Chapter VIII

PHILOSOPHY OF EDUCATION
CHAPTER VIII

RAJAYOGA AND PSYCHO- PHYSICAL HEALTH

INTRODUCTION

Today, there is an atmosphere of discard, suspicion, fear, rivalry, terrorism, anxiety and violence everywhere. The great expansion of cities, the change in attitudes and life styles, the break up of family life, loss of faith and love in mutual relations the generation gap and many other factors are responsible for various forms of stress and tension.

TENSION CAUSES PSYCHOSOMATIC DISEASES:

The stress or mental tension gives rise to peacelessness and also many physical, mental or psychosomatic diseases such as high B.P., nervous diarrhoea, thyroid dysfunction, indigestion, asthma, arthritis, peptic ulcer, skin diseases, heart attacks and even cancer.

The state of tension complicates many social, economical and religious problems. A few tense individuals may cause communal disturbances or racial riots, leading sometimes to national turmoil. Tension between many countries has even until now, not ceased. Grim preparations are going on in the two power blocks for a global war. What will happen? What will be the fate of the world? When such a big stock of nuclear weapons has been piled up? Will there be World Peace or World War? Will man's efforts for universal peace succeed? These are some questions generally asked. So, in these situations, the problem
of Universal Peace has become the biggest problem of this time.

**WHY HAS THERE BEEN NO PEACE DESPITE STRENEOUS EFFORTS MADE?**

The heads of various countries, religious institutions also have held summit conferences and peace conferences, the U.N. also has been making efforts towards disarmament. But we observe that peace flies away as quickly as strenuously and frequently people invoke it. Despite of all efforts, governments of almost all countries have been increasing their expenditure on defence every year and individually also, man has been finding himself surrounded by an increasing number of problems and feeling harder and harder pressed with the passing of everyday.

The cause of peacelessness is the differences of economic ideologies, political systems, religious differences of beliefs, traditions and racial discriminations of colour, caste, class, creed, language etc. But the real cause of turmoil is different. However, deep probing will reveal that all these causes are rooted in man's own mental unrest. The mind that lack peace radiates peacelessness. So, if we aspire for universal peace, we should first see that man's own mind is peaceful because man is the unit of society. In fact, the desire for universal peace is initiated by man's desire for peace in the self. By the method of Rajayoga one will get real peace.1

By means of the practice of meditation and thought purification,
one is able to develop one's powers of perception and knowing. One can detach oneself from the body and focus one's mind on God. One's third eye of Intuition, Insight, Divine Sight or Trance vision gets opened and one is able to get knowledge of cosmos and consciousness which physics, astronomy and other sciences cannot get. The physical or natural sciences are able to have inner secrets relating to matter and energy only through scientific aids to eyes, such as microscope, telescope etc. Spiritualism, on the other hand, is able to peep into the depth of mind and research the farthest part of cosmos and know the Ultimate Reality by means of the Third Eye and by means of supersensous or extra sensory faculties. It enables a person to have ecstasy and profound peace. This is the divine wisdom and divine peace. It is a special experience.

i) MEANING AND TECHNIQUE OF RAJYOGA

The word ‘Yoga’ means ‘connection’ ‘link’ or ‘union’ or ‘communion’.

In spiritual sense, it is revival of our broken tie. Yoga means ‘connection or relationship that is between the soul and the Supreme Soul’.

The relationship between a soul and the Supreme Soul God, is mainly as of a son to his Transcendental Father. It means re-uniting man with God. It is the turning of the mind upwards or the consciousness of God as our most beloved Father, teacher, Companion, Pre-
Rajyoga is the link established by single minded, passionate, loveful, purposeful and intellectual remembrance of God. This brings about the divinisation of man, that is purification of the self, the conquest of vices and the attainment of subline peace and heavenly happiness.

The objects of Meditation or Rajyoga is to bring the self in conscious touch with God, thus making soul increasingly aware of its divine origin, divine destiny and divine peaceful real nature. This practice of heightened conscious of God is Yoga.

TECHNIQUE OF RAJYOGA

It is a technique of self exploration, leading to the experience of heightened and expanded awareness, reaching God and bringing him into the focus of the Soul's awareness. In Rajayoga, the remembrance of God 'Shiva' is very important.

ii) TO PRACTICE RAJYOGA USE MUSIC AND SPIRITUAL SONGS:

Use of music and spiritual songs that awaken's one's emotions of deep love for God and gives one's thoughts a channel to reach out to God and have a heart line with Him. Music and songs have scientifically been tested to have influence on one's emotions and in arousing feelings and memories of a specific type. So songs are external and internal aid to build up the proper mental set. The music and the songs activate the right hemisphere of the brain and the whole limbic system to join the...
left hemisphere in the effort to have a single minded devotion to and loveful concentration, on deep and heightened awareness of God. This unity of two hemispheres gives man very deep experience over a long period of time and have extended effect which lasts to even when meditation is over.

