quality behind these steady results is taking after tries:

down to business New Dimensions of Implementation of Brahma Kumaris:

- 9200 basic study & regard principle centers in India & 142 countries of World.
- All over World submitted working nature of people serving vivaciously for development of human qualities & most paramount notion being. This gave quality spreading message besides practicing powerful closeness & qualities in their lives.
- Under Raja Yoga Education & Research foundation of Brahma Kumaris regard based activities are being encouraged for 19 specific master parties or wings.
- Brahma Kumaris principle wing & Research foundation in joint exertion with various Universities, running Diploma/Post Graduate Diploma/Degree/Master Degree courses in quality arranging & most basic assumption being in India & abroad
- Correspondence one week pushed course including four rule subjects of Brahma Kumaris (1) Spiritual data (2) Raja yoga (3) Dhama (practice) (4) Spiritual affiliation.
- National & International gatherings & endeavors on noteworthy assessment being & values. Instructional classes in Self affiliation power, Quality affiliation, Stress Management, Positive considering, Personality advancement & qualities in human associations.
- For youth "Touch Light" in setting of worth & extraordinary get prepared tasks for school youngsters.
• "Awakening with Brahma Kumaris" point of fact fathomed "Brilliant mixing" structure at Aastha channel furthermore on various standard T.V. channels general activities on qualities & paramount core interests.

• Entertaining systems for executions are proficient fairs, presentations, motion pictures, light & sound shows up & assembling of blended media contraptions, CDs tapes, mindful tunes, radio, web & Web zones of Brahma Kumaris.

Get prepared is for getting living furthermore to make sentiment how to live. It is to raise lifestyle furthermore to raise self-see. As is commonly said standard is needed to pass on new life through self & God request. It assembles drawing out of best potential keeping in mind end goal to lead individuals towards right learning. In light of effectively communicated. "Sensible New Dimensions of Implementation of Brahma Kumaris", researcher needs to present driving obliging frameworks for complete human qualities through amazing closeness, since information & implications of these subjects are starting now secured in past segments, crucial highlight here is demonstrating profitable enormous study & positive nature of critical conclusion being in methodical life.

Brahma Kumaris as called at "basic school" in light of way that there is each day effective study which is most huge bit of imperative bearing. fundamental four subjects of this capable study are:

Fig. No. 10:Brahma Kumaris: basic four subjects of this spiritual

evening out of these four subjects in standard life joins delightful blend of information & practice. These subjects are engaged with each other.

Gyan or examination of marvelous information — is first working up subject of fundamental study. This standard study depends on consequent to listening & reviewing Divine Godly sorts of Murli. Murli is snappy bearing (Shrimat) of Ocean of Knowledge Supreme God (Baba) to his dear kids. "Murli" covers every one of four subjects of serious study. Murli not just gives information & examination of these
subjects other than provides guidance about how to execute these subjects in oversaw life. colossal learning derives complete information of Soul which prompts self-certification.

1.16 Seven Day Course

In this part, seven-day focal course of Raj yoga reflection is talked about. "Seven Day Course" is fundamental course that is permitted at all studies focuses of Brahma Kumaris before general examination of above four subjects. foundational one week concentrate course for new youths covers subjects of soul, God, Raj yoga, human world tree, stunning nature of rise & fall of human soul, world sensation, system for considering karma, & glorious way of life.

Introduction to 7days course of Brahma Kumaris:

Fig. No. 11: Shri Lakshmi & Shri Narayan-Aim & focus of Brahma Kumaris

Vital to Brahma Kumaris practice is get ready of all their inside feelings in 7 one, or one & half hour, long lessons as general rule called "7 Day Course". Once these 7 lessons are grasped, understudies were then familiar with unpublished blessed synthesizes thought to be lively lessons of God called "Murlis" named after woodwind that Hindu God Krishna is in light of current circumstances laid out holding. These fuse focus considering their religion & are known as" Gyan" or "Learning".

usage of word "Learning" is specific to these feelings & remarkable trust in this data is seen as vital to risk of soul.

Seven principal lessons learnt in center plainly are:
1. Soul
2. Supreme Soul
3. Law of Karma
4. Cycle
5. Tree of Religions
6. Founder Brahma Baba
DAY-1
1.16.1 Realizing Self
At some point or another in huge business of life, some of taking in wake of asking for may have entered your examinations. In spite of probability that they haven't they as time goes on will especially happen!
- Who am I? What am I? What is my genuine character?
- How do my examinations & estimations collaborator with body?
- How to make my brain credible? Breaking issues of brain;
- Understanding examinations, how they do reversal & forward, how to direct them
- Why do we go under assessments, estimations, strain & push
- How does specific makes behavioral plans, qualities & so; on most proficient method to change them
- How to respect this essential life? How to lead life of peace & happiness?
in any case lesson is about finished impression of these if, which has stayed question that has evaded experts, specialists, great major main thrusts & unmistakable diverse quick people

1.16.1.1 Soul & body
human body is mind boggling event of physical energies. Nuclear particles turn out to be as one to edge trademark structures & inorganic minerals, which play out body's creation coordinated efforts, accordingly molding reason of hormonal & uneasy control of body. What we see as old or youthful, enormous or mind boggling, male or female, are in like way moving levels of physical energies. However prominent machine body might be, it is closeness of non-physical mindful criticalness, soul, which makes it limit.

1.16.1.2 What Am I?
I am living substance not same as body! Taking everything in account as individual who converses with help of phone or listens to call with help of that instrument, has his substance not totally same as that of phone - he himself being living individual who has resources or properties of feeling, considering, willing & attempting. Thusly, watchful substance in body which utilizes word "I" is develop in association with body which has eyes, ears, nose et cetera as its parts. I am not eyes, ears or mouth yet
rather I see with my eyes, talk through mouth, hear with ears & am their ruler. I am soul (Atma), everlasting & undying. Body is mortal; I have it to do sharpens & to experience eventual outcome of my activities. I am master & one who encounters.

Soul look like driver in charge of body, which serves as carriage to soul. Soul is imperative stone, body being box for it. Unequivocally when soul leaves body, body is represented 'dead'. By then individuals start cremating it since, its vital proprietor, soul, has definitively left & body is of no utilization. Precisely when soul has surrendered body, individuals say, "light (which is soul) has gone, what lived in it has left & execution is over"

1.16.1.3 Faculties of Soul

Fig. No. 12- Soul & its faculties

Soul is living or watchful being. It is said to be conscient or living since it can think & reflect; it can experience delight & hopelessness, so in like way satisfaction & peace; it can be blend itself & endeavor attempts & exercises - mind boggling or appalling.

Soul has three assets psyche, brains & slants.

Mind is thinking about staff soul. It is mind that imagines, thinks & structures musings. Strategy for nature is reason of all sentiments, needs & sensations. It is through this staff, in minute, thought can be required to far away spot, past experiences & presumptions can be reviewed or even future can be expected. It is cerebrum that experiences mixes of manners. Cerebrum is workforce of magical soul, not be mixed up for heart or psyche.

Proficiency is used to assess examinations. This is staff of appreciation & real movement which rises as most essential workforce of three. With augmenting & creating of brains, clear observation & request of learning observes chance to be trademark, & importance to lift & reason winds up being clear. It is astuteness which reviews, limits, judges & exercises its significance in sort of will.

Slants (called Sanskaras in Hindi) are "impressions" or "sub-care" which is record of all soul's past experiences & exercises. Sanskaras can take sorts of affinities,
enhancements, enthusiastic attitudes, character traits, conclusions, qualities or assets. Every movement as experience either makes Sanskaras (this is way by which proclivity begins) or backings old one. Whatever impression is cut in soul stays inside it, restricting complete record of all experiences that soul has had. When we discuss deformations, qualities or targets, we are proposing Sanskaras. Sanskaras are reason of soul's peculiarity.

1.16.1.4 Seat of Soul
soul is sorted out in purpose of union of fore head amidst two eye havens. This is seat of soul. cerebrum is "control-room". Basically, as driver controls auto using diverse parts of section organized at one spot, soul uses brain to control body. Brain is machine by system for which soul considers, overviews, gets messages from or offers prologue to sense-organs. cerebrum is meeting spot of all nerves, which go on sensations from all parts of body to brain which limits like control-room & makes body to work. It is in cerebrum that soul, through nerves, gives body something to do & experiences physical sensations, delight & torment or fulfillment & distress. In any case, personality is separate from soul, cerebrum is dispersing thing made of matter where as soul has life supervisor or insight.

1.16.1.5 Nature of Soul
A soul is unassuming, heavenly, conscient clarification behind successful light. There are destined number of souls. Each soul is relentless. They were never made, & will never be beat. Each soul is developing. We are all souls, unprecedented & differentiating & remain so relentlessly. In like way, souls are subtle to revealed eyes, in any case one can experience its closeness. soul has no sexual presentation. innate nature of soul is that of warmth, peace, satisfaction, truth, elation, flawlessness. Thusly, souls reliably pine for experiences of these qualities. These are qualities that genuinely rise when soul considers itself, or in light of current circumstances, is soul-keen.

Body-Consciousness-root cause of all evils in world
A man is in body perceiving when he/she sees himself or herself with physical body, i.e., when considering, feeling, exercises & practices are with thought that he or she is body. Being in body cautious is key driver of all disasters in world since indecencies like aching, anger, ravenousness, association & assumption self is all having their roots in body–consciousness.

Soul-Consciousness-key for blissful life
Precisely when individual is in condition of consideration that "I am Soul & not this physical body", then he/she would be in soul insight. By day's end, solitary considers, feels, acts, proceeds, contrast set & care that he or she is soul, expert of body. Precisely when in soul care, exceptional traits of soul normally make. By then it is conceivable to encounter continuing peace & fulfillment.

1.16.1.6 Karma Philosophy

There are times when considerations of wretchedness & strain raise their appalling head. There are circumstances when individual pursue down right replies. Here would some say some are ordinary cases Why are we here? Why was I envisioned here & he there? Why is she fantastic & I frightening? Why is so in this way hurt for no unmistakable flaw of theirs? Why does prideful harasser who unnerves his business accessories, fiddles his pay government structures & beats his life partner, achieve extraordinary ordinary achievement? Why does hesitant, calm little woman who has never said boorish word to anybody, live in shocking conditions & fizzle wretchedly undesirable & uncared for? Why did he need to come up short hopelessly? Why did he do that to me? Why is there so much persisting? Why this, why that?

answers lie in one wearisome truth-in light of Law of Karma or Karma Philosophy - that nobody can escape postponed result of his or her karma. Subordinate upon appalling or uncommon karma or development, one will proceed or recognize, either in this or next life. Nobody can escape inevitable result of his or her karma. law of Karma is sacrosanct. So, everybody must act with recognition with other's longings. Nonappearance of law is no reason. So, we should secure right information of what is uncommon & what is frightful activity. sureness of story-I need to do right karma for my ideal position; it is not for demonstrating it to anybody outside.

Each human development has moral point. In event that individual's sure display is ethically amazing, individual gets at last profited. In event that, on other hand, his showings are ethically frightful, he drives forward. It would require heap of space to express what is ethically unprecedented & shocking. In any case, in one sentence, it might be said that, if particular acts under impact of scorn, hatred, lies, slant, ravenousness, sentiment self, inclination, need & such unmistakable acts under impact of body-observation, then his activities are repulsive or negative. These make disharmony & strife & sufferings in individuals by & large eye.

On other hand, if individual has adjusted judgment, nature of brain, piece of soul & acts with inclination love, esteem, affectability, quietude & such particular activities
in soul care, then his presentations are exceptional in light of way that such shows advance concordance, peace, solidarity & energetic emotions.

1.16.1.7 Power of Thought

most exceptional instrument that mankind has is thought power. Considerations build our understanding & shape our perspective. One needs to know how essential examinations are. Every human creation we find in this world is result of viable thoughts in human characters. Examinations shape our world. Contemplations are set up by learning; individual with certain kind of data generally speaking makes examinations in concordance with that learning. Learning gives learning; individual without data is person whose considerations will be framed without consideration. Every action is gone before by examinations. nature of bits of information picks nature of our karma. karma thusly has wonderful or stunning effect on us. This again impacts our thinking. So, right thinking in light of right learning is key for driving peaceful & mollified life. Raja Yoga thought helps us in doing right accepting that prompts sensible exercises. This other than aides in incredible sensibly strong amidst turbulent circumstances.

DAY-2

1.16.2 Where have I Come From?

Fig. No. 13- Three worlds

When I begin to view myself as to be soul, requesting of ten makes, "Where do souls corn from?" In reflection, I can examine estimations of consideration past physical resources. Experiencing these estimations accumulates my idea regarding authentic substances of thought & feeling certainly recognize me to position of total peace, wisdom & quiet in which I feel as if I've swung to my novel 'home'. Together, physical, clear & soul "universes" wire three standard levels of human intelligence.

1.16.2.1 Physical World

world in which we are in split second living is known as physical or critical world, since each & every living being here have appalling, human or show structure.
physical earth can be considered as unimaginable stage where we 'play our parts' in show of life, in different genuine 'outfits'. It can in like way be considered as field, where seeds of action are sown & basic things are reaped as experiences of satisfaction & hindrance. Here 'time', 'space', "history" & "topography" are pivotal parameters of nearness; here laws of science apply. It is universe of expression & experience.

1.16.2.2 Subtle World
Past limits of enormous district of our neighboring planetary gathering & expelled universes there are zones of non-material light, far away by physical means & closed off to physical resources. These spaces must be experienced through colossal examination & heavenly comprehension. unnoticeable world is moderate estimation of unadulterated, positive shining significance in which there is experience of one's unassuming bunch of light & correspondence with various souls through immaculate surprising bits of learning & vibrations.

1.16.2.3 Soul World
Past physical space of improvement & unobtrusive zone of flawless thought lies unbounded, persevering estimation of complete stillness, calm & peace. Suffused with great red brilliance, this is space of God, Supreme Being, Parent of all souls. It is extraordinary home of all souls, where we once resided in lethargic, central state of total belongingness & satisfaction. Experiencing this 'common region' (PARAM Dham) of most essential consideration in reflection restores & empowers soul, interfacing with it with quality to have impact in physical world with peace, alter & illuminated clarity.

1.16.2.4 Going
In Raja Yoga reflection, not simply do I meander out inside to experience my key self; I other than travel upward into higher information, running past imparted attribute to physical body & physical world. With practice, I am set up to see & experience estimation of perfect soul understanding, past sound, progression & thought. In this spot or state of thought I experience complete adaptability, peace, rest & comfort, as if I've gotten back home to place where I truly have spot & where I can simply be.

1.16.2.5 Knowing God
In this world, distinctive feelings exist about God. As result, people handle God in their own particular way & ceaselessly in their own particular imaginative farthest
point. In any case, what is required is understanding God as He might be, what He is & how He is. right understanding about God must be given by God Himself.

Fig. No. 14: Incorporeal God & HIS attributes

There are some who don't have trust in proximity of God, routinely reason being His closeness can't be displayed like that of individuals. Regardless, since we can't see God with gross eyes, it doesn't surmise that God doesn't exist. Much same as wind, which can't be seen yet can be especially felt it is conceivable to experience God's vicinity through Godly information & examination.

DAY-3

1.16.3 Who is God & what is His form & name?

We may now attempt to comprehend who God or Supreme Soul is. term 'Exceptional Soul' proposes He is extraordinary among all souls. It derives that, He is additionally 'a spirit', regardless He is Highest of all. He is above birth & passing. God is Supreme Father-Mother, Supreme instructor & Supreme Preceptor to every individual & He himself has no father-mother, teacher & preceptor.

God is unnoticeable, minor purpose behind Light. -He is not unmistakable to stripped eye yet rather it is especially conceivable to experience His vicinity & closeness in thought. He is in genuine in sense that he doesn't have body of his own. He is not individual nor does He have human structure. He is shielded to joy & torment not in slightest degree like individuals.
Names are system for prominent confirmation of individuals after they are considered. They don't talk about qualities & activities of individual; they are basically formal people, spots or things & are not attributive names. Regardless, name of common soul or God depends on upon His qualities & activities. His self-uncovered name is 'Shiva'. "Shiva" proposes authority of good or promoter. God wells to all & in this manner He is called Shiva. All souls request salvation & be point of view i.e., peace & fulfillment from Him. Individuals review that Him by different other expressive names.

1.16.3.1 His Virtues

God is Supreme Father of all. He is called maker. He is ocean in his ethics sea of peace, sea of affection, sea of happiness, sea of learning, sea of fulfillment, sea of consideration, & so on. He is truth. He is Almighty & Authority. He is presumed to be preserver or sustainer of ethics & destroyer of all wrongs. He is in like way legend, associate, & bestowed of salvation, in this way sad guru. He scatters inconvenience, gives satisfaction. God is impeccable in dependably & completely isolated & worshiping. He is to awesome degree gallant & solid in this way souls ask for all things from him. Precisely when in bad position & losing all trust, souls swing to him actually & certainly.

Different are religions & ways that souls take in their experience for fulfilling God. Different wars have been looked for after in his name. Regardless, he doesn't solely have spot with anybody. He has spot with everybody nearly.

1.16.3.2 Supreme Father of all Souls *

God is father of all souls in this world. It is watched that all religions have pictures, images or acknowledgments bearing some name to address sort of Light that God is. All over India, pictures of structure that Shiva has is discovered introduced; these photographs are with no human structure, in kind of linga, which is picture of significant Being. At Mecca, in sacred spot of Kaaba, stone picture with oval structure...
is called "Sang-e-As wad", fans who go for Haj kiss this grand stone. Jesus Christ said, "God is Light". Master Nanak, facilitator of Sikhism in like way sang affirmation of Him who is 'All-Light' (ek Omkar) & is ethereal. In past days, Jews understood stone of this shape while taking honest to goodness guarantee & it is expected that Moses had vision of this sort of God when he saw fire behind hedge. Zoroastrians love God as flame. old Egyptians worshiped sun as god. Buddhist gathering in Japan focuses mind on negligible oval shape. They call it Kami, peace supplier. It has every one of reserves of being in this way that people, without perceiving, have all been worshiping & trying to find same God. There is one & just God & His structure is inspiration driving light. He is called by various names in various religions.

1.16.3.3 Divine Abode of God

Fig. No. 16: God is Omnipotent

Where does God live? Is there some spot one can go to see Him, to be with Him? God is straightforward explanation behind light, & He doesn't torment physical universe. Nor does he live in heart of any individual or in any matter. Nor is He ubiquitous; nor is He having human structure. His house is significant world, boundless degree of mind blowing red light, which is past this physical world we live. It is stand-out home all souls in addition. supernatural world is known as Paramdham or Brahmlok. Knowing where Supreme Father is, we can set up association with Him through examinations amidst reflection.

1.16.3.4 Divine Descent of God

Fig. No. 17: Shivarathri
God drops into this world when it is under spell of dazzling absence of clarity of
carelessness, naughtiness, moral turpitude, critical depletion & religious crippling.
This is depicted in sacred messages as "Dharma Glani". Looking today, it ought not
be troublesome for us to reason that time world is experiencing at present is to ensure
Dharma Glani. This is period of shadowiness when sins & wrongdoings of different
sorts normally happen; when man gets around for need of clear vision. It is beginning
now that God intercedes in attempts of humanity. divine mediation happens at point
of confinement of mankind's history when human soul is grabbing in shadowiness of
carelessness about self, maker & creation; when souls are blinded by indecencies of
longing for, affectedness, stun, ravenousness & affiliation.
It is in this time God makes plunge gathering of standard man to uncover Godly
Knowledge, which clears approach to manage triumph over indecencies & make
divine qualities in life. This connects with individuals to change into faultless
creatures once more.

**DAY-4**

1.16.4 Genealogical Tree of mankind

---

**Fig. No. 18: Kalpa Tree of Religions**
1.16.4.1 Cycle of Time.

Fig. No. 19: World Drama Wheel

In this lesson, we get few answers concerning starting, center & end of one complete 'time cycle' of this world. More than whatever else, we will comprehend astounding centrality of period we are experiencing at present.

world has been in closeness since time everlasting & it will keep being endless. world was neither put aside couple of minutes before nor will it get pulverized later, in light of way that matter can now be made nor obliterated, it just experiences change starting with one edge then onto accompanying. Correspondingly this world likewise experiences changes in its qualities, yet in that breaking point world was not made out of nothing or their aggregate demolition.

cycle of time is best comprehended with help of picture of world show wheel. It plots "stream" of time. In point of convergence of it is Fylfot (Swastika) which separates Time into four balance of. Swastika is thought to be to awesome degree promising.

In beginning segment of this Wheel of Time, set apart by Swastika is displayed Golden Age. Here arm of Swastika is coordinating towards right since right arm symbolizes what is great or what fulfills goodness. In these early times, when cycle began, individuals of god religion (Sanatan Dharma) were had of impeccable qualities & nature & they recognized complete impeccability, 100% peace & complete prospering.

By then came Silver Age. In this time, additionally, individuals were had of flawlessness, peace & flourishing to high degree. Regardless, level of their stupendous qualities had decreased little. They were two degrees less magnificent than individuals of Golden Age who were famous to level of 16 degrees. Therefore, arm of Swastika that exhibits this age is twisted downwards in light of way that souls in this time had dove from condition of super-model nature to what is essentially unbiased.
Next came Copper Age. In wake of having encountered joy & fulfillment for some life, turned it technique for indecencies or revoltingness. This is reason arm is turned in light of way that left hand symbolizes what is undermined & promising. Individuals then were second-grade by their affinity, qualities & activities. Humankind is in matter of moments isolates on different religions; tries & question began to show up & five indecencies increased pressure & torment homes.

Dependably, spoil doings, i.e. practices done under effect of one or other of these five indecencies, drove world to progressively polluting & sufferings & world went under weight of Iron Age (Kaliyuga). Endeavors, wars, undermining vibe & happening peacelessness augmented quickly in rehash & power in this period. Subsequently fourth of Swastika is indicated raising itself up to exhibit move in clashes, conflicts & catastrophes. By then, mastermind comes when nonattendance of care, fatigue, trance, moral turpitude & sin find opportunity to be predominant. Individuals wind up being malignant by nature & religion winds up being absolutely diminish.

1.16.4.2 Significance of present period

Fig. No. 20: Confluence age

At present, we are encountering through focal stage in history of humankind. This is time of crossing point of fulfillment time of Iron Age & starting time of Golden Age. This is most key of any age, called Confluence Age, when God, Highest Being, makes plunge this world to meet people, His loved youths & gives most helpful associates of Redemption & Beatitude.

Through Godly Knowledge & major Raja Yoga, God makes Golden Age or new awful fondness less demand. show of "creation" does not mean making something out of just rather it prescribes moral period of humanity or re-establishment of old most Deity Religion. peruse would be fulfilled to know or, perhaps, amazed to fathom that God Shiva, Supreme Father of all, is in conviction doing this inconceivable errand of
recovery of mankind at present. World will soon be free of all torments & paradise, which is flooding with peace & bliss, will be made again.

1.16.4.3 Nature of World Drama Cycle

cycle of five ages, including Golden-Age Silver Age, Copper-Age & Iron Age & intersection Age emphasizes precisely every time after it has turned full wheel. Amidst each cycle, souls who are performers on this world-sensation stage will be same. Every spirit will act same part in each cycle coming about to, in soul itself is for untouched bestowed part it has played life after life in past cycle or that it needs to rehash cycle after cycle. Basically, as in copy or gramophone record, entire tune or execution is recorded & it goes over each time record is played, even thusly, soul's part in this world show is recorded in soul itself which is just self-wonderful, conscient point. soul replays part once at general between times in light of way that every one of four times of world-execution being indistinguishable to 1250 years, term of one World Cycle is 5000 years.

1.16.4.4 Rise & Fall of Humans

Fig. No. 21: ladder of 84 human births & ages

We will value this lesson with help of interfacing picture. It is exceptional story of how souls, who once were divine creatures, found opportunity to be significant others & astoundingly customary people. It in addition clears up how they lost awesome balances, critical & moral qualities & created savvy inclines. representation demonstrates that at to start with, human souls had complete impeccability, peace & flourishing & that they found opportunity to be tainted & peace less by & large. In barely second time has come to again instruct those lost excellencies. As issue of first noteworthiness is demonstrated Golden Age or Satyuga, which is totally excellent. Shri Lakshmi & Shri Narayana & their specially managed world free from tainting, torment, uneasiness or disastrous inclination. individuals then had
genuinely moral nature & point of view. Amidst this period of 1250 years, normal age was 150 years. In this age, individuals are most raised, totally viceless & are contributed with all remarkable qualities & live under Divine Law. These individuals are thought to be class of awesome creatures.

Next comes Silver Age. In this age of 1250 years, standard time of individual developments from 100 to 125 years. Everything are lively in this period too. They have rank of what are called Kshatriyas since they are not as faultless as their forerunners - divine creatures.

By then in Copper Age, they persuade chance to be body-careful & are composed to indecencies. So, they have fall, from heavenliness' position which is adoration excellent opened up position to be basically supplicant men or poor admirers. Their rank is of basic workers or Rajopradhana sort. Their position is that of "Vaishyas" – sensible.

After this comes Iron Age (Kaliyuga). picture addresses how in this age, Maya which symbolizes indecencies, has made in control over world. In Iron Age, tamoguna, basest structure in man - is pre-overwhelming. All people are arranged as Shudras. In this age of 1250 years, there are 42 births. In this period, we see reasonable discourse & tries, checking need of gratefulness for power & separations in conviction structure, religion, states & vernaculars. Individuals don't look upon each changed as critical family & are likewise moved other method for God, who is Supreme Father.

At present, we are in Confluence Age - change of fag end of Kaliyuga & first light of Satyuga or Golden Age. This is immaculate opportunity to get Divine Knowledge from God & practice huge control & essential Raja Yoga & re-get god status. Precisely when Iron Age is to incredible degree close to its end, irreverence is shed to make space for Righteousness (Dharma) & god world. With this comes Golden Age.
Day – 5

1.16.5 Understanding Raja yoga

Fig. No. 22: Lotus like life – spiritual life style

The words Yoga connotes ‘organization together’. mental relationship amongst soul & Supreme Soul or insistence of Supreme Soul by soul is called thought or Raja Yoga. Soundness in Soul-comprehension & God-consideration will go on peace & euphoria to soul. By this suggests, all latencies of unpleasant exercises of past lives will be wrecked in light of way that academic association with God acts like fire. It bums sins of past. Yoga washes off all dirt from soul; showering in channel may clean body yet soul is scoured just in confirmation of Supreme Soul.

Yoga is just means through which soul gets connection or association with God, who is truth. By dint of Yoga, man controls his for most part astonishing sense organs & beats unmistakable sad contemplations. Yoga has such immense force that, under its effect, even parts of nature are passed on to lifted state & respectability & peace is set up in world.

Through reflection or Raja yoga, soul gets huge joy in regards to astonishing kind from its association with Supreme Soul.

1.16.5.1 Knowledge of our relationship with God
What is our relationship with God? Data of relationship amongst soul & novel soul is particularly fundamental to confirmation. In his dealings in life, man recalls every so often simply overall public who are bound to him by ties or some closeness thereof. closer relationship, sufficiently more one is surveyed that it with no effort, allegorically. It is basic to see & feel that God purpose of actuality is our Supreme Father-Mother, Teacher, affirmed Friend & Guide, & veritable Protector. Relationship is lever that can lift us to state of Yoga. So, if we have clearly before us, our relationship with God, we ought to once in while be reviewed that Him & basically this honest to goodness connection recovers each & every person.

1.16.5.2 God is most beautiful being
Inconceivability is thing that charms man & draws his cerebrum & seeing again towards itself. In any case, greatness of physical body & other physical things is just transient & subject to direct decrease & rot. On backwards, it is Supreme Soul, Supreme Father, who is totally & genuinely dazzling. His significance is spotless; it never continues on change or spoil. Checking on that Him will make soul spotless & eminent.

1.16.5.3 How to practice Raja Yoga?

Fig. No. 23: Basis for Raja yoga
At whatever point one audits any individual or thing, one is reviewed that all that individual or thing is & what one's union therewith is. Along these lines, at phenomenally begin, you have feeling that you are in blink of eye here to review God; your brain will instantly be transported to most raised universe of interminable Light, which is His living arrangement. characteristics of God, Supreme Soul, & inspiration driving light will come to memory.
This gathers you have not to inside & out any solid or syllable, nor relate rationally any condition or saying. You need to let yourself effectively survey that Him, or think about Him, Supreme Soul who is in Incorporeal World. This take after course in
which memory of any of your essential relations or binds comes to you. You will then audit in some such course as: "I am soul ... I am inspiration driving light & I am children of Supreme Soul ... He is in like way inspiration driving light. God Supreme Father is unending store of learning, peace, rapture & adore & is Almighty .... He it is who offers blessedness on all ... How exceptionally respected I am…"

learning of both soul & Supreme Soul is beginning now there. Hence this ought not be hard to hone. You have to pull back yourself from all your sense organs & set up yourself in conviction that you are soul, particular from your body; You will be remembered Supreme Soul. For whatever timeframe that we live in cognizance of body, we tend to survey basically body & its affiliations. On converse, when I comprehend myself to be soul, I will regularly put as key concern Supreme Father of soul.

DAY – 6

1.16.6 Benefits of Raja yoga

Fig. No. 24: Path of Raja yoga

motivations behind energy of reflection are creature. It calms our mind & body. In these speedy & unhinged times, it has most key ability to reestablish mental & searing criticalness.

Reflection interfaces with you to make new perspectives & responses to life, giving you clear tremendous vitality about yourself.

Reflection is technique for re-finding, getting charge out of & using positive qualities unmoving inside you. Like any wellbeing, examination obliges practice to finish positive & satisfying results. By doing unessential reliably, it soon observes chance to be run of mill & key affinity, which generously compensates you for little effort it wires.
1.16.6.1 What Does Meditation Do?

Fig. No. 25: Attainments of eight powers through Raja yoga

Examination vivifies your consideration going on both peace & data to included character. It builds up your ability to love & recoups broken hearts. In addition, it isolates different fears supplanting them with sensitive quality & versatility from worry.

Believed is both excursion & destination, uncovering insider substances of care & fortunes of soul. It makes essentialness to be more mindful & to drive in our organized exertion with each other & with our critical world. In any case, maybe most foremost blessing that runs with reflection is shimmer of inside peace that is both delicate & solid.

routine of Raja Yoga examination or quick organization with God brings into soul different qualities. Of these, eight are basic. On off chance that it’s all same to you suggest outlining graph.

**Imperativeness to Pack-Up**

With capacity to go inside, one can comprehend how to pack up all inefficient conclusion in second, so that there is sensitivity & flexibility from weights & bothers, however there might be different responsibilities. One's brain is scattered over wide world & such wonderful apportion of pulled into men & matters that he can't rest or to separate himself at his will. With routine of reflection, one can end up one's considerations at one's own specific will.

**Essentialness to Tolerate**

Essentially as trees offer same normal things to individuals whether they precisely isolate basic things or pelt stones at them, yogi continues on through all ambushes on him & does mind boggling even to general population who offer brickbats at him. In
light aura, one will be able to drive forward through broad assortment of circumstances & individuals to degree that there is no sense at all of persisting something or some individual. With understanding that everyone is basically expecting their part in this gigantic world-execution, energy, worsening & disservice vanish like clouds before mind blowing light.

**Power to Accommodate**

Basically, as sea perceives varying conductors that stream into it, whether corrupted or spotless, one will be able to fit in with all that is proceeding around him, so will yogi be able to suit others with him. It power makes one tolerant. One will be able to adapt into all happenings around him. In spite of when air is reprimanded for restriction or dirtying sway, one stays unaffected.

**Power of Judgment**

One will comprehend how to take right & enthusiastic choices. One will get capacity to unequivocally evaluate any condition with clarity & confirmation. In segregates, fair perspective, one can judge one's own particular considerations, words & activities to check whether they are critical. One will persuade chance to be judge of self & not of others.

**Power of Discrimination**

Fundamentally as expert goldsmith can certainly see false & faultless noteworthy stones (or important stones), one will rouse centrality to see extraordinary & horrendous or incomprehensible & horrifying. One can indisputably separate between veritable truth & clear truth, between things of impermanent quality & those of everlasting worth & amongst shallow & unpretentious. power helps in seeing illusions paying little respect to when they are sweetly completed & appealing.

**Power to Face**

Examination makes criticalness to continue on hardships. Torments like end of those on whom one depends may come & high tornadoes may see unequivocally, yet his flame of equality does not get smothered. Having trust in one's basic state goes on valor to go up against any sort of situation.

**Power to Co-Operate**

characteristic aftereffect of all forces is that I am ready to impart to others assignments & qualities that my Father has given to me. There is no sentiment rivalry, so I can give & additionally acknowledge proposal in matter of how to continue with assignment of world upliftment. By learning contemplation, one will create soul of
co-operation. This is awesome accomplishment in light of fact that if everybody gives his little finger, society could lift incredible mountains.

**Power to Withdraw**

With full care that I (soul) am is substance not precisely same as body, one can pull yet again from assets & persuade chance to be point. In same way that tortoise maneuvers again into its shell in scrap of danger, or just to rest, individual would be able to pull back himself from any condition & stay ensured.

1.16.6.2 **Spiritual Lifestyle**

![Pillars of Raja yoga](image)

**Fig. No. 26: Pillars of Raja yoga**

What supports practice of meditation but does not require leaving home, career & family?

A Spiritual Lifestyle

journey awakens within,

when songs of remembrance begin,

child of Father is lost in Ocean of Love.

Holding hand of Guide,

through path of confusion inside,

tears become pearls in silence & passing of time.

song of remembrance is sung in unlimited rhyme,

song of remembrance is sung in unlimited rhyme,

Dance away, to beautiful music you wanted to play,

dance away, in your heart, in your heart.

1.16.6.3 **What is Spiritual Lifestyle?**
Standard systematic accepted is approach to manage regulate fabricate & sustain your fundamental thought, experience normal positive properties of soul & satisfaction versatility from tension. This methodology is by & large redesigned when your outside way of life supplements & helps with your colossal change. Standard statement of four capable domains, veggie mate small down, & adjusted timetable that circuits physical & mental loosening up are portions that set fundamental way of life.

1.16.6.4 Four Spiritual Pillars

A spiritually fulfilling life is based on foundation of four pillars:

- Daily practice of meditation / Yoga
- Regular spiritual study
- Spiritual relationships & fulfilling responsibilities
- Service of humanity

**Daily Meditation Practice**

Dependably reflection/yoga offers plans to break down, find & reconnect with one's self & with God

**Spiritual Study**

Obvious, efficient basic study gives right quality sustenance to cerebrum & knowledge, two key assets of soul.

**Serious Relationships & Responsibilities**

Through experience of soul-consideration others are seen as serious animals & estimation organization makes. By transcending divisions of shading, sex & religion, affiliations end up being more smooth & altering, exchange of respect & tremendous association observes chance to be reason of alliance. decision to deal with others' striking qualities suggests there is no more give & take of bother, rather highlight on attestation & resistance.

Most critical estimation being is not escape from life's duties. You have duty to your near to affiliations family, embellishments & accessories & it is in those affiliations that your ability to apply what you are perceiving basically will in like way be tried & empowered.

**Basic Service**

Discovering fitting way to deal with oversee use your making enormous power & appreciation for perfect position of others in all wider gathering is moreover philosophy for supporting your consideration. Significant affiliation happens on
various levels, including spreading calm vibrations into environment & helping distinctive individuals make nature with their own specific competent qualities through phenomenal wishes & faultless slants.

**Vegetarian Diet**

In concerning & tending to our bodies, check calories need noteworthy thought. veggie partner eating regimen is particularly beneficial in making clarity, fixation & inconspicuous center which extraordinary progress requires.

With impression of force & nature of examinations & vibrations, we in like way offer care seeing nature of our knowledge as we get arranged & eat our sustenance.

1.16.6.5 **Physical & Mental Relaxation**

**Fig. No. 27: Relaxation through Raja yoga**

Surrendering rest & slackening to body is as essential as it is for psyche. body won’t slacken up if psyche is not nice; regardless in spite of when body is harmed or wiped out, it is still workable for brain to relax up. Examination is fundamental self-modifying area when one is recouping from physical suffering.

timing & level of physical relaxing up exercises relies on upon your own specific digestion structure & your lord & family commitments. In any case, it has for long time been seen that best time in orderly cycle for thought & noteworthy movement is in early morning, before routine exercises of day start. Requiring some wander every morning to reflect, look at & acknowledge intense gages & qualities gives both mental & critical sustenance for day to come.
History of Brahma Kumaris

Conceivably couple of affiliations have vivified as much change & examination at time of their starting, or have encountered such advancement in succeeding decades, as Brahma Kumaris World Spiritual University. Regardless, every last through it progress & change, BKWSU has seen how to keep up its amazing gages & hold energetic to its uncommon reason.

Exactly when University showed up under name "Om Mandali" it included basically subtle pack of men, women & youngsters living in Hyderabad, Sindh (now touch of Pakistan, yet around then bit of conventional India). After respected & well off individual from their party, Dada Lekhraj, experienced blueprint of dreams in 1936, these extraordinary pioneers were pushed to change their lives. Originator's Visions Dada Lekhraj's fantasies revealed amassing of data about nature of soul, of God & of time - thoughts so prompt in their air yet so essential in construing that they blended adroit appraisal affirmation in those with whom dreams were shared.
A year after Om Mandali's establishment, union moved from Hyderabad to Karachi. For quite while, until two years after piece of India & Pakistan, creating party of for all intents & purposes 400 individuals lived as free collecting conferring their chance to bona fide grand study, thought & self.

1.16.6.7 World Spiritual Headquarters

Fig. No. 30: Pandaw Bhawan Campus - World headquarters of Brahma Kumaris

In 1950, pack moved to Mount Abu, calm spot rumored for its out of date legacy & saw as holy destination by different hunting down noteworthy recuperation & bracing. Settled high in Aravali Mountains of Rajasthan, it gave flawless district to reflection & thought. Taking after couple of years in leased building, group moved to site which remains University's reality critical home office: Madhuban (signifying 'Woods of Honey'). Om Shanti!!!

1.17 Brahma Kumaris scale new heights in higher education

Get ready Wing of Raja Yoga Education & Research Foundation of Brahma Kumaris Ishwariya Vishwa Vidyalaya proposed to direct formal rule program "Post Graduate Diploma in Value Education & Spirituality" for graduate degree holders of Indian nationality. World renowned Chiddambaram Annamalai University consented to dispatch program in Technical Collaboration with Brahma Kumaris Education Wing
as Distance Education Program. sign of recognition was separate on seventh February, 2009.

