



June 21: International Day of Yoga (IDY), 2017

**RAJAYOGA SERVES TO ACHIEVE
MULTI-OBJECTIVES OF HUMAN LIFE**

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Introduction

At present, every individual human soul is completely devoid of real peace and happiness. Today, modern man is like the 'biblical prodigal son' gone astray and insane in the wilderness of value-free world of rank materialism, corrosive corruption, nasty sexism and sensualism, voluptuous consumerism and fickle sentimentalism. Man's mind is quite negatively aggravated by his willful segregation from values and spirituality, blind indulgence in Seven Deadly Sins - lust, anger, greed, attachment, ego, indolence and jealousy - due to his wrong identification with body, his transient delights of futile sensual bodily pleasures and his dogmatic divorce from God, the Supreme Soul, who is the only source of all values, virtues, powers and qualities and the Spiritual Root of sustenance for the whole mankind and the vast Cosmic Universe. Thus, the materialistic mania and consumerism craze of the so called modern human beings have thrown the vehicle of human health and life out of the *regulated gear* and also out of the *much-glorified values-led trodden track*.

Today, the backward movement of spiritual discipline is in sharp contrast with the forward movement of scientific materialism, which modern English poet T.S. Eliot, like Ruskin, is disposed to view as an advance to death as expressed in his famous poem *The Wasteland*: "The endless cycle of idea and action,/Endless invention, endless experiment,/ Brings knowledge of motion, but not of stillness,/ Knowledge of words, but not of silence,/Knowledge of words, but ignorance of the word./The cycles of Heaven in twenty centuries,/ Brings us farther from God and nearer to the Dust."

The Urgent Need of the Hour

So, the urgent need of the hour is to work for the forward movement of spiritual discipline and promote values and spirituality among the human souls of the world through yoga and Rajyoga meditation. Keeping this in view, the United Nations Organization (UNO) officially declared June 21 as International Day of Yoga (IDY) accepting the proposal of Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day." So, it is an abiding duty for all human individual souls to take the opportunity of the occasion of celebration of the International Day of Yoga (IDY), June 21, 2017 to implement the views of the Prime Minister as expressed in this proposal.

Praises of Yoga:

Sri Ravi Shankar, the founder of "Art of Living" praised the initiative of Modi jee after the adoption of the UN Resolution, saying: "It is very difficult for any philosophy, religion or culture to survive without state patronage. Yoga has existed so far almost like an orphan. Now, official recognition by the UN would further spread the benefit of yoga to the entire world." He also added, "Yoga makes you like a child again. When there is yoga and vedanta, there is no lack, impurity, ignorance and injustice. We need to take yoga to the doorstep of everyone and free the world of misery." Many personalities have also praised the importance of yoga. Sri Aurobindo praised yoga, saying, "All life is yoga; yoga is all life." Shreekrishna also praised it stating, "*Yogah Karmashu Kaushalam*," God Father Shiva also praises Rajayoga, saying, "In order to make (the souls) pure, I have come to teach Rajayoga. There remains no other way to become pure. Had people known this secret, then they would not go to bathe in the Ganges, nor also go to the fairs (*Melas*). In the water of these rivers, they have been bathing since Dwapar Yuga, thinking that sins would be destroyed by taking a dip. But the sins of none ever gets destroyed (*Sakar Murlī*, 27.04, 2016)."

Other Yogas and the Brahma Kumaris' Rajyoga

Yoga, in current circulation, has come to be known by its varied nomenclature. There are many kinds of yoga/meditation such as Mantra Yoga, Tantra Yoga, Kriya Yoga, Kundalini Yoga, Japa Yoga, Dhyan Yoga, Bhakti

Yoga, Gyan Yoga, Karma Yoga, Hatha Yoga, Sankhya Yoga, Tatwa Yoga and Patanjali's Rajayoga. The most popular concepts of yoga are *asanas*, physical exercises/stretches, breathing exercises, and other techniques to relax and focus the mind. But, all these practices serve only the physical benefits of the human being or soul, thereby turning man into a complete consumerist (*Bhogi*).