The red light serves in two major ways. It serves as a Traffic Control signal for thoughts. As one stops one’s vehicle at a crossing when one sees red light so does one stop the traffic of thoughts and stabilise mind on the self and God.

Moreover, red light reminds a person to take his mind to Brahmlok wheer there is golden red light and which is the abode of souls in their incorporate stage of Release. Red light thus reminds a practitioner of his spiritual stage of Release from all negativity, all bondages and all worries etc., and of his return to Brahmaloka, the world where there is perfect calm. Thus it brings about the Relaxation Response.

After knowing about the soul, Supreme Soul and soul World which is far beyond the Sun, the Moon and the World of stars and beyond subtle World, the aspirant of Yogi starts to practise the Rajyoga.

In the first stage, Yogi starts to absorb in the state of self realisation considering self as a soul, separate from the body and sit
accordingly in the unique comfortable position. One has to withdraw and assemble together not only one’s sense-organs but also one’s mind. Keeping the knowledge of self in the mind, one should begin yoga-practice by meditating as follows:

"I am a soul, a conscient point of divine eternal light and power. I am eternal ----- immortal, radiant ----- and self turminous infinitesimal, tiny little star or point ---- a nuclear like unit of eternal spiritual energy. ---- I am an entity different from my body. ---- In my original nature. I am peaceful and pure. I was free from any bondage originally.

EXPERIENCE OF VISION OF PARAMDHAM

After having realisation of self, one should turn one’s mind upwards, towards the golden red, insensitive light principle called Brahm, in the highest region called ‘Brahmaloka’.

SPIRITUAL CONVERSATION WITH GOD-FATHER:

After experiencing superconscious state in meditation, one should set one’s mind to contemplation of one’s relationship with God by doing conversation with him as follows :

"Beloved Shiva Baba, I am your son, you are my Supreme Father, Supreme Teacher and Supreme Guide. You are the Benefactor of all mankind. You are extricating me from the bad effect of vices and you are guiding and taking us to the Sweet Home, Paramdham. You are working wonders in that in your unbounded compassion for me, You are
making me purer and purer every moment and have come down here
from Paramadham to teach me and thus grant me health, wealth and
happiness that shall last for 21 lives or 2500 years. ..

Dear Father, you are giving me peace, happiness and prosperity
that cannot be measured. How can I repay you for all these salutary
acts of yours. O my dear Baba, I will remember you until my last
breath. I will not commit any sin from now onwards.

In the preliminary stage of practice in remembering God, latent
tendencies will come to the surface and disturb the mind of Yogi.
After practice of few days or months, these tendencies will be brushed
aside. Then, Yogi's mind will be bathed in ecstasy and he will feel
that he is flying in the air as light things in the soul conscious state.
The rays of light and might radiated by God, purifies the Yogi's mind.
After due practice, remembrance of God will become free, easy, natu­
ral and unhindered.

By Rajyoga practice, one should stabilise one's mind in the deep
experience of transcendental peace, might and love and should get
absorbed in the soul captivating bliss and should rest as a point of
divine effulgence and power.

"In fact, this light house is the original sweet Home or Paramdham
from where I, as incorporeal soul, came on the World -Drama stage
and played my part life after life through different bodies, but now I
have again to attain the original state of calmness, quietness and purity. Also, I am to get re-instated in my original pure and peaceful nature. Here I am experiencing complete silence and serenity in the divine crimazian light of the Paramdham”

GOD REALISATION

By having winged up into the Brahmloka, that is the world of souls, with the help of these thoughts, one should now lovefully meditate thus on God Father Shiva, who is of the form of a point of divine light and power and who abides there in the Brahmaloka.

“This will enable one to be free of all thoughts of one’s body and the environment and the worldly affairs and gradually the mind will be engaged in the awareness of self and the soul world. Then it is easy to connect the link with the Supreme soul God-Shiva and do heartly conversation as follows.

You are my most Beloved Father, Mother, Guide and Teacher. ---- You are lightful ------ You are ocean of peace, prosperity and purify ---- - You are knowledgeable --- Blissful, ---- Powerful. You are blessing me with the unhampered sovereignty of ever peaceful and ever happy heavenly world.

You are the Bestower of Mukti and Jiwan Mukti ------ You are Benefactor of the whole wolrd ------ You are World Almighty ------ World authority.
“I am really luckily to have a bond of love with you ----- and to have known you and to have obtained the invaluable treasure of knowledge from you ----- I am very fortunate because now I am purifying myself by the power of Yoga.