**Tab. No. 2: subtle parts of courses offered through various colleges in INDIA in encouraged effort are given underneath.**

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Name of University &amp; Jurisdiction</th>
<th>Type &amp; Year of Commencement</th>
<th>Name of Courses offered</th>
<th>Languages</th>
</tr>
</thead>
</table>
| 1      | Annamalai University-Tamilnadu. All India & Nepal | Distance Education 2009-10 onwards | • Diploma in value Education & Spirituality  
• Post Graduate Diploma in value Education & Spirituality  
• Post Graduate Diploma in value in Health care  
• B.Sc. In value Education & Spirituality  
• M.Sc. in value Education & Spirituality  
• MBA (Self-Management & Crisis Management) | English, Hindi, Tamil, Gujrat, Marathi, Oriya, Malayalam, Telugu & Kannada |
| 2      | Yeshwantrao Chavan Maharashtra Open University, Nasik, Maharashtra – Maharashtra | Distance Education 2012-13 onwards | • Diploma in values & Spiritual Education  
• Advanced Diploma in values & Spiritual education  
• BA (values & Spiritual Education) | English, Hindi, Marathi |
| 3      | Bardhhaman Mahaveer Open University-Kota, Rajasthan-Rajasthan | Distance Education 2013-14 onwards | • Certificate course in value Education & Spirituality  
• Post Graduate Diploma in value Education & Spirituality | English, Hindi |
<table>
<thead>
<tr>
<th>No.</th>
<th>Institution Name</th>
<th>Type of Education</th>
<th>Duration</th>
<th>Courses Offered</th>
</tr>
</thead>
</table>
| 4   | Ram Krishna Dharmarth Foundation University-Bhopal, Madhya Pradesh-RKDF University | Distance Education | 2013-14 onwards | • One course / paper on Values, Rajayoga meditation & Consciousness in all UG Courses  
• One course / paper on Values, Raja yoga & Consciousness in all PG Courses |
| 5   | Dibrugarh University, Dibrugarh, Assam | Distance Education | 2013-14 onwards | • MBA (Self-Management & Crisis Management) |
| 6   | Ganpat University-Mahsana, Gujrat-Ganpat University | Distance Education | 2014-15 onwards | • One course / paper on Values & Ethics in all UG Courses  
• One course / paper on Values, Raja yoga meditation & Consciousness in all PG Courses |
| 7   | Tamilnadu Teachers Education University, Chennai Tamilnadu – Chennai | Part Time | 2015-16 onwards | • Post Graduate Diploma in value Education & Spirituality |
| 8   | Assam Down Town University, Guwahati, Assam-Assam, Bangladesh, Butan & Nepal | Distance Education | 2015-16 onwards | • Diploma in value Education & Spirituality.  
• Post Graduate Diploma in value Education & Spirituality  
• Post Graduate Diploma in value in Health care |
<p>| 9   | Karnataka State Open University, | Distance Education | | • Diploma in value Education &amp; Spirituality. |</p>
<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Name of University</th>
<th>Type &amp; Year of Commencement</th>
<th>Name of Courses offered</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>University of West Indies Trinidad &amp; Tobago</td>
<td>Distance Education 2014-15 onwards</td>
<td>• Value based Education &amp; research for both Teachers &amp; students</td>
<td>English</td>
</tr>
<tr>
<td>2</td>
<td>Thiagarajar College-Madurai, Tamilnadu – Thiagaraja College</td>
<td>Regular stream 2013-14 onwards</td>
<td>• Two course in each year on Value Education &amp; Spirituality to UG students</td>
<td>Tamil</td>
</tr>
<tr>
<td>3</td>
<td>Sri Ramaswamy Naidu Memorial College – Sattur – Tamilnadu-SRNM College</td>
<td>Distance Education 2014-15 onwards</td>
<td>• Certificate course in Value Education &amp; Spirituality • Diploma in Value Education &amp; Spirituality</td>
<td>English, Tamil</td>
</tr>
</tbody>
</table>

Tab. No. 3: details of courses offered through collaboration in ABROAD are given below

Convocations held at Head Quarters Mount Abu:
Education Wing of RE & RF of Brahma Kumaris in collaboration with different universities has successfully conducted SEVEN convocation programmes till June 2016 and thousands of students have been awarded diploma, degree and master degree in Value Education and spirituality.
The details of Convocations held at Abu Road Shantivan complex. are given below.
First convocation - 10.10.2010
Second convocation- 02.12.2011
Third convocation- 02.09.2012
Fourth convocation- 10.10.2013
Fifth convocation- 21.11.2014
Sixth convocation- 24.05.2015
Seventh convocation- 18.03.2016

Marching on to the Path of Growth

The Education Wing, like the process of continuous education, intends to move on from one milestone to the other from one goal to the other till the whole human race gets the benefit of the Godly Knowledge. Hence two more courses have been added during this academic year 2011-12 – Master of Business Administration (MBA) in “Self Management & Crisis Management”, and the other is Diploma Course in “Value Education * Spirituality”. Launching ceremony was held during June 2011.

Further, one course – “Post Graduate Diploma In Value Education in Health Care” was added during 2014 and Post Graduate Course in Counseling and Hypnotherapy was added during 2015. During the year 2016. Bachelor of Science In value Education & Spirituality as added.

As on date there are 135 PCP centres throughout India and Nepal, Courses will be given in 9 languages for the current academic year.

Tab. No. 4: REVEREND DADIS HONOURED WITH DOCTRATE DEGREE (D.Litt.)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Person</th>
<th>Designation</th>
<th>Name of University where Doctorate Degree was honored</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rajayogini BK Dadi Prakshmaniji</td>
<td>Former Administrative Head, Brahma Kumaris</td>
<td>Mohanlal Sukhadiya University, Udaipur, Rajasthan</td>
<td>30.12.1992</td>
</tr>
<tr>
<td>2</td>
<td>Rajayogini BK Dadi Janakiji</td>
<td>Administrative Head, Brahma Kumaris</td>
<td>Gitam University, Vishakapatnam, Andhra Pradesh</td>
<td>20.08.2011</td>
</tr>
<tr>
<td>3</td>
<td>Rajayogini BK Dadi Ratan</td>
<td>Joint Administrative</td>
<td>Gulbarga University, Gulbarga, Karnataka</td>
<td>20.02.2014</td>
</tr>
</tbody>
</table>
1.18 Brahma Kumaris Organization: Defining in Leader’s Words

1.18.1 Brahma Kumaris Institution attempting Value Education is commendable.

Value Education increases importance of individual & helps to improve society. Efforts in way for obtaining ancient values & tradition through excellent education along with spiritual growth is right step. In India growth of education is main reason to maintain country’s flexible governance. We have profound faith in our Indian philosophy & culture. We believe that synergy between values will lead to progress. **Brahma Kumaris Institution attempting Value Education is commendable.**

His Excellency Shri Pranab Mukharjee
President of India

1.18.2 Brahma Kumaris Institution doing service of Human character building

**Fig. No. 31:** Hon’ble Shri Narendra Modi,
Former Chief Minister of Gujrath in conversation with Dadi Prakashmani,
Former BKs Administrative head

Service itself is Paramo dharm & you people associated with this are suitable. Service fructifies only when it is Selfless service. We develop sense of belonging from advaita. By doing service with Benevolence & Sympathy, emotions within is revealed. For service, post, prestige & respect is not needed. It cannot be divided into boundaries of high or low level, religion or unrelation.

**Brahma Kumaris Institution doing service of Human character building is not only commendable but also exemplary.** Service sectors maybe different but of all services service you do is great. By wearing tunicle of human rights & who support terrorists must ask them that there is no lack of such people in this
country who consider service as paramount & dedicated thier lives to serve society. Based on positive human thinking character building, excellent nature grows & develops society. It feels pleasure doing service to poor with mercy, compassion, sympathy & warm expressions. India is world leader in Forgivingness & Tolerance. In our country spirit of service to society is of ancient standing. This spirit cross bordered country as ‘vasudeiva kutumbam’ & ‘sarva jana hitaya, sarva jana sukhaya’ reflecting great character from which it is possible to build new society.

-Honorable Shri Narendra Modi
Prime Minister of India

1.18.3 Promoters of Peace, Love & Harmony

_Brahma kumaris concept of “One God One World Family” has inspired me to participate in Global Peace Festival. Their spiritual wisdom & social work has been recognized worldwide. This itself is testimony of their global presence as promotors of peace, love & harmony._

- His Excellency Shri Hamid Ansari, Vice President of India

1.18.4 Promoting Values, spirituality & raja Yoga Meditation

_I feel greatly honored to inaugurate Diamond Jubilee celebration of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. I congratulate them for completing their successful 60 years in service of humanity, promoting values, spirituality & raja yoga meditation. Their spiritual & scientific approach has lifted & empowered lakhs of brothers & sisters to lead pure & peaceful life. They are doing commendable work by promoting peace & harmony in world. I am proud to know that, their work has been appreciated by United Nations & thus, honoring institution with “Peace Messenger award.”_

- His Excellency Shri Shankar Dayal Sharma, Former President of India

1.18.5 Our culture is being praised in other countries
Fig. No. 32

- Shri Atal Bihari Vajpayee, Former Prime Minister of India with Former Brahma Kumaris Administrative head- Dadi Prakashmani

You (Brahma Kumaris) have created this Harmony hall, & you are running centers to inspire positivism in people. You have been providing training of various types: even foreigners are taking share from that. Here they understood that it is first step of ladder of human welfare. It is matter of great pleasure that our culture is being praised in other countries also. Organizations engaged in this noble task should be honored, they should be provided co-operation.

His Excellency Shri Atal Bihari Vajpayee, Former Prime Minister of India

1.18.6 To Promote International Understanding

I have been in touch with brahma kurariform pretty long time. I feel that this organization is doing lot of solid work in promoting values & spirituality, which is dire need of hour. Their greatest contribution is to unify country despite its regional, linguistic & cultural disparities. Rather, it will be in fitness of things to say that they are trying their level best to promote international understanding. I wish them all success in this noble cause.

-His Excellency Shri H.D. Deve Gowda, Former Prime Minister of India

1.18.7 “One God One World Family”

Fig. No. 33

Her Excellency Smt. Pratibha Devisingh Patil, Former President of India with Former Brahma Kumaris Administrative head Dadi Prakashmani

Brahma Kumaris organization has touched people from all cultures, castes &
sections of society & united them into spiritual brotherhood. So, theme of Platinum Jubilee- “One God One World Family” – is apt. I congratulate Brahma Kumaris for being women-run organization, for service & sacrifice are natural to women just like trees bear fruits for others, rivers flow to give life to civilization & cows give milk to human beings. Human life is meant for rising above self-interests for service unto others.

- Her Excellency Smt. Pratibha Devisingh Patil,
  Former President of India
  While Inaugurating Global launching of Paltinum Jubilee Celebrations

1.18.8 Spirituality provides power to eliminate ego

Fig. No. 34
Shri. Lal Krishna Advani, Former Deputy Prime Minister of India with Former Brahma Kumaris Administrative head Dadi Prakashmani

People from entire world come here (Mount abu). Judges, parliamentarians, bureaucrats, teachers, educationists, media persons & executives-all come here & participate in seminars & find that they could, perhaps, not make excellent arrangement they see. Management in real sense of term what is seen here in its practical form. Spirituality provides power to eliminate ego. It is written here, ‘Ego’s root cause of all sufferings. more we eliminate ego in self, to that extent our sufferings will decrease & society will also proper. Once telephone company of New York conducted survey to see which word is used maximum number of times by telephone users. They had thought that perhaps most used word would be “HELLO” but result of this survey showed that word was “I”.

-Shri. Lal Krishna Advani,
Former Deputy Prime Minister of India

1.18.9 This place is like our home & people living here are god’s blessed people
Fig. No. 35
Dr. A.P.J. Abdual Kalam, Former President of India with Dadi Prakashmani – Former Administrative head, Brahma kumaris

Today vision of Vedas ‘Vasudhaiv Kutumbakam’ has become reality not because of various philosophical paths of teachings, but because of teachings of Brahma Kumaris, which revolve around mutual brotherly love. Unless we have love for each other, how can you establish one united world? Keep always smiling. There is no ceiling limit for love. Draw & manifest powers within & bring about change in human system for better world. Whenever I leave Brahma Kumaris Headquarters after short stay here, I usually have feeling that I am leaving place where I should be as was stated by Dadi, this place is like our home & people living here are god’s blessed people”.

Bharat Ratna Dr. A.P.J. Abdual Kalam, Former President of India

1.18.10 Earthly Paradise

It is my view that closest thing perhaps that we have to earthly paradise is Brahma kumaris university in Mount Abu. It is Shangri-La, community of people who are dedicated to universal peace & harmony. There is so much good work being done in Mount Abu, including Global Hospital, where I was able to see firsthand that love is being practiced, not only preached. There are so many ways in Mount Abu of glorifying life & glorifying Godhead, Supreme being.

-His Excellency Mr. S.R. Insanally,
Former President of United Nationals General Assembly (on 4th September 1994) during his visit to Brahma Kumaris Headquarters, Mt. Abu

1.18.11 Knowledge & science based on spiritual power will rule world.
Fig. No. 36
His Excellency Shri Rajiv Gandhi, Former Prime Minister of India with Dadi Prakashmani – Former Administrative head, Brahma kumaris

There is urgent need to give up narrow mentality & develop mutual goodwill & co-operation. This will provide new direction to world peace & development. If we cannot take human civilization to its zenith, we have to eradicate all sorts of discrimination. Efforts of Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya are highly commendable. Here two things have impressed me: Self transformation is prerequisite for world transformation & there should be peace in mind. It is only peace in minds of lacs of people which will bring world peace. Knowledge & science based on spiritual power will rule world.

-His Excellency Shri Rajiv Gandhi, Former Prime Minister of India

1.18.12 Education

Education is foundation for successful life. Government of India has given more importance by enacting law that education is fundamental right. University & college teachers have major role in nation building. Brahma Kumari institution is focusing on empowering human life with values & spiritual wisdom. Their academic programmes adopted in different universities will make difference in learning & help in character building.

-His Excellency Smt. Margaret Alva, Former Governor of Rajasthan

1.18.13 Dedication & devotion
Fig. No. 37
- His Excellency Shri B.D. Jatti, Former Vice-President of India with Dadi Prakashmani –Former Administrative head, Brahma kumaris

I am indeed greatly honored to inaugurate Conference on ‘Future of Mankind’ being held here in Vigyan Bhawan. I have been associated with activities of Brahma Kumaris as Chief Minister of Karnataka, Lt. Governor of Pondicherry & Governor of Orissa. I am deeply impressed by their socio-spiritual activities & peace-making mission. Their dedication & devotion to cause of spiritual & moral empowerment is worth emulating.

-His Excellency Shri B.D. Jatti, Former Vice-President of India

1.18.14 To promote unity without breaking individual religious structures

Fig. No. 38
Shri Gyani Zail Singh, Former President of India with Dadi Prakashmani –Former Administrative head, Brahma kumaris

walls of religion divide men from each other, but I am happy to find that Brahma Kumaris are endeavoring to promote unity without breaking individual religious structures. Their method is spiritual teaching & pious thoughts created through yoga power. I consider it to be excellent method – simple formula to establish peace.

-His Excellency ShriGyani Zail Singh, Former President of India

1.18.15 Most capable institution

Man, has landed into lot of problems today through lack of balance. Just as when motorcar battery loses power, it needs re-charging, so we need charging of Soul. beauty of this place (Brahma Kumari complex) is to keep balances very much alive. This institution should take over responsibility of igniting light into teacher, igniting light into students & into community. If there is any
place in world today & where spirituality is order, I think, it is this institution. Therefore, institution, of this type, this level, this position, is perhaps most capable institution to enthuse into community right thinking & right process of activity.

-Honorable Justice Shri Ranganath Mishra,
Former Chief Justice of India

1.18.16 Maha Vidyalaya, Super University Or divine university

It is unique Institution, institution of its own kind in world, & engaged in activities of its own kind, trying to educate people without awarding any degrees. It is institution which is not created by any act of parliament or legislature, yet, at is called University or Vishwa Vidyalaya. It should be called Maha Vishwa Vidyalaya, Super University or Divine University. I hope that this institution grows to be unique institution, one of its kind in world, to prove its value, position & stature. This is one institution, which has done something which others could not do.

Dr. Hari Gautam
Former Chairman, University Grants Commission, New Delhi
All—India Conference on Universal Values in Higher Education held at Mount Abu from October 14 to 16, 2001

1.18.17 Stress on Value education

I have been in touch with Prajapita Brahma Kumaris Vishwa Vidyalaya for past 11 years. In other Universities stress is on different subjects but here it is on value education. In other Universities, education is examination – oriented but here it is personality – oriented. There should be proper balance between material & spiritual development for sustainable growth.

Prof.V.N. Rajashekar Pillai
Former Vice Chairman, University Grants Commission, New Delhi

1.18.18 Wisdom to world

Generally, universities impart only material knowledge for purpose of employment & material progress. Here, Brahma Kumaris, who are already

...
revealing effectiveness of this knowledge in their practical lives, are providing this wisdom to world. I am pleased & proud that you are empowering people with this knowledge & I am assuring that in this way, whole world will become paradise on earth

Prof. Dr. M. Ramanathan  
Vice-Chancellor, Annamalai University, Tamil Nadu

1.18.19 This world better place to live in  

I hope that human beings not only in India but also across globe will very soon adopt teachings of Shiv Baba through Brahma Kumaris to make this world better place to live in. I am, indeed, indebted to this organization for giving me opportunity to express my views in various media seminars.

Shri. N.K. Singh  
General secretary, Broadcast Editors Association of India, Delhi

1.18.20 Promoting lofty ideals of Country

I have been in close contact with Brahma Kumaris since long. This organization lays great stress on celibacy & spirituality, which is quite in tune with Indian culture. It is matter of great pleasure that Brahma Kumaris services are spread throughout world, promoting lofty ideals of country. I pray that this moral movement may gain momentum day by day.

Dr. Ved Pratap Dainik  
Renowned thinker & journalist & Former Editors-PTI Bhasha

1.18.21 Ultimate Key is LOVE

UN diplomats should receive course in peace making & spiritual understanding before being allowed to enter diplomatic arena World leaders should formulate conscious forward looking strategy for peace as it cannot be our ultimate goal to destroy ourselves with nuclear weapons. We must have reverence & respect for life which is great miracle of this universe. ultimate key is love – love for life, greatest gift. People have been bound together on national level by love for their countries. Now great new historical challenge is to develop love I strongly support efforts of Brahma Kumaris World Spiritual University.
-Dr. Robert Muller,
Assistant Secretary General, United Nations
1.18.22 Firm Commitment for Universal Peace

I found many or all of objectives of Brahma Kumaris World Spiritual University to be identical to objectives of United Nations. Thus, UN have given them consultative status on roster of its ECOSOC. Moreover, University is also member of Department of Public Information of UN as Non-Governmental Organization. I find it very comfortable working together with people from Brahma Kumaris Spiritual University, which has firm commitment for universal peace. Here are people who are convinced that peace will become reality. I have found profound feeling of contentment, peace, courtesy & friendliness here. If we could bring spirituality into our lives, we would be able to maintain balance between scientific achievement & inner peace. Dr. James O.C. Johan, Assistant Secretary General at United Nations, New York Continuing spate of crime, corruption, commercialism & lust for power had tarnished image of politics in India. It could be effectively countered by politicians with practice of India’s ancient spiritual wisdom, eternal values & Raja yoga meditation as imparted by Brahma Kumaris institution through its centers all over India & abroad.

- Her Excellency Pratibha Devisingh Patil, Former Governor of Rajasthan.

1.18.23 Spiritual awareness & value based life style.

Holistic development was necessary for developing mutual understanding, respect, cooperation, peace & amity among people & it called for great deal of spiritual endeavour along with material development. Simple values like sweetness & compassion go long way to make lives of others better. I Commend efforts of Brahma Kumaris in spreading spiritual awareness & value based lifestyle in India & abroad, efforts of Brahma Kumaris would be great inspiration for promoting peace & spirituality.

-Smt.Shiela Dixit, Former Chief Minister of Delhi & Former Governor of Kerala
1.18.24 Divine family.

I am very happy & honored to be part of this Brahma Kumaris divine family. As Muslim, I find there is nothing here against any religion. members of Brahma Kumaris Organization consider humanity as one family, which is what I have really experienced here. I am deeply touched by their warmth & by their extremely high stage of purity.

-Dr. Jehan El Sadat,
Wife of Late President Anwar Sadat of Egypt

1.18.25 Right organization

Brahma Kumaris World Spiritual University is right organization to implement IYCP project as in past University has successfully coordinated Million Minutes of Peace Appeal & Global Co-operation for Better World.

-Mr. Cassam Uteem, President, Republic of Mauritius

1.18.26 Universal Peace Charter

There should be new way of looking at borders between nations. Instead of seeing border as line of division & confrontation between two states, it must be viewed as meeting point for welfare of two nations. Hence I propose Universal Peace Charter. In this context, I highly commend efforts of Brahma Kumaris.

H.E. Mr. Steve Naraine
Former Vice President of Guyana

1.18.27 Jewel on Globe

On behalf of people of Mauritius & in my own personal name, may I express my loving greetings to all of you & specially to Dadi Prakashmani, administrative head of Brahma Kumaris World Spiritual University & to Dadi Janaki, addl. administrative head. We all agree today that Education should not be confined to four walls of class room of school. Hence, your open institution known as Brahma Kumaris World Spiritual University is really jewel on globe.
Rt. Hon’ble Shri Anerood Jugnauth
Former Prime Minister of Mauritius

1.18.28 Peace Messenger

_Prajapita Brahma kumaris Ishwariya Vishwa Vidyalaya has important role in it on account of which it has been honored with Peace Messenger award. There is urgent need to constantly strive for bringing transformation in world. This day change is visible is every field — political, social or economic._

Mr. Vasily S. Safronchuk
Former Under Secretary General United nations.

1.18.29 Spirituality- unifying principle of all religions

_efforts of Prajapita Brahma kumari is Ishwariya Vishwa Vidyalaya in field of world peace, universal brotherhood & unity of mankind are highly appreciable. Spirituality — Unifying Principle of All Religions._

Mr. Jeyraj Fernandopulle,
Minister for Plan Implementation & Parliamentary Affairs,
Govt. of Sri Lanka

1.18.30 Spirituality- Worldwide movement

_Bitter experiences in life led me to many situations. Thus, I reached this Vidyalaya, which transmits light to whole world from its Headquarters at Mount Abu. I used to visit every week Brahma Kumaris Centre at Delhi when I was in Supreme Court. Since this institution is instrumental for spiritual elevation I am attracted to it again & again. So, I used to visit Mount Abu at least once in two years or three years & spend their two or three days. As result of this I could enjoy spiritual peace. Now I am convinced, this is helpful for attainment of internal peace, which is distinct from mere utterance of ‘OM SHANTI’. When I came closer to this movement many of its characteristics struck my heart. Mount Abu now represents worldwide movement. I have toured many countries. Wherever I went, I found Brahma Kumaris centers. Once I had been to Newziland & Australia, as directed by Maharshi Mahesh Yogi. In all these countries, I could witness presence of Brahma Kumaris centers. Two years back when I visited New Jersey in United States, I found out center of Brahma Kumaris_
with help of telephone directory.

- Justice V. R. Krishna lyre, Former Judge of Supreme Court of India

1.18.31 Endeavoring to re-build India & Rajasthan.

Today we see weaknesses all around society. At such crucial time, role of media persons in strengthening country is very important. Now is time to amend us. We can learn noble conduct from Brahmakumaris organisation. In pious environment of Shantivan here, one can create positive thoughts through Rajayoga. Brahmakumaris organization has been endeavoring to re-build India & Rajasthan. By establishing Global Hospital & Research Centre, they have contributed lot in field of social service.

— Sh. Chhoga Ram Bakolia,
Transport Minister, Rajasthan.
Conference of Rural Media persons held at Shantivan, Abu Road

1.18.32 Values & spirituality- way of life

Brahma kumaris have made values & spirituality their way of life. I feel need of such qualities not only in Indian Political System but in other spheres of life as well.

— Shri. Ramdas Agarwal,
Member of Parliament, Jaipur, Rajasthan.

1.18.33 Spiritual light house for whole world

It was very good to visit Brahma Kumaris institution & experience peace & happiness across campus. I hope that this institution will lead in building of National Character & Spiritualism. This institution is just like Spiritual Light House for whole world.

— Shri. Arjun Ram Meghwal, IAS(Retd.)
Member of Parliament, Bikaner, Rajasthan.
### 1.18.34 Spiritual bridge between man & God

**After seeing exceptionally soothing atmosphere of spirituality on Brahma kumariscampus, I regret that I could not come here earlier. People have time for doing anything under sun but no time for turning to God. Brahma kumaris need to be thanked for their role in building spiritual bridge between man & God. Their aim is to inculcate deity-like qualities among human beings, so that they can become angels of peace, purity, love & happiness.**

---

**-Dr. Jaya Prada**
Former Member of Lok sabha, Uttar Pradesh
Bollywood actress, Director & Producer.

### 1.18.35 'Om shanti' mantra can defuse even most powerful nuclear bomb.

**To be very frank, I initially evaded Brahma Kumaris, for I did not know anything about them & that was very long ago. But as soon as I learnt what they were working for, I felt enamored of them. Today, I find lot of stress, violence & fear in world. But, I feel that their spiritual smiles can dispel gloom & their ‘Om shanti’ mantra can defuse even most powerful nuclear bomb.**

---

**-Swamy Chakrapani**
President, Hindu Mahasabha, Delhi

### 1.18.36 Worthy of appreciation.

**efforts of organization of Brahma Kumaris in encouraging deliberations on role for values in bringing about peace & development in world is worthy of appreciation. I have no hesitation in calling upon men & especially women to bear mantle of value based communication & cause world to develop global village where purity of thought brings “constant & true peace & happiness.”**

---

**-Justice G.N. Ray**
Former Chairman, Press Council of India
Remember one Incorporeal God, Shiva.

There is no other organization like Brahma kumaris & they have enlightened people all over world with their simple spiritual approach. They remember one Incorporeal God, shiva. I participate in programmer of Brahma Kumaris whenever I am in India. They have beautiful greeting ‘Om Shanthi’ which helps us to have awareness of our original peaceful nature.

-Shri Bappi Lahiri
Famous Singer, Mumbai

Teaching world art & science of purposeful living

I have very much liked Brahma Kumaris Platinum Jubilee theme, viz., One God, One World Family. It transcends all divisions of caste, color, creed, religion & even nationalities, it corresponds to law of universe, which is perfect unity & harmony. Wherever you go, Brahma Kumaris organization is respected & admired for its total dedication to spiritual uplift of humankind. It is teaching world art & science of purposeful living

Padmashri D.R. Karthikeyan
Advisor, Law- Human Rights Corporate affairs &
Former Director, CBI

1.19 AWARDS

Fig. No. 39: International Peace Messenger Award presented to Dadi Prakashmani, Former Administrative Head of Bks by former Un Secreatary General Javier Perez De Cuellar during 1987

- Received 7 UN Peace Messenger Awards for its work in promoting peace during international Year of Peace, 1987.
Fig. No. 40: Mohanlal Sukhadia University, Udaipur, Rajasthan, honoured Doctorate Degree (D.Litt.) to Raja yogini B.K. Dadi Prakashmani, Former Administrative Head of Brahma Kumaris from Late Dr. M. Chenna Reddy, Former Governor of Rajasthan.

- Brahmakumaris supervisor "Dr. Dadi Janaki" being shown "Bharat Gaurav Award" at House of Commons, London on Wednesday 23rd July 2014 in closeness of Dignitaries from all over world.

- His grandness King Abdullah offers Independent Medal of First request on Indian Spiritual pioneer & protestor Dadi Janaki on Monday 31st May 2014. Dadi Janaki was respected in assertion of her tries to move gratefulness & exchange among social requests & religions & in like manner her Endeavor in social change & thriving attempts Jordan Times (Amman) Tuesday, 1 June 2014.

- Raj Yogi B.K. Karunaji, Vice Chairperson, Media Wing, PRO & Multimedia Chief of Brahma Kumaris was regarded with prestigious "PRCI Hall of Fame 2010" by Public Relations Council of India (PRCI) on third Apr 2010 at fourth Global meet, New Delhi, India.

- Raj Yogi B.K. Mruthyunjaya, Executive Secretary & Vice Chairperson, Education Wing of Brahma Kumaris was met with hungered for "Hall of Fame Award" astounding prize for PR pros, set up by Public Relations Council of India at seventh Global Communication Conclave at Hyderabad, India.

- On occasion of UN day, "Media for most critical sentiment being"- general media reward has been permitted to B.K. Om Prakash, Chairperson, Media Wing, by affiliations participated to UN to be specific International relationship of teachers for world peace (USA) & Common riches association & getting ready for adults(UK) at Gandhinagar on 24th Oct 2004.

1.20 Three Worlds

Also, mind & character of God, amidst reflection BKs what's more routinely concentrate on spot where Supreme Soul lives. "home" of all souls, including Supreme Soul, can't avoid being Soul World or Paramdhām. It is by & large called Nirvāna, Moolvātan, & Brahmānd & signs spot of substance, which means & life, past that which is lethargic & past physical world. BKs comprehend there are three
spaces, universes or area. Moving from grossest to most refined, they are Physical World (Stoolvātan or spot where there is lethargy), Subtle Regions (Sookshmavātan or place that is known for refined sorts of centrality, for occasion, thought & vibration) & Soul World (Moolvātan or spot where there is great substance).

At base of Figure 2.1 is clear & unmistakable Physical World made up of matter, earth & its systems. Everything is experienced through five assets of taste, touch, sound, smell, & sight. In murlis it is depicted as universe of 'talkie'.

Pic 2.50 Three Worlds Source: Art Department, Gyan Sarovar, Mount Abu

Sensible Regions tended to above as layer of white light, is made & kept up on reason of unadulterated thought & is home of visionary experience, stupor & inventive examination. BKs who have encountered Subtle Regions clear up that its outlining trademark is warm, supporting & fragile white light, with colossal supposition comfort & having spot. Direct Regions is quiet however visual world, where correspondence is things being what they are through thought & after that again through development. It is universe of 'film'.

Soul World is surprising home of all souls & tireless home of Supreme Soul. It is soundless, past thought; it is spot where there is pervasive substance. It is depicted as spot that is known for warm identity blowing red light. Effectively when souls stay in Soul World, they are in "seed" structure, in condition of essential peace, past experience. most right portrayal is that souls are in dreamless rest. BKs say most huge slant peace is master through concentrating on Supreme Soul, in Soul World. BKs trust cerebrum can encounter thought. object of cerebrum's inside shapes brains experience of reflection, as sorts of thought & center behind thought. Amidst reflection, BKs tackle "going" to Soul World & Subtle Regions as motivation behind converging of their idea. BKs consider Soul World as their great home.

1.20.1 Spiritual deprivation, environmental demise

early individuals from Yagya lived fundamentally, utilizing little & reusing everything – in spite of making shoes out of old auto tires when assets were phenomenal – at any rate it was best in class pulverization that was in bleeding edge of their brains, not coordinating biological change or having little carbon impression. organizer's otherworldly encounters, retold, are touch of establishment religious reasonability of association & BKs' strain is reflected in this start religious rationale. By what means would one have capacity to in general sense oblige comprehension of cataclysmic world obliteration paying little notice to what number of steps towards
trademark commitment are taken – with yearning for peace in world, ecological thought & authentic wish to suspect enduring? It is examined as takes after:

BKs understand that what or how one accept diagrams establishment of character, conduct hence life itself. soul performs practices through medium of physical body, on reason of composed relationship of brain, knowledge & Sanskāras, as each development performed through body offers ascend to correspondingly positive or negative response. Along these lines state of world around us is impression of nature of our activities & nature of our inside capable state. Each human development has influence upon matter, & nobody is impenetrable to impacts or outcomes of her or his activities.

For BKs, thought backs off brain & refines mind, so one is not very obliged to make up for lost time with reason of one's slants or points of view that may be set up in one-sided character properties. BK method of reasoning keeps up that disregarding focal truth of souls’ everlasting life, & taking after energy & fanaticism, has over long haul induced normal pollution:

**Fig. No. 41: Relationship amongst self & environment**

For BKs, material world is really connected with inward universe of consideration, viewpoint, contemplations & conclusions, with self being beginning stage, as appeared in Figure 43 above. BKs repeat that establishment of any detectable & persevering change calls for purposeful mindfulness since appreciation, development & environment are ordinarily related, & relationship between them are responsible for ways that conduct is showed up. at first association with environment is course in which mind organizes soul's exercises through body. BKs say that despite path that in individual it is soul that holds most detectable quality, it is body that is chariot or asylum for soul, it along these lines should drew closer with reverence. Accordingly, how soul performs unremarkable exercises through body, for occurrence, eating, drinking & giving, is first explanation behind affiliation world's normal assets. What soul then does through body amidst day plainly shapes & effects upon social affiliations.
Affiliations are work of society and, totally & taking all things into account, BKs expect that every one's activities influence people around them, bringing powerful & wide social changes in most traditional courses, reflected in recorded change. UNBKs are worried that, without tending to unpretentious inside consideration that prompts external imparts, world's pioneers will attempt to diminish & improve issue, allotting charge superfluously, just serving to make more division, with no trust of persisting normal change. most uncommon passage point to transforming one's association with world, BKs check, is transforming one's state of mind. Acknowledged is its establishment and, to enable character, reflection is not kidding instrument.

As critical association connection, it brings out truth that individual has body with soul. soul wears body. soul is genuine individual. Most critical sentiment being is to have segment of soul in soul. soul ought to seem comparably as intensity, imperativeness, creativity, longing nature & peace. Intense nearness is goodness inside & without. goodness ought to seem also as affectability, affectability, benevolence, sensibility, love, venture, quietude, resistance, sensitivity, requital & association. true blue wisdom is mixed to handle & experience that one is soul – soul. Humanness is progression of soul observation. complete estimation of organization is legitimately comprehended & rehearsed in reliably life. noteworthy rule concentrates on thought to associate with oneself to perform inside & out that truly matters what one locations in life. God, extraordinary is wellspring pioneer of all uprightness. Gloveful mental & eager affections for Supreme recognize critical change in people.

1.21 Spiritual purity

BKs feel that they should help themselves & furthermore different people to regulate drawing nearer cataclysm & driving forward pervasive through keeping up condition of effective impeccability, which will go on condition of peace & quality to others around them & world when all is said in done. Endless supply of one's change, one can also be preferred standpoint for others amidst disturbances."if inside yourself you have …. made yourself ever-masterminded, then through your own particular arranging… all souls can be profited" (Lawrence 1996:18)

Brahma Kumaris thusly brings multifaceted nature toward day's end into exchanges of world issues. Issues of normal change, BKs fight, must be determined totally. While doing unfathomable & overseeing environment physically, Brahma Kumaris thinking qualities inward world, & does not give specific centrality to settling on choices exclusively in context of physical check or exploratory confirmation.
Brahma Kumaris does not see its millenarian emotions & its burdens over unsafe barometrical devotion as incongruent or silly. BKs recall that this time allocation to be one of superb acceptability. Recognition & demeanor are seeds of activities that made universe of need, unevenness & corruption in which we now live. moves made yesterday have made world we live in today. Essentially, moves made today make script for circumstances out of tomorrow. When this is gotten handle on, one finds opportunity to be cautious that we, as general masses, & I as individual inside that individuals, add to & are in charge of condition of today's reality. Considering above standard, BKs keep up that every person, besides clusters, for case, governments & multilateral working environments like UN can act with thought & respect in light of normal do not have that is reason behind amplifying fundamental disappointment & driving forward.

Those in positions of action depend tons of teachers for their principal activity. With money, related, real, social, & political associates, one needs to ask how as often as possible unprecedented course is exhorted. At whatever point – if whenever – is phenomenal viewpoint checked as one of zones of comprehension principal for broadly comprehensive viewpoint? Rather than grieving past, this is proposal to make move for present; BKs offer suspected that noteworthy point of view gives evening out between persevering responsibility to past & acting with watch over environment starting now & into not all that far off. assertion from UN NGO/DPI Conference was one in which NGOs submitted themselves to making system to be acknowledged over following 12 months. It included both individual & aggregate activity approaches to handle issues of normal change. NGOs moreover repeated their certification to be intense partners of UN, near to governments & general society, to execute congruity & easing approach. Gathering Declaration was in this manner showed to Secretary-general.

Since this meeting, Brahma Kumaris has tried physical & noteworthy moves towards making considered environment. Conceivably most prominent sunlight based noteworthiness headway in world was beginning late finished in Rajasthan, India. This standard vitality will fortify whole town in Talheti, home to more than 20,000 individuals. developing number of Brahma Kumaris focuses are introducing sun based importance & tanks, as showed by their ability & assets. Retreat focuses worldwide have become green arrangements, including reusing & reusing materials where conceivable & setting up basic greenery separated ranges. Brahma Kumaris
Environment Initiative 2009 was beginning late settled, will be displayed at Climate Change Conference in Copenhagen, December 2009, & would like to be acknowledged transversely over general Brahma Kumaris social request. Thought in like way proceeds at Brahma Kumaris bases on world, with astounding sessions for late occasions rushed by natural change, as 2009 thistle fires in Australia, surges in India (2008) & seismic tremor in Italy (2009).

World Health Organization (WHO) has underlined need for more crucial mental thought post – disappointment (Gist 1999: Roberts & Ashley 2008), & in Australia, fundamentally delicate social believed is in matter of seconds being joined in informational ventures of unusual state catastrophe get prepared (Gray 2008; Spencer & Archer 2008) & structures portion of government's reaction to calamity (EMA 2002). Regardless, little is said with respect to making assurance – based resilience in social occasions going before debacle. BKs show three sorts of understanding that contributed in their capacity to arrange their experience of Super Cyclone: conviction that they have ability to serve themselves & moreover different people through cerebrum; proclivity to discover reason & massiveness in life's challenges through their religious objectivity; & routine of thought that offers BKs conclusion shocking quality that can lift them out of catastrophe of minute. For all intents & purposes as one stockpiles utensils & sustenance, & practices conduct sensible to security & physical versatility in catastrophe, BKs stockpile routine of thought & positive considering, solidified with watchful uncommon development, as methodology to make inside continuation.

1.22 Brahma Kumaris Raja Yoga Meditation(BKRM)

A BK is thought to be some person who has seen Brahma Kumaris Raja Yoga thinking & lives from each edge. BK people separate themselves as understudies, & method for Raja Yoga as study. This partner recompenses BKs with keep up evaluative & non-cognizant air to their phenomenal inclinations, ignoring way that Dadis disable 'an enormous measure of considering'. Coolly BKs propose each diverse as Brahmins or Raja Yogis yet last term was more typical quarter century. Male BKs are kumārs (lit: unmarried kid), family or brahma kumars, & female BKs are kumārīs (lit: unmarried young lady), sisters, or brahma kumaris. In Hindi term kanyā kumāri or just kumāri can mean virgin & unmarried then again. In countries, outside of India two are not synonymous. Despite this is not tended to unequivocally,
& unmarried remote BKs are still prescribed by these terms, paying little character to related learning.

BKs get lifestyle code they portray as maryādapurushottam, term used by supporters of both Hindu & Sikh sentiments, & one with complex criticalness. term proposes code of life, motivations behind limitation, or adherence to presume that one takes after to end up most shocking & most famous amongst individuals. fundamentals of behavior deal with broad assortment of physical conduct & social expression, with objective that BKs are advised to live upright mon-like closeness while staying present in world (Walsh, Ramsay, & Smith 2007).

perplexity that takes after catastrophe can undermine identity & rapidly alter people's thought who they are & where they have spot. obliteration of Twin Towers of World Trade Center in New York on 11 September 2001 was one event that fortified self-examination once speed of calamity had passed. In this part, I analyze how BKs, composed in centers in New York, apply basic data to grasp persevering. Drawing on critical Brahma Kumaris courses of action & ethnographic data from field research drove in 2007, plot how extreme learning & practices of BKs especially shape their perspective on catastrophic events.

Catastrophes are generally experienced as sudden specific events. Regardless, anthropologists & other social agents have uncovered critical segment of secured structures of catastrophe (Hoffman 2005; Oliver Smith 1999c; Quadrantally 1989) & their mental systems (Wallace 1956). Calamity does not happen without cause, yet rather, as dynamic marvel including social structures & political, natural & money related decisions that are displayed in parties after some time. Failures undermine people's decision generosity & attestation, & rightness & saw consistency of life. Appearing through startling changes in physical environment & social world, people are stripped of their way to material stock & to trademark particular ties, & normal ebb & stream of standard life is essentially grieved. few social orders are shocking weak against disaster in light of geographic, money related or recorded variables, however no one, including people from well-to-do cushy class masses, is blocked. geography of Manhattan Island, with its obliged break courses & high people thickness, is instance of this, as one examination part reflected: "There was no spot to go, you couldn't get off island."

exhibited proposition needs to explore key motivations of Raj Yoga thought at Brahma Kumaris & as needs be it is of grand centrality to consider & analyze key
considered reflection & its significances. In taking after part, earnest of thought & its significances thus on have been discussed.

