Chapter IX

RELEVENCE OF THE PHILOSOPHY OF ISHWARIYA
VISHWA VIDYALAYA
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ISHWARIYA VISHWA VIDYALAYA TO THE MODERN WORLD

The present day state of our society is characterised by hundreds and thousands of big and small problems. Outwardly seems that there is lot of dynamism and progress; but inwardly it has become hollow, for the essence has been eaten away by the worms of hatred, jealously, anger and other negative traits.

In the modern world, problems like eve-teasings, rapes, dowry deaths, divorces and family break-ups are due to sex lust or body consciousness. Like-wise anger is another factor that has led to a great social turmoil. The armaments race, the huge military expenditure, terrorism and violence of all kinds, many kinds of crimes are the results of anger and hatred.

Due to greed, we are facing the problems like economic exploitation, political subjugation, imperialism, corruption, price-rise, bribery, economic injustice etc., Attachment leads to selfishness, injustice, lying deceiving or cheating and trying to store the wealth. Pride is the factor that leads to the confrontation, divisiness, prestige postures dominating nature, leg pulling, litigation, rivalry, revengeful attitude etc., Even though science has helped considerably man's material advancement and he has succeeded in raising the level of his affluence by adoption of some sound principles of economics yet to a large extent, contentment and peace of
mind, which are man's two most highly valued objectives, are absent from the lives of human beings. On the contrary, there is increase in tension, worry and strife, in spite of easy availability of the means of material well being and the vast help rendered by science and technology in making the occupations simple and useful.

The present society has made industrial progress. It has developed in respect of science and technology. It has developed highly in medicine, surgery, genetics, tele-communication, computer sciences, quick transport, internet etc., In many fields, it has made marvellous progress. But emotionally, it is much weaker. Man has not been able to control his impulsiveness, ambitions, anger and anxiety.

There is thus lot of imbalance, created by rapid and great advancement in science and technology and lack or absence of parallel progress in emotional maturity, self-control and ethical abilities.

The worst thing is that man has lost his conscience, his moral voice and the whispers of silence or self from within. If even tat this state, values are not restored or inculcated in human beings, there will be the greatest moral disaster- that will lead man to series of economic, political, social and civilisational crises and ultimately all over wonderful progress will mix into the dust¹.

In this critical condition, there is need to understand the value of values and let each one of us should individually try to inculcate the
values in us if we wish a better world to live in. Today, vices have occupied the place of values.

All sufferings of present day society are due to presence of vices and absence of moral, human, social and spiritual values. Vices are due to ignorance of our true identity, our true nature and of the real nature of the world. This kind of ignorance can be removed by Godly knowledge.

The Philosophy of Ishwariya Vishwa Vidyalaya which reveals the truth about self, God, Karma and world and guides to inculcate human values and to practice Raj-yoga Meditation. This is the solution for all the problems and sufferings of life.

Spiritual power is the combination of physical power, mental strength and intellectual competence. Also it is collection of desirable qualities such as patience, peace, honesty, integrity, sweetness of nature, tolerance, goodwill, compassion and so on.

The philosophy of Ishwariya Vishwa Vidyalaya is a spiritual knowledge which educates the people to lead life in a proper way. The knowledge of self, its original qualities and Karma philosophy makes a person divine, peaceful and powerful. Then he is able to achieve his goals. He remains peaceful under all circumstances and situations. It prevents escalation of conflicts. It brings awareness of intrinsic virtue of pure feelings and good wishes for all. Through the practice of virtues one becomes free from stress and tension and manage good relationships with others.
In these circumstances, the Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya that has as primary aim first to enlighten one and all on the causes of the present state of affairs and then to lead them to effective elimination of these causes.

The Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya is an educational institution which imparts moral and spiritual education and gives practical guidance for cultivation of divine qualities and attainment of peace and harmony, emotional stability, better personality traits and better relationships with others in the society.

The philosophy of Ishwariya Vishwa Vidyalaya enables the person to bring inner transformation by the knowledge of self and God and lead a life of enlightenment. It also aims at bringing about societal change through individual transformation. Its main emphasis is to guide people to have self control and practice human values in their life so that they live peacefully and make the world a better place to live in the easy Rajyoga thought by Ishwariya Vishwa Vidyalaya enables the person to have integrated personality and to get rid of negative habits. The philosophy of Ishwariya Vishwa Vidyalaya gives useful guidance for de-addiction, for liberating oneself from bad habits and moral weaknesses. It strengthens a person’s will power and brings about a new awareness and builds a new outlook and new attitudes towards life.