In fact, I am very lucky to establish all my spiritual relations with you as Supreme Mother, Father, my Supreme Teacher, my infallible and Supreme Guide and my real and eternal friend.”

“It is a matter of great rejoicing that I am the eternal son of peaceful and Blissful Father who is the Lord of the three worlds. I have now attained the divine sight and divine intellect. I am very happy to know that ‘Mukti’ and ‘Jeevan Mukti’ are my birth rights which I will have as inheritance from God, the ever liberated and heavenly Father. I have now obtained Godly knowledge --------”

Thinking continuously in this manner and repeating it several times, during the day helps one’s consciousness to ascend to the peak of spiritual experience and will feel that he/she has detached from this material world and its objects and is now absorbed in the single pointed conscious of God.

In reality, I have come into this world from Paramdham which is the region beyond and above the sun and the moon and starts and to which I am to return.

I am really the denizen of Brahmloka. From this region of uninter-
rupted light, I descended on to this stage of the world and played my part in various guides of this physical body. Here there is no bondage of body, Karma or any obligations.

iii) INITIAL STAGES OF RAJYOGA -

Following are practical suggestions for Rajayoga practice.

1. Sit in an easy and comfortable posture with eyes opened.

2. Observe your own pattern of thoughts naturally the speed of your mental thoughts is reduced and then give turn to your mind.

3. Withdraw from physical surroundings for just 10-15 seconds.

4. Generate positive thoughts for self realisation i.e. think about the soul.

5. Try to tune your mind to the Soul World. you are not forcing to go there. Visualise and think of it. See the tranquil red light on the World of silence.

6. See God with the mind's eye. Sit face to face and converse with the supreme. When you sit in front of the Supreme, you become a child of your and so narrate all your experiences, in a positive way. Tell your internal feeling to God Father and receive positive vibrations and power from him.

7. Sit in an easy and confortable posture. Come back to the physical world of consciousness maintaining the stage of soul consciousness.
Mental stabilisation in this awareness so as to spread vibrations of purity and peace.

Mental stabilisation is necessary in this awareness so as to spread vibrations of purity and peace\(^4\).

Feeling as a point of light one should enjoy that calm, tranquil and bondageless state and be immersed in the sea of this affection and the concentrated and intoxicating remembrance of the sweet father.

iv) **BASIS OF YOGA**

**SPIRITUAL DISCIPLINE OR DIVINE RULES FOR A RAJYOGI**

An aspirant of Rajyoga who observes spiritual discipline and divine rules will profit by the knowledge and attains the goal of Rajyoga.

A yogi in consequence of determining himself as soul and the child of the supreme soul acquires birth right to the unlimited partrimoning of the Supreme Father.

Yogi, rises above all distinctions of caste, colour, creed, religions etc., and dedicates himself to the attainment of the purity. He relies on God’s teachings and living in the midst of worldly surrounds, renounces all attachments and surrenders unto God alone.

The aspirant of Rajyoga must also believe firmly in the law of Karma. Everything is changing and nothing is immutable. Yogi never
loses his equipose and remains happy and cheerful under all circumstances by staying ever consciousness of God. Besides all these, a Rajyogi must follow the following divine rules:

a. **DETACHMENT AND REMEMBRANCE OF GOD.**

These two are inter-dependent. The more free the Yogi’s mind from worldly thoughts during meditation the more he enjoys the re-membrance of God. He must have balanced mind. During the day-work he must practice to detach himself from his surroundings.

b. **CELIBACY OR BRAHMACHARYA.**

The most essential rule of Yoga is to observe chastity or celibacy. Sex-lust is man’s enemy and the worst enemy of a Yogi.

Yoga, by its very definition, is a union or communion with God - who is absolutely and ever pure energy. So Yogi must be pure in thoughts, words and deeds. He should observe celibacy and be simple-hearted with the virtues like peace, love, sympathy, patience, mercy, renunciation etc. Without being chaste, man cannot acquire the strength to overcome the other vices.

Now, at the end of world. Drama wheel, God has come once again to establish the new heavenly pure world. So, he ordains that the people must observe celibacy or Brahmacharya and become pure to go to that pure world ‘Swarga’.

Since this is God’s command. We should carry it out unhesitatingly.
We should follow them heartily as these are for our own good. By being chaste for few years of our life. We render the greatest service in the work of purifying the world.

c. **RIGHTHEOUS FOOD (PURE DIET)**

Purity of diet is most essential for a Yoga-aspirant for it has a deep impact on the working of the mind. One’s thoughts, words and acts are greatly affected by it. Yogi should give up tansik food like onions, garlic, meat, eggs cigarettes etc., and take only pure ‘Sattvic’ food which is prepared in the remembrance of god and offered to God.