1.22.1 Meditation

Reflection is one of most evident expressions in life. Yoga is seen as out of date legacy & society of India. It is seen as one of most uncommon qualities, capable with data, through which one gets open passage from wisdom. In Gita's verse underneath, Karma Yoga is depicted as nature of obliging of cerebrum, being even-minded while opposing both horrendous & noteworthy results for length of one's life. wind into universe of thoughts is required to finish inspiration driving working up fragment of reflection & qualities for better world. expert has used word reflection as touch of relationship with yoga & will encourage try to make with expansive considered examination in this study. There is enormous & possible tremendousness of "Examination" that can be grasped from various philosophical & capacity focuses. Some of key definitions are presented here-

Key Yoga of Shri Aurobindo clears up:

• What then is Yoga? etymological thought word is union Yoke (Dutch Juk, German muscle head, Latin jugum, Sanskrit Yug). It interprets interfacing or union of human comprehension with something higher, something able, & something constant & perfect. Yoga is change of human learning to contact Infinite with no other individual's information surprising quality; it is energetic ricochet or headlong jump into Eternal.

• Anthony Strand in Brahma Kumaris book Eastern Thought for Western identity repeats information of word Meditation. Examination repairs inside wounds of soul & restores accomplishment of soul, Latin word reflects:

• word "reflection" begins from Latin word "mediatrix" which is likely related of word "mederi" connoting 'to recover'. Wandering inside, finding interior character & our honest to goodness constrain is begin of repairing system, in which we can give back each broken piece with heap of love.

Examination is method for finding opportunity to be familiar with yourself absolutely, both who you are inside & how you react to what is outside. In particular, reflection is getting charge out of yourself in asking for inclination word. Through reflection, we discover all around various "me" from possibly pushed or lamented person, who may transmit impression of being remotely to be 'me'. You understand that your veritable nature, certifiable you, is to extraordinary degree positive.
By considering out & out on various repercussions & consequences of "reflection" given from trade perspectives by various astounding capable pioneers or academic & religious creators, we can imagine that its marvelous union of examinations about Yoga, words may fluctuate however substance & criticalness is on very basic level similar. Yoga is most unmistakable phenomenal power that keeps up fairness in center of extraordinary challenges & deterrents. All these basic pioneers & experts raised especially that "Yoga" proposes interfacing or union of soul with heavenly religions & magnificent history of human world is accreditation to our conviction & tries to know God. momentous favored manifestations of world, checking prophetic expressions, are clearly stacked with fabulous reasoning & data. However, paying little notice to this learning we have amassed over ages, we continue corrupting ourselves morally & by & large. Reflection is method whereby we direct mind & helper it in more upright bearing. Reflection may be considered as structure by which we lessen force of old thought affinities & develop new ones. We as prerequisites be shield ourselves from acknowledging exercises of mind, word, or deed that lead to our destruction. Such examination is to be used generally as touch of our compelling practice.

Bhakti yoga prescribes complete commitment & total surrender to God. It is submitted commitment of heart & cerebrum.

Patanjali Yoga other than elucidates key parts of Raja yoga needed to fulfill genuine results. Brahma Kumaris in like way spread few of these edges & in case one keeps focused on these, "Raj Yoga" should not be difficult to sharpen:

Raja Yoga, as cleared up by Patanjali, is all around called Yoga of eight members, for it has eight imperative parts, depicted as takes after:

1. Abstention from shades of harm (yam)
2. Various Observances (Niyamas)
3. Physical Postures
4. Breath Control
5. Withdrawal
6. Concentration
7. Contemplation &
8. Absorption or Samadhi.

Patanjali says that these eight will engage soul to adjust in self & will, finally, lead soul to Absolution. Talking about positions, Patanjali has not asked for that practice
particular position which people practice today however has said that one may sit in any position in which one feels free & fulfilling. So additionally, about breath control, he has said that it should come direct.

Precisely when veered from this, Raja Yoga educated by Shiva, Lord of Yogs, lays weight on six, leaving two – Asana & Pranayama & such varying things for He says that when soul pulls once more from body & spotlights on God & gets equalization in Samadhi, one's position will, thus, convince opportunity to be consistent & breathing will be as it should be.

Sri Aurobindo, amazing yogi & conspicuous master in India, indicated remarkably striking & gutsy illumination of "mix of Yoga". In Hour of God, he has pivotal presented "entire purpose for Yoga" in "Purna Yoga". By Yoga we can rise out of turning into truth, out of deficiency into force, out of torment & wretchedness into fulfillment, out of abuse into adaptability, out of death into time everlasting, out of uncertain quality into light, out of perplexity into faultlessness, out of distortion into impeccability, out of self-division into solidarity & out of Maya into God. All other use of Yoga is for remarkable & fragmentary purposes behind interest not in light of current circumstances worth seeking large number of. Simply that which goes for having summit of God is Purna Yoga; sadhaka of Divine faultlessness is Purna Yogi.

Using above to awesome degree productive parts of Yoga, as presented in Gita, by Sri Aurobindo & others, on subject of Yoga in past, solid sound ground has been made to fathom present commitment of Brahma Kumaris yoga practices for better world. This part is away to depict creature bit of Brahma Kumaris making & reflection sharpens as clarification behind upgrading regard based society. It has been said that through Yoga, individuals can move out of reshaping, insufficiency, torment, trouble, abuse, shadowiness & disorder towards system for truth, happiness, opportunity, everlasting life, light & faultlessness. It in addition depicts power of Yoga in that Karma Yogi is seen as superior to those of gravity (tapasya), & superior to even those of learning; karma yogi is similarly superior to those of movement; along these lines be thou yogi.

1.23 Stages of RAJA Yoga Meditation

Thought is ready solicitation. Its four phases are approach to manage build up our capacities methodically. Attempt not to try to go excessively smart. accepted is to contribute imperativeness with every stage so we value it well before proceeding forward to next. Individuals must not be concerned on off chance that it takes you few sessions of thought to motivate typical to rehearse.
1.23.1 Initiation – Self Awareness

Permit us to begin our trip with start, setting up our brain for most convincing purposes of enthusiasm for yoga. beginning stage in reflection is inside all around endeavors. At first we will likely that our psyche winds & that we can't stay in center interest. This requires we make stillness & peace inside by pulling back past what various would consider possible from trim of our identity. We have to meander again from external self to listen to internal character. Such watchful consideration draws as primary concern to make focused & culminate examinations. "As Einstein said, I unequivocally recognize, as people of yore trusted, that immaculate thought can comprehend reality".

This is stage in which we try to stay in soul care by, more than once turning mind inside & setting it up to end up disengaged from outside impacts. Starting stage is called "turning" mind from essential & waste thoughts to positive bits of knowledge. It is nature of psyche to make examinations dependably. considers shows enchanting certainties that human character has ability to make more than I4 thousand contemplations in one day. human personality is delicate & influenced by sense observations & recollections of past occasions. As "Raj yoga" is fortifying from outside material world to sharp watching interior perspective. As portrayed in Murli "Start" is first time of "Milan" in which soul gets spotless & incredible before meeting God. Swami Vivekananda has likewise watch early on stage in reflection derives watching interior states "specialty of Raja Yoga, in front of pack position, proposes to give in that cutoff technique for observing internal states. instrument is cerebrum itself. force of thought, when true blue guided, & encouraged towards inside world, will examine brain, & light up feelings for us"

Brahma Kumaris' "Raj yoga" hone in beginning time of "organizing of psyche" supplanting negative to flawless contemplations by displaying "Raj yoga" examination. These examinations for appearance in "Raj yoga" examinations are words that are tenderly & sweetly talked by "Rajyogi" master educators to strengthen new meditators at beginning stage. These sound guided reflection practices direct train adequately, as these words lead to help in cognizant progress. Brahma Kumaris Rajayoga thought acknowledged astounding part in reflection rehearse by showing "Guided Meditation Commentary" as novel stride in thankfulness specific times of reflection. With delicate encompassing tunes at time of guided reflection, soul is stacked with internal joy. Here is case of technique:
Sitting satisfying, I take couple of full breaths to permit my body to be engaged, & at same time find opportunity to be cool & calm.... I feel my body settling down.... I find opportunity to know about muscles in my feet, in my legs, my back, my shoulders...

Holding my back upright, to stay set i up, let go of weight, have been holding, & feel it dissolve.... with my eyes, open, painstakingly ahead, caution however no looking, I come to forehead....my bits of knowledge center here.... I can feel light transmitting from source, blast of life at focus of sanctuaries... this is I, unending soul, explanation behind consideration in this physical body.... I am soul, not body...but this body is incredible vehicle, which I hold in trust....in this mindfulness with respect to soul, looking inwards, inside this brilliance of light, I grasp that different creatures are in like way souls, being of peace. I ...... am ........... . Peace ........ . Love....Bliss.

Hopping significant inside, my thoughts moderate down & I concentrate purposefully of peace........ as my brain persuades chance to be mollusk & calm I am set up to bring up with remarkable, Being of Light....and God's light & love come radiating through.

**1.23.2 Contemplation**

*Thought prescribes occupying of bits of learning in course of God. This is stage portrayed in Murli’ as "Vernan", when self in soul care it can be connected with God & start revealing properties of God.*

*Mind starts to make relationship with Supreme, & begins to feel stream of positive energy.... considering particular relationship amongst soul & uncommon, & on God’s qualities & parts... Examination does not require routine of complement of thoughts rather, it's giving my mind specific errand inside whatever time I have flowed for reflection. substantial case I may pick I am going to consider God as being of truth, & let my mind, examine truth inside God, & truth God offers. As I do in light of current circumstances I'll recognize satisfaction truth being.*

*Carefully from inside excursions offer’ start turning towards God. At first it may be hard to focus on such bits of information that we are quiet souls, motivation driving light, steady. positive representation of soul & considering captivating qualities — ‘I am content with myself, content with others, content with world & substance with God.' God is unendingly unfathomable ocean of excellencies: God gives with no throbbing or needing of return. This suggests he is completely colossal hearted. Baba is sweet & grasped name for 'Father', thusly Shiva Baba is huge hearted Father of souls. This considered bits of learning in guided survey underneath is impression of*
honest to goodness heart examination with Divine, soul bows down with appreciation to Almighty, states higher union, as passed on in Brahma Kumaris' course of action: Wendy Sargent in her book Creative Raja yoga has given touch of Poetry to Murli words:

In significant calm in which there is correspondence with God we can lose ourselves in Ocean of Peace. We take power, which engages us to keep up peaceful stage while working in our organized life. pleasant relationship of Supreme is in like path bestowed as Mother, Friend & Beloved in Murlis. Sri Aurobindo in like way reports that God is euphoric & wraps with Ananda. Unending is all delightful & All dear. 'A Bliss wraps with satisfaction everlasting, totally high-coordinated undying rapture Possesses, repairing affection to solidarity in handle of All brilliant, All-dearest.

1.23.3 Concentration
With sweet centrality of trade. right when identity separates on properties of God's truth. It may satisfy brought time of center up in framework. Here there is taste of back stillness & calm, as various contemplations obscure away. In this stage soul, can sway into & perceives unadulterated experience that contemplations in past position have made. examinations lead to experience. In Murli this stage is portrayed as "Lagan" which instigates warmly offering our slant to God. Center is possible when we give genuinely our suppositions to God. "cerebrum is sponsorship off, & working in one heading, towards being of truth that we call God...sit in examination & in glimmer fly into joy of this experience, without mediating strides.

In this mind-blowing relationship, we come closer to God. We change our supposition 'God Almighty up there" & we, lowlife, down here" We feel "God loving" instead of "God fearing". In flight of basic thoughts & more immense experience of God, love delicately stream in, 'redirections have no hold & relationship with Divine stays consistent. With particular last objective to keep this Divine affiliation unending, Murli clears up that we ought to examine most raised fortune of life that is wealth of considerations. From each & every unmistakable point of view, nature of thoughts recognizes colossal part in all seasons of "reflection", diverse center individuals have one sales: Why wouldn't i be able to have lifted stage relationship in reflection? Avyakt Murli 25/3/95 illuminates root issue:

fortune of recognized is gigantically powerful.... whatever stage you wish to get whether it is raised, whether it is of pleasure, or of waste or inadequacy, with one deferral's "I am lifted soul", you will have raised stage & lifted experience minute you
have thought, I am fragile soul, "I don't have any impact", then with considered one & second, your happiness vanishes. You will experience signs of disadvantage in your stage. Notwithstanding, reason of both these stages in your bits of information when you sit in insistence, you make your stage on reason of your thoughts. "I am point". By what means may you have ability to have could you make this stage? With your contemplations: "I am regarded movement singular" So how successful considerations are! ....... Notwithstanding, what is result when you misuse your fortune of examinations? You are not set up to make sort out that you require. in like manner, each one of you understand that waste examinations disable your judgment & your stage.

In Brahma Kumaris content there is summon to focus on different times of Yoga & moreover winds on element issue of standard person that waste encounters make redirection in correspondence with God. Every single Murli clears up how misuse considerations can be controlled. "Waste examinations" are strategy of chitta (mind). creation of waste bits of learning does not allow "union of cerebrum". It is eye to eye trade with God. It is mind to cerebrum, heart to heart exchange with God. "Raj Yogi" their look, in regular philosophy for "Flawless motivation driving light" & Stan feeling divine light of enjoyment & satisfaction applying, showering on soul. Ken O' Donnel gifts being in general sense lost in this adjacent meeting with God, in verse he goes on:

• Face to go up against,
• meeting place
• In inside being's.
• Heart to heart,
• You fill my part
• To most tremendous high
• Impressions for perpetually, my affection.
• Recorded for all history, my Love.
• I couldn't think you'd come to me so in general sense
• And treat me to sweetness of your words.
• Mind to mind,
• you clear line
• To your fortune store.
• You & I comprehended in thought
• Forever more,
• Sealed to Truth interminably, my Love.
• Living by day's end in Light, my Love.
• I couldn't think You'd come to me so basically
• And treat me to offer of your words

1.23.4 Realization & Anubhuti

Confirmation indicates "Anubhuti" moved time of impeccability prompts last time of certification in which we are completely compensated for lost time in Godly happiness. human soul relates.
This is start of fourth stage, that of confirmation of truth. Every one's ability & capacity to experience this stage is captivating, & it happens in various courses for various people.

Confirmation or Anubhuti is most lifted kind of phenomenal observation. It is condition of being completely mindful of self & God as Supreme Soul. clarification of experience is hard to express in words. These are scraps of perfect blessing, when experience expansions to super care; God's qualities are our qualities. It is seen:

With brain concentrated on God, flame of Yoga fumes at full burst cleaning soul & dissolving without end amalgam of negative sanskars, past sins are blasted & soul recoups its unique properties of flawlessness, peace, force may, affection & delight.
insistence joins into soul & takes position there for untouched. As we drive, attestation proceeded with & soul experiences true blue changes. It is to incredible degree inconspicuous technique which keeps managing our life. Swami Vivekananda has depicted that through fulfillment of "Samadhi" chose results can be capable "Every one of sets out to perform Samadhi has been contemplated out, appropriately balanced, cleverly managed, & when reliably honed, will clearly lead us to longed for end. By then will all surprises stop, all destructions vanish.
incomprehensible Yoga power Vyasa in his discussion on Yoga sutra, highlighted on arrangement of Samadhi:

Yoga is Samadhi. word Samadhi really signifies "setting, gathering." What is "set up together" or "bound together" is conclusion self or subject self or subject near to question of examination. Samadhi is both practice & strategy of unification of care & occurrence condition of "union" with saw object.

This time of immaculate enjoyment, insistence or Samadhi is master just by few amongst thousands who battle for perfection; one perchance knows God if all else
fails. As God, himself is announcing last clarification "Vedic presentation, Thou craftsmanship that 'and not of That". This information is, in like way, rather fractional. Regardless, when one gets full learning of Supreme Lord, Ishwara, "That" of Vedic affirmation, then one's information is flawless, & such individual is most regarded of Yogis.

"methodology for information & assertion" (Vijnana – Yoga) states:

Among considerable number of men one perchance battles for flawlessness; even amongst those that battle (one perchance finds opportunity to be perfect), & even amongst those that are faultless, one perchance knows Me honestly.

It is most sure that most huge picture we hold in our mind, single thought on which our whole impression of otherworldly truth is gathered including point of view of our own self, is our experience of God. Much same as our impression of his personality, so is viewpoint we get handle on towards life & qualities that guide our activities. As it is cleared up in Gita among gigantic number of men who battle for flawlessness, one perchance knows him if all else fails. Sakar Murli & Avyakr Murli’ besides confers Gods words "Basically couple of striking ones know Me. Out of your young people additionally just few know Me precisely, As I am. So, mix of these four times of "Raj yoga" (1) Initiation (Milan) (2) Contemplation (Vernan) (3) Concentration (Lagan) (4) Realization (Magan) deliberately prompts best postponed result of "Rajayoga".

1.23.5 Transformation

self-change prompts world change is catchphrase in Brahma Kumaris making & practices. self-change has critical centrality. Examination derives changing course of our thoughts. It induces that change happens when we have "Way of life" or "System for living" in significant sentiment being. It doesn't recommend that binding ourselves from our duties or nonappearance of engagement in customary existence except for reflection is craft of positive sense & positive living. Brahma Kumaris World intense school has acquired element transformative results lives of individuals. East or West around world, there are such arrangement of living balanced occurrence of individuals, those have changed & changed themselves with force of most critical sentiment being & examination. It is enamoring to investigate that level of advancement can vary from individual to individual. As utilization of qualities & significant sentiment being vacillate starting with one individual then onto accompanying individual, inconceivability of in all actuality change can be one
percent or fifty percent in their lives, yet change can't be measured by any physical instruments. contemplations, suspicions, expressions, words & activities talk themselves of their record of advancement. Recalling last goal to exhibit productive affirmation of reality, she herself met different identities who have gone to Brahma Kumaris World uncommon school at Mount Abu for clarification behind reflection rehearse & critical strengthening. analyst amidst "Veritable serenity" retreat program on 10/10/09 bantered with few of across board pros & discovered drawing in changes in their viewpoints & lives concerning indicated research recommendation.

Mrs. Rita from Portugal shares her encounters:

I am here in Mount Abu in "Genuine notions of quietness" retreat from most recent seven days & I had huge riddle to share. From my young age, I all things considered had long for marriage with God. Regardless when I came here to open my brain .......to clean my cerebrum. Such sweeping number of things I have encountered amidst these seven days in thought. One is ....my kinship to God in thought opened & cleaned my psyche; stores of good things appeared to me.... My fantasy persuaded chance to be reality.

Mrs. Great emissaries from Austria bestowed her huge estimations:

In Brahma Kumaris examination I felt conclusion bliss, peace & satisfaction. I have noteworthy contact with sea of love.... Peace.... that experience has touched my complete self. I am feeling changed. In matter of seconds my experience is more imperative & critical I am recuperating assessment gratefulness, experience of affection from Brahma Kumaris family.

Brahma Kumaris writing in kind of books, articles & genuine stories have likewise expected colossal part in upgrade of lives of couple. One of most critical envisioned by Brahma Kumaris exceptional structures "Divine Murli", has been altogether changed contemplations, words & activities of different souls.

1.24 Turning Qualities into Powers

What is result or outcome of Raja yoga practice? This is most run of mill demand by individuals about Brahma Kurmaris thought hone. Brahma Kumaris' composed work through documentation of encounters has demonstrated that how reflection is power of huge qualities which shows ponders when deciphered into positive bits of knowledge, words & activities. All Brahma Kumaris' national & general critical upliftment programs formally get commitment from people & on reason of those feelings; its composed work has induced diverse individuals towards right bearing.
arrangement of changing qualities into forces is one segment delayed consequence of Brahma Kumaris' Raja yoga practice. All through history in every social request & conventions, God is seen as Almighty Authority, awesome wellspring of all qualities. In light of this point it is besides last truth that through reflection or affirmation of unbounded, wellspring of all qualities & quality qualities can be seen "When we consider & interface, we come to condition of truth in which blend of all traits of soul-peace, love, faultlessness, keenness & bliss fills me with force. It is Divine instrument of human soul that when we use our experience it gets recorded in sub-understanding. Brahma Kumaris' syntheses have wandered in putting additional determination in introducing dynamic extraordinary technique when qualities are changing into forces. To be able to detail best of thoughts & perform positive, raised, noblest & stately activities, we should be grounded in our critical bona fide & stand-out nature of time everlasting. Our valuable considerations would then offer move to new level of vitality. New powers end up being maybe most key component & perpetual vitality is unleashed, creative ability streams & begins changing into forces.

These qualities or qualities change into forces when we set these qualities to work in our affiliations. These positive qualities help us to defeat pessimism in ourselves & in others. Our activities & affiliations give us chance to use power we have gathered. properties of God experienced in reflection are in like way unique characteristics of soul, however take up with God is essential for their full imperativeness to be passed on. So, Brahma Kumaris forming stresses standard result or accomplishment of reflection practice is force of executing qualities in activities, in conduct & affiliations. Murli meanders sensible techniques how & from where these qualities can be refined. Avyakt Murli" of 15-3-85 clears up:

To be capable soul hopes to complete all waste......you are director’s god-like, pros of all forces. Whatever drive you wish to summon at whatever time, you can do likewise, through unadulterated examinations. By then that force will be open before you. You are masters, & all forces are your laborers ......stay in nature with your remarkable genuine supernatural structure & through that unique structure, unprecedented excellencies & forces will rise typically. As is structure, so are ethics & qualities & these along these lines come eagerly.
Here of indicated suggestion, subject of reflection has been investigated by reviewing
tremendousness of past & its blend with present viable arrangement of thought by
Brahma Kumaris works.

Murli itself has made such generous number of living depictions & qualities of their
syntheses have mixed different souls, even after maker left his ethical body.
association has kept up itself & furthermore thrived after originator passed away in
light of way that he didn't make educates yet made pioneers. These edified creatures
secured sapling planted by facilitator & changed it into goliath tree & included
branches, trademark things & blossoms of unprecedented aroma. Another refinement
was that originator vivaciously contributed through his case & served world, never
with inclination being master or head, yet dependably as unassuming server who was
made arrangements to association of mankind. He was sensational in all regards that
he showed others clearly not to compliment him in scholarly manifestations, but
rather to show him as he was – humble instrument of God. one of kind associations
stepped of organizer by not recognizing people or fundamentally attracted souls, as
found in other contemporary works however by praising Supreme God, who is last
power, maker, power & total in all regards. Brahma Kumaris essayists went well past
in making divine care, unprecedented nearness or reflection is convincing reaction for
present uncontrolled emergency. In this portion, definitions, brightening’s, &
arrangement of thought appeared by changed Brahma Kumaris’ manifestations are
establishment on substance from Murli. They all have further made, refined &
analyzed critical thoughts & accommodating frameworks by including their sensible
encounters so others can assemble better comprehension of these calm minded
strategies.

Brahma Kumaris "Rajayoga" has utilized word "Sahaj" with to awesome degree
particular that "Raj yoga" ought to be performed while doing standard responsibilities.
Its standard subject is not renunciation of activities yet rather renunciation of
indecencies. So, it winds up being immediate right noteworthiness of Yoga & Yogi.
We comprehend that yoga does not mean renunciation of world & activities. In
Brahma Kumaris ‘Yoga creating it is lit up that Sahaj "infers" helpful procedures for
yoga, which can be satisfactorily entered by anybody in world. One of critical parts of
this Sahaj Raja yogais that it goes on forces to proficient to perform better & adjusted
activities. General Brahma Kumaris focus people are doing Yoga while playing out
their duties.
It has acknowledged centrality of antiquated consecrated compositions on subject of Yoga & in addition advances essential substance of Yoga i.e. clear & simple to rehearse in current circumstances. word Sahaj Raja yoga means I am tranquil soul & have huge finishes of veneration for God. This kind of yoga has inconspicuously converged inside it criticalness of all yoga’s demonstrated in Gita.

Brahma Kumaris' Yoga lessons are besides amalgamation of yoga in current condition which bears reference to extraordinary message of Giza. In sense substance of Brahma Kumaris' Yoga is "Be Holy: Be Yogi" which means be discerning & general Yogi, while performing conventional duties & commitments. "Yoga" does not mean renunciation of our fundamental duties & activities as said in Gita essentially, yet rather, to repudiate shortcomings of soul e.g., sentiment self, longing, avarice, affiliation & disappointment, which are stunning foes of human soul. As Sri Aurobindo has fittingly said it is method of moving out from insufficiencies to ethics. besides, Kumaris' examination hone fervently underscores that there is "No other way however system for clear Raja yoga meditation" who can lead human soul from indecencies toward estimations of peace, affection, delight, light, fulfillment & restraint. There are various ways & procedures yet they ought to be aide & to advance. In any case, "Raj yoga" examination is most colossal sublime procedure for Yoga.

Brahma Kumaris' examination hone also reacts to need of hour in sense that it gives monstrosity & significant appreciation to old frameworks for reflection. It is enormous to note this point in light of association with considered renaissance which shows up in title of speculation. Brahma Kumaris making & practices out of "Raj yoga" reflection are restoring & stiring our antiquated soul of intense nearness & qualities. It is new invigorating, that does not dismiss substance of obsolete seeing, yet it is crystallization of bits of knowledge into new perfect & viable systems for change & flawlessness for use by present period. mirror of human character reflects vision of all that is excellent yet dependably imagines presentation of more unmistakable & more serene potential results. Brahma Kumaris are making vision & positive trustworthiness for better self, life, family, society & world.

brains of today's chance are exhausted on complex speculations & is searching for open methodology for enhancing world as exhibited by present time, spot, circumstances & difficulties. Brahma Kumaris' "balanced" thought answers to these difficulties in book "Fresh starts".
To make examination more essential entire game-plan of presentations are offered; who we are, spot we are from, where we are going, who God is, thing that His part is path by which to make association with him so that peace, veneration, knowledge & enhancements stream into soul, reestablishing it to its genuine control over matter. Seeing every one of these focuses helps us to counterbalance ourselves in such condition of mettle that not just does our own life tune on totally new & radiant tint; yet we get ourselves arranged to move different others to respond to get of taking off new universe of self-change.

At beginning, it might be said that is come what loathsome that at whatever point we examine Yoga today, we have each one of stores of being inferring that strategy of physical Yogic positions, which have been eccentrically portrayed in Hatha Yoga or else to that specific conventional framework.

Believed is more experience than something that we complete more process than accomplishment, more steady inside journey than destination. Brahma Kumaris World noteworthy school has been propelling showing up & honing Raja yoga meditation since 1937. phenomenal bits of data & comprehension contained inside Brahma Kumaris noteworthy learning & Raja yoga meditation courses were solidified by organizer of University some place around 1937 & 1969. He gave his life.”

originator of Brahma Kumaris gave clarion call to mankind; his last words are fast strategy & message of self-impeccability. He guided that God alone is Supreme Father, Supreme Teacher & in like route Satguru of all souls. No individual can observe chance to be God they can be only examinations to show right way. In Brahma Kumaris Raja yoga practice there is given careful purpose of joining of all yoga’s. Raja yoga means "mental union or relationship between individual soul & Supreme Being or God".

"Raja" recommends 'Kind', so 'Raja Yoga' can be recognized in various ways:

- King of Yoga's or Royal Yoga.
- Yoga through which soul observes chance to be sovereign over its mind, sagacity & character subsequently choice, sense or organs of body & being in completed control of any condition.

Raja yoga means relationship of soul with phenomenal soul. That is reason yoga sharpened by Brahma Kumaris is most basic kind of Yoga. Raja Yoga proposes King of all Yogas. Why is it "Raja"? it is by reasonability of in Hindi, word "Raj" signifies 'Kind'. Why is it pioneer of all yoga’s? "raja yoga" is best in light of way that in sense
it is about having most central achievements & Raja other than prescribes control over resources – mental & physical. "Raja yoga" takes its complete shape when soul associates with Supreme God, without this Union "Yoga" is parceled & imperfect. In looking, unpretentious significance of "Raja yoga" is about knowing self, being soul careful making unadulterated mental illumination behind higher relationship with Supreme.

dazzling favored works of world in light of prophetic expression are totally stacked with amazing soundness & learning. Incidentally, paying little respect to all data we have amassed over ages, we continued undermining ourselves morally & basically. "Since nature of torment is disillusionment of wise force in us to meet weakens of closeness & taking in wake of contracting & weight & its root is irregularity of that responsive & having power, as result of our self-concealment by vanity happening on rudeness of our true-blue self."

Believed is answer for our beginning & end current issues. Critical reflection is exceedingly recommended for all-inclusive community why ought to begin discover amazing quality & nature of their own inside character. If we have to stay mindful of continually creating pace of life, its complexities & issues, we need to make power of cerebrum to awesome degree.

Is reflection basically inducing method to make power of mind? answer is yes – reflection is most old & most remarkable supernatural fortune. From its amazing past, India is at present thought to be extraordinary "Reference point" for rest of world. Since Vedic period until today our extraordinary foremost pioneers & Yogis, who sharpened Yoga in their life, have in like way demonstrated that past religious traditions, points of confinement & traditions power which can change life is "Standard of Yoga". Routine of Yoga has vital relationship with in all cases human qualities. In light of this principal point simply broad human qualities & reflection practices for better world is associated in this part. Today people are looking for right approach to manage hone values for range of their life. Thought or Yoga sharpens have been found & finished into certain specific systems through which human learning can be vexed & changed. Brahma Kumaris making & sharpens concentrate commonly on routine of Yoga reflections & through routine of yoga, utilization of characteristics comes more easily & normally in life.

Oxford Dictionary depicts centrality of "practice" as action of finishing choice that is rather than theories about it; setting approach into practice. In association of this
criticalness, Brahma Kumaris making is remarkable blend in sense that it is compelled to speculation just, furthermore "reflection" is regular "practice" & vital bit of ordinary way of life. Sharpen makes human faultless, by doing in that utmost & setting values indisputably, makes values talk louder in life. At whatever point today, clamoring present day individuals are assuming that it's difficult to practice thought constantly, Brahma Kumaris World immense school has made vitalizing for reflection experience.

Murlis are contraption for most massive thought on data & yoga. In Murlis this truth has been unmistakably elucidated in direct way, "Who God is" & "Who is Supreme"? No individual can be Supreme God. They can be called Devi or Devatas (by God) yet not Supreme God. In Murlis it is cleared up that God comes & elucidates favored bits of data of Vedas & sacred structures. God is Purifier, Almighty Authority. He is other than called World Almighty Authority. He knows beginning, focus, & end of whole world.

Brahma Kumaris' Yoga sharpens don't release some other thought related with thought sharpen yet rather progressed further in change & mixing of different sorts of Yoga for leveling & upliftment of life. Brahma Kumaris' normal of "Yoga" for better world is in like way old "Raja yoga" which is depicted & given centrality in Gita, & by Sri Aurobindo & Swami Vivekananda. Before making jump critical examination of Brahma Kumaris "Raja yoga" practice, examination of outdated considered Raja yoga in regards to motivation behind this part is required. Brahma Kumaris "Raja yoga" sharpen presents conviction that this examination system is told by God himself, who is similarly called "Yogeswar". God is one however there are diverse names of God. So also, God has this name. there are more foremost number of names for God than tongues of world, & each name highlights one of his specialties. Brahma Kumaris shaping has used word "Parampita Paramatma Shiva" for Supreme God Father as essentialness of Shiva is in like manner exhaustive. "Sanskrit Word "Shiva" diagrams His external attributes & purposes of repression. It construes Benefactor Father, Seed of Creation & Point Source, & suggests that there can be no other producer above Him".

Since Yoga taught by Shiva, Lord of Yogis, depends huge amounts of self, universe, moral laws, Supreme Soul et cetera., It is generally called Yoga of Knowledge or Gyan Yoga. Further, since it must be invaded by method for wisdom, as it avoids any physical positions, it is likewise called "Insightful Communion or Buddhhi Yoga. Yet
again, since master of this yoga needs to keep his cerebrum associated with God even while discharging social, fit & unmistakable commitments, it is generally called "Karma Yoga". Routine of this yoga, does not require renunciation of one's family or one's obligations & Karmas; it demands renunciation of just knowledge slants, association & that which is pitiable. Beginning there of point of view, it is in like path named as Sanyasa Yoga or Yoga of Renunciation. One, who sharpens it, goes about as amere trustee with God overhead; he sees himself as to be irrelevant instrument. He acts with psyche blowing wishes for all. He surrenders himself soundly & totally to God & accords to his requests. This makes him free of all troubles, elucidations behind prepared, vain contemplations & negative perspectives. Thusly, it is also called Yoga of Equanimity or 'Samatwa Yoga' & one who performs it is called 'Sthitha Prajna' – yogi having equality. Besides, yoga relies on upon paramount fondness for any commitment to God; therefore, it may nearly be called Bhakti Yoga at any rate, it should be noted, one doesn't play out any love or Japa. It can be called Bhakti Yoga just in resources that adoration for & respect for God is fundamental piece in this yoga.

This yoga sufficiently prompts Samadhi or condition of processing; accordingly, it is by & large called 'Sahaj Raja Yoga' – word Sahaj surmises: what is clear or that which winds up being touch of one's inclination. Thusly, it ought to be borne as top need that Gyan Yoga, Karma Yoga, Bhakti Yoga, & whatnot, are not distinctive sorts of Yoga yet rather these are different names given to Raja Yoga, taught by Shiva, Lord of yogis, given to it to raise its striking portions. Every one of general population who hone this Raja Yoga do by & large make them learn, soul of obligation or devotion & so on, despite some have more significant measure of these than others have.

examination of Raja Yoga is not fundamental, in sense that it is truly huge & that it identifies with true blue substances. Brahma Kumaris examination hone in like way tensions "Raj yoga" as science in that is examination of calm, inside reflections, & internal disclosure. Brahma Kumaris producer out of India organized in London. She began all around tackles subject of examination & her understandings of voyage of western character, has driven her to frame different books. She is producer of Practical Meditation, God's Healing Power, Dreams & Reality, Spirituality in Daily Life & Art of Thinking. Consequently, accentuation of thought practice is twofold one:
Examining all truths about Yogas as depicted in Gita, & by Swami Vivekananda, Sri Aurobindo, in present setting, gives amazingly immense message that there is phenomenal need of routine of Yoga. Brahma Kumaris have altogether fathomed that at this present sensitive time of undermining qualities & intense nearness; there is essential necessity for fundamental serious framework for Yoga to dismiss further corruption of attributes & significant sentiment being.

1.25 **Advantages of Yoga**

In this area of demonstrated theory, some of key central purposes of Yoga are shown.

1.25.1 **Psychological level based benefits of meditation**

A standard individual's cerebrum is amazingly frail against driving circumstances. Fair-mindedly consistent individual holds soundness of mind under obnoxious circumstances. One's cerebrum having been liberated from wasteful affinities, for instance, smoking, taking blended drinks or intoxicating medications, contributing essentialness & money on sickening movies, thusly on & one's inside & efficiency having increased & relations & motivation behind control of comparability, flexibility & range having overhauled, one's social, budgetary & over all advancement now happens.

- There is working out as planned change in one's conviction structure, regard system, one's inspiration, perspective & behavior.
- Meditation creates insight of cerebrum wave follows as top need, which proposes it improves creative energy & learning & changes way cerebrum works. Examination lessens anxiety, wretchedness, thorniness & touchiness.

- Meditation improves memory.
- Meditation increases subjective assessment bliss & fulfillment.
- Meditation increases vivacious quality.

1.25.2 **Physiological Benefits of Meditation:**

Some of physiological slants of believed are given as takes after:

- Meditation diminishes metabolic rate & chops down heart rate, thusly displaying condition of noteworthy rest & recovery.
- Meditation decreases stress which is displayed by lower levels of anxiety hormones, for occasion, cortisol.
- Meditation lessens hypertension.
- Meditation has been found to help asthma patients, making breathing less asking for them.
• Meditation appears to back off creating approach of cerebrum & thicken faint matter of mind, along these lines developing cerebrum.
• Medical pros would hurry to know psycho-physiological light about purposes of enthusiasm of Raja Yoga in driving positive condition of one's cerebrum.
• Encephalin & Endorphins (Endogenous Morphine) are emanated because of yogenic way of life which helps in isolating oneself from different sorts of devastations. They made symphonious Alpha or Theta waves while reflecting furthermore regardless of when differing mental & savvy works was finished.

1.25.3 Spiritual Benefits of Meditation
Examination has generally been seen as instrument for huge certification & satisfaction. While physiological & mental inclinations have so far been based on in West, pushed cerebrum science comprehends & investigate huge parts of reflection to perpetually expanding degree. Another investigative mechanical gathering is to question individuals on subjectively seen influences which thought has on them. Such frameworks have been utilized as bit of saw exploratory teaches, for occurrence, mind examination or human science.

• Studies display that individuals who ruminate are liable to report shift in their perspective & focuses in life towards care & intense satisfaction rather than more materialistic objectives.
• Brain research shows how reflection can arrange higher limits of psyche, for case, affirmation, consideration & affectability. movement of cerebrum examination opens up methodologies for getting clear, genuine thankfulness & proof of uncommon estimation of examination. While for explanation behind clarity, beneficial consequences of examination have been arranged into physiology, mind investigation & significant sentiment being, every one of these degrees are by few techniques related. For example, feeling physically solid will have accommodating result at forefront of one's contemplations, as well, furthermore another course around.

1.25.4 Consciousness & Self–Realization
Self–awareness & self–understanding are made with particular finished objective to comprehend one's true blue essential character. In sagacious state, self is experienced as observing centrality taking sort of clarification behind light. This tremendous giganticness, soul, is experienced as both unmistakable & separate from centrality of material body.
parts & relationship between cerebrum, smarts & character are understood through strategy for self–observation. judge sees how to quiet & control mind, allowing still, little voice to be obviously tuned in. Understanding relationship between got qualities & trademark qualities & amongst qualities & excellencies is emphasized, close to centrality of surveying & restoring one's qualities at most basic level of one's life. Canny nature with soul is in this way made, allowing full perspective of self.

Pic: 2.51 Mind, Intellect & Impressions

1.25.5 Soul

Has your inclination identity been developing starting late? It is secured to say that you are experiencing move, change of work, or your youngsters leaving home? Do you have uncertain feeling that you could fulfill something that has more focal heart & significance for you? Is it exact to say that you are re–evaluating your life's inspiration?

Change discharges tight hold that my inclination amazing character generally has on me. Since normal engravings that have delineated how I see myself as to be are changing, I feel equivocal with reference to who I genuinely am & unclear in matter of how to find. It is fortunate when such defenselessness causes me to seek after down my true-blue character with new openness, for then I am usually chosen towards state of higher thought.

superb learning of Brahma Kumaris requests each from us to imagine ourselves as essential being, impalpably little star, minute clarification behind inconspicuous stunning non–physical significance, that is, as soul. It is secured to say this is truly who I am? For so long, I have considered myself to be woman, or man; as physical being as opposed to immense being.

Stipend yourself to test. For couple of minutes see yourself as to be little star of unadulterated living light – light of importance of consideration. View yourself as soul, "being" sorted out in motivation behind union of your safe house, behind "windows" of your eyes. When you are in this give, it misgiving, you are soul conscious. This is your colossal character.

1.25.6 Self Realization

All through time, investigators have declared that by winding past requirements of egocentric self, individual can experience 'self-confirmation'. With this affirmation comes gigantic cognizance of worth of person. When I am soul aware, my estimation identity is gotten from natural worth of soul, instead of from obliged impermanent
picture of body. After self-affirmation comes self-looking into. To review who I am is to make ability to keep up soul care as I think, move & interface with precisely use my mind & body with data, watch over them with accuracy & coordinate, & go on esteem & veneration through my air, bits of information, vibrations & expressions.

1.26 **Soul: Mind, Intellect & Personality**
Each spirit has three separate resources which are characteristic in every individual free of spot of birth. Generally, as electrical centrality produces warmth, sound or light ward upon gadget through which it passes, correspondingly, vitality of care cutoff points through three varying yet unequivocally related resources, implied freely by terms mind, judgment, & identity.