The value education imparted by the Institution gives awareness of self and inspires that every individual has a potential for goodness in his
or her personality. The aim of this education is to awaken this awareness and guide them to make efforts for reaching the state of perfection excellence or “original nature of purity and peace”.

The philosophy of Ishwariya Vishwa Vidyalaya is based on the fundamental affirmation that every human action has a moral dimension. A human being has to reap as he sows. He should therefore live with knowledge and sense of responsibility. His actions affect him and the society and the environment around him. So he must know which set of values is the best for building a better environment and better society through our better conduct and he must follow it.

Such type of education makes a mana ‘human being’ in the real sense of the term.

The knowledge of our real selves and this world of ours, its origin, its destiny and the rules that govern its movements across time brings proper understanding in the life of anybody and enables to maintain good relationship with others.

Understanding the wisdom of the eternal and preordained Drama gives immense spiritual strength helping to diffuse conflict situations. Every single event, person, animal, every single second is an exact repetition of the events as recorded in the drama of the previous cycle. Each one is under the spell of the drama and is playing according to the drama. Therefore there is ‘nothing new’ and it is not necessary to worry
or to get upset. This attitude brings calm and gives strength to face the situation accurately.

Realising the law of Karma gives a lot of spiritual might and helps immensely in diffusing tense and conflict prone relationships. Tolerance of disturbing behaviours of strangers as well as near and dear ones, along with unpleasant events becomes a little easier with practice of this spiritual law.

The most powerful means or source of all above powers is Yoga power which comes from the connection between soul and Supreme Soul.

By remembering God, our mind becomes healthy, free from worries and tensions, fears, confusions, intellect becomes clear and personality becomes pure, complete and blissful. At the time of complications it we remember a God as my companion and friend. He helps me on my path and we feel light and the problem gets resolved through. His distinctive help.

A Rajyoga can lead a lotus like pure life living in the midst of the family members and the society which is very necessary today. Also it is possible to become healthy (both mentally and physically) by practice of easy Rajyoga in day to day life. He will get control over mind and sense organs which enables him to conquer the vices, bad habits and evil sanscars.

The philosophy of Ishwariya Vishwa Vidyalaya guides to eliminate the discrimination of caste, colour, religion etc, by the knowledge of self and
God. This helps to solve the problem of communal conflicts, religious dominance, territorial might etc.,

The philosophy of Ishwariya Vishwa Vidyalaya Inspires the people to eradicate the Social evils such as castism, dowry system, blind faiths, misbelieve, Superstitions, misadventures, Devadasi system etc., Through cage old social customs bringing awareness of self and God.

**BENEFITS OF MEDITATION**

For students & Teachers Meditation develops the ability to concentrate on a particular subject without being attracted and influenced by the five senses, vices and the five elements. Meditation is a prerequisite or condition which assists spiritual seekers to have unbroken, undisturbed and continuous access with divinity.

For the students, it is very easy to develop the skill concentration by the practice of meditation.

Then, the mind and intellect are in harmony which helps in skillful recording of the subject taught by the teacher. The span of attention also increases. If the students learn with concentration and attention, the intellect discerns the information and stores the same in a very orderly manner. This helps the student to recall, relate and rewrite the matter.

The students also have a good attitude and tendency and do not waste time in idle and negative thoughts and become all-round models.
Teachers who have acquired the skills of meditation are able to use it as calm and collective disposition, he controls the class even under certain critical and abnormal conditions. He is able to predict and prevent possible evils events before they come into fruition.

By Rajyoga practice, the teacher develops the art of intuition, wisdom and vision. Having good judgemental powers through clarity of thoughts, they become more aware of their role and responsibilities and become one can save time, money and energy by the ability to make the right decisions at the right time in every situation.

If the experience of the greatest splendor with minimum expenditure. This leads to satisfaction and happiness, in the life of Rajyogas. Students. They also get the highest grades in academic section and also have plenty of time to get involved in extra-curricular activities as they are much more focused in their conduct and outlook.

Healing cancer with positive thoughts (Minds) Practice of Rajyoga.

The harmful disease like cancer can be caused due to various psychological factors such as stressful life events, depression, negative thinking, emotional suppression hopelessness helplessness and lack of social support. All these factors deregulate the immune system and all potentially malignant cancer cells to proliferate.