There is a saying “you are what you eat”. If we take pure vegetarian and sattvic food, we supply the right kind of food to the body and mind. Spirituality and non-violence go hand-in-hand.

While preparing food if we can remember God, the food would become very pure, powerful and fresh. Spending few minutes in deep silence and Godly remembrance before having food goes a long way in creating the right atmosphere for our connection with God.

d. **RIGHTHEOUS COMPANY :**

The kind of company or friendship one keeps, influences one’s mind. There is a saying “Jaisa Sang Vaisa Ranga” Badness, inherent in bad company is in itself a great defect. therefore, a yogi should therefore have company of those who are good, silent and converse
on topics of Godly knowledge and have interest in communication with God and love him. Then only it is possible to live in righteous company. Yogi should always set the mind in tune with the Supreme soul, who is truth.

If Company is not good, an aspirant of Yogi will be disturbed and try to avoid the company of God. For this “Hear no evil, see no evil, Don evil, Think no evil”.

As far as possible, we should try to avoid interacting with people who do not have a positive outlook and don’t believe in values and spirituality. We have to keep a good relationship with our friends, relatives and colleagues, but at the same time we should also be detached.

God is the only companion, the true friend and Guide who can look after us through our journey of life.

e. INCLUSION OF DIVINE VIRTUES:

Along with the with regular study of God’s knowledge and churning, inculcation of divine virtues like peace, love, contentment, sweetness, coolness, fortitude, humility, cheerfulness, tolerance, renunciation and purity is very necessary for an aspirant of Yogi. Without the practice of these virtues, our Yoga will not be duly matured. The daily teach-
ings of God (Maruti) will inspire and guide to inculcate the divine virtues and the power of Yoga gives the strength to conquer the vices or weaknesses.

f. DAILY STUDY OF GOD’S KNOWLEDGE:

In order to become stable in Yoga and to attain the goal of becoming deity, it is obligatory to receive daily the ministrations of Divine knowledge. This divine knowledge is called Murli gaon or Gyanamrit which works as a food for mind or soul.

To quicken the flame of Yoga, Gyan is needed as oil is needed for a lamp. Godly knowledge is like nectar which gives blessings to the life of yogi. It removes all doubts of the aspirants of Yoga and it gives spiritual strength and good sentiments to the listener. So, it is necessary for the Rajyogas to listen Murali or Godly teachings daily.

Today, lakhs of Brahmakumars and Brahmakumaris all over the World have changed their life style into yogic way and are leading a peaceful and blessfullife, on the basis of Godly teachings.

HOW MEDITATION BRINGS RELAXATION?

The thinking faculty of soul is mind and it is intelligent and conscient when the mind has thoughts of worry anxiety, fear etc., its inner harmony gets disturbed and this disturbs various nucli in the hypothalamous which is the locus of the mind or soul. In turn, the whole system of endocrine glands and the harmonal balance and the
autonomic nervous system and visceral functions. In meditation or Rajyoga, mind withdraws itself from negative attitudes by focussing its thoughts on its original nature and directs its attention towards God whose nature is absolute peace, it attains calmness and tranquility. This releases tension on the nuclei of the hypothalamous due to peaceful thoughts and the state of withdrawal from body influence the hypothalamous through continuous feedback of slow, rhythmic proprioceptive and enteroceptive impulses. It lowers the blood pressure. It also activates the functions of various endocrine glands and set up useful homeostatic balance between various hormones all this leading to mental relaxation and good health.

v) NEURO-PHYSIOLOGICAL EFFECTS OF RAJYOGA.

During meditation the rate of metabolism (respiration) is reduced. The fall in blood lactate is accompanied with the feeling of calmness or reduction of stress. There is increase in the skin resistance, the heart beat rate slows. The electro encephalography recordings disclose a marked intensification of alpha waves in the brain. In several cases, this is also accompanied by prominent theta waves in the frontal part which is a sure sign of mental rest and relaxation.

Practice of Meditation effects on the mind also. One will feel very light. One would be full of might and extra ordinary joy and would feel intoxicated with the divine drink of God’s remembrance.
One would find a fountain of enthusiasm within you. One would not feel tired. There is no sorrow in the mind for any situations or circumstances such as loss, accidents, diseases etc.,

Meditation brings about a transformation in the habits inclinations, tendencies, deserts, propensities and proclivities of the mind. The aspirant of Yogi inclulcates divine virtues and purety. He would come to possess an unending treasure of contentment (Atindriya Sukh) and bliss and an inexhaustible store of power and toleration.