In contrast, Brahma Kumaris' Rajyoga Education is a compact multi-discipline Rajayoga is the integration of the characteristic features of various disciplines such as Silence, Science, Philosophy, Education, Medicine, Psychology, Psychiatry and Psychotherapy, Religion (*Atmic Dharma*), Values, Spirituality, *Bhaktiyoga*, *Gyan Yoga*, *Karmayoga* - all rolled into an integral one, which can lend to its devoted practitioner the elixir and nectar of celestial life and the lever of holistic health, progress, development and wellbeing here and hereafter. So, considering the widespread deterioration, disintegration, disorganizations in all affairs of human life due to ethical, moral fall and spiritual bankruptcy, and the conditions of human soul in the tight grip of devilish sins and vices, Rajayoga Education System (RES), which promotes holistic development, peace, health and happiness, has become inevitable and indispensable as the crying needs of the hour to educate students, in particular, at school, college and university levels, and also other individuals, in general, in Rajyoga Education & Healthy Value-based Lifestyle Education for the holistic development of their personality.

The word 'yoga' is derived from the Sanskrit term 'yuj', which means to unite, join or connect. Therefore Rajyoga is the only unique for spiritual union, connection and communion of the individual human soul with the Universal Supreme Soul, the God Father of the humanity. Such spiritual union empowers the human being/soul to overcome all sins and vices and enables him to live life peacefully and happily with spiritual awareness or soul-consciousness. Rajayoga is called the 'King of all Yogas' as a sign of royalty due to its exclusive spiritual connotation and special contributions in the sense that it gives us a clear understanding and realization of our soul/spirit/self and God-realization by enabling the soul to reunite, reconnect and re-commune with the Supreme Soul in order to regain our lost Paradise and lost values, virtues, powers, qualities as our birthright from Him and also the passport to holistically healthy and heavenly life. It also helps us to rediscover and utilize the potentialities already latent within us, to develop the strength of our character and create positive thought patterns, attitudes and responses to life by changing the wasteful and negative ones. In fact, it is the yoga par excellence, which makes the human soul a *Karmayogi*.

Rajyoga is a Sacred Way of Life

Rajyoga is a sacred way of life, which involves four principles of life such as taking pure *sattvic* food/diet (*Aahar*), good conduct (*Achaar*), thinking and positive thoughts (*Vichaar*) and behaviour (*Vyavhaar*). It also involves spiritual study, silent meditation practice, inculcation of divine virtues and maintaining of healthy relationships and rendering of selfless service. A pure yogic life does not mean renunciation of action or personal, familial, social and professional responsibilities. A Rajayogi, who is free from all sorts of addictions and unhealthy habits, celebrates the spirit of universal love, cooperation and harmony in life and maintains equilibrium in adverse situations, thereby demonstrating the values and spirituality in practical life and ensuring his inner calm and composure in the face of trials and tribulations.

Rajyoga for Development of Health

In 1948, the World Health Assembly defined health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." The individual human soul/being is a composition of body and soul and is called a *Jeevatma* [*Jeeva* (body) + *Atma* (soul)]. So, sound *holistic health* has its *mental, emotional, psychological, moral and spiritual* dimensions and manifestations. *Human life is, thus, the result of coordination between body and its sense organs, on the one hand, and soul and its mind, intellect, impressions, on the other hand; and Raj-Yoga is the key element for maintaining this coordination.*

Raj-Yoga is called the Life Giving Herb (*Sanjeevani Buti*), as it generates the health-recovering and life-giving spiritual energy in its practitioners. "Rajayoga meditation has tremendous *medicinal, psychotherapeutic and healing potentialities* in the sense that it cures many psychic disorders by creating *quantum shift in deep psychic layers within the human soul* and, also thereby with zero expense, brings psychosomatic order and harmony and develops peace and happiness with its *holistic healing efficacy* and salubrious impact on the **soul-mind-body matrix** that every human being is essentially and originally moulded of (Dr. Yudhisthir B.K., 2016)."