- **Mind**
  With force of brain, one envisions, thinks & structures thoughts. Examinations are made at most stunning explanation behind need list, point of view is reason of all feelings, wishes & sensations. It is through psyches that, in moment, insights reach wherever, memory can be reviewed & examination satisfaction or sensitivity is experienced. productive character ought to not be mixed up for heart, physical organ that keeps up course system.

- **Intellect**
  Insights are managed & deciphered by shrewdness. This is staff which gets it. capacity to handle is maybe single most vital most extreme of soul. Clear impression of anything is possible when recognition convinces opportunity to be wide, basic & farsighted through general examination of viable learning & obliged routine of reflection. brains in like way reasons, audits, detaches & picks. non–physical understanding should not be mixed up for physical cerebrum, which is physical focus of unmistakable structure. cerebrum is soul's control board; it offers working situations to soul's appearance.

- **Personality**
  Any improvement once performed leaves impact on soul. Affinities, appear & slants are all introduced in soul (as pictures, suppositions, sounds, lines of considering, et cetera.) as unavoidable aftereffect of every action performed. most basic part of every soul, its character, is controlled by such set away impressions. These impressions, confined in past, are store which we draw upon, every once in while sub–consciously, as our wellspring of examinations & exercises in present.
Since, presented research work underscored on Raj Yoga reflection at Brahma Kumaris International base camp, Mount Abu, Rajasthan, subsequently considering centrality of better knowledge of Raj Yoga thought, in this section, brief of Raj Yoga reflection & its criticalness et cetera have been discussed.

1.27 Raja Yoga Meditation

Raja-Yoga Meditation is care as to uncommon self & ingestion of one's cerebrum in certain & purposeful shared characteristic with God & his fantastic traits. Word "Yoga" gathers 'to join together'; Yoga is, thusly, practice or art of joining together or accomplice mind with God by centering thought on him as effective being-of-light & considering just his radiant qualities. This takes one into state of ingestion in delight & peace through positive considering. It resuscitates one's self or soul with light & may & fills one with creative essentialness.

Raja yoga Meditation is course for request of honest to goodness identity of self & for experiencing it. It helps individual to know truth about honest to goodness nature of mind or self. Raja yoga enables individual to pull toward day's end from examinations of body & material world for while. Hypothesis of Rajyog engages part to center character on viable self & connection itself love fully to remarkable soul who is light, satisfaction, peace, acknowledge & may encapsulated in sort of cerebrum blowing & wonderful point. Raja yoga meditation is strengthening, enabling, unwinding up, supporting & stirring. Raja yoga makes soul intensely aware of its unbelievable root, divine destiny & famous calm veritable nature. Raja yoga has social motivations behind interest. It helps in making able philosophy towards others & made perspective of Universal Brotherhood in wannabe of Yoga. It is means for accomplishing national joining & general association.

In name 'Raja-Yoga' word "Raja" derives ruler, sovereign or remarkable. This yoga is called Raja-Yoga since it is overwhelming or most shocking yoga, being ensured & best. Another explanation behind calling it 'Raja-Yoga' is that it is connected generally to cerebrum & mind is considered as 'Master that rules sense-organs & body. Moreover, term Raja-Yoga similarly recommends that even such individual as family, who is especially clamoring & has such exceptional indicate do, can sharpen it, there is no convincing motivation to practice breath-control, physical positions, or utilize mantra, or picture nor does it oblige one to stop all examinations, however stop simply, crucial or negative encounters & center our mind on God.
word "Reflection" recommends 'to think'. As we general know, man's mind is, standard, required with different contemplations of world; in Raj-Yoga reflection, one pulls back one's cerebrum from each & every common thought, including bits of information of one's own body, & one gathers ones, knowledge, at any rate for long time, & considers shining & calm self as motivation driving faultless & conscient light and, then, focuses one's thought on god as uncommon soul, who similarly is reason behind conscient light & is ocean of peace. impediment of general examinations & memory or once-over of bits of learning of staggering self is refined by sorting out stream of considerations towards god i.e. overwhelming soul in his extraordinary adobe or Paramdham which is universe of heavenly light. In this sense, this reflection is withdrawal or reversal of one's care, from body & its nearness to soul & its silent world, or from frail strategies for negative bits of information on mind blowing methodology for examination on god. Raj-Yoga examination may in this manner, be delineated as limited action of thought, utilizing such strategies as creatively considering, typically seeing & prudently mulling over & focusing enamored truths of self & god which lead to gratefulness & request of subject. This practice solidifies turning of one's mind & stream of his worship in heading of god, giving him hot-association with visit with him.

1.28  Pillars of Raj Yoga

When all is said in done there are four mainstays of Raj Yoga. brief examination of these portions is given as takes after:

Fig. No.  42: Pillars of Rajayoga
1.28.1 Satwic Diet (Shudha Ann)
There's truth in saying that we are what we eat. static translates unadulterated veggie partner diet. Today as put off aftereffect of examination studies on sustenance, it is found that veggie mate food is perfect to flourishing. sustenance that individual produces has immense results on working of cerebrum. Brahma Kumaris' thinking has meandered by pushing considered 'Veggie noteworthy other Diet' as Compulsory standard for mental & physical cleanliness of person. Brahma Kumaris thought centers & its extreme understudies all over World take after same veggie basic other lifestyle for upliftment of soul. In this way saying "Jaisa ann vaisa mann" – As is sustenance so is identity. It is in like path required on yogi, to watch discipline concerning flawlessness of sponsorship. In reflection sharpen, uprightness of sustenance accomplices in couple ways. It helps generally in flawlessness of thoughts & obsession. Yogi's sustenance is "static" i.e., focal, new & does not contain meat, fish, egg, onion, garlic, liquor & tobacco. It went further in driving envisioned that if sustenance is cooked in profitable perception & if likewise offered to God before eating recognized enormous change in flourishing & lifestyle of people. Gandhiji has raised control of feeling taste & has considered it to be one of serves to brahmacharya. Of various advisors for brahmacharya, this surety has in like manner been gotten handle on by him. As appeared by him, brahmchari should hone this moral Weapon with particular finished objective to control his opinion taste. This vow prescribes that we should take to extraordinary degree significant sponsorship.

1.28.2 Good Company (Satsanga)
All that we watch & hear influences our cerebrum & will make difference to lead. There is typical saying, which says, "As is alliance so is shading" (Jaisa sang Vaisa Rang). By staying with incredible of all-inclusive community who in like manner try to ethics & self-change will help yogi to finish better results. relationship of well - wisher means"

1. A well-wisher who has positive examinations for others (Shubh Chintak)
2. One with positive examinations (Shubh Chintan) for self.
3. Pure affections for others
4. A Pure & raised care & structure Brahma Kumaris morning & night Murli & Meditation classes have rendered strong connection & course for enduring people.
1.28.3 Divine Virtues (Divya Gun)

routine of Divine Virtues or qualities is essential pillar of Raja Yoga. One who should be peaceful or astounding necessities to stay away from obnoxious association, had books & horrible thoughts & should go to basic talks. Most basic supposition being sponsorships targets of soul. Divine Virtues of lowliness, family relationship, truth, authenticity, affirmation & spine raises routine of Yoga. result end of yoga is favoring of traits. soul starts flying, disregarding shell of assessment self:

Keep up yourself respect by recalling that you are not going to allow internal voice to contact you, you are going to keep it behind you.... While you basically continue flying....

1.28.4 Brahmacharya or Chastity

most prepared to do each one of five fundamental indecencies enemy is sex wish. It is other than chose in our eminent books to control & whipping this negative behavior outline. sensible clarification for limitation is that soul's essentialness is spared & occupied in more creative & critical courses in serving others. "Yearning" is most evident foe of Raj Yogi as it creates association with body & to others. Our history is presentation of sureness that distinctive extraordinary sages & pioneers lived of goodness for critical upliftment. Brahma Kumaris persuaded thought in all statelier way that it watched perfection of examinations words & exercises. It is likewise remarked:

"Brahmacharya is most key of sureties prescribed by Gandhiji.... Gandhiji took complete monstrosity of brahmacharya, if suitably practiced, finally prompts affirmation of Brahma....it contains in control of all sees. Attack & dirtied thought doesn’t offer quality to brahmacharya. Thusly, Gandhiji kept up this moral weapon as strategy for sensibility."

Murli kept up vision of God for establishment of Pure, Peaceful & Prosperous world, after Purity in mansa (mind), vachha (words) & karmana (works out). Remembering finished objective to empower human soul from conceded shadiness of indecencies, unadulterated vision (d1'isti) & impeccable perspective (vriti) & unadulterated exercises (kriti) is key reaction for breaking separated qualities. Right when cerebrum is set up in Braluua, as word Brahmacharya bits of data & as necessities be, acharya proposes acharan (behavior) of human soul will recognize basic adoration towards others with conclusion connection. It winds up being more lifted as it is past physical
affections. It makes more mental & physical stamina, moral force & powerful quality. It overhauls our balance, Creates clarity of judgment, profitability & equipoise.

1.29 Values of Raj Yoga Meditation

indicated research courses of action to look at different estimations of Raj Yoga reflection & interests of worth provisioning through BKRM, which in general sense persuades individuals to consider Raj Yoga at Brahma Kumaris. It is basic to get handle on & perceive different sorts of attributes & their individual significances to make convincing human life. In this divide, some of monstrous & key estimations of Raj Yoga examination are assessed.

1.29.1 Creating peace

old Indians for flourishing, club & concordance on earth, dependably called for peace through couple shanti mantras. It is wandered together for broad peace. truth, however is that peace is name of inside compelling knowledge. It is point of view in which there are no bits of learning of contempt, irritating, craving, open deliberation, et cetera., yet rather soul is in state of quietness. soul's charming nature is peace. Today we find shadow of world war, mental misuse or brutality is creating among nations of world. Subsequently peace has come to be identified with nonattendance of war or war-like Conditions. Reviewing finished focus to look at sales of sweeping peace, it has wound up fundamental to inspect sales of war also. peril of war makes fear in humankind & challenges exhaustive peace. On one side, there is that time of history in midst of which there has been logically phenomenal degeneration which does not private important nature of human brings-peace, veneration & brilliance & that is reason individuals need to fulfill peace yet again. Brahma Kumaris ‘and extraordinary reasoning is truly energizing our tranquil care & is dedicated in ordinary undertaking of spreading over cleft which has been made by dismissing basic base of our soul emerge qualities. If we look at _it in light of this truth then fire of forcefulness, contempt, stagger & enthusiasm can be wiped out through sprinkling water of peace. Brahma Kumaris trust that it can be refined through "New Paradigm" for world peace:

In this new perspective of broad peace, which is in consonance without of date data, human will lead life of faultlessness & famous qualities. He will have goodwill for all. He will feel that he is individual from general get-together of mankind. He will have control over his physical organs & will be soul-conscious....., regardless, one thing without request enough is that exhaustive peace is not unimportant long for
visionaries; it is not essential flawless world. approach to manage it is cleared with incredible qualities, with reflection & with Godly learning. There is open welcome to every single one to stroll around this single system for sanctity.... So be it, Shanti!
Murli makes certifiable comprehension of peace by demonstrating exceptional nature of soul. Sakar Murli of dated 16/06/96 reflects framework for experiencing peace:

1.29.2 Love
Benjamin Franklin says that when one starts to look all starry looked toward at himself, he will have no foes. Friendship is rule which makes & sponsorships human relations with yielding & massiveness. Basic appreciation is higher, offers calm to soul, & that quiet has significance to join together, encourage & fortify. Warmth is bedrock for trust in night out of soul & personhood. Right when adoration is joined with sureness it makes strong perception in human relations. Friendship is shock for change, change & achievement. Gandhiji additionally devoted his examinations on momentous estimation of love, he attempted to interface truth & love together.
In its Universal sense adoration is above present compelled, disgraceful enormity of physical satisfaction. reason of good 'old fashioned affection between people is essential. To see each individual as tremendous being, soul, is to see phenomenal reality of other. To consider that fact of matter is to have immense love. colossal love is divine. Singular suspicion is when soul has love for soul past obliged care. Love for soul is everlasting; truth is that soul never kicks holder, it is unending. Such raised warmth is outstanding, & it brings delight. Association with what is perishable is foul & it brings disadvantage & torment. Each & every religious originator, Christ, Mohammad, Guru Nanak, Buddha & Sufi consecrated individuals, each one gave message of reverence & interest.
Love bears each positive trust, consistency, right way & generosity. This estimation of love is in like route substance of all religions. There is no religion is world that trusts that we should smolder, affected, discourteous, ghastly tempered, incensed & criticizing to each other. Warmth is uncommon quality that we require most today in world. Love vanquishes over all negativities of jealousy, contempt, supposition self, severity, scorn & war.
Power of love past kept affiliations can beat all things. We can fathom how to give all closer conclusion to others when we isolate ourselves from obliged care. Tremendous family relationship has significance to squash obliged perspective of undermining vibe, load & aching. Right when enormous reverence wins then negative assumptions
are changed into positive feelings with coolness of warmth. In extraordinary warmth, there is congruity, since worship debilitates controlling or routinely subordinate inclinations & surety’s attentiveness, vigilant & neighborly understanding.

1.29.3 Respect
Sureness & love of others are related to each other. overall public who have ensured self - respect stay in their season of notion pride, & thusly guarantee respect from others. also, soul talks, sees & has relationship with others, with deference. noteworthiness of critical adoration for self is to offer thankfulness to everyone. God is one who gets imperativeness about all souls of entire world. Every one gives Him so much respect, yet He offers respect to all children: "To say, "you first expects to be ceaselessly persisting in state of conclusion pride & to offer thankfulness to others plans to say, you first-always stable in state of self—thankfulness & is bestowed who offers gratefulness to others, doesn't have those two dispositions neither identity nor attack".

Murli gives critical comprehension into feeling pride that it proposes acting truly sovereign who lives of respectability, class & fulfillment. requiring "to live" throbbing "to fulfill' & hurting 'to be' are common to human life. People would slant toward just not to progress materialistically moreover wish to twist up soundly & basically. Out of various objectives one that is most passionately filtered for after is hoping to share respect. One needs to live intentionally & deftly. Feeling pride infers offer noteworthy deference to self moreover distinctive individuals, having non-exploitative nature & as to laws & statutes furthermore discuss with respect to rights & danger of others.

Brahma Kumaris have trust in relationship of one worth with various qualities. This affects if we sharpen one regard, another quality comes in subsequently. corresponding circumstance applies with indecencies. If you offer nonappearance of regard to some individual, thusly there will be yearning, disdain, trepidation & irrelevance in our life. Right when people are gotten in longings for euphoria & force, every string of love for self & distinctive individuals need of appreciation, for self furthermore diverse individuals is lost.

1.29.4 Co-operation
One who facilitates gets co-operation. system to give co-operation is to use monstrosity of mind to make vibrations of good wishes & unadulterated estimations. Human achievement carry after mountain range with slopes, slants & valleys. To go
for flawlessness in complete achievement is to attempt to move to consigned point. In any case, no outing should ever be endeavored without thriving rope of co-operation. Co-operation ensures Easiness, capacity, quietness & strengthening. Co-operation is tended to by standard of vital appreciation. Co-operation requires seeing unique part of every individual while keeping up true blue & raising way. Pandit Nehru in like path remarked on power of co-operation.

We live in universe of conflicts yet then world continues, unquestionably as postponed result of co-operation of nations & individuals. Frankly, even today between countries which are against each other in political or diverse fields, there is incomprehensible measure of co-operation. Little is alluded to & little is said as to this co-operation that is going on possibly, it will be trailer picture of organizing in world today were put toward & we were made to trust that world depends on upon Co-operation & not conflicts.

Swami Vivekananda has pointed out importance of get prepared of goodness for whole pack is one of most gigantic commitment to change of feel in every individual. Course drives us to trade of disdain & triumph of affection. course of relationship to society drives one to have in being minding server. Thusly it is perfect for us that we should serve & cooperate with our wide number of family rather than being narrow-minded.

framework for persevering co-operation is giving co-operation, with power of good wishes & unadulterated affections for others, troublesome circumstances can be gotten on. By staying restricted & empowered by interior qualities & not outside circumstances, unnoticeable co-operation in kind of data rises. Co-operation upgrades human relations. It is controlled by statute of reliable respect, wary & sharing, determination, thought & goodwill give foundation from which co-operation would be able to made. If one has conviction & trust in others & with shared strengthen, Co-operation can be refined. Co-operation is everyone's devotion. Co-operation requires seeing rise part of every individual while keeping up genuine & Brahma Kumaris been spreading this message in procedure of world change that time is in scarcely second for each person to push finger of co-operation. time has come, when we require each other's sponsorship for more detectable undertaking for better world.

1.29.5 Humility

        Nuance is particularly respectable quality; it is free from pride or supposition self. As feeling self is shocking hindrance in system for subtlety. At regardless, going
into ocean for examination can impel secured fortunes, one scanning for his or her internal world can find pearls secured in profundities. diamond secured most basic - which is brightest & gives most light – is lowliness. It clears fear & shakiness & opens up course to expansive truths & qualities. Before long, nuance can't sparkle, when there is inward character. People as consistently as would be judicious ask regarding for what reason indecencies are extending in general open eye as opposed to qualities. As society gives more place to mental self-picture, it aggravates complete union with Divine to some degree 'still, little voice - need soul':

We have seen that noteworthy surrender of individual is essential pre-principal of his complete union with Divine & total change of his affinity, we have in like manner seen that, unimaginable as it may show up it is internal voice that immediately begins & blocks this surrender. All together that our surrender may be valid & essential, we ought to now endeavor to handle what this estimation self is, its cause reason, trademark most distant point, movement & end & how we can keep supervising it in light of honest to goodness learning.

Brahma Kumaris' works portray major & conceivable criticalness of "Humility"- it is listening to others, proceeding with others & survey other's qualities. Single word talked in lowliness has massiveness of thousand words. discernment of trusteeship enhances feeling of pride & respect in our relations.

Lowliness is to show crucial gages in individual behavior affiliations, & other zone of advancement. Without subtlety, we can neither structure social requesting with qualities, nor would we be able to 'serve world sympathetic. John Bunyan says that those are unassuming, are solid:

- He that is down necessities fear no fall
- He that is low no pride,
- He that is unobtrusive ever ought to
- Have God to be his associate.

Inside character makes you discredit & got up to speed in web. Conclusion self puts lock on discernment, clouding your own specific obligation: it says, " it is your issue, it has nothing to do with me." Humility is principal to this lock. It frees you from self-cunning. Quietude recompenses you to hear & follow your spirit. With unassumingness, there is power of authentication, which licenses change to happen.
1.29.6 Purity
Moderation is mother of peace & flourishing. Without morals, there will be no peace & prospering. Over late years, it gives there has been decrease in extraordinary benchmarks of our general populace. Flawlessness is soul of all restrictions. ethics of perfection has huge & general definition. Impeccable ones ought to be unadulterated in their outside selves & furthermore in their internal identities. world is in amazing shadowiness as aftereffect of diminishing force of goodness. Where there is honesty, there are serene thoughts of self & also different people. Accomplishment implies physical riches or ordinary acknowledgment & moreover suggests wealth of immaculate & calm examinations, which is to extraordinary degree vital, wearisome & unending. Impeccable inclinations touch complete self. Where there is haughtiness, stun & pollution, there will be no morals. In Gita, aching, stun & insatiability, are depicted as three sorts of approaches to discipline. Gita gives us notice from God that these three indecencies ought to be surrendered from life verifiably. These indecencies are entryways instigating hellfire (NARKA). By about entering at gateway, self is demolished. Gita alarms us in various verses, in various talks that typical wishes, for example, blackmail, haughtiness, eagerness, & consternation are totally unclean & distracter to soul. So, part sixteenth of Bhagavad Gita portrays arrival of these indecencies:

There are three sorts of portals to hellfire hurting of self - longing, stun & ravenousness; thusly these three oughts to be avoided. Of demoniac indecencies depicted above, three that are reason of all rest ought to be released surely. This is being imparted: There are wanting, stun & ravenousness these are three sorts of ways to destruction; in this way, they are hurting of self-i.e., prompting lower births, therefore these three oughts to by evaded unquestionably.

1.29.7 Truth
Bhagavad Gita has depicted sponsorship of word "Sat", truth as it is conveyed in two verses. "Sat" is utilized to mean goodness & proximity. Truth recommends positive, certifiable, marvelous & veritable & focal with force of trickiness. Truth is ceaselessly powerful. Obliteration of truth is transient & its triumph is for unequaled. "Awesome is Truth & strong most importantly things". Brahma Kumaris' "Avyakt Murli" & Bhagavad Gita imply that truth is amazing & promising. Murli depicts establishment of truth is honesty:
establishment of truth is goals, & accommodating assertion of truth is devotion all over & in your improvement. Different souls in world call themselves certifiable or view themselves as to be totally frank, however essentially valid reason of dependability is impeccability. In event that there is not impeccability, there can't be unfaltering validity. Being embodiment of truth on reason of flawlessness is predictable & clear. Truth is not simply truth & doing what is generous, however first truth is that through which you get force of flawlessness or force of truth.

Brahma Kumaris' composed work on qualities portrays how to practice legitimacy in present troublesome times. Brahma Kumaris' Positive Thoughts Books on Virtues, Blessings, pearls of Love from God & Thought for Today move peruses to have motivating point of view for earth. school's key point has continually been to offer normal great planning with target that people may change their lives by tapping incline supply of their potential inventive energies & diverting those qualities in helpful headings. At long last, this change on individual level would prompt change in overall public field.

Dr. Roger Cole is raving achievement producer from Australia. He is improvement power. He was enlivened by Brahma Kumaris World University. Dr. Cole is comparably writer of Brahma Kumaris' book Mission of companionship & in his book Blessings for quiet world he shares.

Around day's end, I send my gratefulness to Brahma Kumaris World Spiritual Organization, to its pioneers & individuals for their insight & information, & lessons of Raja Yoga examination. I trust you have brought me nearer God... If you wish to learn reflection procedure that revived me to shape these endowments.

Dr. Cole feels blessings are enrichments of insight & comprehension for our presence. They will move us & mix spectulars of our soul. Favors fortify our psyche, repair our spirit & blend our heart to compel of warmth. Give these favors to companion, & imagine universe of adoring qualities, solidarity & satisfaction. When we offer these favors, we make wish for Peaceful world & present our yearning to others. His underwriting book for calm world shares utilitarian thoughts on unwavering quality. He magnificently watches:

- You are soul with true blue heart & uprightness to be same all around.
- Be True to yourself & dependably give Love.
- With veritable & true blue heart you are allowed to experience God's Love & Power.
• You have veritable heart & never feel separate from incredible.
• With Love for everybody your true blue & open heart gives peace & need to world.
• Your legitimate activities & words defuse strife & uncover unadulterated intense Values to world.
• You are sharp soul with remarkable brains & honest to goodness heart You uncover truth to world & stay humble.

Chairmen Like Mahatma Gandhi, Dr. Rajendra Prasad, Jawaharlal Nehru, Sardar Patel, & whatnot., had obtained country high up eyes of different countries by vista of their philanthropy, Sacrifices & Character yet government powers who are fused in light of present circumstances of corruption & wrongdoing have cleaved it down & made it fool for different countries.

1.29.8 Non-violence

twentieth century has beginning now seen two world wars & diverse others, beating nature & mankind. There has additionally been long nippy war, & race for unrivaled fight gear between world's two essential qualities has not yet wrapped up. Individuals all over-world are pushed over amplifying stress of atomic weapons & war. We when all is said in done know disaster of war is mercilessness. In history of mankind we have watched moderate improvement of savagery in our general populace. Gandhiji's life was finest case of quietness. He fathomed that severity can't be met by viciousness however just by quietness. As exhibited by Gandhiji it was essentially through utilization of tranquility that brutality can be minimized. He frames:

point of confinement of peacefulness is exceptional in association with other incredible Laws in sense that its source is divine. votary does not act with his quality. Quality starts from God. "All through my life", says Gandhiji "I have acted in that assurance. Never have I attributed - any free quality to myself......Thus this ethical force is humanly worked upon, however divinely controlled. It is incomprehensible - without control of God. Along these lines, man who trusts in quietness in addition has trust in God as convincing wellspring of all ethical quality. It is most unmistakable incredible force at trade of humanity. It is mightier than even mightiest Weapons ever concocted by creative energy of man. There is, taking everything in account, no distortion in it.
One of most noteworthy implications of peacefulness is depicted in Murli as that which gives inconvenience or pain by examinations, words or activity toward others is additionally simple sort of seriousness. Violence doesn't simply mean war or utilization of weapons & every so often we overlook these subtle sorts of mercilessness. This violence can be significantly more hazardous than mercilessness made by weapons. Murli further depicts amazingly more unnoticeable layer of mercilessness in human Mind. As Frances Lawrence in Observer 17 December 1995 has enlightened "Brutality is not cut close by. It makes like toxic substance tree inside various individuals who have not comprehends how to respect different people.

Brahma Kumaris' rule & lessons supplements that first wildness is in thoughts & is unsafe root which conveys violence, in fact. To wipe out heartlessness, first we should hone productive, serene & gloveful musings for self & different people.

resultant qualities rising out of center qualities are:

- Happiness
- Responsibility
- Freedom
- Simplicity
- Tolerance
- Unity

1.29.9 Soul Source

Brahma Kumaris' has given capable learning into qualities. There is fulfillment when reliably is utilized as bit of gainful way. Satisfaction is such sustenance that it can change individual from powerless into effective being. It makes troublesome things fundamental & noteworthy things light. To stay happy & offer satisfaction with others is extraordinary appearing of charitableness. Despite what happen, my satisfaction ought not be lost.

Satisfaction is not destination,

- It is each day meander.
- Happiness is not reliance,
- It is choice.

Give satisfaction & take rapture, don't give wretchedness & take inconvenience. Joy is prospering which begins from self-power. Self-impact means being expert over psyche, keenness, identity qualities, & physical assets of body; being finished with all qualities & excellencies.
Swami Vivekananda besides had trust in inside joy of soul:
Satisfaction is not in this paradise or in that paradise; it is in soul
Richard Schoch in his book Secret of Happiness says that it is human need long to
something logically & we need to complete it.
Unmistakably from time we may come up short in accomplishment, regardless we
should have satisfactorily changed in accordance with comprehend that we are more
grounded than our disappointment; our life is reliably endeavoring, & we call
attempting satisfaction.
Satisfaction can be stretched out by grinning. In had world individuals construe that
its troublesome even to grin. Satisfaction does not mean chuckling; it recommends
delicate grin which costs nothing:
A Smile costs nothing,
• But gives much
• It impels general population who get,
• Without making poorer general population who give,
• It takes yet minute,
• Yet memory of it once in while keeps going until end of time.
Most huge sentiment being says to be enthusiastic in present minute. present minute is
favoring from God. Enjoyment & delight are trademark qualities of soul. human soul
is continually scanning for joy, yet it is not found in outside, it is inward:
• Happiness is essentially Good
• place to be lively is Here
• time to be lively is Now
• way to be lively is to make others Happy
• Ingersoll

1.29.10Responsibility
A strong individual fulfills named duty by staying obvious with point. Obligations are
finished with uprightness & thought reason. In our life individuals have unmistakable
obligations as demonstrated by time & place. Being endeavored & real would like to
have moral obligation.
Moral obligation in life starts from various consistent & dumbfounding sources &
included connection & theory, responsibility & co-operation. Social & general
obligation requires all above & in addition regard, humanness & huge thankfulness
for focal points of each person. Particular accepted is paid to ensure that perfect position is for all without detachment.

Some disentangle duty as weight & carelessness to consider it to be little while later lucky. It observes chance to be helpful to wander it as someone else's issue. These people deny their commitment, yet with respect to rights, they are first in line. Definitely when part is played unequivocally, there is advantage & amleness which result in satisfaction & euphoria at having made prevalent obligation. Obligation furthermore proposes endeavoring to push valiant exertion. We should in like path attract ourselves in gigantic impression of what each one could do to update our starting stage. We are in charge of our family, society & country & for our self as well. We are doing what we are set up for doing toward bettering our interior character & would we be able to fulfill best considerations that we can ache for basic inside us’? Mahatma Gandhi fortified: contrast between what we do & what we are set up for doing would suffice to deal with giant bit of world's issues.

Brahma Kumaris' association - presents values in like manner way so they flourish in our exercises until they influence opportunity to be trademark bit of our thinking, being & doing. It is passed on in making that: world is stage & we are all on-screen characters. Each has impact & is in charge of one's own conduct. Duty proposes doing right thing paying little respect to how colossal or small undertaking may be. Each one of us has excellent part to play in enhancing world spot.

Obligation prescribes
- Responsible for mental, physical & unprecedented oblige
- Responsible for self-change
- Responsible for inescapable aftereffects of each movement as it has square with & talk reaction. Concerning one's part with balance.

Murli clears up that we are all in charge of each thought & action. Seeing & enduring are two uncommon techniques for either finishing opportunity to be or yowling. With particular last focus to expand responsibility suggests that while we see & tune in, we ought to constantly have divine thoughts.

1.29.11 Freedom

Flexibility is basic gift, which ensures experience of chance & thought no obstacles. insights of adaptability & opportunity have intrigued individuals. One of most
discernible wishes in world today is to be free. People need adaptability to lead life of reason, to pick uninhibitedly lifestyle in which they & their youngsters can wind up being soundly & can succeed through work of their hands, heads & hearts. In current times term opportunity is misjudged to would like to pick or peril doing whatever we like. accepted is misleading & manhandle of choice: For framework, rights to peace, fulfillment, & quality – paying little notice to religion, society & sexual presentation - are typical. To abuse points of interest of one or all more to free self, family or nation is misuse of adaptability.

Misuse of chance makes strife & inconsistency - in self, in others & in nature - & conceded result of that is clear in forefront world. Full open passage works definitely when rights are balanced with obligations & choice is balanced with still, little voice. There can't be experience of adaptability, straightforwardly or with everything checked, if thought & effort are secured just on rights & choice.

In any case entry of Preamble of Declaration of Human Rights focuses one of central pride shockingly from human family.

It says that "validation of common respectability" is foundation of chance, quality & peace in world.

Foundation of human qualities, for event, adaptability, quality & peace lays on pride & worth-of person. In any case article of Declaration of human rights gets prepared ground for "significant regard" & asking for that each & every individual show towards each other in soul of coordinated effort.

It is protected to say that we are permitted to think in disengagement without undue, undesirable, dangerous, outside effects & authoritative inside central strengths from basic set up slants & addictions inside'? Is it veritable that we are really orchestrated to express our purest bits of information unstained, unequivocally & unmistakably into words or exercises? Shouldn't something be said concerning our shot of choice & decision—creation? Sensational pioneer souls like Mahatma Gandhi, Martin Luther King & Nelson Mandela on their minister wind in this world had polished strong determination in selecting decisions checking their strongest estimations changed according to unimaginable laws. Victor Frankl whose pleasing treats address our most critical being, said: "Everything can be taken from us yet one thing - last of human adaptability to pick one's perspective in any given methodology of circumstances, to pick one's own particular way. 'Despite when body might be secured, does not soul stay free? Man,
was seen as free however wound up in self-sufficient abuses as loathsome negligible animal weaves its own particular net”.

People have free "persecutions" of requiring, stun, alliance, inside identity, voracity & brutality. They continue doing battle inside, inside their own specific identities & it is from that "battle zone" that all wars are considered. most basic open gateway would be flexibility from astuteness works out, which each individual ought to no doubt be chasing down some spot down in their souls. We can't general consider certifiable true blue open passage without internal versatility. Flexibility is not nonappearance of abuses, confinements & pieces yet rather it is state in which human soul can make, make & make. Unfriendly circumstances in like route go on seed of enormous lessons.

Need is mother of progress. We are careful in crediting reasons why nowadays viciousness & ill will is rising. We can change just by making self.

**1.29.12Simplicity**

Significant living & high enduring is understood proverb. Ease approaches sense, impulse & information to make essence considerations & picked contemplations. Straightforwardness is heart which calls upon people to reevaluate their qualities. Ease makes from blessed roots. Straightforwardness is delightful & like moon, it transmits coolness. That epitomizing straightforwardness are free from negative & confounded considering. There is agelessness in straightforwardness & subtlety in slants. We have distinctive event of direct living & high pondering extraordinary people who lived astoundingly fundamental life & tended to morals of high considering:

Straightforwardness is truth.... No matter what number of spreads may go before it, light of truth can't stay secured; it will associate with masses in dialect so prompt yet with message so essential. emissaries of truth have always exemplified standard structures, drove direct lives, & understood indispensable mediums of giving their messages. They lived & talked truth, reviving brightness of others.

Today in current world, our weights are growing prompt eventual outcome of made lifestyle. Straightforwardness requests us to remove spread from fake life, inflatedness of expensive clothing & intemperate living:

Weaknesses have each one of stores of being unavoidable by-possible result of modem living. Straightforwardness passes on inspirations. Keeping my own particular cerebrum peaceful & clear is minimum requesting structure to youth out untidy
circumstances. Keeping up equalization of living just yet delicately, & basically using what I really need of earth's focal points, I will constantly have abundance in my life. In Avayakt Murli of 03-10-92 there is importance of estimation of straightforwardness in sensible time of life. You have curved up body watchful. These things cause diverse pieces to satisfying destination. You have to keep up simplicity.... Greatness should be detectable in your straightforwardness.

Straightforwardness shows economy & it fills opening amongst 'haves & ' overall public who need wealth'. facilitator of Brahma Kumaris was other than occasion of "key living". After his vital empowering, he gave his riches & having spot in relationship of: humanity & comprehended to astounding degree clear way of life.

1.29.13Tolerance

Our misstep is less in range of learning, systems & limits yet in that of stretching out obstinacy to challenges. reason for quality is peaceful conjunction. While quality sees uniqueness & differentiating qualities, it clears divisive covers & defuses weight made by nonattendance of care. seed of adaptability is sown with affectability & thought. Where there is nonattendance of love, there is nonappearance of quality. In present times in perspective of changing emotions individuals consider quality as powerless point & that it makes persisting. More believed is being paid to getting solaces by tolerating exchange course techniques for devotion, & nonattendance of inside nature of resistance offers move to savagery & disharmony. In Spiritual Greatness, it says of resistance:

Precisely when flexibility starts to fill in as compel, it is individuals around us who notice. We ourselves are less mindful of it. picture utilized for this force is basic thing—stacked tree, yielding its common things to youths who are flinging stones in endeavor to have regular things. Adaptability as force works in same way. We are not influenced by stones being flung at us. We stay untroubled & successfully keep giving of our "regular things" solid contemplations & suppositions that start from our unavoidable goodness.

Flexibility makes capacity to oblige issues of typical living:

"To endure through lives irritates is surrendered, be light, make others light, & proceed forward. Mountains are made into molehills, & molehills are made into mustard seeds".

Adaptability is not concession, not nonappearance of concern. Quality is information of other. It is shared gratefulness through essential comprehension. We should heave
out old myths & face up deferred results of cadenced development research. Man, is not enraged by nature. Fanaticism is not 'in our qualities'. Trepidation & nonappearance of care are essential drivers of predisposition, & its representations can be engraved on human identity from early age.

Resistance gives satisfaction & inward peace. It is fundamental to swallow this model nature recollecting completed target to wind up profitable & stable. Avyakt Murli of 8.6.71 clears up central purposes of force of adaptability:

general population who are tolerant, can make troublesome errand clear with force…

…. principles of resistance are fundamental dhama. more you see force of flexibility inside yourself; as prerequisites, be, you ought to see yourself as to be to be content with yourself & likewise different people to be content with you. By what means will you make force of adaptability in yourself? more you find opportunity to love; more discernible force is in that glow.

1.29.14Unity

As appeared by Gandhiji, religion wires into it considered solidarity in world. There ought to be no refinement of rank, conviction & shading. He didn't keep up any central refinement between any mind boggling religions. India has mission for world & mission is "World-Unity".

He had long for Vishva Kuturnba or world as one family. Solidarity is concordance inside & among people in party. Solidarity is maintained by concentrating centrality & centering thought by continuing & perceiving estimation of shared appreciation. Solidarity increments from soul of consistency & reverence for in all cases standards. Glimpsed inside fits contemplations, words & activities. Such individual trade off keeps individual in assention:

troupe makes internal voice of sounds by joining unmistakable musical instance of each of its instruments. In same way, gathering winds up being sweetly charming when every individual gets essentialness quite far & characteristics of others.

Obliged we stand, withdrew we fall. Regardless, today our reality is going up against masterminded issues of disunity. Countries are at war with each other. There is again shared swarms & savagery in all-inclusive community field on various issues. Inward character & deficiency produces disharmony. From time to time, even in little matters, individuals rapidly get irate, convincing & bind themselves into get-togethers. As result, humankind has not had capacity to reinforce solidarity against
crucial foes of ordinary war, neediness & infringement of human rights. One significance of solidarity is:

Solidarity is assent inside & amongst individuals. It is worked with shared vision for good of all & shared target. Solidarity is perceiving estimation of every individual for their surprising obligation. Precisely when there is ability to suit others, solidarity grows."

We could never find sentiment fulfillment & solidarity, until & unless we come to perceive force of solidarity in our examinations, words & activities. So, we require concordance in heart, home, country & world.

"Wars are envisioned in psyches of men" & "Peace is in like way considered in brains of men. Truly, critical reflection would empower individual to arrive at conclusion that foundation of war or peace, sensibility or sad affinity, mind blowing or insidiousness is in human character. In history of human change, at whatever point human character & activities had hurt human laws, steps were taken to control infringement of these laws. Affirmation of Human Rights by United National General Assembly on tenth December, 1948 is one of certifiable strides in this course. In event that we watch intentionally we will see that "Human Rights are set up in Human Values". As Jagdish Chander in his book on Human Rights. Along these lines, one should first know one's credible personality, for, without knowing one's character, one starts to segregate on reason of race, shading, standing, sex, & so forth; - all in light of body. Body - mindfulness is reason behind infringement of human rights. Soul — care commonly gives solitary inclination to act towards others as his kinfolk & to love, kind, obliging, insightful & co-pro.

"Amidst present century, marvelous educators of Indian particularly, Ramakrishna Paramhansa, Vivekanand, Tagore, Radhakrishnan, Iqual are thought to be mined blowing humanists. They all have tended to inspiring news of association, joint exertion. Among these Indian contemporary scholastics, Vivekanand, Tagore & Gandhiji have made fundamental duties.

contemporary Indian researchers', makers' & reformers' syntheses & considerations have made consideration in brains of individuals, for need of attributes in human life. So, in like manner yet in extra commonsense sense in each scrap of current situation, Brahma Kumaris' & thoughts raise issue "Why we are not peaceful & vigorous" & offer that select by system for "Routine of attributes & ethics in our own specific & individual life" would we have ability to change. This must be our essential &
basically endeavor. Here sensible recommends that thoughts are deciphered enthusiastically. Bits of knowledge can be deciphered, in light of present circumstances, by least complex stride - begin considering our genuine nature, about what we are. more we consider love, standards, peace, understanding, more we will persuade chance to be them. Shortcoming welcomes negative considering Instead intuition at any rate we are terrible, begin considering "we are exceptional". Just by beginning with this key walk, our psyche will make us feel remarkable. tiny bit at time rehearsing one worth will request that we tail others. This experience will break cycle of negative substance with assuming that lets us know there is nothing wrongly in misusing human qualities.

Analyst feels altogether focused on that while in technique for making further examination out of "General Human Values", she has had awesome motivations & touching of dreams from God's to clarify experience of attributes. More immense than significance of attributes is experience of qualities. master feels that through run of mill experience of framing, conclusion & clearing up qualities, they got chance to live "Values" & began taking positive shapes & faces before eyes of specialist. These encounters have possessed capacity to be "Sensible Experiences" & even minded tests to add to Research of Values where essentially considered excellencies & qualities was that they are secured reaction for so some of our issues. As we think as much we persuade chance to be & as we sow, we should get. So, by sowing seeds of peace, veneration, flawlessness, bliss, congruity, affectability & appreciation in our brain, we can feel positive scent of qualities in our relations. Qualities are not by any methods stand out, routine of one worth is painstakingly accomplice us with different qualities & they wind up being certainly not hard to hone.