By practice of meditation and by changing the life style inculcating positive thinking and giving unconditional love for all, the immune system gets
rehabilitated and the body starts to heal itself. The boosted immune system then starts to send large number of highly potent natural killer cells to the site of the tumor which eat away the cancer until all malignant cells have been destroyed.

Apart from strengthening the immune system, it helps patients and communication among patients, families etc., and to improve patients, quality of life.

It also helps to rece the side effects like vomiting, fatigue, headache, fever irritability, hair loss, depression etc., as in case of dhemo there.

Dr. David spiegel. M. D. is professor of Behavioral sciences, and Psychiatry both at standard univesity school of Medicine who is also director of the Psychosocial Research labouratory has done research work on 'Psycho-oncology. It studies the effect of mental factors associated with cancer. He has done evaluation on the effects of positive thoughts, counselling sessions and support from fellow victions on teh women who had advanced breast cancer. A survival analysis revealed that who had attended the support group lived for a longer time than others.

Positive psychotherapy can dramatically change lives of ailing cancer patients.

Many cancer patients brought dramatic changes by dearving relaxation methods and meditation techniques and practicing regalarly in their daily life. They explored various ways of coping with depression, fear and pain.
Most of the cancer patients, today, are cancer free by practicing meditation and positive life style.

Along with this Dr. O, Carl simonton¹, MD. an internationally acclaimed speaker oncologist author and the director of ‘The simonton cancer center in california, US is doing retreat programmes for cancer patients and their loved ones. He has developed a special type of visualisation or gueded imagery technique for the treatment of cancer.

Using the simonton Method, the patient undergoes a period of deep relaxation under which he will “Mentally picture or visualise” the cancer and the treatment destroying the cancer cells, other images include positive images of relaxation, of healing, of cancer cells being carried out of the body, of pain being controlled, of calmness and serenity During the treatment the patient may give Rajyoga commentary to self such as “cancer cells are now being destroyed” “My immune system is very powerful” “I am happy, healthy and fit” etc, with each inhalation the patient may see and feel flood of white, blue or golden yellow energy entering his lungs and spreading from there to tumor site.

He visualizes the healing energy gradually dissolving the tumor. He could repeat this tumor destroying visualisation several for a total of 15-20 minutes at a time and in serious conditions several times daily.

ONE PRACTICAL EXAMPLE:

Patrick, special assistant to the president of the university south florida, in Tampa, US discovered he had lung cancer in 1998. As he prepared for chem
therapy, a psychologist taught him how to use guided imagery to control discomfort and pain. The Psychologist after questioning him about places dear to him, created an audio tape for Riordan to take a guided trip into a nearby park all in his mind. The cassette became extremely useful when Riordan’s radiation therapy burned his esophagus. In agony, Riordan was barely able to eat or even swallow. Today, Riordan, aged 54 has been declared 100% cancer free.

In the Rajyoga Meditation, the mind is used to create pure, positive and powerful thoughts or affirmations based on spiritual knowledge of soul and supreme soul, such as “I am a pure sparring star of light in the center of forehead” I am a peaceful being of light, I am a loving living entity. The intellect is used to create images of the same thoughts, which is called visualisation. This helps to cure cancer.

MEDITATION FOR THE MODERN EXECUTIVE

In a world of diversity, the modern executive finds himself in the doldrums. Both in the industrial and corporate arena he has to be a proficient and efficient leader guiding his concern or team to taste sweet success in all circumstances and seasons.

His position is too sensitive in that he is answerable and accountable to his superiors and at the same time to his subordinates, Beside, he has to satisfy the customers also. The art of both listening and effective speaking are necessary. He has to be, by disposition, a person capable of showing infinite patience, compassion and prッドacity. He has to maintain a balance of qualities of
head and heart. It is here that the role of life meditation in an executive's life becomes important. Great intellectual ability administrative skill, grasping and decision making power, strength to face adversities, focused dedication, tireless starriera, work effeciency, utmost concentration, exubent entrepreneurshe p landable foresight, sure shrewdness, positive thinking, fortitude of mind etc., are some of the benefis an executive atteins out of meditation practice.

Through the practice of meditation the executive is able to subli­mate the ego, or false pride over one's position, Status, money, comfort attain­ment etc.

Then he becomes broad minded and so he is receptive to other's ideas, creative techniques insights, valuable experiences, notable suggestions, advices etc. Which helps him to achieve success in his path.

At the same time, unlike his counter parts in other establishements, through maditation he goes beyond greed and hence remains uncorrupt. He is total truste, sincere to his employers, Being ennobled by the energy of meditation he is favourable to the workers in all respects.

