

Spiritual Healing through Brahma Kumaris Raja Yoga

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Abstract: *Brahma Kumaris Raja Yoga is the science of silent meditation Art of establishing soul and Supreme Soul in union. By shedding body-consciousness with spiritual contemplation. Culminating in self exploration and God realization. The link takes one in a state of absorption in peace, purity, bliss and mental relaxation by unfolding benign qualities of benediction of soul and Supreme Soul with loveful relation. It enables mind to bring in self transformation to cease to act as slave to sense gratification to imbibe virtues, eschew a vices and obtain liberation. helps in divinization and soul purification to achieve perfection. Raja Yoga is a path as old as humanity, yet more relevant now than ever before in history. It is powerful medicine. It is the true knowledge of the self. It connects us with the power of God. With the help of insights, we can defeat the devils which torment us. Once on the path of light, the darkness can have no further power over us.*

Keywords: Spiritual healing Raja Yoga Brahma Kumaris

1. Introduction

In the field of Psychology, Psychotherapy and the Behavioural Sciences, numerous studies have been made on the connection between the mind and the body as to how this consciousness or a person's Mind/Psyche affects the body consequently reacts and likewise affects the mind. There is after all a symbiotic relationship between the two. In relation to the total health of a person, integrating the Body and the Mind becomes very essential.

The statement "You are your body", is a deep significance. It means that you are responsible for the shape and the present creation of your own body. A person's mental attitude, his perception of life, and consequent interactions, in effect his personal lifestyle, is plainly reflected in his body. The shape and condition it is in, the way he holds himself and even the way he moves, tells a lot about the character and nature of the being within that body. The human personality in terms of the human body is to a large extent conditioned and shaped by the mind.

Everyone is aware of the fact that stress is the cause of many Psychosomatic diseases. In several negative and stress provoking situations, obvious forms of physical tensions are experienced. For instance, when one registers a negative thought of anger, the impulse is to kick. And to check this impulse we involuntarily tighten the muscles of the feet and legs upto the hip area or say when we worry a lot, we squeeze ourselves mentally and thus induce a headache. The result is a multitude of aches and pains like stiffness in the neck, back, arms or legs, an accumulated number of physical ailments, some even dating as far back as your childhood days.

Controlling Mind and Body:

Normally, physical tensions disappear when stress is reduced. But often tension persists which prevents a person from fully utilizing his latent potentials. But it is likewise important, to know that stress does not come from outside factors alone but mostly from within the person, as a result of his responses to situations. In a manner of speaking, stress

resides in the individual. The mental attitude or thought pattern i.e. the quality of mental activity is mainly responsible for the reaction towards the stress provoking situation. In brief, the negative mental attitude is the main cause of stress in the mind and tension in the body.

Although various techniques and skills are being taught these days to release body blocks and stress through specially designed body postures and movement, still very little are taught for checking the thought pattern of the mind activity.

Raja yoga an effective treatment for stress:

However Raja yoga is a very effective treatment for stress as it relates directly with the thought pattern or the mind activity. Yoga is a Sanskrit word which literally means 'link' or 'union'. The word Raja means 'King' 'Sovereign' or 'Supreme'. Thus "Raja Yoga" signifies the king of unions, or the link between the soul and Supreme through which the soul becomes the controller of its own mind and intellect and consequently of its physical body. Raja Yogis, because of their access to God and through Self-control, have the mental stability and heightened perception of life that enable them to remain the controller of every situation that presents itself.

In our search for love, peace and happiness, the mind has focused on many temporary and limited things and relationships, all of which have only dissipated energy and broken its attention and concentration. Of all the possible mental connections, the highest and most constant is with God. It is that which is called Raja Yoga.

Raja Yoga is the most suitable yoga for people of all personality types and interests because it combines various paths of Yoga, including-

- 1) Bhakti Yoga- the yoga based on love and devotion.
- 2) Gyan Yoga - the yoga founded on knowledge.
- 3) Karma Yoga- the yoga based on action.
- 4) Sanyas yoga – the yoga based on renunciation of vices.

The highest meaning of Yoga is concentration of the mind in order to attain a mental and spiritual link with God. A true yogi is one who is devoted and dedicated to God alone and remains in constant awareness of Him. This awareness calms the restless mind as the energy of the mind is redirected into constructive channels.

Yoga means Remembrance:

Whenever we focus our minds on any person or thing it can be said that we are in yoga with that one. Inner peace depends on whom or what our yoga or mental connection is with, not on the posture of the body. So Raja Yoga means to collect together the scattered forces of one's thoughts, establish them in the real self and then focus on or connect with the Supreme Soul. By doing that God restores and rejuvenates soul with His own divine attributes thus purifying the souls and changing the world.

The Different Stages in Raja yoga:

We can experience God only through thought and our thoughts depend on the consciousness we have. Pure thoughts, which flow from soul-consciousness, bring us closer to God.

Initiation – Soul-consciousness:

The first stage of Raja yoga is to stabilize the mind in the awareness of the self as a soul. The soul is a very tiny point of light, seated in the centre of the forehead. The real nature of every soul is divine. The original state of each soul is peace, love and happiness.

The soul prepares itself with firm pure thoughts; "I am a soul, separate from my body... I am an actor playing my part through this costume, in this eternal drama of life... I am a pure and peaceful being... Peace is my original nature.... My original home is beyond the physical world in the Soul World... It is the world of peace... I am experiencing my true nature of Peace in my abode of Peace. With thoughts of peace I pacify my mind and thereby make my sense organs cool and calm.

Trying to harness the jumpy mind and turn it in one direction is not easy but with patience and perseverance it can be done. After initial struggle, the wandering mind tends to rest and concentration improves steadily. Pure thoughts replace negative or useless ones. Gradually I become very selective in my thoughts and I start becoming aware of myself as child of God. The inner healing begins and I again a lot of spiritual strength.