1.30 Benefits of Raj Yoga Meditation

lessons of Raja Yoga are to unimaginable degree significant for making awakening point of view. In different circumstances one considers; "I am just on-screen character in world sensation. I should try to acknowledge part given to me in absolute best way. I ought not find opportunity to be tense, dispirited or extend over exercises of others since they are in addition expecting their parts in enormous world measure. I stay confined & quiet since I am only passerby of changed scenes of execution. I even watch my own exercises. All more so in light of way that my remarkable nature is quiet. I am quiet soul. I am family of sea of peace—Supreme Being.”
Hans Selye, Canada's most respected master other than laid hugeness on airs "as opposed to relying on drugs or diverse approaches, I think there is better way to deal with oversee handle stress, overpowering or hostile. "Raja Yoga instructed by BrahmaKumaris world remarkable school contains copious data helping one to develop this state of mind. More than considering it, talking about it, what is required is to practice procedure to make positive fondness for convincing relationship of worry.

Thought surrenders us mental loosening besides physical unwinding up & persevering peace & upgrades nature of being. We ask one who has not felt pressed, now & then, by turmoil of events or outlandishness of physical & major living space, to search for inward tranquil & peace & new resources of centrality, inside him? Examination is sure way to deal with oversee experience new imperativeness, bona fide criticalness & veritable & driving forward peace & to have in it wellspring of satisfaction.

One other than gets his past slip-ups of essential authority limit & past acts, vitiated by dreadful affinities, washed off soul, for Yoga-Meditation is manufactured of mind. Accordingly, reflection is of excellent worth since it gets uncommon change character qualities & wary inclinations. This discards one's inclinations of forcefulness, abuse,
sexual liberality, association, suspicion & hatred. One, subsequently, induces opportunity to be calm individual, spreading vibrations of peace, having satisfying point of view, doing positive contemplations. Raja yoga meditation is thusly examination of peace in one's valuable & social life.

Impression of gigantic learning helps one to do positive reasoning & change his perspectives towards detestable condition. Beginning now & into not so distant thought & supernatural data help one to keep up nature of mind in limiting circumstances. He sees information & tries to right himself. He won't be affected by dismay, Hopelessness, Attachment, Fear et cetera. He keeps away from stunning inclinations which give simply impermanent delight & makes one’s character powerless. In this way, surprising closeness based positive nature helps one to accomplish most sporadic measure of energized leveling.

Starting late, diverse helpful positive circumstances of reflection have ended up being continuously seen by clever party & furthermore open. While at in first place, research concentrated more on physiological positive circumstances of examination, there have starting late been increasing number of studies on various mental slants, too. Nearby pioneers of thought examination, for event, Harvard's Dr. Herbert Benson ("Relaxation Response") & Jon Kabat-Zinn, there are in matter of seconds’ specialists, for instance, Richard Davidson & Sara Lazar using instruments of front line cerebrum examination to research effects of thought at cutting edge of your contemplations & thriving. Thought can have different remedial reasons for interest. Nearby its physiological slants, it can in like way improve your mental & basic flourishing. More powers are prescribing appearance in thriving turns all around world & it altogether legitimizes your idea & thought. Research has sensibly shown that sharpening appearance in thriving & work out associations is guaranteed & clear way to deal with oversee oblige your physical condition, energetic state & mental prospering & its incalculable values have been known & practiced for expansive number of years. Recorded underneath are just few of reasons for interest redirections aces, gigantic names & people all over world are understanding in wake of sharpening appearance in thriving & work out logbooks. In like path, there are various unmistakable explanations behind interest which are stimulated by Raj Yoga thought.

1.30.1 Some of predominant benefits retrieved by means of power of Raj Yoga meditation are given as follows:

- Enhances essentialness, quality, force & prosperity.
• Helps keep circulatory strain typical.
• Amazing stress buster.
• Creates condition of noteworthy relaxing up & general estimation flourishing.
• Increases focus & maintains character.
• Helps lessen coronary ailment
• Helps with weight diminishment.
• Builds valor.
• Reduces uneasiness ambushes as it chops down levels of blood lactate.
• Increases serotonin which influences points of view & conduct. (Low levels of serotonin are connected with compassion, cerebral torments, weight & napping issue.)
• Helps weight diminishing
• Helps cure addictions
• It produces fulfillment
• It diminishes incredulity & waste
• It liberates brain of inclination, preference & disdain
• It updates mental concentration\It enhances principal organization powers
• It enhances ability & fortifies patience
• It advances progression & sense

In strategy for huge upliftment, some sudden minutes came in life of expert when her experience was overhauled in system of sharing of encounters of reflection. most basic minutes were time when she got phenomenal chance to lead thought sessions for President of India, Her Excellency, Mrs. Pratibha Devi Singh Patil, amidst her visit to Mount Abu in June. 2006, when she was Governor of Rajasthan. Around then, amidst her visit to Global Hospital & Research Center, she was awed by impacts of Raja Yoga Meditation on patients. By then she welcomed expert to lead three days’ examination sessions in Governor House, Mount Abu. After sessions, she shared that she had awesome time thought handle & experienced peace.

Examination enables us to survey circumstance decently & as opposed to carrying on of slant, it makes new game-plan of reaction. Brahma Kumaris effectively advocate considered more obvious appreciation into truth of maxim—when we change World changes.

Till, in past reaches, key talk about particular parts of Brahma Kumaris, reflection, Raj Yoga thought & Raj Yoga thought at Brahma Kumaris huge focus were examined. In barely second, to scrutinize further & all around, perception of most
huge sentiment being considered is extraordinary essentialness. In taking after district, brief of most noteworthy sentiment being & its centrality have been investigated. Also, motivational edges in human life are in like way broke down in taking after bit of showed interesting copy.

### 1.31 Reincarnation

Mindfulness is "meta" physical. Considering all things, it can't be obliterated by anything physical. Along these lines, soul is determined. It can't come up short hopelessly. confirmation of self as wearisome being brings discernment of birth, life, defeat & restoration as discontinuous times of consistent proximity.

#### 1.31.1 Reincarnation: Why Believe?

When I have started to base my slant 'who I am' on viewing myself as to be soul rather than on seeing just my passing outfit, body, I altogether fathom that, as being of extraordinary centrality offering life to body, I am excellent. I start to comprehend that I change honest to goodness furnishes basically as snake sheds its skin, regardless I – everlasting soul – can never fizzle hopelessly.

#### 1.31.2 Death & Rebirth

At scrap of physical passing, soul pulls back its vitality from organs of body & leaves its seat in point of convergence of temple. It conveys with it impressions amassed in that life & goes into aggregation of unborn infant, while that new body is so far being shaped in its mom's womb. This normally happens some place around fourth & fifth month of pregnancy. human soul just enters human body. sort of body soul enters & states of birth is coordinated by past activities of soul in its past life or lives, & combined record of give & take that it has made with different souls. Without reasonable view of this philosophy, leaving of one body & taking of another is habitually experience of amazing apprehension & anguish; yet honest parts of old life are soon pulverized by new encounters so soul is not overpowered & baffled by past recollections.
1.31.3 Reincarnation: What You Take with You

By time adolescent's body & cerebrum are made, soul has everything beside neglected past & persuade chance to be acclimated to its new conditions & to guards of its new body. In any case, in spite of way that spirit can't generally survey unpretentious parts of its past life or lives, it goes on with it—in sort of dispositions, inclinations & identity—combined impact of all that it has encountered & learned. All that is hereditarily passed on to new life is physical make-up of body, racial sort, shade of eyes, state of nose & so forth additionally, dismissing way that environment in which tyke is raised – furthermore characters of those around tyke – undeniably apply influence on youthful change, its inclinations & responses to individuals & occasions are not actually made yet rather are ordinary in soul from past homes. Those psyche boggling impressions recorded in past life soon start to show themselves & are conferred in new environment.

1.31.4 Relationship in Other Lifetimes

Human life relies on upon inter–relationships between souls, which thusly rely on upon different impressions present in each. These impressions pick course of life, nature of soul's activities & its physical condition particularly environment. Thusly there is regularly alliance or "record" between two souls who have formed relationship in one lifetime; that connection will oblige them again in various lifetimes. This lights up why diverse people have evaluation having met or alluded to individual some time beginning late, neglecting way that they are clearly meeting for first time. Then again they experience meeting some person with suspicion either interest or repulsiveness paying little notice to way that they don't have any
accomplice with each one of them around alright in current life to have developed those feelings. Is going on that soul is seeing other soul – paying little personality to way that they have unmistakable bodies – from last time they met.

### 1.31.5 Reincarnation: Process of Rebirth

Revival is method of restoration. With each death come new birth & opening of new area in perpetual story of life. With each new birth soul proceeds with its voyage through everlastingly where it left off similarly as its "records" in past birth. soul is not setback of incensed or malevolent God sentencing it to lifetime of hardship or moping over no unmistakable reason. soul procures past made by its own specific self. reality that definite past establishments for circumstances of new life are not obvious or discernible does not suggest that they don't exist. So to speak, soul considered in fortunate circumstances is not recipient of God's excellence or endowments; rather it is securing prize of its own liberal & supportive exercises done in past birth(s). Each soul is ceaselessly experiencing effect of some past movement & furthermore planting seeds to be gathered as some future natural item. cognizance of resurrection strengthens, in reflection, experience of my own endlessness, my unending nearness as soul. This is splendid remedy for some composes of anxiety, apprehension & compelled considering.

### 1.32 Our Home of Silence

Past physical universe of planets & frameworks there is non–physical area of unpretentious significant essentialness. Past that is gleaming universe of unadulterated quiet, where souls dwell in otherworldly state–beyond acting or thinking–still, silent, careful, & in full scale peace. That world 'past sound' (nirvana) is one of kind home of all souls, from whence all souls have gone onto earth.
Where have I come from?

When I start to see myself as to be to be soul, address significant part of time creates, "Where do souls begin from?" In reflection, I can analyze estimations of perception past physical assets. Encountering these estimations collects my comprehension of unnoticeable substances of thought & feeling & over long haul anticipate that me will position of through & through peace, impeccability & calm in which I feel as though I've come back to my uncommon 'home'. Together, physical, subtle & soul "universes" contains three essential levels of human care.

Physical World

world in which we are in glimmer living is known as physical or genuine, ensuing to each living being here have offensive, mortal or show structure. physical earth can be considered as fantastic stage where we 'play our parts' in show of life, in different real 'outfits'. It can furthermore be considered as field, where seeds of improvement are sown & average things are gotten as experiences of fulfillment & sadness. Here 'time', 'space', "history" & "geology" are key parameters of nearness; here laws of science apply. It is universe of expression & experience.

Subtle World

Past cutoff explanations behind incomprehensible extent of our nearby via planetary structure & evacuated universes there are zones of non-material light, unavailable by physical means & hard to reach to physical resources. These spaces must be experienced through vital reflection & heavenly understanding. inconspicuous world is center estimation of flawless, positive marvelous imperativeness in which there is experience of one's straightforward party of light & correspondence with various souls through unadulterated immense contemplations & vibrations.

Soul World

Past physical space of activity & inconspicuous territory of immaculate thought lies boundless, perpetually continuing estimation of complete stillness, calm & peace. Suffused with mind blowing red glimmer, this is space of God, Supreme Being, Parent of all souls. It is novel home of all souls, where we once stayed in moderate, interesting condition of aggregate belongingness & bliss. Encountering this 'unrivaled locale' (Paramdham) of most basic care in examination reestablishes & invigorates
soul, attracting it with quality to have sway in physical world with peace, patience & lit up clarity.

1.32.5 Going Home

In Raja Yoga examination, not just do I fly out internal to encounter my key self; I likewise travel upward into higher mindfulness, going past awareness of physical body & physical world. With practice, I am set up to see & experience estimation of unadulterated soul observation, past sound, advancement & thought. In this spot or condition of consideration I encounter complete flexibility, peace, rest & solace, as though I've gotten back home to place where I genuinely have spot & where I can fundamentally be.

1.33 Relationship with God

As reflection helps understanding move past self-limiting emotions, closeness of God is capable about condition of yoga – mental relationship with Source of exceptional power.

We are normal to knowing things by seeing them, listening to them, tasting them, touching or seeing them. broad piece of us have experienced youth in "seeing–is–believing" & 'hands on' society & we are adjusted to seeing things in that way. Since we can't see, tune in, taste, touch or notice God, question rises – is God purpose of truth?

One can contact God with unadulterated contemplations & be associated with Him. soul encounters reaction of impeccable emotions & huge quality. God is truth itself & therefore can be seen with eye of truth.

Fig. No. 46: GOD – Spiritual Sun

1.33.1 God: Supreme Soul
Like us, God is in like way soul. Not in slightest degree like us, He is suggested as Supreme Soul – just soul who never takes body (dazzling or unpretentious, human or glorious) of His own. He is past impacts of activities & is never subject to dualities of birth & passing, fulfillment & torment, achievement & thwarted expectation. Being past cutoff points of time of this physical world, He holds stand-out information of universe & every one of its estimations.

1.33.2 Where is God?
God lives, not all over yet rather some spot. considered God as routinely as would be judicious takes eyes upwards, fundamentally as one is maybe imagining that face should incredibly show up from behind mists or to partition down from moon. Contemplations are talented. They interface one soul to another. On off chance that they are great 'old molded diverted, musings can even go where no one yet soul can travel – past moon & stars to estimation of stunning red light, entrancing home of all souls. Sprinkled in experience of warmth of this light, soul feels as if it is really at home finally, & with God.

1.33.3 God – Spiritual Sun
Like physical sun, which gives light & life unusually to all creatures, God is Spiritual Sun, offering light to all, whomever & wherever they might be. He serves unselfishly, with no abnormal conduct of considering, helping everyone to audit their trademark characteristics of reverence, peace & fulfillment. This is reason He has been kept eye on in few nations & social requesting by name Shiva, Benevolent One.

1.33.4 God's Wisdom, Love & Power
Individuals may approach in matter of for what justifiable reason, if God exists, He doesn't wave charm wand & fix things, making or if nothing else impacting everybody with target that they do what they "ought to" do. Regardless, God never takes away anybody's flexibility of decision. God's data is to see & regard every spirit's individual character, flexibility & characteristic goodness. God offers information – huge impression of dualities & circumstances of affection & scorn, satisfaction & hopelessness, triumph & pounding, & so forth – in any case He doesn't settle on our decisions for us. soul is allowed to pick 'concerning life, what to consider it', 'to love or not to love'. God's affection props soul's will to free itself from inadequacies satisfied by indecencies, for case, fanatic longing, trance, apprehension, heart & affiliation. God's criticalness helps soul to see its most lifted potential & to go for impeccability by honing distinguishing strength of clear living & high considering.
Such practice by goliath number of souls finally finishes positive change in entire of humankind.

When you understand how to tune your cerebrum in reflection to brain of God, then whatever condition, you all things considered have wellspring of help & quality to draw upon – unending store of force & decides that is just thought away.

1.34 Law of Karma

Karma is trademark fundamental law or principle which addresses every one of our exchanges. It begins with seed of thought which makes & sets aside couple of minutes through our evaluations, viewpoint, words, activities, & relations. It at last fades away into our souls as identity qualities, just to rise again in kind of another idea.

Law of Karma can be comprehended as remarkable closeness Newton's Third Law of Motion, which gives that for each change [on physical plane] there is in every practical sense vague & in chat response. In material science, perspective of culmination of Newton's law shed such unimaginable measure of light on world that had early been secured being alluded to, that today it lies at establishment of different advances in science & change.

Law of Karma is in like route unequivocal in critical estimation. It goes on that 'for each activity on exceptional plane there is obscure & in inverse response'. This effects if elation is given, fulfillment will be gotten few answers concerning return & if torment is given, wretchedness will be told about obscure measure. Around day's end, whatever slant I cause another to encounter should at long last change into my own particular experience.

Understanding standard Law of Karma – which regulates relationship between human soul, God & material world – is key for developing right care & deliberately picking right examinations & activities. As normal of thought prompts experience of inside quality, sensible structures are offered to shape & direct capable desire into careful & productive reactions & activities in constantly life.
Fig. No. 47-Law of Karma

1.34.1 Consequences of Law of Karma

Understanding Law of Karma makes me watchful that every activity (or karma) causes return, result; similarly, occasions (and their things) can just happen when there has been relating cause. This proposes whatever circumstances I'm in at minute – whoever or whatever is inducing me or stunning me & whatever I am encountering – is delayed consequence of my own earlier considerations, choices & activities. Understanding Law of Karma gives noteworthy significance to musings, for occurrence, responsibility & worth. From time to time Law of Karma is just half gotten on. Some individual may think pitifully, "If whatever is happening now is eventual outcome of my past activities, then there's nothing I can do about it". In any case, if past made present, exhibit in like way makes future. Rather than being slave to one's past, discernment Law of Karma rouses us to suitably acknowledge making our own specific fate.

1.34.2 Law of Karma: Absolute Justice

Acknowledged is seed; development is its ordinary thing. nature of common thing is coordinated by nature of its seed. Unfathomable contemplations lead to remarkable activities which advantage others & one's self. Law of Karma starts to work further strengthening my good fortunes when I stop perpetual activities that are malignant, acknowledge danger to very address outcomes of any such activities performed in past, & pay thought on performing positive activities from this minute forward. Law of Karma is law of exceptional worth whose long arm comes to effectively from one life to next, drawing in soul to secure aftereffect of whatever seeds it has sown & to make fate it needs.

Reflection empowers me to comprehend my karmic circumstances, attracts me to settle my 'karmic records' in absolute best ways & shows to me true blue strategies to add up to 'karmic credit' for future.

1.35 Eternal World Drama

Time is seen as moving in cycles & life as entire is appeared as boundless execution before horde of individuals of world. This viewpoint of time & always propelling scenes (history & geology) reestablishes capacity to discover criticalness & centrality in neighborhood & general occasions.
1.36 Eternity: Time as Cycle

It is troublesome for psyche to handle boundless quality – no starting, no end. Reasons "why" are unsettled & quiet when there's no beginning spot. On off chance that we take gander at circle, at wheel, it is elusive starting or end. As we take gander at ordinary world around me, we see never – finishing cycles all over place – in waxing & dissolving endlessly of moon; in relentless changing of seasons; in measure of time on face of clock. Nothing in nature is straight line. Why ought to human instinct be unprecedented case?

Fig. No. 48: Eternal World Drama

1.37 World Drama Cycle

World Drama is story of human souls, their rising & fall, triumph & whipping, satisfaction & continuing, insightfulness & absence of mindfulness, adaptability & oppression. It is story of play of good & insidiousness powers, & of different stages through which human souls go in five unmistakable ages (acts). It is story of mankind on its breathtaking experience through cycle of time everlasting. It is most important story ever told… & we all in all affection extraordinary story!

1.38 Five Acts of World Drama

• Act 1- Golden Age
Act One starts with early morning scene of magnificent age. Every individual show holiness of flawlessness, peace, fulfillment, warmth, & truth with complete internal congruity. Their cherishing activities & exchanges are strings of fabric of society. These are divine creatures whose significant appreciation for nature is such that they are given riches from earth. Family life is satisfying in light of way that affiliations depend on upon shared unwavering quality & trust. lead & viewpoint of all is liberal & sharing. uprightness of soul is conferred in its ordinary clever & critical achievement. It is heaven.

- **Act II-Silver Age**

Act Two continues with night scene in which massively dynamic rot is going on, unnoticed by performing talented laborers, who have basically extended in number. In spite of way that they are still incredible with warmth & peace, paying little regard to way that nature is 'as of recently dazing with shading & incomprehensibleness, sensational freshness that portrayed morning has gone. on-screen characters are giving careful thought to outside structure & limit & less to interior substances; experiences of benefits are leaving impacts on soul. Steadfast quality begins to offer way to deal with oversee sway. Material resources are spread irrelevant more daintily to suit making interest. Disregarding course that there is no pessimism or detriment, & all remain bosses of characteristics of life, nature of everything is to some degree less.

- **Act III- Copper Age**

change from Act Two to Act Three as night starts is stunning one. It is separate by massive improvement in care from self–awareness to self–forgetfulness. This mindlessness of certifiable huge self makes duality inside brains of performing specialists. in any case pieces of information of contention inside & of outside strife show up inside play. This transform out severely of soul–consciousness into cheating of body–consciousness passes on with it loss of force. Individuals find opportunity to be obliged by method for quest for force & having spot with modify for developing inward void. Unmistakably, even while scanning for lost truth & edification they are deceived into accepting that conglomering material having spot will bring them security & true blue suppositions of quietness.

- **Act IV- Iron Age**
Act Four discovers time of world in complete haziness, innovation & anguish. There has been persuading lessening in awesome, good & extraordinary qualities. Individuals are added to mainstays of sickening practices & slants. Boundless inconvenience & turmoil have ended up standard of human experience. world is separated into different get-togethers, different which are discharged against each other in excitements of force framed by self–interest & judgment skills. human family is at limit. As night wears on, individuals affect exponentially until planet's advantages achieve their motivations of constrainment.

• Act V-Diamond Age

Act Five contains one & only scene in which Director of Drama finds opportunity to be fundamental Actor. He shows up deliberately in one corner of stage & starts to reveal truths customary in story of human life: truth of unlimited quality of soul, its genuine, perpetual association with God & veritable way to deal with upliftment & satisfaction. These announcements of truth blend, in on-screen characters, huge recollections of their since long time back emptied past; there is fortifying. Staying at first light they can again watch merry go around of life absolutely – from brilliance to duality, from gold to press – every spirit uniting with unending musicality inside each minute until it winds up at ground zero. With warmth for God in their souls & truth in end drenching their being, performing authorities move their path systematic off stage, joined in their vision of drawing closer astonishing morning. absence of meaning of night orderly aides into dawn of new day. As window embellishment slides on Act Five, it rises again to check start of Act One. Mankind has completed cycle: old voyage of life has finished; new world starts.

3.46 Tree of Life

lesson on Tree of Life offers bits of learning into change & creation, showing why world is so disconnected today, & clearing up worth, parts & relationship between various human vested get-togethers & trains, for occurrence, religion, science, legitimate issues & business.

1.38.1 Human Family Tree

lifecycle of tree in nature – its starting stage, change in size, lessening & recuperation – offers mind blowing comparability for lifecycle of Human Family Tree. All parts of tree are interconnected. Something that unfurls some player in tree affects entire tree. To take gander at absolutely – made tree of mankind's life on earth today is to watch & comprehend its undertaking through time.
1.38.2 Seed of Humanity

Seed of humankind, of human family, is God, Supreme Being, encapsulation from which entire tree of mankind makes. Trunk of tree symbolizes time of heaven which rises out of that impeccable Seed – that awesome time before written history when there is solidarity of conviction, society, language & association; that period of celebrated human progress when there is no capability amongst theory & routine of important living. Individuals in such time require nothing, are completely satisfied, & share concordant lifestyle. Closeness of trunk to seed symbolizes how souls around then epitomize God's qualities, driving lives in light of measures of truth. Such souls are memorialized in stories & legends as "divine animals" & 'goddesses', however couple of any more comprehend that such awesome creatures extremely strolled around our earth.

1.38.3 Tree of Life Grows

As tree develops, its trunk truly creates in size. So, in like manner, human individuals widen. More "leaves" (individual human souls) show up on tree. For all intents & purposes as leaves truly leave their bud-like state & start to spread out, so divine creatures open themselves to more basic consolidation with physical world & anxiety with physical body – shelter of soul. Totally unmindful that they are losing consciousness of their genuine personality – soul itself – in technique, they also put some division between their fascinating nature of morals, peace & truth.

1.38.4 Paradise Lost

This advancement in care secures checked diminishing power, uprightness & capacity to see right from off kilter. Splendid nature pulls back. Heaven is lost. Unexpectedly there is experience of decision that is other than peace & bliss. Unexpectedly there are sentiments that are interesting & uncomfortable. All of sudden there is unpalatability, pollution, turmoil, & deception. These "frightful little animals" inconvenience enormous amounts of leaves & human activities persuade chance to be pushed by ever – making requests for having spot, accomplishment, position, & power. No more chiefs of self, souls find opportunity to be slaves to their cravings.

As solidarity of trunk loses its uprightness, minds start to look at for truth & hearts to throb for solace. Memory of God, Seed, reemerges from profundities of human identity. This raises hunt down truth. In like way, incomprehensible prophet souls one
by one make their ways, Abraham, Buddha, Christ & Mohammed – autonomously
going on messages of come back to model nature, of trust & absolving, of thought &
of single – mindedness. Every prophet soul creates persuading branch regarding
extraordinary religion on Human Family Tree. feelings of warmth, law, light, &
surrender now show up as honest to goodness contrasts in method.

1.38.5 Chaos & Confusion
Assorted new leaves get on branches as human family overall increases in size. Perplexity & hubbub result as mission for self-accreditation & truth offers move to
different emotions & structures for considering. Each significant branch connects into
humbler individuals & twigs. Internal circles, deals & ‘– isms’ rising. At that point, inside focal trunk of mankind, love for nature & of individuals as boss gets hold. human family is at this moment segregated by shading, race, religion & conviction structure, its making brokenness reflected by relating improvement in like way fiascoes, mental & physical dirtying, criticalness & unfavorable passing.

1.38.6 Tree Reaches its Limits of Growth
In this constantly growing peacelessness more people move toward God; yet without
knowing who He really is or what He questions, in His astoundingly nearness other than rises. take gander at for truth comes to focus exclusively on physical insistence, offering move to wondrous advances in science & change. Quickly trust in veracity & power of science augmentations while religion & conclusion observe chance to be materialistic & politicized. In mean time among branches, sureness influences opportunity to be fundamentalism as overall public who enterprisingly stick to standard feelings feel obliged to violently shield their points of view. Religion, tongue, society have strayed amazingly far to ensure from their roots in heavenly nature.
tree plays out its inspirations of constrainment of progress. Its roots are in state of
decay, its trunk scarcely unmistakable amidst its scattered tangle of hanging branches. Each soul holds tight weakly, as miserable leaf on twig of bone chilling tree.

1.38.7 God Seed Regenerates Tree
In any case, before old life kicks bowl, new life is given by Seed, Creator of tree. God, Seed of Human Family Tree, uncovers how that which was can be once more. Blended by appearance of this Seed, & storing up quality & sustenance by including restored association with this One, single human souls watch opportunity to be
foundational roots from which new youthful sapling can rise. recovery of Human Family starts.
The think all things considered, imagining yourself as root soul sitting close God, Seed of our Human Family. Draw from that Seed everlasting center of all that can be expert in life. Stay underneath shade of learning of our Human Family Tree & far reaching section of your ideal longings will be satisfied.

**1.39 SUCCESS STORY:**

A voyage of thousands stride begins with single stride. single stride is as major as single positive thought. It is said that snappier than rate of light is pace of cerebrum. History is observer of truth of this divulgence from time immemorial, there are stunning & little case in universe of individuals, who has changed photo of their life, from mutilation to truth, wretchedness to trust & disdain to love. master in flying out back to history of Brahma Kumaris from 1937 to present minute, & she has considered wearisome certifiable stories of self-change at various levels, at various times. As in experience of movement, every last stride is focal. In 1937 single shine of Divine dreams that changed entire closeness of one among thousands & this was maker of Brahma Kumaris Brahma Baba. His awesome change was alterable stride & this single stride was trailed by millions of tries on technique for self-change. There are such clearing number of stories & tunes of souls, whose quiet words, immaculate vibrations & extravagant eyes tell truth. Their change is perceptible from their lives. It is with drawback that star is to pick couple of occasion of histories to present when everyone has crucial story to tell, out of goliath number of such voices of trusts & change as they would see it being few are appeared here that are so far moving others, which can show technique for "Enormous Renaissance" to present mankind.

**CASE STUDY I**

A survey on youth Transformation Through Raj Yoga Meditation

A clearing examination of Brahma Kumaris Youth get-together was done in month of January—February, 2006 with different destinations. basic goal was to get solid information to perceive specific levels & extents of advancement among youth by virtue of Raj yoga practice. This was country over outline including more than eleven thousand Brahma Kumar Rajyogi youth crosswise over length & breadth of our nation.

individuals of present graph are Rajyogi youth from all conditions of India falling in age party of 16 to 35 years. Every one of them are standard understudies of Raj yoga
arranging took after by Raj yoga hone for various eras. It is colossal that subjects under study have exhausted Raj yoga, for no shy of what one year after their Raj yoga arranging.

subjects were asked whether they had any vice» before presentation of Raj yoga. They had in like way to figure out if they had surrendered particular indecencies after routine of Raj yoga & since when.

indecencies considered in present review included (I) addictions to drinking alcohol, smoking, tobacco use & pharmaceutical misuse; (II) exploitative conduct, for case, need, defilement, betting, seeing foul movies & inspecting revolting composed work; (III) undesirable practices like taking non-veggie mate sustenance, pernicious nature, indiscipline against seething & (IV) solitary acts, for occurrence, unsafe exercises & brutality.

Here is brief summary of quantifiable examination of study: -

• Rajyogi youth were detached into four age packs: 16 to 20(20%), 21 to 25(28%), 26 to 30(26%) & 31 to 35(26%) years. They were additionally subdivided into four get-togethers as indicated by their conjugal status: Kumari (Unmarried Female, 36%), Kumar (Unmarried Male, 43%), Manied Female (12%), Married Male (9%).

• Considering years of honing Rajgoya, youth were detached into five social affairs: 1-5 years (half), 6-10 years (26%), - 11-15 Years (15%), 16-20 Years (5%), 21-25 Years (2%), 25-30 Years (1%). Thusly youth rehearsing Raj yoga for] to 5 years surrounded some portion of test inspected.

• survey uncovered rate of youth acknowledged indecencies before routine of Raj yoga where in 42% of youth were non-veggie noteworthy other, 29% were having harmful nature, & level of getting charge out of vulgar exercises & undisciplined conduct was around 21% each. Fifteen percent had terrible exercises – Indulging in degradation, betting, smoldering, drinking, drugs, profane creation, smoking, tobacco utilizing was as part of degree of around 5 to 12%. Thusly 72% of youth had entertained themselves with various indecencies before presentation of Raj yoga.

• results show that while every one of 100% of subjects under overview have firmly dedicated themselves for watching tried & true avoidance, essentially little degree meaning 1.71% is yet to plunge for profound built up commitment in such way.
Celibacy is stunning limitation, which Mahatma Gandhi in addition spread, that outcomes in generally comprehensive change of individual, & country in more noteworthy number of courses than one. It has been seen as immediate, direct & trademark result to Raj yoga hone. disclosures of study exhibit that 99.55% of youth laid out surrendered unmistakable indecencies as consequence of Raj yoga practice. Hence Raj yoga technique acknowledge great part in behavioral change of youth.

Different youth in study took different time compasses to dispose of their indecencies. time—chart changed from one year to five years. most beguiling truth is that around 90% of them comprehends how to dispose of their negativities inside five years of Raj yoga practice. Around 75% of them took develop year to get changed & around one to two percent of them took length of 3 to 5 years. immaterial 3 to 4 percent of cases fell into course of action of several years.

To look at level of aggregate non-liberality in indecencies before & following to honing Raj yoga, quantifiable broad delineation test was done. level of non-unselfishness in indecencies was discovered clearing after Raj yoga rehearse. So, we can expect that Raj Yoga Practice is essentially sensible in bringing positive change among youth.

**Tab. No. 5: Effect of Raj yoga – At Glance**

<table>
<thead>
<tr>
<th></th>
<th>No of Youth</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Surveyed</td>
<td>11393</td>
<td>100</td>
</tr>
<tr>
<td>Youth Not Indulged in Vices before Raj Yoga Practice</td>
<td>3248</td>
<td>28.51</td>
</tr>
<tr>
<td>Youth Indulged in Vices before Raj Yoga Practice</td>
<td>8145</td>
<td>71.49</td>
</tr>
<tr>
<td>Youth Gave up Vices after Practicing Raj yoga</td>
<td>8108</td>
<td>99.55</td>
</tr>
<tr>
<td>Total no. of Youth who gave up Vices after Raj Yoga Practice</td>
<td>11356</td>
<td>99.68</td>
</tr>
</tbody>
</table>

### 1.40 MOTIVATION

#### 1.40.1 Meaning of Motivation

Inspiration is theoretical structure used to enlighten conduct. It addresses elucidations behind individuals' activities, goals, & requirements. Inspiration can in like way be depicted as one's bearing to coordinate, or what causes man to need to go over
conduct & alternate way, point of view is thing that prompts individual to act totally, or if nothing else build up slant for particular conduct.

Inspiration is truly aching to do things. It's separation between stirring before sunrise to pound dark top & lazing around house for span of day. It's essential fragment in setting & finishing goals—and examination indicates you can influence your own particular levels of inspiration & parity.

1.40.2 Motivation Definition

Inspiration is something that sponsorships some person to complete process of something. Harmer reported in his book "English Language Teaching" that inspiration is some sort of internal drive which pushes some person to do two or three things with specific extreme target to satisfy something. In other hand, Brown depicts inspiration considering behaviorist & academic definition. In context of behaviorist cocoa portrays inspiration as reprisal of reinforce which is effective thought for classroom. In context of mental definition, Brown depicted inspiration definition into three classes. At first in light of drive hypothesis, inspiration begins from chief characteristic drives, so inspiration have been existing since we are envisioned. Second in context of order of initiative, inspiration is something that starts from individual needs. Third, considering limitation hypothesis, inspiration is something that show up if there is chance to make some person to settle on own decisions about what to search for after & what not to search for after (reasonability). Thusly, inspiration is one of persuading segment in finding that drives learners to battle to achieve their goals in learning process & can change into assistance in learning process. It to incredible degree impacts accomplishment of learning inspiration. For instance, learner who is impelled to study English since he need to get blessing from his educator will make customary attempt to get blessing that is as stun in learning technique. Thusly, inspiration is champion amongst best consider showing learning process.

1.40.3 Kinds of Motivation.

Inspiration can be described into few courses of action. In context of how inspiration begins from, it can be partitioned into two requests. They are inborn inspiration & coincidental inspiration. Trademark inspiration ascends from individual inside yet outward inspiration start from outside of person.

Trademark inspiration is not affected by outside variables but rather it begins from individual inside segment. Within sections may join necessities, intrigue, & joy.
Essentials of understudies can pull in them to get done with learning objective. For example, learner who learns English since he needs English inclination to do correspondence in his social live has high inspiration in learning English recalling genuine target to expert English to help him get by in social live. In other hand, enthusiasm for like way has area in expanding inspiration level of understudy. In event that understudy is intrigued to study English they will achieve learning objective effectively. By then, satisfaction is in like way essential in broadening inspiration of understudy. In event that understudies don't feel recognize in learning class, material prepared is hard to be exchanged. In this way, trademark inspiration is inspiration that is made by individual self-affected by individual parts that are necessities, interest & satisfaction. learners can make inspiration by their self. For example, Indonesian understudies who study in English talking nation are pushed to learn English since English is tongue that they use in their social life. They need to learn English since they oblige it to survive.

Normal inspiration is more impact than pointless inspiration in light of way that trademark inspiration moves from learner self not influence by outer variable. This makes learner to understand that they have to learn it. Cocoa reported in his book that regularly nudged exercises are ones for which there is no sensible prize aside from advancement self. Individuals appear to take interest in exercises for their own particular reason & not in light of way that they incite unnecessary prize.

Pointless inspiration is opposite of natural inspiration. Unnecessary inspiration is influenced by outer variable of learner. Swamp wrote in his book that inspiration suggests outer stun which faces after as consequence of specific reaction. Moreover, Harmer cleared up in his book that outward inspiration is made by any number of outside segments. That may meld trust of money related prize; need to pass exam, or likelihood of future level (Harmer, 1988:51). In this way, outward inspiration is any stun which begins from outside of learner & which drives learner in learning process. Any segment that begins from learner outside & that fortify understudies to consider harder in learning framework is called unessential inspiration.

1.4.0.4 Theories of Motivation

From most timely starting stage, when human affiliations were set up, different main impetuses have tried to discover response to what prompts individuals to work. Grouped techniques related by them have acknowledged distinctive speculations concerning inspiration.

These are talked about in word in specific solicitation.

**1.40.4.1 Maslow’s Need Hierarchy Theory:**

It is clearly protected to say that most beyond question appreciated hypothesis of inspiration is Maslow's need pecking demand hypothesis Maslow's hypothesis depends on upon human needs. Drawing fundamentally on his clinical experience, he depicted every human need into alternate leveled course from lower to higher sales. On extremely fundamental level, he expected that once given level of need is fulfilled, it no more serves to spur man. By then, going with more raised measure of need must be authorized with specific extreme goal to invigorate man. Maslow perceived five levels in his need progressive system of authority as appeared in figure.

![Maslow’s Need Hierarchy Diagram](image)

**Fig. No. 50: Maslow’s Need Hierarchy**

These are now discussed one by one:

a) Physiological Needs:

These essentials are key to human life and, thusly, intertwine sustenance, dress, spread, air, water & necessities of life. These necessities identify with survival & support of human life. They apply tremendous impact on human conduct. These essentials are to be met first at any rate almost entire way before more raised total needs rise. Once physiological essentials are fulfilled, they no more move man.

b) Safety Needs:

In wake of fulfilling physiological needs, going with necessities felt are called flourishing & security needs. These essentials discover expression in such yearnings as cash related security & assurance from physical perils. Tending to these necessities
requires more cash and, thusly, individual is instigated to work more. Like physiological needs, these find opportunity to be torpid once they are fulfilled.

c) Social Needs:
Man, is social being. He is, consequently, awakened by social cooperation, association, belongingness, & whatnot. It is this mixing & belongingness why people like to work in get-togethers & particularly more arranged individuals go to work.

d) Esteem Needs:
These necessities suggest sense of pride & pride. They join such needs which show valor, accomplishment, capacity, learning & self-standard. satisfaction of appreciation needs prompts certainty, quality & limit of being critical in association. Regardless, shortcoming to satisfy these necessities acknowledges feeling like insufficiency, deficiency & absence of assurance.

e) Self-Actualization Needs:
This level addresses finish of all lower, halfway, & higher essentials of individuals. So to speak, last stroll under need dynamic system model is need for self-affirmation. This recommends satisfaction.

term self-affirmation was brought about by Kurt Goldstein & intends to wind up completed in what one is maybe uncommon at. Basically, self-affirmation is individual's inspiration to change impression of self into reality.

As appeared by Maslow, human needs take after unmistakable strategy of control. second need does not ascend until first is sensibly fulfilled, & third need does not climb until hidden two needs have been sensibly fulfilled & it goes on. opposite side of need development is that human needs are boundless. Regardless, Maslow's need pecking demand hypothesis is not without its depreciators.

f) Main criticisms of theory include following:
1. necessities could take after positive distinctive leveled request. So, to say, there might cover in need dynamic system. For example, paying little regard to probability that security need is not fulfilled, social need may rise.

2. need model might not have any sort of impact at all times in all spots.

3. Explores show that man's conduct at whatever point is for most part guided by plan of conduct. From this time forward, Maslow's social word that one need is fulfilled at one time is in like way of sketchy validness.
4. In case there should be occasion of few people, level of inspiration might be for unequaled lower. For example, man experiencing unending unemployment may stay fulfilled for whatever is left of his life if just he/she can get enough sustenance.

In any case, Maslow's need levels of initiative hypothesis have turned out to be wide confirmation, especially among rehearsing manager. This can be credited to hypothesis' basic reason & direct. One master met up at conclusion that hypotheses that are instinctually staggering'.

1.40.4.2 **Herzberg’s Motivation Hygiene Theory:**

Clinician Frederick Herzberg augmented work of Maslow & proposed another inspiration hypothesis overwhelmingly known as Herzberg's Motivation Hygiene (Two-Factor) Theory. Herzberg composed generally reported motivational study on 200 bookkeepers & experts utilized by firms as part of & around Western Pennsylvania.