By the practice of meditation he achieves conquer over anger which is very hamful in one's life. So, it is possible for him to maintain physiologicale health and to run smoothly the company officers.

The knowledge of self, supremesoul and the mystery of world drame infuses purity in mind clears intellect and elevates resolves. A puere soul will be peaceful and blissful, always free from sorrows, mantal conflicts, tensions and
depression. It will remain in a state of happiness and seyouer sensour joy. Happiness is the best nourishment of soul that infuses strength and restores all powers.

Happy and loving state acts as protective shall from influences of impure vibrations or waste, negative impressions or visions of vicious materialistic human world. He heads a lotns life purity is the most vital virtue, clears all evil influences and guides to do good.

We will receive all virtues from the alumighty God father who is the occar of love, peace, purity etc.

All these virtues or orginal qualities of soul nowrish all the organ systems of our body. Knowledge cures central nerrous system of body, purety treats five sense organ and immune system of our body love nourishes cardiovascular system peace cures respiratory system, happiness regalates digestive system, bliss cures endocrine system, power empowers musculoskeletal system of the body and confluence of all the seven energies maintains excretory system of the body.

For a healthy body, spiritual health should be maintained by Rajyoga meditation.

**RAJYOGA THE BASIS OF DRUG-FREE SOCIETY**

Rajyoga is a systematic technique of channelising one’s minal in positive derection. The philosophy of Rajyoga is that you are the master of your miud, intellect and sanskars, A few months practice of Rajayoga can bring substantial
control over one’s mind such an individual will never become a slave to hazardous habits.

Rajayoga teaches that you are the king of your senses and it is easy to give up bad habits for Rajayoga.

Rajayoga learns to remain peaceful and pure in the midst of creteicism, failure and adverse circumstances by the power of tolerance and courage.

At Rajyoga Centers, the drug addict person receives tremendous group support in achieving success in his effort of making himself free from the crutches of drugs. He also identifies himself with the group of non addicts.

During 1985, The medical wing of Rajayoga Education and Research foundation had carried out a research study to find out the effects of Rajayoga meditation on sinokong¹.

1500 persons were studied at random, they were of different age groups. They were practising Rajyoga for one year to fifteen years. Out of 1500 persons, 183, the smokers before they took initiation in Rajyoga. It was found that within one month of Rajyoga practice out of 183 smokers, 135 had given up the unhealthy habit. The remaining persons gave up gradually by continuous practice of Rajyoga. The practice of Rajyoga brought some inner change in their personality due to which they developed a sense of hatred towards smoking.

Similarly research study was done on 80 addicts of alcohol.

All 80 persons had undergone the basic course of philosophy of Ishwariya
Vishwa Vidyalaya and practice of Rajyoga. Out of 80 persons, 78 had completely given up the dependence on alcohol within just one month.

This implies that by practice of Rajyoga people are able to come out of the vicious circle of the drugs.

By regular teaching of Rajyoga to the college students, works of various companies and others will be very beneficial both for individual and society.

The philosophy of Ishwariya Vishwa Vidyalaya is like a safety kit for each and every person. It protects one from body consciousness, evil traits, vicious thoughts bad company and provides nourishing spiritual sustenance. Spiritual consciousness, guidance towards spiritual path. It enables the practitioners to work with confidence, tranquillity and harmony and ensures peace, prosperity and happiness for all.

Apart from that the problems of mental pollution, more dangerous than environmental pollution are also solved by spiritual awakening and by inculcating the divine virtues like purity, peace, contentment equality and a constructive and positive attitude major problems of individual. Society can positive and pure thoughts create a peaceful and harmonious environment.

Recent investigative studies in special branch of science have revealed that every individual emits a aura of very subtle light, surrounding the physical body, which as chiefly governed by the existing mental state of the particulars individual.

If the thoughts of an individual are constantly positive and constructive,
and the mind is calm, tranquil, peaceful, serene, loveful and blissful, then the resulting aura is said to be of lighter lives with clear cut and well defined boundaries. If the thoughts of an individual are constantly negative debilitating, depressing and destructive and the mind is full of tension, worry, anxiety, agitation misery, sorrow, distress and agony than the resulting aura as likely to be of darker heres with less dearly defined and hazey boundaries. In addition, tension or stress badly affects the body and causes many psychosomatic diseases such as high B. P asthama, pepticulcer, insommia, heart diseases etc.,

The types of thoughts occupying the mind determine the mental state of the individual.
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