Sympathetic arousal is reduced during Raja-Yoga practice, hence the load on heart due to sympathetic arousal is also minimised and, in turn, one enjoys healthy cariovascular parameters and is able to remain free from heart diseases.

The secretion of serotonin, a neurotransmitter of brain is increased during meditation practice. It is natural tranquilizer of the body. The changes in the level of serotonin and endorphines during pratice of Rajyoga, protect the heart from having the adverse effects of mental pressures, workload, pains and suffereing of life.

During meditation, respiratory rate was reduced on an average which is again beneficial to one’s health and cardiovascular system. the rate of both systolic and diastolic blood pressure is also reduced by practice of Rajayoga which has beneficial effect on the heart.

The practice of meditation is useful mainly for the prevention of heart
disease and it plays a significant role in it’s management.

(v) WAY OF PRACTICING RAJYOGA -

Begin with this contemplation -

I am a soul, I am sentient and I am power. I am an embodiment of light, shining like a star. I am eternal and changeless.

SPIRITUAL CONVERSATION:

"My Dearest Shiv Baba. I am your eternal son. I am getting light and might from you. You have given me knowledge that has changed on my life. what a deep joy in the remembrance of you Baba what sweetness. You are my Father and Mother, Teacher and Preceptor, Friend, Companion etc. You are my Benefactory.

"How lucky I am to receive knowledge from God himself. Baba, Sweet Baba, you are granting us divine sight, divine intellect and sovereignty of paradise. I am more for tunate than millions of other souls. You have enriched me with countless treasures of transcendental happiness and bliss. I am surely yours whatever I am.”.

vi) BENEFITS OF RAJYOGA

In the State of Yoga, one will perceive the currents of purity, light, peace love and power from the almighty authority God and these currents shall spread about and purify the world at large. Towards others there is a feeling of love and co-operation in one’s mind.
The benefits of Yoga are many and varied. However, some of them are enumerated here-below:

1. **CONCENTRATION, STEADFASTNESS AND EQUANIMITY**:

   By practice of yoga, one acquires the power of concentration on anything in the daily dealings. Then he will do any work effectively and successfully. Yogi’s decision making power is very powerful and divine which helps to a right work at a right time.

   Equanimity is also a great asset for Yogi. Even while forming challengees and obstacles Yogi never becomes nervous. He wins the problems with the stable mind and intellectual stead fastness. He is having the high virtue of tolerance and forgiveness.

2. **FREE FROM MENTAL TENSIONS, AMENITY AND FUTILE THOUGHTS**:

   One who practises, Rajyoga, gets transported with unbounded joy, for his intellect is in tune with God, Ocean of Bliss. This brings rest to one’s nervous system and is so energising as well as soothing to the mental processes that in the ecstasy or juicy absorption one feels the fulfilment of life. So Yogi does not feel mental tension or strain any more.

3. **YOGA PURIFIES THE SOUL**:

   Since Rajyoga is the intellectual link with God, it is also like keep-
ing the spiritual company of God. This divine mental association brings about purification and spiritualisation of the soul. Company of God who is the holiest of the holy, makes the soul also holy. Yoga brings about divinisation and enables man to score final victory over the vices. Yoga lights such a divine fire within that even the deep-rooted vices of the soul melt away and the impressions left by the old actions, also get washed off so that the soul attains its original glitter and shine.

4. YOGA MAKES A MAN ACTIVE, EFFICIENT AND ALERT.

Since the practicant of Rajyoga practises soul consciousness state while doing meditation and Karma or actions, he becomes tireless. His efficiency also greatly increases as he is free from worries, prejudices and worldly ties. He is now active and accurate. He can now plan things with some foresight and can act with great will power. Being a man of integrity, he is fearless and has feeling of friendliness towards all. He is always peaceful and faces the adverse situations also courageously and gets success. All these developed traits or attitudes of Yogi help him to do his duty or service well. He is not only Rajyogi. But he becomes ‘Karma Yogi’ also.

5. SOCIAL BENEFITS:

The practice of Rajyoga is not only beneficial for individual, but also to the society. The practice of soul conscious state and spiritual attitude towards others creates the attitude of Universal Brotherhood in
the aspirant of Yoga. Thus, he rises above the barriers of caste, religion, colour creed, race, language class etc.,. He stays in state of original qualities of soul such as peace, purity love, mercy bliss etc., which are the real religions of the soul. Religion is nothing but good character and conduct of soul.

So, a yogi has no bitterness towards anyone on the basis of religious doctrines, cults, provincial boundaries and linguistic or racial differences. So, Yoga is truly the means for bringing about national integration or international brotherhood. A Yogi observes continence, which helps to stop the increase in population. The state of soul-consciousness enables the Yogi to lead a life of purity with pure mind and civil eyes. So, Yoga alone is the efficient, real and useful means for birth control and for solving the problem of over population.