He asked these people to describe two important incidents at their jobs:

(1) When did you feel especially wonderful about your occupation, &

(2) When did you feel uncommonly odious about your work? He utilized vital occasion technique for getting information.

Reactions when investigated were discovered uncommonly enrapturing & genuinely obvious. Answers respondents gave when they making most of their occupations were fundamentally not precisely same as answers given when they felt unsavory. Reported positive suppositions were all around connected with employment fulfillment, however obnoxious feeling with occupation disappointment. Herzberg named occupation satisfiers shines, & he called work confuses cleanliness or upkeep variables. Taken together, flashes & cleanliness parts have possessed capacity to be known as Herzberg's two-variable hypothesis of inspiration.

**Herzberg's motivational & cleanliness fragments have been appeared in Table …**
Tab. No. 6: Herzberg’s motivational & hygiene factors

As indicated by Herzberg, opposite of fulfillment is not dissatisfaction. vital reason, he says, is that discharge of frustrating qualities from occupation does not according to ordinary technique make business fulfilling. He has trust inside seeing twofold continuum. converse of "fulfillment" is 'no fulfillment' & inverse of "disappointment" is 'no disappointment'.

As indicated by Herzberg, today's shines are tomorrow's cleanliness in light of way that last quit affecting conduct of people when they get them. As necessities, be, one's cleanliness might be helper of another.

However, Herzberg’s model is labeled with following criticism also:

1. Individuals for most part tend to expect approval themselves when things go well. They charge disappointment for outer environment.
2. Hypothesis for most part illustrates work fulfillment, not inspiration.
3. Certainly, even occupation fulfillment is not measured on general reason. It is not unimaginable that man may detest touch of his/her occupation, still thinks work adequate.
4. This hypothesis disregards situational variable to move man.

As result of its inevitable nature, pay conventionally appears as glimmer besides hygiene.
Regardless of feedback, Herzberg's 'two-fragment inspiration hypothesis' has been broadly examined & few managers show up untaminar with his recommendations. focal utilization of his proposals lies in sorting out & controlling of operators work.

1.40.4.3 McClelland’s Need Theory:

Another excellent need-based hypothesis of inspiration, instead of element course of action of necessities of fulfillment disappointment, is theory made by McClelland & his assistants'. McClelland built up his hypothesis in context of Henry Murray's made not unimportant rundown of perspectives & show needs utilized as bit of his basic examinations of character. McClelland's need-hypothesis is practically connected with learning theory, since he expected that essentials are found or got by sorts of occasions individuals experienced in their surroundings & society.

He found that individuals who get specific need carry on phenomenally instead of general population who don't have. His hypothesis concentrates on Murray's three needs; accomplishment, force & affiliation. In composed work, these three needs are abbreviated "n Ach", "n Pow", & "n Aff" autonomously'.

They are defined as follows:

a) Need for Achievement:
This is drive to surpass longings, to satisfy in relationship with strategy of standard, & to attempt to succeed. In way, essential for accomplishment is conduct encouraged toward rivalry with standard of faultlessness. McClelland found that individuals with high need for accomplishment perform superior to those with moderate or low essential for accomplishment, & noted local/national separations in accomplishment inspiration.

Through his research, McClelland identified following three characteristics of high-need achievers:
1. High-require achievers have exceptional longing to recognize particular obligation regarding playing out attempt for finding reaction for issue.
2. High-require achievers tend to set unassumingly troublesome objectives & make special effort.
3. High-require achievers have successful yearning for execution input.

b) Need for Power:

essential for force is worried with influencing others, longing to impact others, inclination to change individuals, & longing to have any kind of effect in life.
Individuals with high essential for force are individuals who like to be in control of individuals & occasions. This outcome in astounding fulfillment to man.

People who have high need for power are characterized by:
1. yearning to influence & direct another person.
2. yearning to practice control over others.
3. affectability toward keeping up pioneer devotee relations.

c) Need for Affiliation:

essential for association together is depicted as longing to create & keep up inviting & warm relations with various individuals'. essential for relationship, from different points of view, look like Maslow's social needs.

people with high need for affiliation have these characteristics:
1. They have extreme yearning for insistence & backing from others.
2. They have tendency to adjust to yearnings of those individuals whose organization & connection they respect.
3. They respect suppositions of others.

Figure 17.2 is quick overview outline of three need hypotheses of inspiration just talked about. plan shows parallel relationship between necessities in each of theories. Maslow infers higher-lower sort out requirements, however Herzberg proposes inspiration & cleanliness parts.

1.40.4.4 McGregor’s Participation Theory:

Douglas McGregor figured two unmistakable perspectives of individual considering excitement of laborers. imperative on extremely fundamental level negative, stamped Theory X, & other essentially positive, labeled Theory Y.

Theory X is based on following assumptions:
1. Individuals are by nature lethagic. That is, they get kick out of chance to go about as little as could be allowed.
2. Individuals need longing, hate responsibility, & should be encouraged by others.
3. Individuals are really egotistical & not enthusiastic about genuine needs & objectives.
4. Individuals are things being what they are basic & not sharp & marvelous.

On contrary, Theory Y assumes that:
1. Individuals are not by nature inactive or invulnerable to different leveled goals.
2. They need to recognize obligation.
3. They require their relationship to succeed.
4. Individuals are set up for arranging their own particular conduct.
5. They have need for accomplishment.

What McGregor attempted to sensationalize through his theory X & Y is to diagram extremes to draw fencing inside which dynamic man is consistently seen to proceed. Reality remains that no genuine man would really have spot either with hypothesis X or theory Y. If all else fails, he/she shares attributes of both. What really happens is that man swings beginning with one set or properties then onto following identity changes as part of his identity & viewpoints in creating, environment.

1.40.4.5 Urwick’s Theory Z:

Much after recommendations of hypotheses X & Y by McGregor, three specialists Urwick, Rangnekar, & Ouchi-propounded third hypothesis labeled as Z theory.

Two propositions in Urwicks’s theory are that:
(i) Each individual ought to know dynamic objectives totally & measure of obligation through his endeavors towards these objectives.
(ii) Each individual ought to in like way comprehend that relationship of different leveled targets is going to fulfill his/her needs determinedly.

In Urwick’s perspective, above two make individuals masterminded to act strongly to finish both true blue & individual goals.

In any case, Ouchi’s Theory Z has pulled in bit of considered association masters & in addition specialists. It must be seen that Z does not stay for anything, is essentially last letters all together in English Language.

Theory Z is based on following four postulates:
1. Solid Bond amongst Organization & Employees
2. Specialist Participation & Involvement
3. No Formal Organization Structure

4. Human Resource Development

Ouchi’s Theory Z addresses get-together of Japanese association hones (total basic leadership, social association, capable soundness, far reaching affectability toward pros, etc.) by American affiliations. In India, Maruti-Suzuki, Hero-Honda, & so on., apply proposes of theory Z.

1.40.4.6 Argyris’s Theory:

Argyris has built up his inspiration hypothesis considering recommendation how association hones affect individual conduct & headway in his view, seven changes happening in individual character make him/her expert one. In way, identity of individual makes

<table>
<thead>
<tr>
<th>Immaturity</th>
<th>Maturity</th>
</tr>
</thead>
<tbody>
<tr>
<td>√ Dependence</td>
<td>√ Independence</td>
</tr>
<tr>
<td>√ Capable of behaving in few ways</td>
<td>√ Capable of behaving in many ways</td>
</tr>
<tr>
<td>√ Shallow interest</td>
<td>√ Deep interest</td>
</tr>
<tr>
<td>√ Short –term perspective</td>
<td>√ Long –term perspective</td>
</tr>
<tr>
<td>√ Subordinate position</td>
<td>√ Super ordinate position</td>
</tr>
<tr>
<td>√ Lack of self-awareness</td>
<td>√ Self-awareness &amp; control</td>
</tr>
</tbody>
</table>

Argyris sees that vitality exists in people essentially in light of dynamic setting & association sharpens, for occurrence, undertaking specialization, levels of power, solidarity of heading, & explore of association. Recalling genuine goal to make people develop full created, he proposes persevering move from current pyramidal association structure to humanistic framework; from existing association framework to more flexible & participative association.

He conveys that such circumstance will fulfill their physiological & security needs, & moreover will urge them to make masterminded to make more utilization of their physiological & thriving needs. Regardless, in like way will affect them to make orchestrated to make more use of their potential in finishing dynamic objectives.

1.40.4.7 Vroom’s Expectancy Theory:

A champion amongst most generally perceived explanations of inspiration is offered by Victor Vroom in his Expectancy Theory" It is subjective strategy hypothesis of inspiration. hypothesis is developed on central contemplations that individuals will be
actuated to apply strange state of exertion when they recognize there are relationship between exertion they set forward, execution they satisfy, & results/rewards they get. relationship between contemplations of exertion, execution, & prize are sketched out in Figure 17.3

\[ \text{Motivation} = \text{Valence} \times \text{Expectancy} \times \text{Instrumentality} \]

Fig. No. 51: Vrooms expectancy model of motivation

Thus, key constructs in expectancy theory of motivation are:

a) Valence: Valence, as appeared by Vroom, surmises worth or quality one spots on specific result or reward.

b) Expectancy: It relates endeavors to execution.

c) Instrumentality: By instrumentality, Vroom proposes, conviction that execution is identified with prizes.

Along these lines, Vroom’s inspiration can in like way be passed on as condition as takes after: Motivation = Valence x Expectancy X Instrumentality

Being model multiplicative in nature, all three variables must have high positive qualities to accumulate stirred execution decision. On off chance that any of variables ways to deal with oversee zero level, likelihood of so moved execution comparatively touches zero level.

d) However, Vroom’s expectancy theory has its critics. important ones are:

1. Faultfinders like Porter & Lawler checked it as hypothesis of mental celebration which recommends that individual subjectively picks methodology that prompts best level of elation or most minor level of devastation.

2. suspicion that individuals are objective & figuring makes hypothesis optimistic.

3. prescience theory does not depict individual & situational contrasts.
Regardless, valence or quality individuals place on different prizes changes. For example, one worker inclines toward pay to benefits, however someone else likes to exact inverse. valence for same prize changes from condition to circumstance.

Disregarding every one of these educated people, best point in me trust hypothesis is that it lights up why tremendous piece of workforce applies low levels of endeavors in completing occupation commitments.

**1.40.4.8 Porter & Lawler’s Expectancy Theory:**

Truly, Porter & Lawler's hypothesis is change over Vroom's trust theory. They set that inspiration does not corresponding fulfillment or execution. model recommended by them experiences part of distorted normal suspicions made about positive relationship amongst fulfillment & execution. They proposed multi-variate model to light up mind boggling relationship that exists amongst fulfillment & execution.

What is vital point in Porter & Lawler's model is that exertion or inspiration does not lead direct to execution. It is set up, interceded by breaking points & properties & by part affirmations. At long last, execution prompts fulfillment, same is delineated in running with Fig 17.4.
There are three standard sections in this model. Let us rapidly discuss these one by one.

a) Effort:
Effort indicates measure of importance agent applies on given undertaking. How much effort power will put in errand is facilitated by two variables
(i) Value of prize &
(ii) Perception of effort prize probability.

b) Performance:
One's effort prompts his/her execution. Both may compare or may not be. However, measure of execution is managed by measure of work & limit & part perspective of power. Therefore, if laborer has less cutoff and/or says wrong part target reality, his/her execution may be low paying little identity to his putting in limitless tries.

c) Satisfaction:
Execution prompts satisfaction. level of satisfaction depends on upon measure of prizes one fruitions. In case measure of real prizes meet or surpass saw sensible prizes, master will feel satisfied. On country, if real prizes come up short concerning saw ones, he/she will be disappointed.

Prizes may be of two sorts—characteristic & unessential prizes. Event of characteristic prizes are, for event, appraisal accomplishment & self-wrapping up. As regards outward rewards, these may join working conditions & status. sensible level of examination sponsorship that, trademark prizes are widely more subject to go on perspectives about satisfaction that are related to execution.

There is no preventing from securing way that motivation model proposed by Porter & Lawler is remarkably mind boggling than various models of motivation. Truly motivation itself is not urgent cause-impact relationship rather it is brain boggling wonder Porter & Lawler have endeavored to survey variables, for event, estimations of possible prizes, impression of effort prizes probabilities & part perceptions in picking satisfaction.

They recommended that bosses should intentionally reassess their prize system & structure. effort execution reward-satisfaction should be made key to entire course of action of managing men in affiliation.
1.40.5 Role of motivation in any learning process

Inspiration effects impacts understudies' learning & lead.

- **Motivation directs behavior toward particular goals.** Inspiration picks particular goals toward which learner’s endeavor. In this way, it impacts decisions understudies make—for occasion, whether to pick in material science or studio craftsmanship, whether to spend night finishing testing homework task or playing videogames with accomplices.

- **Motivation leads to increased effort & energy.** Inspiration develops measure of exertion & centrality that learners eat up in exercises unmistakably identified with their necessities & goals. It understands if they search for after attempt eagerly & wholeheartedly or gradually & torpidly.

- **Motivation increases initiation of & persistence in activities.** Learners will probably start undertaking they really need to do. They are in addition more inclined to keep working at it until they've finished it, paying little regard to probability that they are sometimes blocked or baffled in meantime. In light of present circumstances, then, inspiration fabricates understudies' chance on errand, essential part affecting their learning & accomplishment.

- **Motivation affects cognitive processes.** Inspiration impacts what learners pay thought on & how adequately they set it up. For example, stirred learners as often as possible attempt to really acknowledge classroom material—to learn it truly—and consider how they may utilize it in their own particular lives.

- **Motivation determines which consequences are reinforcing & punishing.** more learners are excited to increase canny ground; more they will be upbeat for & steamed at low quality. more learners ought to be perceived & regarded by mates, more they will respect enthusiasm for "in" get-together & be tormented by criticism of partners. To young tyke uninterested in recreations, making or not making school football social occasion is no genuine trouble, however to youthful whose life pivots football, making or not making get-together might be consequence of unbelievable significance.

- **Motivation often enhances performance.** In light of exchange impacts simply perceived—objective formed conduct, exertion & vitality, start & consistency, mental dealing with, & effect of results—inspiration much of time prompts redesigned execution. As you may figure, then, understudies who are most awakened to learn & surpass wants in classroom hones have tendency to be our most astounding achievers.
On other hand, understudies who have little vitality for scholarly accomplishment are at high hazard for dropping out before they continue forward from assistant school. Inspiration direct impacts how individual learns. effects of inspiration are routinely wide since it grows individual's vitality level, picks determination in fulfilling particular objective, impacts sorts of learning systems utilized & individual's reasoning procedures.

As appeared by human progress masters, there are two sorts of inspiration, outward & trademark. Unessential is coordinated by person's outside including & particular errands. Natural inspiration can be found inside person since attempt can be seen as beneficial. Thusly, while applying effect that inspiration has on learning procedure, plainly individuals learn better considering apparent estimation of errand, subject, particular goals, budgetary impetuses & wide gathering of various variables.

Inspiration can be developed or decreased in context of broad assortment of parts. This is one inspiration driving why teachers in any instructive foundation can essentially impact their understudies learning, since they are part of understudy's inborn inspiration environment.

Several instructors are better at utilizing diverse positive inspiration procedure & systems than others. In this manner, understudies can get slant fulfillment from surpassing wishes in class or they may get low evaluations since they are demotivated.

For instance, if teacher can uncover to understudies how particular subject can identify with genuine conditions, understudies will probably have individual fervor for understanding what's being appeared to them. One of best occasion of genuine quality conditions is monstrosity of learning math. Math teachers who know how to trade upside of knowing how to tally one's precious assets, will have common chance at getting understudies intrigue & keeping them connected with at all times.

While few understudies are actuated by outward variables, others might be impacted absolutely by trademark sections. In these conditions, understudy may have objective that they need to reach by specific time. With specific end goal to fulfill their objectives, data that they learn is of psyche blowing quality to them.

Case in point, if understudy ought to be authority or work in helpful field, they might be driven by it as achievable objective. In this way, they may need to put large portion of their additional time in getting to going with level. On off chance that they need to get into top Ivy League schools, they will in like way plan to satisfy most lifted
appraisals. Whatever individual's inspiration part is, unmistakably inspiration & learning will once in while go as undefined unit.

Every now & then individual inspiration can be antagonistically affected. From past disappointments with certain subject to instructors who built up terrifying learning environment, grown-ups & young people might be demotivated as delayed consequence of various conditions. Getting animated again is significant part of time hard at any rate it should be possible. Inspiration phenomenally impacts learning system. Inspiration alone can comprehend whether individual will desert or miss mark. While two or three individuals take in extra by outside impacts, others may complete more by their own targets. Whatever circumstance, everybody required in any learning system ought to know how inspiration impacts learning.

1.40.6 Motivation factors for learning meditation in particular

Everybody hits hang in life, yet there is dependably trust. In event that you have wound up stuck, experiencing upheld off occupation, or notwithstanding suspecting that it’s difficult to get up in morning, thought is best way to deal with get you back on track. Here are 5 reasons thought can pump up you up:

a) Meditation can help focus your mind & renew your enthusiasm. When you reflect, you comprehend how to surrender your negative examinations, reviving your brain, with target that life feels new once more. By teaching psyche, trademark new, sit still store of vitality surfaces from inside, hence making boundless, conceivable.

b) Meditation naturally reforms negative thinking. On off chance that your nonappearance of inspiration begins from dispiriting, doubt, or from disappointment with life as rule, reflection is exceptional approach to manage change your idea arranges. Routinely, trenches start from redundancy of considerations, words, & deeds. Thought can return you on apex, or if nothing else give you major positive mentality.

c) Meditation eliminates anxiety, depression, & addiction. 90% of thoughts you had yesterday will make up experiences you have today. Do you see proposals? After reflection discovers greater part of broken thought arranges, worry, disheartening, dependence, & so on, in most energetic way, your life will be everlastingly changed. changed life is stirred life.

d) Meditation gives you new identity. When you think, you quit relating to same examinations & sentiments you had yesterday, giving yourself space to meander out
of your conventional, seeing world through another arrangement of eyes. Change breeds inspiration.

e) Meditation reconnects you to higher levels of emotion. Another way reflection persuades us is through its standard capacity to develop our decisions of euphoria, love, between connectedness, affectability, & achievement. Precisely when these states are made in psyche, we feel better about ourselves, our lives, & others. Favoring life is thing that keeps us pushing ahead.

1.40.7 Advantages of Meditation
There are such endless vital to reflection. When I first at initially examined this post, I in reality anticipated that would make it 100 central focuses long (plan for astonishing future right!), in any case, I wasn't certain I could discover more than maybe 20-25 benefits. In light of current conditions, I made them go! Reflection is as effective as I thought it would be. Here is true blue once-over of purposes of interest that reflection can give you.

1.40.7.1 Physiological benefits:
1-It chops down oxygen utilization.
2-It diminishes respiratory rate.
3-It develops course framework & traditionalists heart rate.
4-Increases exercise resistance.
5-Leads to more noteworthy level of physical relaxing up.
6-Good for individuals with hypertension.
7-Reduces uneasiness ambushes by chopping down levels of blood lactate.
8-Decreases muscle weight
9-Helps in unending infections like hypersensitivities, joint misery & so forth.
10-Reduces Pre-menstrual Syndrome signs.
11-Helps in post-administrator recuperating.
12-Enhances protected framework.
13-Reduces advancement of sicknesses & energized burden
14-Enhances hugeness, quality & life.
15-Helps with weight decreasing
16-Reduction of radicals, less tissue hurt
17-Higher skin resistance
18-Drop in cholesterol levels, chops down danger of cardiovascular sickness.
19-Improved stream of air to lungs accomplishing less asking for loosening up.
20-Decrees creating framework.
21-Higher levels of DHEAS (Dehydroepiandrosterone)
22-checked, blocked or controlled wretchedness of unending diseases
23-Makes you sweat less
24-Cure cerebral torments & headaches
25-Greater Orderliness of Brain Functioning
26-Reduced Need for Medical Care
27-Less hugeness abused
28-More slanted to diversions, works out
29-Significant help from asthma
30-redesigned execution in athletic occasions
31-Normalizes to your optimal weight
32-fits our endocrine framework
33-extricates up our unmistakable structure
34-produce enduring obliging changes in cerebrum electrical advancement
35-Cure uselessness (weights of fruitlessness can meddle with arrival of hormones that control ovulation).
36-Helps in building sexual vitality & needing

1.40.7.2 Psychological benefits:
37-Builds certainty.
38-Increases serotonin level, impacts viewpoint & conduct.
39-Resolve fears & fears
40-Helps control own contemplations
41-Helps with center & fixation
42-Increase creative ability
43-Increased cerebrum wave learning.
44-Improved learning utmost & memory.
45-Increased thoughts of importance & recuperation.
46-Increased energized enduring quality.
47-overhauled affiliations
48-Mind ages at slower rate
49-Easier to clear negative behavior outlines
50-Develops sense
51-Increased Productivity
52-Improved relations at home & at work
53-Able to see ground breaking strategy in given circumstance
54-Helps disregard unimportant issues
55-Increased capacity to manage complex issues
56-Purifies your character
57-Develop assurance
58-more unmistakable correspondence between two identity parts of globe
59-respond all more rapidly & all more agreeably to frightful occasion.
60-broadens one's perceptual point of confinement & engine execution
61-higher information change rate
62-Increased employment fulfillment
63-increment in purpose of repression for individual contact with friends & family
64-diminish in potential energetic dubiousness
65-Better, more charming conduct
66-Less forcefulness
67-Helps in stopping smoking, liquor affinity
68-Reduces need & reliance on medications, pills & pharmaceuticals
69-Need less rest to recoup from nonappearance of rest
70-Require less time to nod off, cures absence of rest
71-Increases consideration regarding other's goals
72-Reduces street rage
73-Decrease in energetic considering
74-Decreased inclination to push
75-Increases listening aptitudes & affectability
76-Helps make more right judgements
77-Greater adaptability
78-Gives balance to act in considered & beneficial ways
79-Grows unwavering, more adjusted identity
80-Develops vigorous headway

1.40.7.3 Spiritual benefits:
81-Helps keep things in association
82-Provides veritable quietness, satisfaction
83-Helps you find your motivation
84-Increased self-affirmation.
85-Increased affectability
86-Growing smarts
87-Deeper impression of yourself furthermore different people
88-Brings body, mind, soul in comprehension
89-Deeper Level of remarkable extricating up
90-Increased insistence of oneself
91-learns absolution
92-Changes outlook toward life
93-Creates more critical association with your God
94-Attain illumination
95-more recognizable inward directedness
96-Helps living comfortable point
97-Creates broadening, making limit for warmth
98-Discovery of force & recognition past inside character
99-Experience inner opinion "Confirmation or Knowingness"
100-Experience assessment "Solidarity"
101-Increases synchronicity in your life

1.4.0.8 How to Enhance motivation

most fundamental sorts of motivation for edifying cerebrum examination is achievement motivation, social solicitations inclinations to endeavor accomplishment & pick practices that are objective engineered. They noteworthy differentiation in achievement is ability by way some person is influenced. couple people are stirred to learn, while others are influenced to perform well & get charming assessment. It is principal that teachers should endeavor to activate their understudies that changing as opposed to evaluations are inspiration driving academic work. This ought to be conceivable by complementing interest regard & sensible centrality of material that understudies are looking by de-underlining grades & diverse prizes.

It has in like manner been seen that educators' longings of their understudy’s sway understudy motivation. Research has all around found that understudies will live up or down to their instructors' goals for them, particularly in more incredible assessments when educators know for most part immaterial about their understudies' levels of achievement. Recalling certifiable objective to guarantee that understudies will fulfill goes on positive targets to them. instructor must go on yearning to their understudies that they feel that their understudies can take in material.
There are in like way ways that educator can recommend that they have positive yearnings for their understudies. These include:

* Waiting for understudy to respond to requesting.
* Avoid making refinements of achievement among understudies. Assessment & results should be private matter.
* Treat all understudies correspondingly. Approach all understudies paying little regard to achievement levels, & contribute meet measures of vitality with them.

Course of action for slants.

**1.40.9 Increasing Motivation**

Now & again course itself is adequately captivating & enough satisfying for understudy to be stirred to do well in it. Taking all things into account, considerable measure of what is found in school is not on very basic level captivating to buy & large understudies. Along these lines mix of accomplices & prizes for learning are appeared. These might be honor, evaluations, affirmation or prizes. In any case, it has been looked into paying little respect to whether unessential prizes end up reducing characteristic motivation. There are ways to deal with oversee redesign trademark motivation in classroom:

a) **Arouse interest:** It is fundamental to incite understudies with respect to centrality & interest level of material that will be presented, to show that data to be grabbed will be beneficial.

b) **Maintaining curiosity:** skillful instructor will use game-plan of would like to advance fortify or keep up fervor over extent of lesson. use of showings makes understudies need to get it.

c) **Use variety of interesting presentation modes:** motivation to learn is redesigned by usage of enchanting materials, other than by social affair in way that material is appeared. Case in point instructor can use motion pictures, guest speakers, demonstrates & whatnot, to keep up energy for subject. Regardless, these particular materials ought to be purposely planned & on off chance that all accentuation on course targets & supplement each other.

d) **Help students set their own goals:** People will work harder for objectives that they have set for themselves, then if they were set by others.

e) **Express clear expectations:** Students need to know surely what they ought to do, how they will be inspected, & what possible results of progress will be. Disillusionment routinely begins from perplexity about what was asked of them.
f) **Provide clear feedback:** Feedback can serve as accomplice. It can be tasteful prize now & again. Input must be clear & specific & given close remembering true objective to execution. It should be beneficial & motivational & help by giving them proposals for future accomplishment.

g) **Increase value & availability of extrinsic motivators:** Students must regard inspirations that are used to drive them. For instance, couple understudies may not be all that delighted by persevering educator affirmation & grades, yet may regard notes sent home to guards, more break time or remarkable purposes of interest.

**1.40.10 Brahma Kumaris students Experiences:**

Innumerable over world shared their veritable change encounters & few are recorded underneath.

**1.40.10.1 Ken O’ Donnell in his book Pathways to Higher Consciousness**

about how in wake of honing different other thought techniques, he at long last viewed Brahma Kumaris Raj yoga to be most judicious approach. He makes:

I at first accomplished lessons of Brahma Kumaris World powerful school in 1975 amidst .1 time of uncommon pursue. Following to meandering through different nations & having firsthand trial of fragment of world's bona fide conventions. I was searching for something more than just replies. I was after new bits of data into living with myself & with world around.

I understood that spiritualists in Buddhism, Christianity, Hinduism, Islam & Judaism, have pulled in upon insightful strategies to grow intense experience for monster number of years. My most detectable experience bother was in discovering individuals who were unsurprising with what they tended to. I plainly anticipated that would set out towards most hoisted motivation behind mount of higher mindfulness however remembered I required backing.

I couldn't do it disengaged.

Beating entry of London branch of Brahma Kumaris, I was welcomed by lady who transmitted so much love & light that I was promptly captivated & affected to start examination of most out of date yet impelled kind of thought called Raj yoga. I was asked to endeavor differing things with contemplations. I was requested that put contemplations I got handle on & perceived into practice however much as could sensibly be typical. absolutely viable approach I had now found, associated with me
basically. I've been concentrating on & honing Raja Yoga reflection beginning now & into not so distant.

1.40.10.2 Anthony Strand has been honing & exhibiting Raja Yoga reflection with Brahma Kumaris World capable school for right around 35 years.

He shares his relationship in his book Eastern Thought for Western Mind, "raja Yoga reflection tenderly & frequently opens entries of our insight, making bits of learning & encounters that get proceeding with change his life. It recuperates old injuries & reestablishes our ability to love, to learn & alter & to imagine & make dominating future. One of excellent inspirations driving Brahma Kumaris making is that books made by western & India writers on subjects of most noteworthy sentiment being & thought are in like way impression of their sensible

1.40.10.3 Anthony Strand in Alpha point – Glimpse of God portrays worshiping close relationship with God smoothly.

Raj yoga reflection excludes fixation on any physical request, for case, blossom or flame. It is additionally not accentuation of mantra, yet rather it depicts "Mantra" (man+tra) as stream of examinations:

A mantra is holy expression, word or sound which is rehashed reliably, either wildly, unobtrusively or in considerations so to speak. It decodes really as man (character) & tra (to); in this way, mantra is thing that liberates psyche. Raja Yoga thought incorporates fixation, yet no physical is fused. object of focus is internal character. Rather than rehashing single word or expression, as in mantra, surge of examinations is empowered, in this manner utilizing psyche as part of trademark way."

Raj yoga manages otherworldly estimation of our internal life. So, that brain can go past distraction of physical world & into that space of unlimited light which is intense estimation. There, our point of convergence of brain is on God as state of Light, & to interface with characteristics of Supreme. This developments method for our observation. In this manner, reflection practice is strategy for shilling from body understanding to soul care, which is immaculate regard for inward excellencies of peace, respect, reasonability & inspiration. So, reflection hone strengthens our internal estimations of soul.

1.40.10.4 Dr. Peter Iveson from London shared his encounters as
"I am encountering peace & fellowship & joy that stream from God"
Little did I envision, when I strolled around Raja Yoga focus in London on eighteenth August, 1977, that my life would be completely changed inside space of couple days, that I would encounter for myself peace & love & urge of God, & that I would really be considered again & begin another life in Raja yoga. Raised as Christian, I snuck past into authenticity over scope of me learns at school, when I experienced manifestations of such wary realists as Bertrand Russell, Julian Huxley, Karl Marx. Considering Bio-Chemistry & Molecular Biology, I felt that human life would finally be cleared up comparably as particles & creation responses & that there was no persuading inspiration to recognize proximity of spirit. When I went to Raja Yoga focus in August, experience which I had been hunting down so long, all hit me at earliest opportunity. impact was extraordinarily overpowering. Immediately I comprehend that my adventure for learning & truth is over. I have discovered my Father, Supreme Father, Shiv Baba & I am encountering peace & love & delight which stream from Him .......I have had more huge encounters than I expected that would have in my life time. My association with others as souls & have blocked obscenities from asserting sex wish, stun, insatiability & so on. I can move past my work with basically less augment & push than some time starting late. I have denied utilization of liquor, got immediate veggie lover eat less, & liberated myself. Right away my point is to study this Raja Yoga, with target that I can demonstrate it, & empower others to have experience of, peace & veneration & delight.

1.41 Background
On premise of utilized subjective & quantitative exploration worldview & individual information accumulation, in this area of displayed proposition, reactions recovered from aficionados at Brahma Kumaris & Raja yoga practitioners factually & their significances have been talked about. information has been recovered through semi-organized meetings directed with Raj yogis at Brahma Kumaris, Mount Abu, Rajasthan, India. reactions have been prepared for examining to handle further for factual procedure based information investigation. In this exploration study, 500 respondents have been met.

1.42 Data Reliability
For any observational investigation based research or study, it gets to be huge to confirm answers gathered through meetings & gave by respondents. To check surveys, reverse wording inquiries were additionally asked while talking with
respondents. Prevalent destinations of this procedure were to abstain from biasing likelihood, particularly all things considered when respondents don't read out all inquiries & doesn't see legitimately, & has tendency to react regardless of his capacity & comprehension.

Gathering reaction information, it was prepared for anomaly confirmation & expulsion. Indeed, anomaly recognition & expulsion was accomplished for those situations when respondent has given same response for forward & in addition reverse inquiry. Such exception nearness can likewise be conceivable because of writing or amid reaction accumulation process. Disposing of anomalies (having irrelevant reacts or equivocal reactions), aggregate of 500 reactions were considered for examination.

1.42.1 Reliability Test
Get ready complete honest to goodness information reactions for examination, information was handled for inside supporters & unwavering quality. Consistency check included 5-half quart Likert scale reaction consistency, reactions for every survey, & so forth. Besides, to survey inner consistency & unwavering quality, Cronbach's Alpha estimation was done utilizing SPSS programming instrument. Cronbach's Alpha coefficient was recovered at 0.872 for 5-half quart Likert scale that means larger amount of inward consistency & unwavering quality. It ought to be noticed that Chronbach's Alpha coefficient of 0.70 or higher quality connotes great dependability. Cronbach's Alpha coefficient was evaluated for different elements, for example, 1) personal push, 2) Psychological, Physiological & Spiritual variables, 3) psychological soundness, mental steadiness, physiological quality & malady flexibility, 4) novel life society, environment, & 5) holy practices at Brahma Kumaris, which excessively portrayed higher dependability with score of 0.847, 0.873, 0.895, 0.871, & 0.915 individually. Moreover, higher dependability record of considered scale uncovered that expulsion of any inquiry may come about into decreased coefficient yield & subsequently viewed as all surveys to guarantee unwavering quality of experimental study.

1.43 Profile of Participants
In this exploration & study, overwhelming goal of study has been underlined on surveying different motivational components that inspires lovers or Raj yogis to practices Raj Yoga at Brahma Kumaris association. Keeping in mind end goal to investigate noteworthy data from Raj Yoga specialists (Brahma Kumaris Raj Yoga Meditation (BKRM)) at Brahma Kumaris International central station, Mount Abu,
Rajasthan, aggregate of 500 respondents have been met where all around characterized semi-organized meetings & individual association was planned with respondents. Among these respondents, enthusiasts at various level or order of BK association were met, including individuals from open administration area, organization, instructive verticals, coordinators & so forth, were met.

In any association, motivation behind serving at various progressive status assumes huge part in guaranteeing individual fulfillment & enthusiasm to serve, & especially with association like BK, such elements & their criticalness get to be inescapable. Accordingly, considering key examination goal to evaluate different motivational components to learn Raj Yoga contemplation & practices at Brahma Kumaris International Headquarters, Mount Abu, in these exploration respondents from various office or division alongside various status have been met on individual premise. quantitative conveyance of respondents is given in Table 7-

As portrayed in taking after Table 5.1, respondents from five buildings have been considered. Since, Pandav Bhawan is one of most established complex of Brahma Kumaris profound focus, it suits greater part of elderly aficionados living subsequent to long time. Since, proposed study expects to investigate different motivational components which spurs adolescents to take after Raj Yoga contemplation at BK, lion's share of respondents has been met at Shantivan Complex that obliges dominant part of young people. So also, considering investigation towards physiological examination, aggregate of 22 respondents have been met at Global Hospital & Research focus. aggregate of 116 respondents have been met Gyan Sarovar Complex. assorted qualities of reactions from various hierarchal & demographic foundation certifies ideal examination worldview & guarantees most ideal data recovery to empower successful motivational element distinguishing proof for various sort of individuals having unmistakable demographic develops.

**Tab. No. 7: Respondent distribution**

<table>
<thead>
<tr>
<th>Type of respondents</th>
<th>Location</th>
<th>Departments</th>
<th>Number of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brahma Kumaris</td>
<td>Brahma Kumaris International</td>
<td>Pandav Bhawan Complex</td>
<td>80</td>
</tr>
<tr>
<td>Raja yoga</td>
<td>Brahma Kumaris International</td>
<td>Gyan Sarowar Complex</td>
<td>116</td>
</tr>
</tbody>
</table>
1.44 Demographic Findings

In this section, demographic findings of respondents are discussed. Overall summary of demographic findings is given in Table 8.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sex</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>461 (92.2%)</td>
</tr>
<tr>
<td>Female</td>
<td>39 (7.8%)</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
</tr>
<tr>
<td>20-25</td>
<td>40 (8%)</td>
</tr>
<tr>
<td>26-30</td>
<td>82 (16.4%)</td>
</tr>
<tr>
<td>31-35</td>
<td>106 (21.2%)</td>
</tr>
<tr>
<td>36-40</td>
<td>110 (22%)</td>
</tr>
<tr>
<td>41-46</td>
<td>164 (32.8%)</td>
</tr>
</tbody>
</table>

Source: Primary Data

This is matter of actuality that instruction level & encounters have direct effect on individual (someone's) capacity to comprehend & settle on appropriate choice. Hence, in this paper, to recover ideal information & dependability respondents from changed foundation, training level & musings were considered. As delineated in above table, it can be found that 92.2% (461 out of 500) respondents were male & staying 7.8% (39 out of 500) were female. This is matter of reality that age or development has extraordinary critical effect on unwavering quality of reactions & its credibility. Among respondents 8% of respondents (40 out of 500) were in age scope of 20-25, while 16.4% of respondents (82 out of 500) were in age scope of 26-30 years. 106 out of 500 respondents including 21.2% were age scope of 31-35 years. Complete of 110
including 22% respondents were in age scope of 36-40 years & staying 164 respondents, including 32.8% were age scope of 40-45 years. This is matter of actuality that Brahma Kumaris is thought to be spot pleasing significant yogis taking after Brahmachari standard of life. research result I following table 9 attests comparative results, where unmarried respondents were excluded as 481 of 500 (96.2%). On other hand, just 19 respondents (3.8%) were hitched.

**Tab. No. 9: Marital status of respondents**

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unmarried</td>
<td>481 (96.2%)</td>
</tr>
<tr>
<td>Married</td>
<td>19 (3.8%)</td>
</tr>
</tbody>
</table>

Source- Primary Data

**Tab. No. 10: Educational qualification of respondents**

<table>
<thead>
<tr>
<th>Educational Qualification</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>No Basis education</td>
<td>4 (0.8%)</td>
</tr>
<tr>
<td>Below 10th standard</td>
<td>60 (12%)</td>
</tr>
<tr>
<td>Below Graduation</td>
<td>163 (32.6%)</td>
</tr>
<tr>
<td>Graduation</td>
<td>186 (37.2%)</td>
</tr>
<tr>
<td>Post Graduate</td>
<td>83 (16.6%)</td>
</tr>
<tr>
<td>Others</td>
<td>6 (1.2%)</td>
</tr>
</tbody>
</table>

As portrayed in above (Table 10), it can be found that at Brahma Kumaris International home office large portion of respondents (37.2%) were graduate. Rough 32.6% of respondents have instruction underneath graduation, while 12% of respondents were beneath tenth standard of training. Right around 16.6% respondents were post graduate. These all figures demonstrate that Brahma Kumaris obliges accomplished individuals alongside formal instructed or even non-taught individuals who serve association & learn Raj Yoga according to their capacity. These confirmations states how propelled individuals are towards BKRM at Mount Abu, Rajasthan. nearness of post graduate lovers implies that individuals incline toward learning Raj Yoga at BKRM, due to its curiosities, significances & ideal environment.

**Tab. No. 11: Religious background impact**

<table>
<thead>
<tr>
<th>Religious Background</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hinduism</td>
<td>490 (98%)</td>
</tr>
</tbody>
</table>

Source- Primary Data
In handy life & present day situation's reality, it can't be expressed that religious foundation & its related achievement doesn't have relationship. On other hand, Brahma Kumaris notwithstanding being universal otherworldly association, expresses that it doesn't consider various god in Raj Yoga contemplation, rather they take after lifestyle where individuals give their life towards heavenly power, god-like god & spent life to keep others happy. As appeared in above table 11, among respondents just about 490 respondents (490 out of 500) were from Hindu foundation, while Jainism & Christianity was surmised 0.06 % (3 out of 500). From respondent’s Buddhism & Islamism meant 1% every who is honing Raj Yoga at Brahma Kumaris universal headquarter at Mount Abu, Rajasthan India.