Rajyoga for Inculcation of Values and Spirituality

Values and spirituality are inextricably linked with **Rajayoga meditation, which links the soul/spirit to the Supreme Soul, the ultimate supreme source of** values, virtues, powers and spirituality, through a platonic loving communion thereby leading to the long-cherished reunion of the soul, the spiritual child, and the Supreme Soul, the spiritual God Father. All kinds of values - universal or temporal including human, social, ethical, moral, spiritual, economic, aesthetic values, etc. - are demonstrated by our actions (*Karma*). Our actions (*Karma*) begin as thoughts, feelings and emotions. **Values and spirituality** are to be developed together because values – often the most essential and desired – are seeded in spirituality. Their relationship is inextricably interrelated, interlinked and interdependent. Establishing oneself in the state of soul-consciousness through the practice of **Rajayoga meditation** gives the much-needed power to develop values and spirituality and for their practical application in everyday lives. When spirituality is developed, values emerge; and when values are developed, they increase spirituality. Rajayoga meditation makes this development and emergence *practically possible*.

Rajayoga for a Value-based Lifestyle

Rajayoga meditation gives a new, pure, positive and proactive mould to lifestyle through its capacity of bringing inner psychosomatic changes in the soul or consciousness. *Lifestyle* is the way a person lives, and his way of life and style of living reflects his attitudes and values, virtues, powers, potentialities and qualities. **A values-framed, values-led and values-based life** is self-capable, self-empowering, meaningful, fulfilling in the sense that the person is the embodiment of values that he not only extolled, preached and espoused but also practically implemented and held in his personal and public life, and it is also very useful in serving the family, society, nation and world with the altruistic spirit.

Rajayoga for Effecting Unity in Diversity

Rajayoga makes the understanding and realization of the concept of ‘uniformity of beings or consciousnesses’ and diversity of physical attributes and features possible, thereby making all sorts of physical diversities to co-exist with the mutual understanding of souls’ spiritual uniformity, and hence, the unity evoked and born from that uniformity. *With this spiritual understanding of the metaphysical bond and alliance, the terms ‘unity’ and ‘diversity’ that seem paradoxical at the surface meaning, become really complementary to each other, because unity has to be brought among the diverse things, objects or elements. Question of creating unity won’t arise if the things are equally similar, identical; for it is but natural that “the birds of same feathers flock together”. As the human beings at present are body-conscious in their extrovert nature and consumerism culture and hence wrongly and ignorantly identify themselves with various body-related transient identities of physical or material dimension and created create differences, disunities, conflicts, divisions, thereby bringing in wake a myriad of miseries and sorrows, Rajayoga has to play the crucial role of making them realize the deeply underlying and animating soul, their inner spiritual being, and thus inspire them to become inward and introvert and also recognize the uniform identity of spirit working with the uniformity principle under the vaneer of so many physical identities and diversities. In this way, Rajayoga effects, promotes and establishes ‘unity in diversity’ in the world of multi-variety and multi-diversity.*

Rajyoga for Establishing Heavenly World

With the practice of Rajayoga, the knowledge of souls as spiritual brothers and that of Supreme soul as spiritual Father of mankind enables a practical change in consciousness and creates in the people of different races, languages, nationalities, cultures, religions, a genuine feeling of belongingness to a global-family and accompanying goodwill in them to see the world as a great family and to work for it in a concerted effort for its betterment.

The regular and sustained practice of Rajayoga also brings about perceptible and practical change in the visions, perceptions and visualizations in many people who begins to see the world in new conception, form, shape and colour. Some practitioners also got the revelations of what the new nuclear-free world would be in the forthcoming future. So a complete new concept of the future “Better World”, figuratively called the Golden Age or Heaven has begun to take shape in the visions of the people of goodwill of different backgrounds of the North, South, East and West.