Similarly the problems of indiscipline, bribery, adulteration also can be solved by teaching yoga which, as a way of life, makes people honest and compassionate and develops their mind to inculcate divine qualities. The mind becomes stable and strong as a rock and enables a yogi to lead a life of right action, self discipline and duty towards humanity. He is no longer tempted by the glitter of gold nor is he trapped by the enjoyments of flesh.

6. FREE FROM ADDICTIONS AND WASTEFUL HABITS:

By daily practice of Rajyoga, yogi achieves control over the body
or sense organs. through the power of ruling and controlling he is able to 
get rid off habits like smoking, drinking tobacco chewing etc., As Rajyoga 
gives peace of mind and makes yogi tension free, he comes out from the 
venomous circle of drugs and its bad effects7.

Then the Yogi looks upon this World as a drama of variety roles 
and is hence always happy. In his daily doings, he is simple and consid-
erate. Being economical in his ways, he gains even from the pecuniary 
point of view and precious time is not wasted over pomposity and show, 
which are barriers the spiritual life.

The benefits of Yoga are countless. Not only for the Yogi, but also helps 
in the divine work of establishing a well-knit society in the near future.

vii) PSYCHOPHYSIOLOGICAL EXPLANATION ABOUT THE 
BENEFITS OF RAJYOGA :

Enkephalines and Endorphines are secreted due to yogic life style 
which helps in detaching oneself from the various kinds of pains. A 
Rajayogi is able to detach himself in the midst of day to day activities 
and to transform his consciousness even while communicating with oth-
ers. the brain waves of the practioners of Rajyogi’s were recorded. they 
produced harmonious Alpha or theta waves not only while meditating 
but even when various mental and intellectual work was done8.

Rajyoga practice harmonizes the neurochemistry of hypothalarous. 
It is a small part of the brain centrally situated related with emotional and
mental functions. Centers for the control of endocrine system and autonomic nervous system are situated in hypothalamus. Once the neurotransmitters and neurochemistry of hypothalamus becomes healthy, all internal bodily organs like the heart, lungs, stomach, kidney etc., also function harmoniously. Homeostasis of hypothalamus is disturbed because of several conscious or unconscious negative emotions. Uniqueness of Rajayoga is that it immensely contributes to the transformation of attitudes.

Deep understanding of 'Self', 'Supreme', 'Laws of Karma' etc., are very much necessary for attitudinal change. Positive attitudes can help to overcome the pain of lethal disease like cancer. Rajayoga meditation helps to deprogramme the negative belief systems and reprogrammes it positively.

Positive thinking, based on spiritual knowledge, amazingly restores the sense of security which helps to overcome the diseases of neurotic. Communication with God is first positive step to regain security. Relationship with God results into complete security. The rajyoga practitioners feel light and released. Also they regain the comfort and security from the wonderful companion, God Shiva. A sense of security is one of the most important priceless assets one can have like insecurity, fear is also the most disintegrating enemy of human personality. The best medicine for fear is positive faith in God which drives out fears. Because of negative thoughts, the world is filled with worries, fears, anxiety and...
nervousness. So, the people are suffering from so many psychosomatic diseases.

In Rajyoga practice, positive thinking helps to overcome the pain and suffering easily in the remembrance of God.

DEVELOPMENT OF CERTAIN MENTAL, MORAL AND SPIRITUAL POWERS.


If a person does not know, when to pack up and how to pack up, it is impossible to reach his destination. Similarly, if a person does not know where to stop and when to stop, with either waste his efforts, commit accidents or miss his goals. Thus, for leading a successful life, it is very necessary to have to power to courage or power of adjustment and power of renunciation as well as power of unity.
There are many occasions in life when one has to give up instantly, the thought with which his mind is occupied and to take up another which has presently gained more importance. So, the power of decision making and the power of self control are both necessary. Similarly we must be able to use our sense organs when it is necessary and also to withdraw them when the work was over.

These powers are inherent in the practice of Rajayoga and are the fundamentals of the philosophy of Ishwariya Vishwa Vidyalaya. So, a practitioner of Rajayoga gets these and many other powers and use them in day-to-day life and becomes successful.

By renouncing negativity and accepting only good things, Rajayogi becomes like swan of purity.