Second Stage- Meditation

In the second stage there is communication with God, the Supreme Soul who is the source of all goodness. This communication is based on the complete introduction of God and the true relationship with Him.

God is a conscient being of divine light. He too is a soul but is Supreme in knowledge, virtues and powers. He is the Ocean of Knowledge, of Peace, of Love; the Eternal fountain of Purity and Bliss; the Tower of spiritual Might. But the essence of all His attributes is that He is the World Benefactor and therefore His attributive name is "Shiva".

In meditation, I take the mind to 'Shiva' the Supreme Being in the Supreme Abode, the Soul World. As I channel my thoughts in the direction of God. I feel detached from the body and the physical world. I then visualize the meeting between the soul and the Supreme Soul. I experience all relationship with Shiva as my Mother and Father Supreme, Teacher Supreme, Friend Supreme etc.

I am in front of the Supreme Father... a blissfully radiant orb of pure and unlimited love... a star-like entity like myself but with unlimited powers... I, the soul, am the child meeting the Father, the Supreme Soul... the Ocean of Love... the Ocean of peace... the Ocean of Knowledge... radiating so much power.... How fortunate I am to be able to absorb all the qualities of the Father... All my relationships are with you, my Supreme Father.... You are also my Mother, Friend, Teacher and Satguru.

Third Stage- Concentration:

Thoughts lead to experience. In this stage the mind gets connected with the power-house of spiritual energy, God and I am able to dive into the pure experience that the thoughts in the second stage have created. The thought-"I am a peaceful soul" gives an experience of Peace; "I am a child of God" gives us an experience of altruistic love of the Father, and so on. From this experience I am immediately able to switch my mind to Him as easily as switching on a light. The time also comes when I become simply lost in this contact.

Sweetest Father, I now realize my eternal relationship with you.. Just you and myself and none other... We were together... we are together.. and we will always be together... Now I take the strength to be like you... totally merciful, benevolent... ever-giving.

Fourth Stage- Realization:

Concentration leads to the final stage of realization in which I am fully absorbed in Godly bliss. In this stage, I attain the highest form of spiritual consciousness. I am totally aware of myself as an incorporeal soul and of God as the Supreme Soul. I realize that what are God's qualities are my qualities too. We become equal. This is such a wonderful experience that all other treasures of the world fade into insignificance in the face of this attainment.

In this Super-consciousness, I experience God as He is. Body-consciousness is lost completely. With the mind focused on God, the fire of Yoga burns at full blaze purifying the soul and melting away the alloy of negative tendencies. Past sins are incinerated and the soul regains its original attributes of purity, peace, power, might, love and bliss. The experience is so intense that I continue to feel divine ecstasy and intoxication long after the yoga practice is over and I find a transformational change in me. Stability of mind increases leading to elimination of stress completely. Many physical diseases also gradually finish with this type of mental exercises and result in holistic healing of the person.

Review Literature and Research findings from Raja yoga meditation:

When an electrical current enters a wire, a frequency of 50 Hz is created. Like that, when the thoughts enter our brain, the brain waves are created which are measured on an EEG¹. These brain waves are categorized into four different groups according to their frequencies: Alpha: 8-12 Hz, Beta: More than 12Hz, theta: 4- 8 Hz and Delta: 0.5 – 4 Hz. Alpha and Beta occur during life activities; Theta occur during the dream state of sleeping and Delta occur during deep sleep².

A fortunate person goes into the Delta stage for 40-50 minutes within the 8 hours of sleep and this is adequate to keep one agile throughout the day. You must have noticed that sometimes a short nap in the afternoon energizes a person for the rest of the day; this happens when he experiences the Delta stage for even a slight amount of time during the nap³. In 'Waste' and 'Negative Thought' Patterns, high Beta activities are observed in the EEG, wherein bad hormones and bad cholesterol are released that cause different diseases in the body. And so we can see that 'dis-ease' in the mind causes disease in the body⁴.

Intellect is the faculty of the inner being which can control the thought system. It analyses, imagines and gives judgment for a particular action⁵. Out of these, the most important function of the intellect is the power of creative imagination. It is the place where ideas for all inventions come to life⁶.

The 'Placebo Effect' is well-documented where doctors tell patients that they are receiving powerful medicines which in fact have no real medicinal values. The faith in the doctor and medicine is what cures most patients, rather than the medicine alone⁷.

An ordinary person uses less than 1% of his or her intellect. An intellectual uses only 3%; scientists and researchers use only 10% of the intellect. It is seen that 90% of the human intellect remains unused. Raja Yoga Meditation is a unique method of tapping into the stored energy of the intellect⁸.

The last faculty or the subconscious mind is where the impressions of every action, observation, memory, personality traits are imprinted. Permanent impressions of knowledge, peace, purity, love, happiness, bliss and will-power⁹. Acquired traits that take on the form of impressions of past lives, habits, tastes, and emotions, impressions of skills, experiences, day-to-day learning and much more¹⁰.

Results of Raja yoga have been very encouraging. Observation of Delta Waves was a unique finding when ten Raja Yogis were examined with E.E.G¹¹. More significantly, even when they performed complicated mental exercises, Delta waves did not disappear. These findings assert the technique of Raja Yoga to keep one's mind peaceful, detached and stable¹².

2. Conclusion

Raja Yoga or meditation or mental communion of the soul with the Supreme Soul ocean of all virtues and positivity cleanses the sanskars and helps the soul to regain its sovereignty over the self. Let us now regain our lost powers,

strengthen our original sanskars and thus claim our God Fatherly inheritance of complete Purity, Peace and Prosperity, through Raja Yoga.

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