All of them share the same benevolent view that as a global family they share the same unique planet and share the same hopes and aspirations for a just and humane world. They also accept the fact that as they approach the dawn of the new millennium, they are equally concerned with the fact that life on earth is threatened and is going to be threatened more with the passage of time.

At the same time, they are also yearning for a better world of peace, purity, prosperity, holistic health for themselves and their children, the future generation for whom the new world is really a sort of gift from the present generation. The new vision engendered by the spiritual knowledge and practice of Rajayoga reflects the new concept of a Better World in which there will be new world order with amity and integrity, reciprocity and understanding, balance

between head, heart and hands, between love and law, principles and practice and the inhabitants will be the embodiment of divine qualities, powers, values and virtues like love, peace, purity, forgiveness, charity, nobility, divinity, serenity, solemnity, generosity, dignity, humility, unity, mercy, cooperation, cheerfulness, truthfulness, etc.

Man will be the embodiment of all values, qualities, divine virtues and powers as all attributes of God will find perfect and complete manifestation in Man who is now in this *Sangam Yuga* - Age of Transition - being “made in His own image” by none other than God Himself through the exemplary Prajapita Brahma who by his thoughts, words and actions “justifies the ways of God to men”; Nature will be in plenty and bounty, solemn and serene, obedient and subservient to Man in his prime divinity as a voluntary server remaining at his beck and call.

Rajayoga for Developing an Integrated Global Perspective



UNITED NATIONS

As the material consciousness gets completely transformed into spiritual consciousness with regular and continuous practice of Rajayoga, a consistent global, spiritual outlook of life of peaceful co-existence as ordained by God and as practically implemented by the Brahma Kumaris, Institution, which co-operated with various programmes and projects of the United Nations Organization (UNO), develops in the mind. The body-looking-at-body vision is replaced by the soul-looking-at-soul vision comes naturally into play in day-to-day life. The outward view of everything is changed into an inward view, and the mirage-like view of the vast external world of elemental Nature begins to get a realistic view in the mind of the practitioners of Rajayoga who now hold a clear picture of the world and universe in the light of their self-realization and God-realization. When one considers and perceives oneself as the divine light and perceives others as the same lights, a unique sense of close relationship and belongingness begins to be felt as a result of the realization of the uniformity of consciousness which is universally residing in all human beings as a soul, the same spiritual entity, and activating their mortal body.

Supreme Soul, God Father Shiva - the *Yogeshwar*



The Supreme Soul Shiva is forever in the state of Truth-Consciousness-Bliss (*Sat-Chit-Ananda*) and Truth-Benevolence-Beauty (*Satyam-Shivam-Sundaram*). He is the Ocean of Knowledge and *Yogeshwar*, who teaches the esoteric spiritual knowledge and ancient Rajyoga to the souls of the world for their spiritual purification and elevation. Anyone can remember Him through yoga or meditation, and imbibe, experience and absorb His divine attributes in oneself and in one's life; and this task is called the yoga of the self/soul with the Supreme Soul, the *Yogeshwar* – the Supreme Teacher of Yoga of the ancient Indian *Adi Sanatan* spiritual tradition.