Along with powers, Rajayogi develops the ability of conflict resolution. Rajayoga builds up positive attitudes and promotes the values of justice, fair, play, honesty, good will, humility etc., It infuses these qualities or virtues in the practicant and heightens his awareness of having these values in high measure. Having mental union with God, inculcation of these qualities in daily life becomes easy for the practitioner. By maintaining proper communication, Rajayogi keeps the good relationship with others.
DEVELOPMENT OF THE ABILITY TO BE RELAXED AND FREE FROM TENSION

Anxiety, fear, hurry, negative attitude, occurrence of negative events, feeling disturbed at wrong doings, lack of patience, one's own failures and feelings of guilt, physical ailments like high B.P. overwork and fatigue etc., are some of the major causes of mental and physical tension.

In all cases, mental tension leads to negativity and causes many problems for one's career and physical health. These problems make effect on one's family life, professional life and social life. To avoid all these problems, one has to be calm and composed and to deal with the situation with coal and calculative mind. By developing positive attitude, Rajayogi can build up smile on face, good will in the mind, love in the eyes, politeness and sweetness in speech, being reasonable and just, listening to others with patience etc., and he becomes free from tension.

Rajyoga is the practice of awareness of the soul and the supreme soul, it enables the person to withdraw from the body, sense organs, and from and all negative thoughts at least during the time of practice. Thus, its practice releases a person from tension and fatigue and brings relaxation to muscles, nervous system and glandular system and restores to mind the state of peace. This has been tested by doctors by means of EEG, ECG and other medical instruments.11

Rajayoga teaches certain spiritual laws, observances and obstinences and also teaches how to become loveful with others. Therefore, it guides a person, how to become both loveful and lawful. Rajayogi learns balances of certain qualities or values. For example.

When a person practices Rajayoga meditation, his mind becomes crystal clear. It also develops the quality of understanding which increases the enthusiasm and ability to work.

The most important thing is the ability to understand each other and to adjust mutually for each other's convenience and to offer each other full co-operation in a friendly spirit.

**DEVELOPMENT OF THE ABILITY OF LEADERSHIP:**

Leadership is the ability to secure desirable actions from a group of people voluntarily and without use of coercion. It is that quality which enables a person to build up morale, unity and coheriveness in an organisation and to motivate all towards the decided goals.

By the practice of Rajayoga, one's vision becomes clear, ability to foresee awakens or greatly increases. Also Rajayogi becomes successful in winning the confidence of others and motivating them by his own example in the virtues such as loyalty, morality, creativity and adaptibility. With strong will power. Proper understanding ability to work solutions quickly and put them into action promptly, Rajayogi achieves the target in his profession and reaches the highest goal in personal and social life.
This radiating behavior, easy, nature, busy life-style becomes a unifying and a rallying factor for all and thus very a rallying factor for all and, thus, very essential aspects of leadership are fulfilled.

viii) **UNIQUENESS OF EASY RAJAYOGA OF ISHWARIYA VISHWA VIDYALAYA.**

Meditation makes a persona feel relaxed. It greatly enhances his mental concentration and power of decision making. The ability to make quick and correct decisions saves him from many odd and adverse situations and puts him in command over the happenings. His mind becomes clear of the cobwebs of prejudice, hatred and bias and he, therefore, has clarity of mind. His energy is not wasted in negative thinking and so, he saves the stamina and time the builds up self confidence and will power. He now has contentment of mind and as ever happy. He leads a successful life and thanks God who is the companion of Rajyogi.

As compared to other systems of meditation, the Rajayoga acts not as a mere tranquilliser but it transforms the total personality of the individual.

Thus, the endeavour to eliminate mental stress, eliminates most problems of psychological stress, which forms the core of almost all problems including drug addiction.
RAJAYOGA - ULTIMATE GOAL IS ABSORPTION IN LOVE AND EXPERIENCE OF GOD.

At initial stage, when a person gets full acquaintance with the new and wonderful concepts, revealed by God, a spiritual revolution starts taking place in his world of thinking. He remembers the same points again and again continuously so that he can avoid the irrelevant and waste thoughts.

The theological concept of God as an incorporeal being of light, the param purush (who is not a Supreme man or male) is the only one to be meditated upon. Now his vrittis become thinner and thinner and fewer and fewer. The soul now begins to return to its own original nature. In this process of transcendence, it now withdraws from the experience of the phenomenal world.

THE SOUL COMES NEARER TO GOD.

As the Rajyogi proceeds higher and higher, he becomes more and more 'the self' in the true metaphysical significance of selfhood. The self stands on its own status. There is now more harmonies flow of awareness towards God. The Soul is not aware of anything except Supreme Soul.

The mental distance between Soul and God now narrows down. God, the object of Meditation comes nearer and nearer to the Soul, or the Soul goes nearer to nearer to him12.

As his meditation advances, he gets more and more clear vision and comprehension of God's glory. The processes of cognition, per-
ception and sensation begin taking place simultaneously. Now, meditation begins to take the form of concentration of thoughts on God.