Tab. No. 12: Professional backgrounds of respondents

<table>
<thead>
<tr>
<th>Professional Background</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>BK service</td>
<td>144 (28.8%)</td>
</tr>
<tr>
<td>Student</td>
<td>101 (20.2%)</td>
</tr>
<tr>
<td>Business</td>
<td>73 (14.6%)</td>
</tr>
<tr>
<td>Govt service</td>
<td>24 (4.8%)</td>
</tr>
<tr>
<td>Public/Private service</td>
<td>132 (26.4%)</td>
</tr>
<tr>
<td>Unemployed</td>
<td>2 (0.4%)</td>
</tr>
<tr>
<td>Agriculture</td>
<td>14 (2.8%)</td>
</tr>
<tr>
<td>Other</td>
<td>10 (2%)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100%)</td>
</tr>
</tbody>
</table>

Source- Primary Data
As delineated in aforementioned (Table 12), aggregate of 144 respondents numbering 28.8% were given for BK administrations & were proactive members in different administrations & backings for BK association. Prevalent administrations at BK involve open administration, research, medicinal administrations, profound support & physio-mental enhancement programs, Yoga rehearses, & so forth. Here, strikingly 132 professionals numbering inexact 26.4% have place with open & private division. Understudies being future establishment of society have checked 101 (20.2%). Considering unemployed individuals joining BK Raj Yoga, intriguing actuality has been found that only 2 individuals (numbering 0.2%) were unemployed. Respondents have place with business group were 72 (14.6%). These all figures speak to slant of individuals towards Raj Yoga contemplation.

This is matter of truth that monetary foundation & adequacy do have huge effect on distinct individual to settle on its choice & take after certain lifestyle. Thusly it is imperative to perform or analyze effect of money related capacity on BK Raj Yoga specialist. Taking after (Table 13) presents monetary foundation of respondents.
above table speaks to that surmised 406 individuals numbering 81.2% of aggregate respondents had month to month salary under 10000 every month. On opposite, simply 1% individuals had money related foundation with every month salary of more than 70000 rupees (INR). 23 respondents (4.6%) had pay of 30-70000 INR for each month, while 62 (12.4%) respondents were having monetary foundation of 10-30000 INR for every month. These outcomes uncover that in truth large portion of individuals serving BK & rehearsing Raj Yoga at BK are with low money related foundation. It gives between related conclusion, that individuals having low budgetary capacity are joined to BK & on other hand, individuals having place with different social sections having considerably higher or better monetary foundation are united with BK. It expresses that BK Raj Yoga has given better approach forever to fiscally feeble individuals as well as to rich human culture.

Tab. No. 13: Financial earning of respondents

<table>
<thead>
<tr>
<th>Financial Earning Background</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly Income(Rs)</td>
<td>Respondents</td>
</tr>
<tr>
<td>Below 10000</td>
<td>406 (81.2%)</td>
</tr>
<tr>
<td>10-30000</td>
<td>62 (12.4%)</td>
</tr>
<tr>
<td>30-50000</td>
<td>23 (4.6%)</td>
</tr>
<tr>
<td>50-70000</td>
<td>4 (0.8%)</td>
</tr>
<tr>
<td>Above 70000</td>
<td>5 (1%)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100%)</td>
</tr>
</tbody>
</table>

Source- Primary Data
above table gives fascinating result expressing that estimated 482 individuals checking aggregate of 96.60% are committed for social cause & don't get any monetary profit from BK association. Just 17 respondents (3.4%) acknowledged that they get certain advantages from BK in various structures. Truth be told individuals at BK HQ are committed only for genuine administration & not for cash/monetary advantages but rather they will be given required settlement, sustenance. Attire & so forth once they got to be changeless individuals

Tab. No. 15: Initial Contact for BK Raja yoga meditation

<table>
<thead>
<tr>
<th>Source</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>family/ friends</td>
<td>252 (50.4%)</td>
</tr>
<tr>
<td>BK people</td>
<td>136 (27.2%)</td>
</tr>
<tr>
<td>TV/ Media</td>
<td>22 (4.4%)</td>
</tr>
<tr>
<td>Banner/ poster</td>
<td>14 (2.8%)</td>
</tr>
<tr>
<td>Dream/ vision</td>
<td>7 (1.4%)</td>
</tr>
<tr>
<td>Seminar/ Conference</td>
<td>4 (0.8%)</td>
</tr>
<tr>
<td>Exhibitions</td>
<td>57 (11.4%)</td>
</tr>
<tr>
<td>Other</td>
<td>8 (1.6%)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100%)</td>
</tr>
</tbody>
</table>

Source: Primary Data

above table 15 portrays that greater part of respondents has reference or they came to think about BK by their companions & family. other wellspring of mindfulness was at that point related BK individuals who roused others to join BKRM.

Tab. No. 16: Spiritual interests

<table>
<thead>
<tr>
<th>Spiritual age (Gyan)</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 5 yrs.</td>
<td>61 (12.2%)</td>
</tr>
<tr>
<td>5-15 yrs.</td>
<td>167 (33.4%)</td>
</tr>
<tr>
<td>15-25 yrs.</td>
<td>157 (31.4%)</td>
</tr>
<tr>
<td>25-35 Yrs.</td>
<td>98 (19.6%)</td>
</tr>
<tr>
<td>Above 35 yrs.</td>
<td>17 (3.4%)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100%)</td>
</tr>
</tbody>
</table>

Source: Primary Data
Profound age is evaluated once after they learn genuine information & begins rehearsing RY reflection. Here, results from above table 16 uncover that, vast majority of respondents have Gyan of BKRM in wake of rehearsing Raj Yoga for 5-12 years. Curiously comes about likewise expressed that 17 respondents have been honing BKRM since most recent 35 years.

**Tab. No. 17: Permanent membership status at Mount Abu**

<table>
<thead>
<tr>
<th>Response</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>409 (81.80)</td>
</tr>
<tr>
<td>No</td>
<td>91 (18.20)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100)</td>
</tr>
</tbody>
</table>

Source- Primary Data

After successful trial period of 2-5 years, devotees at BK HQ will be eligible for permanent membership wherein they are entitled for all benefi ts. response & its analysis depicted in above table 17 has revealed that total of 91.8% respondents were permanent member of BKRM at international headquarter of BK.

**Tab. No. 18: Residential duration at BK HQ Mount Abu**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 2 yrs.</td>
<td>83 (16.6%)</td>
</tr>
<tr>
<td>2-10 yrs.</td>
<td>197 (39.4 %)</td>
</tr>
<tr>
<td>10-20 yrs.</td>
<td>136 (27.2 %)</td>
</tr>
<tr>
<td>20-30 Yrs.</td>
<td>78 (15.6 %)</td>
</tr>
<tr>
<td>Above 30 yrs.</td>
<td>6 (1.2%)</td>
</tr>
<tr>
<td>Total</td>
<td>500 (100%)</td>
</tr>
</tbody>
</table>

Source- Primary Data

From above table 18, results reveal that there are major people or practitioner who have been doing Raj Yoga & are associated with BKRM since last 2-10 years. Only 6 respondents counting 1.2% were resident since last 30 years.
Tab. No. 19: Substance usages at BK HQ Mount Abu

<table>
<thead>
<tr>
<th>Substance Usage Background</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Substances</strong></td>
</tr>
<tr>
<td>Alcohol</td>
</tr>
<tr>
<td>Smoking</td>
</tr>
<tr>
<td>Drugs</td>
</tr>
<tr>
<td>Pan Masalas</td>
</tr>
<tr>
<td>No addiction</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

Source- Primary Data

above table 19 speaks to substance uses at BK foundation or association. Not surprisingly, rough 91.6% respondents avowed that there is no authorization & they don't take any sort of substance, for example, liquor, smoking, drugs & so forth. However, 22 individuals numbering 4.4% certified that they take Alcohol. This can be their particular habit & amid Raj Yoga it is proposed to decrease such substance utilization. & respondents out of 500 expressed that they smoke infrequently.

Tab. No. 20: Physical health condition at BK international head quarters

<table>
<thead>
<tr>
<th>Physical health condition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Parameters</strong></td>
</tr>
<tr>
<td>Low/High BP</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Asthma</td>
</tr>
<tr>
<td>Arthritis</td>
</tr>
<tr>
<td>cancer</td>
</tr>
<tr>
<td>Heart</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td>Good Health</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

Source- Primary Data

results from table 20 affirms that fact that because of good food, exercise & peace of mind, physical health is also good.
Tab. No. 21: Mental health situation at BK international head quarters

<table>
<thead>
<tr>
<th>Status of Mental health</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>20</td>
<td>4</td>
</tr>
<tr>
<td>Anxiety</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Insult</td>
<td>4</td>
<td>0.8</td>
</tr>
<tr>
<td>Mood Change</td>
<td>6</td>
<td>1.2</td>
</tr>
<tr>
<td>Fear</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Tension</td>
<td>6</td>
<td>1.2</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>Good Health</td>
<td>456</td>
<td>91.2</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

results from table 21 shows that by Creating good & positive thoughts through mind for self & others keeps one’s mind healthy & peaceful.

Tab. No. 22: Source of income at BK international head quarters

<table>
<thead>
<tr>
<th>Other Sources of Income at BK HQ Mount Abu</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>16</td>
<td>3.20</td>
</tr>
<tr>
<td>No</td>
<td>484</td>
<td>96.80</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

results from table 22 demonstrates that, this study incorporates both perpetual & non-changeless individuals at BK HQ. Here individuals simply devote for administration to humankind & not for common Income benefits. 96.8 % have no other pay source.

Tab. No. 23: Stress level in respondents at BK international head quarters

<table>
<thead>
<tr>
<th>Stress levels</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level</td>
<td>Respondents</td>
<td>Percentage %</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Respondents</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very High</td>
<td>3</td>
<td>0.6</td>
</tr>
<tr>
<td>High</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Moderate</td>
<td>14</td>
<td>2.8</td>
</tr>
<tr>
<td>Low</td>
<td>17</td>
<td>3.4</td>
</tr>
<tr>
<td>Very Low</td>
<td>55</td>
<td>11</td>
</tr>
<tr>
<td>No stress</td>
<td>410</td>
<td>82</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>500</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source- Primary Data

results from table 23 demonstrates that, 82% individuals have no anxiety & 11% has low push at BK HQ. High & high push individuals are less than 1% which obviously demonstrated that, Raja yoga contemplation has direct effect on anxiety diminishment & evacuation.

**Tab. No. 24: Daily Raj Yoga reflection hone at BK worldwide head quarters**

<table>
<thead>
<tr>
<th>Daily Raja Yoga Meditation practice</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2hrs</td>
<td>90</td>
<td>18</td>
</tr>
<tr>
<td>2-4 hrs</td>
<td>227</td>
<td>45.4</td>
</tr>
<tr>
<td>4-6 hrs</td>
<td>145</td>
<td>29</td>
</tr>
<tr>
<td>6-8 hrs</td>
<td>31</td>
<td>6.2</td>
</tr>
<tr>
<td>More than 8hrs</td>
<td>7</td>
<td>1.4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>500</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source- Primary Data

results from table 24 demonstrates that, 45.4 % individuals rehearse raja yoga reflection every day between 2-4 hours, 29% individuals hone raja yoga contemplation between 4-6 hours , 18% individuals hone raja yoga reflection under 2 hours , 6.2 % individuals hone raja yoga meditation between 6-8 hours & 1.4 % individuals hone raja yoga meditation above 8 hours which plainly showed that, individuals commit their time either in morning 4 am Amrit vela reflection, 6.30 am morning meditation before profound class or night time 5.30 pm to 7.30 pm obligatorily for Raja yoga reflection at BK HQ, Mount abu & they hone raja yoga reflection day by day without fall flat.
Tab. No. 25: Dedicated people residing at BK HQ compulsorily practice RY meditation daily

<table>
<thead>
<tr>
<th>Duration (Hrs)</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2hrs</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>2-6hrs</td>
<td>101</td>
<td>20.2</td>
</tr>
<tr>
<td>6-10 hrs</td>
<td>313</td>
<td>62.6</td>
</tr>
<tr>
<td>10-14 hrs</td>
<td>67</td>
<td>13.4</td>
</tr>
<tr>
<td>More than 14 hrs</td>
<td>17</td>
<td>3.4</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Results from table 25 demonstrates that, 13.4% individuals do genuine administration between 10-14 hours, 62.6% individuals do virtuous administration between 6-10 hours, 20.2% individuals do genuine administration between 2-6 hours, 3.4% individuals do genuine administration over 14 hours & under 1% individuals do genuine administration under 2 hours which plainly showed that separated from rehearsing RY intercession, they will do genuine administration mandatorily in their particular divisions where in almost 90 offices were seen at Shantivan complex amid my exploration.

Tab. No. 26: Sleeping pattern of devotees

<table>
<thead>
<tr>
<th>Duration (Hrs)</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2 hrs</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>2-4 hrs</td>
<td>65</td>
<td>13</td>
</tr>
<tr>
<td>4-6 hrs</td>
<td>272</td>
<td>54.4</td>
</tr>
<tr>
<td>6-8 hrs</td>
<td>158</td>
<td>31.6</td>
</tr>
<tr>
<td>More than 8 hrs</td>
<td>3</td>
<td>0.6</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Sustenance & rest are fundamental for people since rest has sway on physical, mental & otherworldly wellbeing. Henceforth mulling over of overall wellbeing, here at
BKHQ; significance is given for rest/rest separated from nourishment, study, exercise, preparing, mediation, genuine administration & so on.

Tab. No. 27: Sleeping quality of Raj Yoga practitioners at BKHQ

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>111</td>
<td>22.2</td>
</tr>
<tr>
<td>Good</td>
<td>346</td>
<td>69.2</td>
</tr>
<tr>
<td>Average</td>
<td>24</td>
<td>4.8</td>
</tr>
<tr>
<td>Fair</td>
<td>17</td>
<td>3.4</td>
</tr>
<tr>
<td>Poor</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Since healthy lifestyle style of early morning contemplation, morning profound class, caring virtuous administration, immaculate Veg nourishment, stirring of genuine learning & so on rest quality which seems great & fabulous at BKHQ grounds

Tab. No. 28: Way of living: Dressing sense exploration

<table>
<thead>
<tr>
<th>Dress Colour</th>
<th>Respondents</th>
<th>Percentage%</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>500</td>
<td>100</td>
</tr>
<tr>
<td>Saffron</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>red</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>yellow</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Individuals at BKHQ wear clean slick white dress with identification of recognizable proof unequaled that symbolizes for peace virtue & vairagya way of life. external dress patter reflects internal identity.
Amrit vela mediation practitioners

<table>
<thead>
<tr>
<th>Daily 4 am Amrit vela Raj Yoga Meditation Practice</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Response</td>
<td>Respondents</td>
</tr>
<tr>
<td>Yes</td>
<td>484</td>
</tr>
<tr>
<td>No</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
</tr>
</tbody>
</table>

Source- Primary Data

Amrit vela is name given for Brahmi muhrth of 4am where in tapsavis & rishis do tapasya/renunciation for self & world gift. This reflection is one of kind to Brahma kumaris. Here at Bk HQ, individuals every day wake up at 3.30am & routinely hone RY reflection at 4am to 4.45am i.e. for 45 minutes. This Daily/routinely going to Amrit Vela Raj yoga contemplation is obligatory at BK HQ. above table 29 demonstrates that, brahma kumaris being willful association, 96.8% occupants at BK HQ grounds mandatorily go to Amrit vela mediation as this is days’ establishment time & has direct for impact on whole day exercises.

Attending morning Murali/ spiritual class.

<table>
<thead>
<tr>
<th>Attending Murali/ spiritual Class Daily Morning at 7am</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Response</td>
<td>Respondents</td>
</tr>
<tr>
<td>Yes</td>
<td>476</td>
</tr>
<tr>
<td>No</td>
<td>24</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
</tr>
</tbody>
</table>

Source- Primary Data

Day by day/consistently going to morning profound classes is mandatory at BK HQ. This serves to overcome lethargy, initiates cerebrum to guzzle learning, keeps day new, keeps mind & body sound.

Knowledge exploration & revision

<table>
<thead>
<tr>
<th>Revision/ Churning of Godly Knowledge- Daily</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Response</td>
<td>Respondents</td>
</tr>
<tr>
<td>Yes</td>
<td>480</td>
</tr>
</tbody>
</table>
Stirring is self-correction of Godly learning which enhances memory & fixation. Builds consideration amid contemplation keeps mind dynamic & positive.

**Tab. No. 32: Knowledge exploration & revision**

<table>
<thead>
<tr>
<th>Response</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>478</td>
<td>95.60</td>
</tr>
<tr>
<td>No</td>
<td>22</td>
<td>4.40</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Movement control is 3-minute Silence Raj yoga contemplation led at 7am, 10.30am, 12 twelve, 5.30 pm, 7.30pm & 9.30 pm amid working hours of day. This pulls back consideration & center/amend on day by day objectives

**Tab. No. 33: Self Experiences in Daily RY Meditation**

<table>
<thead>
<tr>
<th>RY Stages</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>seed</td>
<td>46</td>
<td>9.2</td>
</tr>
<tr>
<td>Angel</td>
<td>47</td>
<td>9.4</td>
</tr>
<tr>
<td>Churning</td>
<td>12</td>
<td>2.4</td>
</tr>
<tr>
<td>Chit chat</td>
<td>29</td>
<td>5.8</td>
</tr>
<tr>
<td>All</td>
<td>366</td>
<td>73.2</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

**Tab. No. 34: Self Experiences in Daily RY Meditation**

<table>
<thead>
<tr>
<th>Serving Others Through Powerful Thought Vibrations</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Serving others is one of principle subjects of BKs, now day world requires immaculate thought vibrations for Peace & ecstatic life. Henceforth BKs at HQ consistently do administration to others through capable personality/thought vibrations.

Tab. No. 35: Self-analysis & introspection

<table>
<thead>
<tr>
<th>Response</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>387</td>
<td>77.40</td>
</tr>
<tr>
<td>No</td>
<td>113</td>
<td>22.60</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Graph is composed by & large at end of day to check progress & deviations to point/objectives. In same route BKs at HQ keep graph of RY contemplation, Inculcation of perfect qualities & administration.

Tab. No. 36: Self-analysis & introspection

<table>
<thead>
<tr>
<th>BKRM Training, lectures &amp; Seminars Participation</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once in Month</td>
<td>120</td>
<td>24</td>
</tr>
<tr>
<td>Once in 6 Months</td>
<td>129</td>
<td>25.8</td>
</tr>
<tr>
<td>Once in Year</td>
<td>170</td>
<td>34</td>
</tr>
<tr>
<td>Once in 5 Years</td>
<td>19</td>
<td>3.8</td>
</tr>
<tr>
<td>Don’t attend</td>
<td>62</td>
<td>12.4</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Like other establishment, here at BK HQ, Training, addresses & Seminars on RY reflection were sorted out which enhance information, aptitudes & capacities.
Tab. No. 37: “Visit to home” by respondents

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once in 6 Months</td>
<td>42</td>
<td>8.4</td>
</tr>
<tr>
<td>Once in 1 Year</td>
<td>177</td>
<td>35.4</td>
</tr>
<tr>
<td>Once in 2 Years</td>
<td>237</td>
<td>47.4</td>
</tr>
<tr>
<td>Once in 5 Years</td>
<td>27</td>
<td>5.4</td>
</tr>
<tr>
<td>Once in 10 Years</td>
<td>3</td>
<td>0.6</td>
</tr>
<tr>
<td>Don’t visit</td>
<td>14</td>
<td>2.8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>500</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source- Primary Data

Despite fact that BKs do renunciation, yet not at all like different Rishis, they are associated with their family & companions & keep symphonomous connections.

Tab. No. 38: “Visit to home” by respondents

<table>
<thead>
<tr>
<th>Recreation through Cinema</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>46</td>
<td>9.20</td>
</tr>
<tr>
<td>No</td>
<td>454</td>
<td>90.80</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>500</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source- Primary Data

By & large individuals visit silver screens for entertainment however at BK HQ, wellspring of diversion is raj yoga reflection, learning otherworldly information & serving others.

Tab. No. 39: Use of new technology for godly service

<table>
<thead>
<tr>
<th>Use of new technology i.e. Mobile, Internet, social media etc. for Godly service</th>
<th>Respondents</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>437</td>
<td>87.40</td>
</tr>
<tr>
<td>No</td>
<td>63</td>
<td>12.60</td>
</tr>
</tbody>
</table>
Source- Primary Data

BK HQ despite fact that situated at town place like Mount abu yet embraces new innovation for spreading RY intercession to whole world & for organization of their branches.

Tab. No. 40: Use of new technology for godly service

<table>
<thead>
<tr>
<th>Response</th>
<th>Respondents</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>0</td>
<td>0.00</td>
</tr>
<tr>
<td>No</td>
<td>500</td>
<td>100.00</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
<td>100</td>
</tr>
</tbody>
</table>

Source- Primary Data

Lovers/RY parishioners at BK HQ are strict Vegetarians. They don't bring vegan diet with onion & Garlic as these substances have negative effect of convergence of psyche & contemplation rehearse. They take nourishment arranged in recognition of GOD inside complex & devour in name of God as Parasadam.

In taking after (Table 5.2(ah)) origination of respondents are inspected. demographic measurements express that among respondents, most extreme (59 out of 500, including 11.8%) enthusiasts at Brahma Kumaris, Mount Abu were from Karnataka.

On other hand, being local condition of BK, Mount Abu, just 21 respondents (4.2%) were from Rajasthan. This reality uncovers that BK has roused individuals from not just its local condition of neighboring state (Punjab 13 (2.6%), Gujrat 29 (5.8%), Uttar Pradesh 42 (8.4%)) & so on), however across nation including remote northern states (Assam 6(1.02%), Manipur 1 (0.02%), Tripura 2 (0.04%)). It ought to be noticed that in this exploration or study, respondents have been viewed as just from India, despite fact that Brahma Kumaris have set up its nearness crosswise over 100s of nations, with pleased huge number of aficionados. topographical circulation of respondents at BK HQ, Mount Abu is introduced in Table 5.2(a6).

Tab. No. 41: Geographical distribution of respondents based on their birth place

<table>
<thead>
<tr>
<th>Birth Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>State</td>
</tr>
<tr>
<td>----------------------</td>
</tr>
<tr>
<td>Andhra Pradesh</td>
</tr>
<tr>
<td>Telangana</td>
</tr>
<tr>
<td>Karnataka</td>
</tr>
<tr>
<td>Maharashtra</td>
</tr>
<tr>
<td>Delhi</td>
</tr>
<tr>
<td>Haryana</td>
</tr>
<tr>
<td>Chhattisgarh</td>
</tr>
<tr>
<td>Uttar Pradesh</td>
</tr>
<tr>
<td>Tamil Nadu</td>
</tr>
<tr>
<td>Punjab</td>
</tr>
<tr>
<td>Orissa</td>
</tr>
<tr>
<td>Madhya Pradesh</td>
</tr>
<tr>
<td>Gujrat</td>
</tr>
<tr>
<td>Bihar</td>
</tr>
<tr>
<td>Nepal</td>
</tr>
<tr>
<td>Rajasthan</td>
</tr>
<tr>
<td>Jammu &amp; Kashmir</td>
</tr>
<tr>
<td>West Bengal</td>
</tr>
<tr>
<td>Assam</td>
</tr>
<tr>
<td>Goa</td>
</tr>
<tr>
<td>Manipur</td>
</tr>
<tr>
<td>Himachal Pradesh</td>
</tr>
<tr>
<td>Kerala</td>
</tr>
<tr>
<td>Tripura</td>
</tr>
<tr>
<td>Uttarakhand</td>
</tr>
<tr>
<td>Jharkhand</td>
</tr>
</tbody>
</table>

Source- Primary Data

1.45  Descriptive analysis

In this segment, some of key develops & related motivational components have been surveyed to have impact on enthusiasts or individual’s cognizance to watch or take after Raj Yoga contemplation at Brahma Kumaris. With
specific end goal to look at these key develops, in this proposal fundamentally taking after builds have been inspected:

**Tab. No. 42: Motivational constructs & assessment variables**

<table>
<thead>
<tr>
<th>Motivational Constructs</th>
<th>Assessment variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal constructs</td>
<td>These constructs explore personal preferences, motivations, suppositions attainment etc.</td>
</tr>
<tr>
<td>Spiritual affinity &amp; universal acceptance</td>
<td>These constructs intend to assess spiritual affinity &amp; novelties of BKRM that enable people from different religion &amp; geographical location to follow Raj Yoga meditation.</td>
</tr>
<tr>
<td>Environment &amp; ambiences</td>
<td>Under these constructs various factors such as environment of BK HQ, Mount Abu &amp; various ambience related factors have been examined.</td>
</tr>
<tr>
<td>Mental, Psychological &amp; Physical constructs</td>
<td>In Mental, psychological &amp; physical construct analysis, various associated factors, &amp; significances have been investigated which motivates people to join BKRM.</td>
</tr>
<tr>
<td>Practices</td>
<td>In this analysis paradigm, numerous practices being conducted at BK HQ, Mount Abu &amp; other BKRM related practices have been examined for their significance to attract or motivate people to join BKRM.</td>
</tr>
</tbody>
</table>

Presently, in taking after segments, investigation of previously mentioned motivational develops has been done in view of reactions recovered through 5-Point Likert scale. Here, to inspect individual develops speaking to individual inclinations, inspirations, suppositions fulfillment & so on, have been analyzed.

**Tab. No. 43: Personal constructs & Achievement as Motivational Factors**

<table>
<thead>
<tr>
<th>Total Respondents- 500 (5-Point Likert Scale), Location- Brahma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motivational factors</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Purity in Mind, Speech &amp; Actions</td>
</tr>
<tr>
<td>Inculcation of Divine virtues</td>
</tr>
<tr>
<td>Devine experience at Amrit vela</td>
</tr>
<tr>
<td>Orientation towards static food/ pure vegetarianism</td>
</tr>
<tr>
<td>Enhanced positive thinking</td>
</tr>
<tr>
<td>Increased concentration during meditation</td>
</tr>
<tr>
<td>Focused towards soul consciousness</td>
</tr>
<tr>
<td>Practicing Celibacy in all circumstances</td>
</tr>
<tr>
<td>Orientation towards supreme/ supernatural power is GOD</td>
</tr>
<tr>
<td>Develops art of living</td>
</tr>
<tr>
<td>Full Satisfaction &amp; Contentment in life</td>
</tr>
<tr>
<td>Attainment of godly love &amp; spiritual powers</td>
</tr>
<tr>
<td>Increased work efficiency</td>
</tr>
<tr>
<td>Overall personality development &amp; character building</td>
</tr>
<tr>
<td>Proper time &amp; resource management</td>
</tr>
<tr>
<td>Proper management of 6 Ms men, machinery, money, materials, method &amp; marketing</td>
</tr>
<tr>
<td>Attainment of world benefactor stage</td>
</tr>
<tr>
<td>Develops quality of leadership</td>
</tr>
<tr>
<td>Develops ability to inspire &amp; motivate others</td>
</tr>
<tr>
<td>Develops ability to plan &amp; set Goals</td>
</tr>
<tr>
<td>Brings spiritual empowerment in life</td>
</tr>
<tr>
<td>Develops art of Communication &amp; public speech.</td>
</tr>
<tr>
<td>Develops art of hearing &amp; listening</td>
</tr>
<tr>
<td>BKRM activates &amp; enhances core values of</td>
</tr>
<tr>
<td>SOUL/ Individuals</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Peace</td>
</tr>
<tr>
<td>Love</td>
</tr>
<tr>
<td>Happiness</td>
</tr>
<tr>
<td>Bliss</td>
</tr>
<tr>
<td>Harmony in relationships</td>
</tr>
<tr>
<td>Constant stage of Soul consciousness</td>
</tr>
<tr>
<td>Gods Consciousness</td>
</tr>
<tr>
<td>Self-esteem &amp; self confidence</td>
</tr>
<tr>
<td>Self-transformation</td>
</tr>
<tr>
<td>Self-control (MIS)</td>
</tr>
<tr>
<td>Accuracy &amp; punctuality</td>
</tr>
<tr>
<td>Truth &amp; Honesty</td>
</tr>
<tr>
<td>Vice less &amp; ego less stage</td>
</tr>
<tr>
<td>Experience angelic &amp; seed stage</td>
</tr>
<tr>
<td>Strengthen inner values &amp; powers</td>
</tr>
<tr>
<td>Self-development &amp; personality development</td>
</tr>
<tr>
<td>Value based life style</td>
</tr>
<tr>
<td>Enhanced mental stability</td>
</tr>
<tr>
<td>Positive attitude &amp; positive thinking personality</td>
</tr>
<tr>
<td>One can regain self-sovereignty</td>
</tr>
<tr>
<td>One can conquer vices</td>
</tr>
<tr>
<td>One can completely control &amp; rule sense organs</td>
</tr>
<tr>
<td>Motivates to serve mankind through mind (thoughts) &amp; intellect.</td>
</tr>
<tr>
<td>improves Visualization process</td>
</tr>
<tr>
<td>Divines Intellect</td>
</tr>
<tr>
<td>Purify Sanskars (Habits)</td>
</tr>
<tr>
<td>Motivates to inculcate divine virtues &amp; powers</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>--------------------------------</td>
</tr>
<tr>
<td>Constant peace of mind</td>
</tr>
<tr>
<td>Removes unworthy habits &amp; desires</td>
</tr>
<tr>
<td>Mastery over self</td>
</tr>
<tr>
<td>Brings relaxation &amp; restores inner peace.</td>
</tr>
</tbody>
</table>

*Source: Primary Data*

In individual develop & motivational variable examination plan to look at those components which altogether affects somebody individual lifestyle & expected accomplishments. reactions gathered from 500 respondents from Brahma Kumaris International home office utilizing 5-point Likert scale express that Raj Yoga reflection assumes noteworthy part in improving or advancing immaculateness of psyche discourse & activities (M=4.83, SD=0.414). comparable reactions have been gotten for teachings of heavenly (M=4.83, SD=0.414) temperance’s of general practices of Raj Yoga reflection. This is matter of truth that in human culture dietary patterns have tremendous differing qualities however individuals frequently incline toward satisfying their eating inclinations & interests. When all is said in done, it can be found that individuals don't incline toward leaving their advantage towards dietary patterns, however strikingly reactions attest that Raj Yogi at BK show positive partiality towards Satwik nourishment or unadulterated veggie lover (M=4.94, SD=0.231). Truth be told, evaluating such variable transcendently relies on upon separate perception & considering individual, yet comes about uncover that Raj Yogi guarantees their way of life as unadulterated & heavenly vivacious even by yielding larger part of common being offices & various contrasting options to please individual propensities including sustenance propensities or living style. Maybe these are reason that they do feel lifted positive considering (M=4.9, SD=0.34) & fixation at day by day exercises (M=4.886, SD=0.324).

reactions recovered have certified that aficionados honing Raj Yoga reflection at BK can be regularly discovered soul cognizance (M=4.800, SD=0.456). Indeed, even here higher estimation of standard deviation can't be dismissed & it can be expressed that Raj Yoga can empower various advantages, yet at same time there exists natural & common occasions which can have certain unequivocal effect on awareness while playing out any undertaking or exercises. No questions, respondents have avowed that Raj Yoga reflection frequently spurs enthusiasts to support towards preeminent force
"Omnipotent God" (M=4.912, SD=0.290). Such dedication lead them to acknowledge fulfillment of genuine adoration & profound force (M=4.913, SD=0.294).

Raj Yoga contemplation can be impetus to advance craft of living (S=4.862, SD=0.362) & can lead towards happiness & fulfillment (M=4.588, SD=0.360). Noteworthiness of such fulfillment can't be overlooked to have positive effect on expanded work proficiency (M=4.878, SD=0.333). Height in individual profitability more often than not leads towards advanced identity improvement & character building (M=4.874, SD=0.349). To accomplish higher efficiency & individual life accomplishment, Raj yoga reflection can empower appropriate time & asset administration ability (S=4.834, SD=0.422). Respondents answered intriguing truth that Raj yoga reflection can empower individual to accomplish appropriate administration of 6 Ms men, hardware, cash, materials, strategy & promoting (M=4.742), however standard deviation (SD=0.536) certifies that being multi variables develop, it may have discrete effect & fulfillment.

Through proposed exact examination, it has been found that Raj yoga can be of extraordinary hugeness to accomplish authority aptitudes (M=4.812, SD=0.448) due to centered & improved conduct & capacity to arrange objective alongside separate achievement (M=4.830, SD=0.430) & craft of correspondence (M=4.79, SD=0.474).

As anyone might expect it empowers human to have capacity to rouse others by its sacred vivacious acts (M=4.852, SD=0.355). These all accomplishments guarantee enabled life (M=4.886, SD=0.318). On other hand, different exercises composed by BKRM towards aptitude & way of life upgrade of its experts, empower them to improve center estimations of individual life (M=4.92, SD=0.300). Moreover, accomplishment of peace (M=4.966, SD=0.181), love (M=4.960, SD=0.196), satisfaction (M=4.962, SD=0.191), happiness (M=4.956, SD=0.205) & social congruity (M=4.94, SD=0.238), & soul & omnipotent god awareness ((M=4.898, SD=0.328) & (M=4.928, SD=0.273)) can be accomplished by BKRM.

Reactions recovered has shown that Raj yoga can be of incredible noteworthiness to empower human life Vice less & self-image less ((M=4.879, SD=0.392), & fortified internal qualities & force (M=4.912, SD=0.297). What's more, it can be key to accomplish self-improvement capacity (M=4.914, SD=0.287) & esteem based way of life (M=4.902, SD=0.323), which can't be refined totally without having upgraded mental soundness (M=4.892, SD=0.352).
This is actuality that positive speculation & demeanor makes human getting achievement, which can be accomplished by Raj Yoga inspirations (M=4.911, SD=0.323). To empower consistent life overcoming indecencies (M=4.921, SD=0.318) & holding self-sway (M=4.918, SD=0.288) can be of extraordinary centrality, which can undoubtedly be empowered by Raj Yoga reflection at BKRM. In this common being, doubtlessly to make human life effective keeping up scholarly life adjusted (M=, SD=0.251) & holding decontaminated propensities called Sanskars (M=4.925, SD=0.277) is of incredible centrality, for which BKRM can be basic pathway.

Being crosswise over common creatures & encompassed by changed conditions, keeping predictable significant serenity (M=4.950, SD=0.218) & disposing of unworthy propensities makes life straightforward & prestigious (M=4.934, SD=0.248), & every single individual propensity can be upgraded by method for persistent Raj Yoga contemplation at BKRM.

Tab. No. 44: Spiritual affinity & universal acceptance

<table>
<thead>
<tr>
<th>Motivational factors</th>
<th>Mean</th>
<th>Std. Dev.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BKRM is spiritual science &amp; not religion &amp; is experimenting with thoughts about GOD/ Supreme power/ supernatural power</td>
<td>4.918</td>
<td>0.308</td>
</tr>
<tr>
<td>BKRM is taught to all religious people across world without any discrimination</td>
<td>4.954</td>
<td>0.209</td>
</tr>
<tr>
<td>BK people at Mount Abu have abundance selfless love, kind hearted, completely dedicated, happy &amp; source of inspiration</td>
<td>4.892</td>
<td>0.347</td>
</tr>
</tbody>
</table>

*Source: Primary Data

In present world situations, having curiosities & its worldwide adequacy is of extraordinary centrality. reactions gathered from respondents express that BKRM is otherworldly science & not religion & henceforth is trying different things with considerations about GOD/Supreme force/extraordinary force (M=4.918, SD=0.308). Likewise, it has been watched that sacred practices & exercises by BKRM for all
individual regardless of their particular religion ($M=4.954$, $D=0.209$) reinforce worldwide adequacy of BKRM.

**Tab. No. 45: Environment & ambiences**

<table>
<thead>
<tr>
<th>Motivational factors</th>
<th>Mean</th>
<th>Std. Dev.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BK HQ Mount Abu is believed to be GODs incarnation &amp; very sacred place on earth</td>
<td>4.962</td>
<td>0.201</td>
</tr>
<tr>
<td>BK International HQ Mount Abu has positive learning environment</td>
<td>4.97</td>
<td>0.170</td>
</tr>
<tr>
<td>BK Mount Abu complexes have better spiritual training &amp; development facility</td>
<td>4.954</td>
<td>0.209</td>
</tr>
<tr>
<td>BK Mount Abu complexes have world class infrastructure to learn Meditation</td>
<td>4.936</td>
<td>0.260</td>
</tr>
<tr>
<td>At Mount Abu, learning of Meditation is made easier under effective guidance &amp; blessings of Dadis, experienced Raja Yogis, tapaswis &amp; saints.</td>
<td>4.95</td>
<td>0.218</td>
</tr>
<tr>
<td>Mount Abu is very pleasant location located in Arravali hills area.</td>
<td>4.96</td>
<td>0.196</td>
</tr>
<tr>
<td>environment at BK Mount Abu is free from air pollution, water pollution &amp; noise pollution</td>
<td>4.896</td>
<td>0.305</td>
</tr>
<tr>
<td>BK Mount Abu complexes have Asia's biggest &amp; self-sufficient Solar plants</td>
<td>4.884</td>
<td>0.356</td>
</tr>
<tr>
<td>Even though BK International HQ Mount Abu is located in village place but adopted latest technology for learning &amp; development of spirituality</td>
<td>4.898</td>
<td>0.346</td>
</tr>
<tr>
<td>All people at BK International HQ Mount Abu compulsorily follow principle of brahmacharya &amp; take pure static vegetarian food daily.</td>
<td>4.934</td>
<td>0.264</td>
</tr>
<tr>
<td>People at Mount Abu don't consume non-vegetarian food &amp; food prepared by outsiders</td>
<td>4.928</td>
<td>0.288</td>
</tr>
<tr>
<td>All people at BK Mount Abu complexes wear very neat &amp; clean white colored dress daily with badge of</td>
<td>4.94</td>
<td>0.254</td>
</tr>
</tbody>
</table>
People at Mount Abu serve with divine love, humility, respect, brotherhood & smiling face  
BK Mount Abu complexes don't have hotel, private lodges, pan masala & cigarette shops  
Complete dedication towards serving mankind  
Nature of people at Mount Abu is satisfied, contented & self-disciplined.  
Whenever BK people meet together anytime, they greet with sacred mantra “OM SHANTHI”

<table>
<thead>
<tr>
<th>Identification</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>People at Mount Abu serve with divine love, humility, respect, brotherhood &amp; smiling face</td>
<td>4.903</td>
<td>0.327</td>
</tr>
<tr>
<td>BK Mount Abu complexes don't have hotel, private lodges, pan masala &amp; cigarette shops</td>
<td>4.918</td>
<td>0.274</td>
</tr>
<tr>
<td>Complete dedication towards serving mankind</td>
<td>4.896</td>
<td>0.318</td>
</tr>
<tr>
<td>Nature of people at Mount Abu is satisfied, contented &amp; self-disciplined.</td>
<td>4.841</td>
<td>0.430</td>
</tr>
<tr>
<td>Whenever BK people meet together anytime, they greet with sacred mantra “OM SHANTHI”</td>
<td>4.97</td>
<td>0.170</td>
</tr>
</tbody>
</table>

*Source: Primary Data

Keeping in mind end goal to make any association fruitful, it gets to be inescapable to look at working or operational environment. Environment & related neighborly practices do have huge effect on individual’s observation to get connected with association. Henceforth, thinking about of worldwide nearness of Brahma Kumaris association & its profound practices, in this proposition natural or feeling part of Brahma Kumaris International Headquarters, Mount Abu has been inspected, whether it has any critical effect on individual’s discernment or any inspiration to take after or hone Raj Yoga contemplation.

Reactions recovered from 500 respondents from Brahma Kumaris International Headquarters, Mount Abu, India express that BK HQ Mount Abu is accepted to be GODs incarnation & extremely consecrated spot on earth (M=4.962, SD=0.201). Reactions likewise assert it that BK International HQ Mount Abu empowers positive learning environment for fans or Raj Yoga specialists (M=4.97, SD=0.170). BK gives otherworldly preparing & improvement office which urges individuals to receive Raj Yoga contemplation (S=4.936, SD=0.260). Reactions additionally confirm it that Considering hierarchical initiative & organization to guarantee cordial & ideal environment, respondents expressed that at BK HQ, Mount Abu learning of Meditation is made less demanding under influence & gifted direction & favors of Dadis, experienced Raja Yogis, tapaswis & holy people (M=4.95, SD=0.218). Moreover, comes about got delineates that being situated in Aravali slopes range, Mount Abu empowers contamination free mood (M=4.896, SD=0.305) having
independent sunlight based controlled power provisioning (M=4.884, SD=0.356). Notwithstanding being situated in rustic zones it houses most recent innovation for learning & advancement of otherworldly existence (M=4.898, SD=0.346). Considering living guideline & consistency crosswise over association, it can be found that all individuals at BK International HQ Mount Abu obligatorily take after standard of brahmacharya & take unadulterated static veggie lover sustenance day by day (M=4.934, SD=0.264). Actually, such consistency & consistency makes atmosphere sound & all around associated or coordinated, subsequently empowering enthusiast’s o do their best with association & proposed destinations while considering identicalness crosswise over association. Likewise, it additionally gives novel acknowledgment. All individuals at BK Mount Abu edifices wear extremely flawless & clean white shaded dress every day with identification of distinguishing proof (M=4.940, SD=0.254).