Incorporeal God Father Shiva is the *Yogeshwar*, who teaches and trains the human souls in the ancient Rajayoga in the continuing auspicious Transitional Age of *Sangam*, in order to mould them as the great, elevated souls (*Purushottam*) ‘in His own image’. The Infinite Wisdom of God Shiva involves the esoteric spiritual knowledge and training of Rajyoga Education System (RES) for holistic development of world peace, health and happiness. His wisdom involves, in totality, the religio-political wisdom including the history and geography of the world. He is the Supreme Father of all souls of the humanity, and, thus, He has the universal wisdom of establishing a vast One-World-Family. He is the Supreme Teacher, and, thus, He has the spiritual educational wisdom of teaching spiritual knowledge to all ignorant souls of the world. He is the Supreme Preceptor and Liberator, and, thus, He has incomparable wisdom of liberation and fruition for liberating the souls and taking them back to their original Metaphysical Sweet Home or Abode. He is the Supreme Surgeon, and, thus, He has the excellent wisdom of soul-surgery for providing the human souls with holistic physical, mental and spiritual health. He has the super-scientific wisdom of making use of the refined nano-and-nuclear science for world-reconstruction and establishment of heaven upon this planet earth.

Spiritual and Physical Benefits of Rajayoga

"Attuning and communing of soul or spirit with God, the Redeemer, through Rajayoga meditation leads to ultimate atonement of its long-acquired sins, vices and weaknesses, and to effecting, in turn, of its eventual empowerment by getting it spiritualized with His inherent divine and spiritual powers. Rajayoga enables the human soul to gain control not only over the inner *nature* or its inner faculties such as mind (*mana*), intellect (*buddhi*) and impressions (*sanskaras*) but also over physical senses and the elemental world of outer *Nature* by achieving what Thomas Carlyle called "the calm supremacy of the spirit over its circumstances."

Practice of Rajayoga Meditation renders both *physical* and *spiritual* benefits for leading a sustainable, values-based and healthy life. The **physical benefits** are: (i) Rajayoga Meditation decreases cholesterol, workload on heart and high blood pressure; (ii) improves airflow to lungs and helps asthma patients; (iii) prolongs life expectancy with younger biological age; (iv) helps cure insomnia (sleeplessness); (v) lowers cortisol and lactate - two stress causing chemicals. The **spiritual benefits** are: (i) Rajayoga meditation increases empathy; (ii) improves personal and professional relationships; (iii) power to withdraw from untoward events; (iv) increases power to tolerate; (v) develops power to accommodate and accept; (vi) develops power to discriminate between right from wrong; (vii) develops power to face situations; (viii) develops power of judgment and decision making; (ix) develops power of unity and cooperation; (x) develops power to pack up and get ready. Apart from the above, Rajayoga Practice also accrue other benefits such as peace of mind, healthy life, stress-free life, faster healing, unconditional happiness, sound sleep, increased work efficiency, harmonious relationships, slow ageing, reverse of heart problems, better attention span, better control of thoughts, etc.

Let us Practise Rajyoga:

Every individual human soul/being, thus, has a choice, either to uplift or degrade himself in his or her life, and if he/she sincerely wants to uplift oneself, he/she has to follow and practise Rajyoga. 'Raj-Yoga and youth' as well as 'Raj-Yoga and human life' need to be imperatively yoked for sustainable development and health of the people, family, society, nation and world in order to achieve durable peace and happiness.

Rajayoga does not mean physical postures (*Asanas* or *Hathayoga Kriya*) but connection with one's real inner self and the Supreme Self, the God Father - the Almighty Authority. Let's practise Rajayoga in order to give added values and benefits to the life of people and make the observance of the International Day of Yoga, 2017 a grand success, because it is a **perfect panacea** for most of the psychosomatic problems and is available free of cost and being taught by in thousands of Brahma Kumaris Rajayoga Centers in India and 137 countries abroad.

Time (Kala) to meditate: Though early in the morning (*Amritvela*) is the best time for Rajayoga mediation, yet one can meditate at meal times, throughout the day, while walking or strolling, and just before sleep.

Place (Sthana) to meditate: Since Rajayoga is a mental and spiritual link of the self with the Supreme, one can meditate at home, outside or inside, alone or in company, in workplace, while travelling, and can even remain quiet among the crowd through its practice.

Persons (Patra) to meditate: Anyone and everyone can practice Rajayoga without any bar whatsoever and earn its multifarious effective benefits gratis. *