Gradually or quickly, attention becomes manifestation, that is Dharma becomes Dhyana. the stages of Meditation. Concentration and Absorption now finally converge into a single continuity of experience where in the feeling of body or the gross world is absent.

IN THIS STATE OF ABSORPTION, TIME FACULTY EVAPORATES.

Then the absorption becomes so intense that the ideas of space and time, which were there because of the touch of body, now evaporate into pure being. No more is any humanness. Present there the gross farm of objects has gone and even the subtle has been transcended. One is now no more a man or a woman. Only the idea of ‘1’ (Soul) and the (God) is there is in the form of realisation.

At this stage, it is like the river meeting the ocean in a metaphysical sense.

The soul now feels inundated, as it were, by the Light and Might of God. It now begins to feel as though it is getting a strong infusion of joy. this consummating experience is so ecstatic and so wonderful. It is an all inclusive experience. It cannot be described in language.

THE LUMINOUS CONTACT;

By this luminous contact, the soul now shines brilliantly in its pris-
tine purity and gllory. The very fact of being penetrated by God's light and might is now a source of in expressible and immeasurable joy.

One feels as thought his light and might, inconfluence with God's has become intense and or going farth in the form of strong and intense rays of light and might and vibrations of peace all in one - to fill the whole cosmos with joy, freshness and sublimity. The mind is now transfered into a state of blissful inebriation. This experience is super-physical.

The spiritual glory now reveals itself to its own self. It is a feeling one gets when bright sunlight is falling on one's face in cold winter or moonlight is falling on a hot summer night. It is both in one, for it is soothing as well as energizing.14

One now feels as if one is being carried away by a very strong current of God's light and might or is being 'charged' by it. One has touched the ocean of the highest being and is enchanted by its very contact and feels transformation reaching its very core. The peace that passeth understanding, the joy of the supersensuous kind, reveals itself here. Words fail to describe this. Speech is hushed. Lperation, one feels, is not an attainment to be had in the future but is an experience now and here.

By means of the practice of Meditation and thought purification, one is able to develop one's powers of perception and knowing. One

345
can detach oneself from the body and focus one's mind on God. One's third eye of intuition. Insight, Divine sight or Trance vision gets opened and one is able to get knowledge of cosmos and consciousness which physisics, astronomy and other sciences cannot get. The physical or natural sciences are able to have inner secrets relating to matter and energy only through scientific aids to eyes, such as microscope, telescope etc., Spiritualism. On the other hand, is able to peep into the depth of mind and research the farthest part of cosmos and know the ultimate reality by means of the third eye and by means of supersensous or extra sensory faculties. It enables a person to have ecstasy and profound peace. This is the divine wisdom and divine peace. It is a very special experience.

Rajayoga has been examined in relation to mental health and from the point of view of its application for attitudinal and behavioural changes in the state of consciousness and its physiological effects. It has been found that not only does it shape physiological states but it also recondition’s one’s psychophysiological mechanism. It has been found that in the case of a person in the state of Yoga. Following this technique, EEG tests show that even when a person does some mental work, Delta and Theta waves are emitted which are a definite evidence showing that the person’s mind is in a state or relaation and peace. “Stabilisation of mind” in the consciousness of God, which is commonly as ‘Dhyana’ is like a great tranquilliser. The practice of Meditation, working through
hypothalamus and the central nervous system relaxes the muscles and hypothalamus helps the maintainance of ergotropic responsivity and this indicates positive emotional states and levels of consciousness. The clinical tests also show a clear case in blood sugar and lactate indicating a lower metabolic rate in the practitioner. The person is free of anxiety and is internally. the controller, he is more self actualised and is psychologically more stable and mentally more alert.
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2) See: Page 23 Goal & Way of Rajayoga By B. K. Jagadish

3) See: Page 83, Same Book

4) See: Page 175, One Week Course Published by PBIVV Mount Abu India

5) See: Page 127, Science and Spirituality By Jagadishchandra

6) See: Page 640, Spiritual Miscellany

7) See: Geeta Chapter hymn 17

8) See: Page 187, One Week Course Published By PBIVV Mount Abu India.

9) See: Godly Versions : 2-5-04

10) See: Page 141, The way and the goal of Rajayoga
    By Jagadishchandra Hasija

11) See: Godly Versions : 15-3-03

12) See: Page 24 : Rajayoga in Health & Disease Script By Dr. Girish Patel Published by PBKIVV Pandav Bhavan Mount Abu

13) See: Page 90 Building a Valuebased Peaceful and Prosperous Society By Jagadishchandra Hasija

14) See: Page 94, Same Book

15) See: Page 240 Spiritual Miscelleny By Jagadishchandra Hasija

16) See: Page 248 Same book