To make any family fruitful, relationship, fellowship & satisfying environment is critical. Being substantial scale family, BK considers these unavoidable needs & respondents asserted that BK gives divine affection, modesty, regard, fellowship & grinning face (M=4.903, SD=0.327). straightforwardness & immaculateness of this environment can be comprehended by certainty that BK Mount Abu buildings don't have inn, private hotels, container masala & cigarette shops & so on (M=4.918, SD=0.274). Reacted additionally expressed that nature of individuals at BK is restrained & placated which spurs & organizes individuals to get associated & takes after BKRM (M=4.841, SD=0.430). Welcoming others by saying "Om Shanti" makes individuals associated together (M=4.970, SD=0.170)

So as to make any association effective, it gets to be inescapable to inspect working or operational environment. environment & related inviting practices do have noteworthy effect on individual’s observation to get connected with association. Henceforth, mulling over of worldwide nearness of Brahma Kumaris association & its profound practices, in this theory ecological or climate part of Brahma Kumaris International Headquarters, Mount Abu has been inspected, whether it has any huge effect on individual’s discernment or any inspiration to take after or rehearse Raj Yoga contemplation.

reactions recovered from 500 respondents from Brahma Kumaris International Headquarter, Mount Abu, India express that BK HQ Mount Abu is accepted to be GODs incarnation & exceptionally hallowed spot on earth (M=4.962, SD=0.201).
reactions likewise insist it that BK International HQ Mount Abu empowers positive learning environment for lovers or Raj Yoga experts (M=4.97, SD=0.170). BK gives otherworldly preparing & improvement office which urges individuals to receive Raj Yoga reflection (S=4.936, SD=0.260). Reactions likewise assert it that Considering authoritative initiative & organization to guarantee well disposed & ideal environment, respondents expressed that at BK HQ, Mount Abu learning of Meditation is made less demanding under influence & gifted direction & endowments of Dadis, experienced Raja Yogis, tapaswis & holy people (M=4.95, SD=0.218). Besides, comes about acquired delineates that being situated in Aravali slopes range, Mount Abu empowers contamination free feeling (M=4.896, SD=0.305) having independent sunlight based controlled power provisioning (M=4.884, SD=0.356). Notwithstanding being situated in provincial regions it houses most recent innovation for learning & advancement of deep sense of being (M=4.898, SD=0.346). Considering living rule & consistency crosswise over association, it can be found that all individuals at BK International HQ Mount Abu mandatorily take after rule of brahmacharya & take immaculate static vegan sustenance day by day (M=4.934, SD=0.264). Truth be told such consistency & consistency makes feeling sound & all around associated or incorporated, in this way empowering aficionado’s o do their best with association & planned targets while considering proportionality crosswise over association. Furthermore, it likewise gives one of kind acknowledgment. All individuals at BK Mount Abu buildings wear extremely flawless & clean white shaded dress every day with identification of recognizable proof (M=4.940, SD=0.254).

To make any family effective, relationship, fellowship & satisfying environment is essential. Being expansive scale family, BK considers these inescapable needs & respondents attested that BK gives divine affection, lowliness, regard, fraternity & grinning face (M=4.903, SD=0.327). effortlessness & virtue of this environment can be comprehended by certainty that BK Mount Abu buildings don't have inn, private cabins, skillet masala & cigarette shops & so on (M=4.918, SD=0.274). Reacted likewise expressed that nature of individuals at BK is trained & satisfied which propels & organizes individuals to get associated & takes after BKRM (M=4.841, SD=0.430). Welcoming others by saying "Om Shanti" makes individuals associated together (M=4.970, SD=0.170)
Keeping in mind end goal to make any association effective, it gets to be unavoidable to analyze working or operational environment. environment & related agreeable practices do have critical effect on individual’s observation to get connected with association. Consequently, contemplating of worldwide nearness of Brahma Kumaris association & its profound practices, in this postulation ecological or climate part of Brahma Kumaris International Headquarters, Mount Abu has been analyzed, whether it has any critical effect on individual’s recognition or any inspiration to take after or hone Raj Yoga reflection.

reactions recovered from 500 respondents from Brahma Kumaris International Headquarter, Mount Abu, India express that BK HQ Mount Abu is accepted to be GODs incarnation & exceptionally sacrosanct spot on earth (M=4.962, SD=0.201). reactions likewise avow it that BK International HQ Mount Abu empowers positive learning environment for enthusiasts or Raj Yoga specialists (M=4.97, SD=0.170).

BK gives profound preparing & improvement office which urges individuals to receive Raj Yoga contemplation (S=4.936, SD=0.260). Reactions likewise insist it that

Considering hierarchical initiative & organization to guarantee cordial & ideal environment, respondents expressed that at BK HQ, Mount Abu learning of Meditation is made less demanding under influenced & talented direction & favors of Dadis, experienced Raja Yogis, tapaswis & holy people (M=4.95, SD=0.218).

Besides, comes about got portrays that being situated in Aravali slopes territory, Mount Abu empowers contamination free vibe (M=4.896, SD=0.305) having independent sunlight based fueled power provisioning (M=4.884, SD=0.356). Notwithstanding being situated in rustic regions it houses most recent innovation for learning & improvement of otherworldly existence (M=4.898, SD=0.346).

Considering living rule & consistency crosswise over association, it can be found that all individuals at BK International HQ Mount Abu necessarily take after rule of brahmacharya & take immaculate static veggie lover sustenance every day (M=4.934, SD=0.264). Truth be told such consistency & consistency makes vibe sound & very much associated or coordinated, in this manner empowering enthusiast’s o do their best with association & proposed goals while considering identicalness crosswise over association. Moreover, it additionally gives one of kind acknowledgment. All individuals at BK Mount Abu buildings wear extremely flawless & clean white hued dress day by day with identification of distinguishing proof (M=4.940, SD=0.254).
To make any family effective, relationship, fellowship & satisfying environment is vital. Being vast scale family, BK considers these unavoidable needs & respondents insisted that BK gives divine adoration, quietude, regard, fellowship & grinning face (M=4.903, SD=0.327). Effortlessness & virtue of this environment can be comprehended by truth that BK Mount Abu buildings don't have inn, private cabins, dish masala & cigarette shops & so on (M=4.918, SD=0.274). Reacted additionally expressed that nature of individuals at BK is taught & mollified which spurs & facilitates individuals to get associated & takes after BKRM (M=4.841, SD=0.430). Welcoming others by saying "Om Shanti" makes individuals associated together (M=4.970, SD=0.170).

**Tab. No. 46: Practices as motivations**

<table>
<thead>
<tr>
<th>Motivational factors</th>
<th>Mean</th>
<th>Std. Dev.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raja yoga detaches individuals from worldly attractions &amp; motivates them towards spiritual learning &amp; experience</td>
<td>4.926</td>
<td>0.284</td>
</tr>
<tr>
<td>Raja yoga facilitates to explore moral &amp; spiritual values &amp; guide towards art of living</td>
<td>4.924</td>
<td>0.279</td>
</tr>
<tr>
<td>Raja Yoga effectively manages stress through self-management technique.</td>
<td>4.891</td>
<td>0.336</td>
</tr>
<tr>
<td>Raja yoga facilitates to develop mainly 8 inner soul powers.</td>
<td>4.896</td>
<td>0.324</td>
</tr>
<tr>
<td>Attention to Murali &amp; Imbibing Godly Knowledge accurately (Gyan)</td>
<td>4.878</td>
<td>0.373</td>
</tr>
<tr>
<td>There are continuous activities such as research, lectures, training, seminars &amp; conferences pertaining to Rajayoga meditation throughout year at BK Mount Abu complexes</td>
<td>4.942</td>
<td>0.233</td>
</tr>
<tr>
<td>BK Mount Abu complexes don't have shopping mall &amp; cinema theatre</td>
<td>4.94</td>
<td>0.254</td>
</tr>
<tr>
<td>People at Mount abu don't visit cinema theatres &amp;</td>
<td>4.88</td>
<td>0.371</td>
</tr>
<tr>
<td>Statement</td>
<td>Score 1</td>
<td>Score 2</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>see any kinds of cinema</td>
<td></td>
<td></td>
</tr>
<tr>
<td>You can’t find any persons/ donors name in any places/ buildings/ infrastructure in BK Mount Abu complexes</td>
<td>4.909</td>
<td>0.319</td>
</tr>
<tr>
<td>There is no display of price chart for food, accommodation, transportation&amp; other services at BK Mount Abu complexes.</td>
<td>4.944</td>
<td>0.230</td>
</tr>
<tr>
<td>Pure vegetarian &amp; Satwic food is served 3 times day in full quantities FREE OF COST at specified scientific times at BK Mount Abu complexes</td>
<td>4.946</td>
<td>0.234</td>
</tr>
<tr>
<td>Meditation teaching Service done continuously to all segments of society without any discrimination through 20 wings at BK Mount Abu complexes.</td>
<td>4.941</td>
<td>0.234</td>
</tr>
<tr>
<td>Services at Mount abu extended to all people across Globe without any partiality &amp; discrimination throughout year</td>
<td>4.934</td>
<td>0.264</td>
</tr>
<tr>
<td>Waking time at BK complexes, mount abu is 3.30 am &amp; it is compulsory to attend Amrit vela (4am to 4.45am) Rajayoga meditation class daily.</td>
<td>4.898</td>
<td>0.351</td>
</tr>
<tr>
<td>People at BK complexes, mount abu daily attend to Murali class (7am to 8am) without fail.</td>
<td>4.884</td>
<td>0.361</td>
</tr>
<tr>
<td>Pleasant &amp; harmonious relationships exist between members at Mount abu</td>
<td>4.886</td>
<td>0.353</td>
</tr>
<tr>
<td>Picnic, recreation, drama, dance &amp; other cultural activities organized regularly</td>
<td>4.829</td>
<td>0.416</td>
</tr>
<tr>
<td>Attending sat sang daily &amp; regularly</td>
<td>4.874</td>
<td>0.355</td>
</tr>
<tr>
<td>First of all, all people at Mount abu study &amp; practice godly knowledge meditation daily &amp; then preach to others.</td>
<td>4.886</td>
<td>0.370</td>
</tr>
</tbody>
</table>

*Source: Primary Data*

Considering great exercises & practices at Brahma Kumaris, this examination uncovers that Raja yoga inspires individuals towards profound learning (M=4.926,
Moreover, respondents confirm that Raja yoga encourages to investigate moral & spiritual values & guide towards craft of living ($M=4.924$, $SD=0.279$). Respondents likewise expressed that Raja Yoga can altogether oversee stress through self-administration method ($M=4.891$, $SD=0.336$). What's more, Raja yoga encourages to grow basically inward soul powers ($M=4.896$, $SD=0.324$). Brahma Kumaris otherworldly focuses likewise encourage practices, for example, Murali that as result soaks up Godly Knowledge to enthusiasts ($M=4.878$, $SD=0.373$).

What's more, at BK there used to be different exercises, for example, research, addresses, preparing, workshops & gatherings relating to Rajayoga reflection all through year, which propels individuals from various foundation & abilities level to get associated ($M=4.942$, $SD=0.233$). Moreover, there are various different variables, for example, individual's non-liking towards common creatures, for example, Mall society ($M=4.88$, $SD=0.254$), film theater ($M=4.88$, $SD=0.371$). Genuine commitment & devotion can be effectively pictured all through BK that there is no any name plate or any typical marks of benefactors ($M=4.909$, $SD=0.319$).

Lion's share of existing literary works has expressed that Raj Yoga reflection can be of incredible importance to improve mental, mental & additionally physical develops. In taking after segment some of dominating variables have been inspected for their particular noteworthiness at inspiration to urge individuals to receive Raj Yoga reflection.

<table>
<thead>
<tr>
<th>Motivational factors</th>
<th>Mean</th>
<th>Std. Dev.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BKRM plays major role in physical health optimization i.e. BP, sugar level, pulse, BMI etc.</td>
<td>4.834</td>
<td>0.472</td>
</tr>
<tr>
<td>BKRM is significant in healing of disease like cancer, arthritis, heart diseases etc.</td>
<td>4.766</td>
<td>0.521</td>
</tr>
<tr>
<td>BKRM is helpful to maintaining good physique/physical stamina</td>
<td>4.848</td>
<td>0.425</td>
</tr>
<tr>
<td>BKRM is helpful in de addiction from substance usage &amp; affinity</td>
<td>4.89</td>
<td>0.371</td>
</tr>
<tr>
<td>BKRM is helpful for mental health optimization i.e.</td>
<td>4.892</td>
<td>0.374</td>
</tr>
</tbody>
</table>
anger, depression, fear, tension, anxiety, guilt, insult, mood swings etc.

| BKRM eliminates mental illness such as sleeplessness, sleep walking, bad dreaming etc. | 4.874 | 0.398 |
| Raja yoga is effective for mental stability & concentration | 4.933 | 0.264 |
| BKRM is easy mental process & have no difficulties of physical asanas/postures. | 4.944 | 0.230 |
| People at Mount Abu don’t consume alcohol, tobacco, cigarettes, pan masala, drugs & they don’t have any other bad habits. | 4.877 | 0.373 |

*Source: Primary Data

respondents confirmed that BKRM can be noteworthy for physical wellbeing streamlining, for example, pulse control, sugar level control & different other physiological control purposes (M=4.834, SD=0.472). Criticalness of BKRM to mend infection like tumor, joint inflammation, heart maladies & so on (M=4.766, SD=0.521). Respondents asserts that BKRM is useful to keeping up great body/physical stamina (M=4.848, SD=0.425). Likewise, BKRM is useful in de habit from substance use & liking (M=4.890, SD=0.371). Considering hugeness of BKRM for psychological wellness improvement i.e. outrage, gloom, dread, strain, uneasiness, blame, affront, state of mind swings & so on (M=4.892, SD=0.374). Likewise, BKRM can be successful dispenses with dysfunctional behavior, for example, restlessness, rest strolling, awful imagining & so on (M=4.874, SD=0.398). This exploration expresses that Raja yoga is powerful for mental dependability & fixation (M=4.933, SD=0.264) & BKRM can be simple mental procedure & have no troubles of physical asanas/stances (M=4.944, SD=0.230).

respondents confirmed that BKRM can be huge for physical wellbeing streamlining, for example, circulatory strain control, sugar level control & different other physiological control purposes (M=4.834, SD=0.472). Criticalness of BKRM to mend ailment like malignancy, joint pain, heart ailments & so on (M=4.766, SD=0.521). Respondents confirms that BKRM is useful to keeping up great body/physical stamina (M=4.848, SD=0.425). Thus, BKRM is useful in de fixation from substance
utilization & liking (M=4.890, SD=0.371). Considering importance of BKRM for psychological well-being enhancement i.e. outrage, wretchedness, dread, pressure, uneasiness, blame, affront, state of mind swings & so forth (M=4.892, SD=0.374). Moreover, BKRM can be successful kills emotional sickness, for example, restlessness, rest strolling, terrible imagining & so forth (M=4.874, SD=0.398). In this manner, mulling over of previously mentioned examination & particular significances, it can be found that there are number of element, for example, individual develops, profound partiality & all-inclusive acknowledgment, environment & ambiances, mental, mental & physical builds, & different practices, which altogether impacts individuals to watch Raj yoga reflection at Brahma Kumaris International headquarter, Mount Abu, Rajasthan, India.

1.46 Hypotheses Testing
Mulling over of proposed examination destinations & separate topic investigation, in this paper certain all around characterized research speculations have been characterized. proposed research speculations speak to overwhelming motivational components rousing individuals to practice Raj Yoga contemplation at Brahma Kumaris International Headquarters, Mount Abu, Rajasthan, India. Especially, in this proposal, different elements, for example, demographic elements, physiological & mental elements, fondness towards administration individuals, dedication towards extraordinary virtuous force & so forth have been considered as key motivational develops, which have been analyzed to have criticalness towards inspiration individuals to join Brahma Kumaris Raj Yoga reflection (BKRM). number of components, for example, otherworldly way of life, physical/mental & profound focal points, BKRM oddities & practice’s impacts & preferences of BKRM & so forth have been inspected observationally in this postulation. With specific end goal to look at these key builds & motivational components, in this proposal polls have been readied. Gathering reactions & handling recovered reactions from Raj Yogis at BK worldwide headquarter, Mount Abu, Rajasthan, theory proposed in this study have been tried or inspected utilizing factual apparatuses, for example, Microsoft Excel & SPSS investigation performed as far as mean, standard deviation & relationship. talk of performed measurable investigation for different motivational variables inspiring individuals to join Raj Yoga contemplation at BK worldwide central station, Mount Abu, Rajasthan, India, is given as takes after:
**Hypothesis-1**

Demography factors play very significant role in motivating people to adopt Raj Yoga meditation at Brahma Kumaris.

In past segments of exhibited theory, number of demographic variables & their separate significances towards spurring individuals to join Raj Yoga at BK HQ, Mount Abu, Rajasthan (India) were concentrated on & examined. So as to evaluate these variables demographic elements, for example, instructive level, geological areas, sex, pay, encounters & so on can be of awesome essentialness to survey certainties about particular builds which can affect individuals to embrace Raj Yoga reflection, particularly BKRM.

Considering present study, it can be found that lion's share of aficionados at BKRM are male. It can be effortlessly construed here that evolving socio-social conditions, stress level & physical-mental hassles in calling & also in socio-individual life has assumed huge part in inspiring individuals to join Raj Yoga reflection. On other hand, measurable results express that lion's share of aficionados are unmarried, which essentially demonstrates individual push towards genuine information, otherworldly power & liking. Doubtlessly, in certain limited observation dominant part of unmarried individuals at BK shows ideal otherworldly environment where individual incline toward serving society & its prosperity by genuine information, inspiration & significant serenity, which are key fixings to keep society associated & tranquil.

On other hand, instructive variables likewise demonstrate that rough 186 out of 500 (37.2%) respondents where graduate & were utilitarian at various chain of importance of BK association, while keeping up benevolent & committed practices towards better society. It connotes that practices, for example, BKRM has huge effect on individual's observation towards dedication, liking towards profound forces, virtuous learning, genuine feelings of serenity & concordance, adjusted & push free life, dependable & esteem based or improved (Sanskrit) way of life, & inward achievement fulfillment.

Examining different components, for example, age, it has been watched that 164 respondents tallying 32.8% of general respondents were in age scope of 40-45 years & likewise, 106 out of 500 106 out of 500 respondents including 21.2% were age
scope of 31-35 years. On opposite, just 8% of respondents were in age scope of 20-25 years. These figures freshly express that as age expands human means to show signs of improvement lifestyle, which can make & empower it to be far from common creatures & self-driven practices. Investigating need of self-less, committed life & quiet living society spurs individuals to slant towards BKRM. In some other route, increment in anxiety level, physical inconveniences & related metal flimsiness too spur individuals to join BKRM.

This is matter of actuality that in present day situation where various inner & additionally outside fights are being forced by name of religion & related practices & standards. In this way, most likely there can be immediate relationship between religion & particular inclinations towards certain association, whether it is for novel causes. To investigate this reality, this proposition expected to examine religion based examination, & it was watched that being universal profound association with thought process to keep up & advance concordance & peace, there were 490 respondents (490 out of 500) from Hindu religion, while Jainism & Christianity was surmised 0.06 % (3 out of 500). From respondent’s Buddhism & Islamism meant 1% every who was honing Raj Yoga at Brahma Kumaris worldwide headquarter at Mount Abu, Rajasthan India. These all elements demonstrate that most noteworthy check of Hindus at BK honing sacred BKRM, inclines toward peace & concordance crosswise over human progress. commitment towards tranquil & deep life demonstrates their rationale to persuade individuals to achieve heavenly power & virtuous learning fairly battling for common creatures & mortal transient focal points. Likewise, there are various demographic variables which do have extraordinary criticalness on urging individuals to join BKRM at BK headquarter, Mount Abu, Rajasthan. Subsequently, with these noteworthy demographic variables it can be expressed that proposed or expressed theory is advocated to have effect of demographic constructs on motivating people to join BKRM.

Hypothesis-2

*personage thrust towards search for true spiritual means of life motivates people to*
taking after table presents connection examination for theory 2, where different elements, for example, individual energy, profound elements & enthuse & soon have been analyzed to have noteworthy connection with BKRM hones.

### Tab. No. 48: Correlation Analysis for Spiritual factors & Raj Yoga Meditation at Brahma Kumaris, Mount Abu, Rajasthan

<table>
<thead>
<tr>
<th></th>
<th>Spiritual Factors</th>
<th>Rajyoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pearson Correlation</td>
<td>1</td>
</tr>
<tr>
<td>Sig (2- tailed)</td>
<td>0.000</td>
<td>0.000</td>
</tr>
<tr>
<td>N</td>
<td>500</td>
<td>500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Rajayoga Meditation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual Factors</td>
<td>Pearson Correlation</td>
</tr>
<tr>
<td>Sig (2- tailed)</td>
<td>0.000</td>
</tr>
<tr>
<td>N</td>
<td>500</td>
</tr>
</tbody>
</table>

Source – Primary data

All in all, this speculation at certainty level of 95% or at essentialness level of 0.05. From Table 5.11 it can be watched that connection coefficient between otherworldly variables & Raj Yoga Meditation at Brahma Kumaris, Mount Abu, Rajasthan (India), is 0.825 & importance of relationship coefficient is not as much as noteworthiness level. Thus, invalid speculation could be rejected under test factually. In this manner, it can be endorsed that relationship exists between profound components & Raj Yoga contemplation hones at Brahma Kumaris. connection coefficient is sure. So, it can be construed that different otherworldly practices & atmosphere inspires individuals to join BKRM at Brahma Kumaris worldwide central station, Mount Abu, Rajasthan, India. Further, to analyze key individual components, for example, partiality to join

*become Raj yogis with Brahma Kumaris organization.*
Raj yoga rehearses, commitment towards serving society through psyche, eagerness to watch virtuous association with otherworldly power & so on, connection coefficient has been assessed.

In this postulation, different elements, for example, god awareness, love, peace (internal & in addition common), delight, soul cognizance, self-change, bad habit less & inner self less stage inspirational state of mind & soon have been viewed as self-advancement, & dedication towards society, sanskar (propensity) decontamination, discretion enthusiasm towards getting divine temperance & force & soon have been considered as individual components that spurs individuals to join Raj Yoga reflection at Brahma Kumaris.
Mulling over Table 4.10 & its parametric essentialness, it can be watched that there is solid positive factually noteworthy connection between's commitment towards serving society & Raj Yoga Meditation at Brahma Kumaris, Mount Abu, Rajasthan. Here, information investigation uncovers relationship coefficient has been gotten as 0.824, which is much higher than hugeness level of 0.05. Along these lines, recovered connection coefficient is much higher than hugeness level & subsequently it demonstrates dismissal of related invalid theory, & in this way it can be insisted that there exists connection between dedication towards serving society & Raj Yoga Meditation at Brahma Kumaris. Curiously, connection coefficient recovered for
genuine relationship & Raj Yoga Meditation at Brahma Kumaris has been gotten as 0.896, which is altogether higher & adequate to avow constructive & solid relationship between Raja yoga meditation at Brahma Kumaris (BKRM) & virtuous relationship or individual push to dedicate towards otherworldly power. Moreover, connection between's genuine relationship & 0.881 & commitment towards serving society has been gotten as 0.881, which is sufficiently higher to assert positive solid relationship. Here, component expressed as genuine relationship likewise shows & relates experience of god in various relationship & as all-powerful purpose of light. Along these lines, it can be effortlessly watched that inspiration to associate with otherworldly virtuous force spurs individuals to join & practice Raj Yoga reflection at Brahma Kumaris, which as result present & propel individuals or enthusiasts to serve society. Considering development of Brahma Kumaris & its utilitarian rationality, it can be effortlessly watched that aficionados do consider god as otherworldly wellspring of vitality, which can be recovered by method for contemplation like Raj Yoga.

**Chi-Square Analysis**

*Tab. No. 50: Chi squared Analysis*

<table>
<thead>
<tr>
<th>Chi-Square Tests</th>
<th>Table Systematic measures</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Value</td>
</tr>
<tr>
<td>Pearson Chi-Square</td>
<td>238.308</td>
</tr>
<tr>
<td>Likelihood Ratio</td>
<td>116.588</td>
</tr>
<tr>
<td>Linear-by-Linear Association</td>
<td>38</td>
</tr>
<tr>
<td>N of Valid cases</td>
<td>500</td>
</tr>
</tbody>
</table>

Source- Primary Data
Here, in this paper & information investigation worldview, centrality level of 0.05 has been considered to acknowledge or dismiss invalid speculation. Hence, in event that it is assessed measured criticalness of under 0.05 reflects dismissal of theory & centrality > 0.05, it recommends for acknowledgment of speculation. What's more,

**Hypothesis-3**

*Psychological, Physiological & Spiritual factors are vital motivational factors that put enthuse in Raj yogis or Raj Yoga practitioners.*

seeing above table it can be found that affiliation quality worth is 88.8% that connotes factually critical quality. factually noteworthy affiliation has been seen between personage push towards look for genuine profound method forever & Raj Yoga contemplation at Brahma Kumaris.

Keeping in mind end goal to legitimize or check this theory, relationship examination has been accomplished for various related variable & builds. In this exposition, at first autonomous examination for relationship between Psychological variables & interest, & Raj Yoga contemplation at Brahma Kumaris has been finished. It has been trailed by connection appraisal between Physiological elements. Essentially, relationship between's kin profound interest & its effect on their fondness towards Raj Yoga contemplation at Brahma Kumaris have been inspected.

**Tab. No. 51: Correlation Analysis for Psychological factors & Raj Yoga Meditation at Brahma Kumaris.**

<table>
<thead>
<tr>
<th>Psychological Factors</th>
<th>Pearson Correlation</th>
<th>Sig (2-tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Factors</td>
<td>1</td>
<td>0.000</td>
<td>500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
<th>Pearson Correlation</th>
<th>Sig (2-tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</td>
<td>0.843</td>
<td>0.000</td>
<td>500</td>
</tr>
</tbody>
</table>

Hypothesis-3

*Psychological, Physiological & Spiritual factors are vital motivational factors that put enthuse in Raj yogis or Raj Yoga practitioners.*

seeing above table it can be found that affiliation quality worth is 88.8% that connotes factually critical quality. factually noteworthy affiliation has been seen between personage push towards look for genuine profound method forever & Raj Yoga contemplation at Brahma Kumaris.

Keeping in mind end goal to legitimize or check this theory, relationship examination has been accomplished for various related variable & builds. In this exposition, at first autonomous examination for relationship between Psychological variables & interest, & Raj Yoga contemplation at Brahma Kumaris has been finished. It has been trailed by connection appraisal between Physiological elements. Essentially, relationship between's kin profound interest & its effect on their fondness towards Raj Yoga contemplation at Brahma Kumaris have been inspected.

**Tab. No. 51: Correlation Analysis for Psychological factors & Raj Yoga Meditation at Brahma Kumaris.**

<table>
<thead>
<tr>
<th>Psychological Factors</th>
<th>Pearson Correlation</th>
<th>Sig (2-tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Factors</td>
<td>1</td>
<td>0.000</td>
<td>500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
<th>Pearson Correlation</th>
<th>Sig (2-tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</td>
<td>0.843</td>
<td>0.000</td>
<td>500</td>
</tr>
</tbody>
</table>
relationship examination for Psychological variables & Raj Yoga contemplation at BKRM has portrayed connection estimation of 0.843, which is great deal more than critical level of 0.05. It shows solid positive relationship between Psychological components & Raj Yoga contemplation. On premise of my own representation & behavioral examination, I do find that noteworthy measure of individuals is there agony from certain Psychological issue who are rehearsing Raj Yoga Meditation.

acquired Pearson connection between's physiological components & Raj Yoga Meditation at Brahma Kumaris is given in taking after (Table 5.15)

**Tab. No. 52: Correlation Analysis for physiological factors & Raj Yoga Meditation at Brahma Kumaris**

<table>
<thead>
<tr>
<th>Physiological Factors</th>
<th>Pearson Correlation</th>
<th>Sig (2- tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiological Factors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HQ: Mount Abu, Rajasthan</td>
<td>0.742</td>
<td>0.000</td>
<td>500</td>
</tr>
</tbody>
</table>

Table 5.13 speaks to connection result got between physiological elements & Raj Yoga Meditation at Brahma Kumaris. Here, connection coefficient got between these two components have been acquired as 0.742, which is great deal more than essentialness level (0.05), & consequently it can be expressed that there exists positive connection between otherworldly elements & Raj Yoga
Meditation at Brahma Kumaris.
This examination likewise uncovers that Raja yoga reflection can help in curing various mental issues, for example, masochist sickness & numerous different illnesses like hypertension, Insomnia, sorrow & so on. Raj Yoga evacuates strain, anxiety, dread & different negativities, which exacerbate individual, thus unwinding mind totally. Along these lines negative manifestations that normal white collar class psychotics experience is cured with help Raja yoga. Some of hypochondriac ailments, which can be effectively cured through Raj Yoga, are tension, over top enthusiastic issue, fears & so forth by brushing Raj Yoga with customary psychopharmacology & psychotherapy. Promote more positive contemplations can be utilized amid Raj Yoga to defeat stress, dread for comprehensive wellbeing. measurements of prescription can be decreased & illness can be killed to center, since contemplation evacuates main driver of psychosomatic infections.
To look at relationship between profound variables & Raj Yoga contemplation, connection has been acquired, which is given in Table 5.16

Tab. No. 53: Correlation Analysis for Spiritual factors & Raj Yoga
Meditation at Brahma Kumaris

<table>
<thead>
<tr>
<th>Spiritual Factors</th>
<th>Pearson Correlation</th>
<th>Sig (2- tailed)</th>
<th>N</th>
<th>Rajayoga Meditation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>0.000</td>
<td>500</td>
<td></td>
</tr>
<tr>
<td>Sig (2- tailed)</td>
<td>0.000</td>
<td>0.000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>500</td>
<td>500</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Primary data
Previously mentioned (Table 5.16) speaks to relationship result got between profound components & Raj Yoga Meditation at Brahma Kumaris. Here, connection coefficient got between these two components have been gotten as 0.893, which is great deal more than hugeness level (0.05), & thusly it can be expressed that there exists positive connection between otherworldly elements & Raj Yoga Meditation at Brahma Kumaris. In trip of life from past to present, values & most profound sense of being have assumed vital part in improving peace & advancement in Indian culture & world as entirety.

**Hypothesis-4**

*novel life culture, environment & holy practices at Brahma Kumaris World’s spiritual center at Mount Abu, Rajasthan motivates people to get associated with it.*

This is matter of truth that associations, for example, Brahma Kumaris, plans to present gadget lifestyle along these lines driving individual towards extraordinary force, devotion & blessed profound slant towards omnipotent god. Despite fact that, trusting this reality that being in 21st century, where dominant part of person plans to live extravagance & prosperous life incorporated with various common creatures & exercises, at some point appears to be troublesome. & transcendent explanation for this reality is human behavioral & work slant towards common creatures. On opposite, having look & investigating way of life of Raj Yogi, it can be effortlessly found that Raj Yogis used to have very little critical slant towards common creatures. In such cases, it turns out to be exceptionally noteworthy to explore transcendent reason & those elements which draws in & propels Raj yogis to lean toward joining Brahma Kumaris.

In this postulation, two transcendent variables life society & different sacred works on being led in Brahma Kumaris have been mulled over to look at related motivational elements. This is actuality that life society, living style & behavioral variables impacts person altogether & therefore spurs individuals to join BKRM.
In this paper, importance level has been considered as 0.05 for tolerating & dismissing invalid theory. Here, it can be found that relationship coefficient recovered between life society & Raj Yoga Meditation at Brahma Kumaris is 0.923 which is higher than 0.05 & along these lines its rejects invalid speculation. Looks into state that BK HQ Mount Abu should be God's incarnation & extremely holy place on earth, which pulls in enthusiasts to be piece of it to fulfil virtuous learning, preeminent force availability & arrangement towards peace & socio-mental accomplishment.

Further, to look at between connection between profound situations & Raj Yoga Meditation at Brahma Kumaris, relationship investigation has been performed. results got for relationship are given as takes after:
Tab. No. 55: Correlation Analysis for Spiritual Environment & Raj Yoga Meditation at Brahma Kumaris

<table>
<thead>
<tr>
<th></th>
<th>Spiritual Environment</th>
<th>Rajayoga Meditation at Brahma Kumaris HQ: Mount Abu, Rajasthan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spiritual</strong></td>
<td><strong>Correlation</strong></td>
<td>1</td>
</tr>
<tr>
<td>Environment</td>
<td><strong>Pearson</strong></td>
<td>0.911</td>
</tr>
<tr>
<td><strong>Sig (2-tailed)</strong></td>
<td>0.000</td>
<td>0.000</td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>500</td>
<td>500</td>
</tr>
<tr>
<td><strong>Rajayoga</strong></td>
<td><strong>Correlation</strong></td>
<td>0.911</td>
</tr>
<tr>
<td><strong>Mediation at</strong></td>
<td><strong>Pearson</strong></td>
<td>1</td>
</tr>
<tr>
<td>Brahma Kumaris</td>
<td><strong>Correlation</strong></td>
<td>0.911</td>
</tr>
<tr>
<td><strong>HQ: Mount Abu,</strong></td>
<td><strong>Sig (2-tailed)</strong></td>
<td>0.000</td>
</tr>
<tr>
<td>Rajasthan</td>
<td><strong>N</strong></td>
<td>500</td>
</tr>
</tbody>
</table>

Source-Primary data

As portrayed in above table, it can be found that relationship coefficient between profound environment at Brahma Kumaris International central station, Mount Abu & Raj Yoga contemplation at Brahma Kumaris is found as 0.911, which is essentially great deal more than characterized importance level of 0.05. Subsequently it attests extremely solid & positive connection between profound environment & Brahma Kumaris International home office, Mount Abu (for Raj Yoga Meditation). This outcome asserts those convictions that Brahma Kumaris universal association & its profound practices have encouraged ideal environment for enthusiasts to practice Raj Yoga reflection.

gotten results attest that novel society, profound practices & environment inspires individuals to join Raj Yoga Meditation at Brahma Kumaris, Mount Abu. Likewise, respondents have expressed that BKRM is sacred, mental & profound which rouses them to go along with it. BKRM has given different offices including yoga rehearses, profound exercises, settlement & so forth these elements altogether spur individuals to
join BKRM. Investigating inside base & climate of BK HQ, Mount Abu, it can be found that it houses world class base including sun powered fueled foundations for convenience, self-supported settlement offices & so forth. This variable empowers such expansive scale association to draw in individuals towards it. In any case, observational examination it avows that there are number of lovers who simply think about physical or subjective framework or offices, rather they acknowledge blessed practices & otherworldly environment as fundamental inspiration.

Notwithstanding these two components, in this proposition sacred practices as motivational elements have been surveyed. To analyze sacred practices as motivational component its relationship has been assessed regarding inclinations to perform Raj Yoga Meditation at Brahma Kumaris, Pearson connection coefficient has been evaluated, with standard hugeness level of 0.05. Table 10 speaks to relationship investigation for blessed practices & Raj Yoga contemplation at Brahma Kumaris.

**Tab. No. 56: Correlation Analysis for Holy Practices & Raj Yoga Meditation at Brahma Kumaris**

<table>
<thead>
<tr>
<th>Holy Practices</th>
<th>Pearson Correlation</th>
<th>Sig (2- tailed)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</td>
<td>0.927</td>
<td>0.000</td>
<td>500</td>
</tr>
<tr>
<td>Sig (2- tailed)</td>
<td>0.000</td>
<td>0.000</td>
<td>500</td>
</tr>
<tr>
<td>N</td>
<td>500</td>
<td>500</td>
<td>500</td>
</tr>
<tr>
<td>Holy practices</td>
<td>1</td>
<td>0.927</td>
<td></td>
</tr>
<tr>
<td>Rajayoga Mediation at Brahma Kumaris HQ: Mount Abu, Rajasthan</td>
<td>Pearson Correlation</td>
<td>0.927</td>
<td>1</td>
</tr>
<tr>
<td>Sig (2- tailed)</td>
<td>0.000</td>
<td>0.000</td>
<td>500</td>
</tr>
<tr>
<td>N</td>
<td>500</td>
<td>500</td>
<td>500</td>
</tr>
</tbody>
</table>

Source-Primary data

As portrayed in above (Table 5.17), it can be found that relationship coefficient between different blessed practices, for example, Murli (genuine learning), & so forth
is 0.927, which is great deal more than standard essentialness level of 0.05. This outcome confirms solid positive connection between heavenly practices & inspiration towards performing Raj Yoga reflection at Brahma Kumaris, Mount Abu, Rajasthan, India. Investigating different practices, it can be found that BKRM is blessed & most noteworthy method taught by god himself that rouses individuals to join Raj Yoga at BK. On other hand, adaptability of Raj Yoga rehearses & its powerful execution & taking after system urges individuals to go along with it. There are numerous practices, for example, Murli & Amritwela & so forth, which connote genuine information too rouses individuals to get slanted towards BKRM. Surveys state that practices, for example, awakening early & joining Murli, study & practice virtuous information & especially Raj Yoga reflection, Brahmacharya guideline & so forth essentially touch off otherworldly ignition among lovers to join BKRM worldwide central command at Mount Abu, Rajasthan. On other hand, attire nature of enthusiasts empowers uniform & gadget custom & environment which propel individuals to take after Raj Yogi standards.

Likewise, there used to be different exercises, for example, research, social insurance research & improvement, addresses, preparing rehearses, gatherings which spurs individuals to get connected with BKRM & practice Raj Yoga for extraordinary force & god arranged partiality accomplishments. individual investigative & explorative examination endeavors have uncovered that individuals at Mount Abu are totally devoted & serving humankind with no separation every one of 365 days’ year. Such devotion avows solid bond between individuals & practices, environment & otherworldly liking at BK head quarter Mount Abu. There are various behavioral qualities, for example, welcoming each other with "Om Shanti" makes individuals very much associated & sacred hearted. satisfying & concordant relationship makes individuals joining BKRM. Accordingly, watching general reactions & separate significances, it can be avowed that novel life society, environment & blessed practices at Brahma Kumaris World's otherworldly focus at Mount Abu, Rajasthan persuades individuals to get connected with it.
overall hypothesis results obtained & their justification is given as follows:

**Tab. No. 57: Hypothesis testing results**

<table>
<thead>
<tr>
<th>Hypothesis</th>
<th>Statement</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Demography factors play very significant role in motivating people to adopt Raj Yoga meditation at Brahma Kumaris.</td>
<td>Accepted</td>
</tr>
<tr>
<td>2</td>
<td>Personage thrust towards search for true spiritual means of life motivates people to become Raj yogis with Brahma Kumaris organization.</td>
<td>Accepted</td>
</tr>
<tr>
<td>3</td>
<td>Psychological, Physiological &amp; Spiritual factors are vital motivational factors that put enthuse in Raj yogis or Raj Yoga practitioners.</td>
<td>Accepted</td>
</tr>
<tr>
<td>5</td>
<td>Novel life culture, environment &amp; holy practices at Brahma Kumaris World’s spiritual center at Mount Abu, Rajasthan motivates people to get associated with it.</td>
<td>Accepted</td>
</tr>
</tbody>
</table>