



Raj Yoga Meditation and Spiritual Healing

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Abstract - Let us realise before it is too late on the day that it is Raj-Yoga Meditation that removes mental tension, washes the mind clean of enmity, rivalry, jealousy, dishonesty, greed, injustice, violence and other kinds of inhuman or subhuman behaviour. It is this which stabilises a person in the real and original self and enables him to have his divine worth and dignity.

The first thing a man must know is his real identity and his relationship based on that identity. One must also know what is the goal of his life and what is his role. He must also understand thoroughly the theory of laws of Karma. Human actions, done in relation to other human beings have a moral quality which is determined partly by his sanskars. There is thus the need to reform one's sanskaras. These sanskaras can be changed only by means of spiritual knowledge and Meditation. One must, therefore, help in this work because it helps to help to build a better society. The word spiritual refers to the divine nature of the energy which healers agree comes from one external invisible intelligent source. The healing energy from this source is available to all. Healers see the body, mind and spirit as interdependent unit and believe all three must work in harmony to maintain positive health any problem-be it a broken leg or depression need the power of healing to restore the balance of the whole person. It is felt that sickness often starts in the mind, or at the deeper level of the spirit, and it is often here that healing begins.

Introduction

Stress is one of the major afflictions of modern life. Most causes of psychological stress are related to social, emotional, behavioural, cognitive and environmental factors. Stressful situation, whether long term or short-term, can develop a number of psychological disorders, such as a feeling of personality disintegration anxiety attacks, unfocussed attention or distortions, emotional disorders, psychosomatic ailments, burn out, and insomnia. Under persistent

stress, an individual suffers from a number of spiritual diseases or disturbances. Symptoms such as self-doubt, jealousy, suspicion, difficulties in inter personal relationships, feeling of loneliness, sense of inadequacy and sexual problems are directly linked to one's spiritual disturbances.

Whenever man is faced with a problem, he makes a physical, mental, verbal, psychological, emotional or spiritual response to it. Every emotional situation works as a stimulus and draws some kind of response from a living person. It is only a dead thing that does not offer any response from a living person. It is only a dead thing that does not offer any response at all. The response to a problem may be political, economics, legal, social, militaristic, diplomatic, technological or any other. Take, for example, a difficult situation, created by a large group of people in a particular part of the country who demand some kind of autonomy because, for a long time, they have been neglected by a farflung Central Government which has been paying more attention to other regions. The Central Government can make either a political response and grant them some kind of autonomy by an Act of Parliament or they can make an economic response by assuring them that they will now spend a big amount for the latter's development, or they can make a military response, i.e. they can use a large military, para-military or police force to suppress their demand. Likewise, when there is a conflict between two countries, they may address themselves to the problem politically, diplomatically or militarily.

Raj Yoga and meditation can contribute to developing a balanced personality, enhancing one's emotional intelligence and managing stress. Yoga refers to the union with the "all pervading power" as well as to an attainment of inner harmony between mind, body, emotions and the spirit and the outer balance between social, material, career and family related aspects in an individual. Meditation is a process of attaining "thoughtless awareness" and not the often mistaken notion of a mental process of developing "concentration". According to the Upanishads, meditation is the route to the highest knowledge (spiritual knowledge) when self-realisation, which is integration of inner self or spirit into the cosmic spirit, occurs.



Relationship with God Meditation

Mindfulness is the cure for this unthinking manner of living. It is, in fact, a continuous 24-hour meditation. It means living with alertness, being aware of and fully conscious of every experience, moment by moment. And at the same time, while being alert and watchful, mindfulness means at the same time to be non-judgemental. Mindfulness is attention free of evaluation. The Buddhist teacher Thich Nhat Hanh says,

“The energy that is used in meditation is mindfulness. When mindfulness is present, meditation is present.

Mindfulness helps us to understand the true essence of the object of meditation.

Spirituality, Health and Meditation

In the dictionary the world spiritual health means relating to the spirit or sacred matters when in sound physical or mental condition. Human spirituality is the soul or light that lives in each one of us. It lies deep in the recesses of one's being and is the source of true love, peace, joy and happiness. In finding spirituality we must first believe that it does exist and it means to believe in ourselves.

We human beings do not have only our body and mind; we also have a soul. Soul is sometimes described as spirit or heart has physical functions, but there is no scientific evidence to prove that it does not have any spiritual functions. The soul probably resides in the heart or is attached to it. Soul is the inner dimension or our being. It is related to the body and mind as well, but it has its own being and existence, most probably, in or near the heart.

Spiritual health is as important as the physical and mental health. The physical and mental health depend on meaningful life and success in this world, but the spiritual health depends on our success and salvation both in this world and hereafter as well.

Spiritual health characterizes the growth of a believer in the 'fruit of the spirit' which is love, joy peace, gentleness, goodness, faith, meekness, temperance, righteousness and truth. Spiritual health includes all the efforts spent on achieving optimal physical health. God is silent on the subject of achieving good health. Spiritual health is achieved when a person finds a balance between life values, goals, belief systems and their relationship within themselves and with other ability to care meaningfully for others and self.

Meditation has all along been the essential part of the daily routine of a religious person. One of the meanings of the word meditation is 'control of the activities of the mind, speech and body'. Another meaning of meditation is steadying the mind on the subject of concentration. There can be regulation of time in this case as well. The term meditation is (Dhyan is derived is derived etymologically from the Dhyain meaning reflect. The subject for reflection root can be the same and it can also change. From this view, mediation can also be linked with the continuous process of contemplation on the meaning.

Meditation is the processes of discovery of one's own self. It develops your own philosophy of life. It helps to seek your truth, cope with stress, sleep good at night, enhances happiness and subjective well-being. Lastly, it excels spirituality, mental and physical health.

Mindfulness is also the practice of doing physical things perfectly. In a state of emptiness, we become one with whatever activity we are currently engaged in, whether physical or mental. When the mind is emptied of thoughts, judgements and opinions, then it is possible to do something perfectly, when thoughts are stopped, then one experiences what the Buddhists call 'emptiness', then the illusions fade away and concentration on thinking and doing is complete. The function of meditation practice is to heal and transform, but without mindfulness, there can be no meditation. When the mind has numerous thoughts about anything, it has separated itself from the original thoughts. But in meditation one joins with and becomes one with the power that is all around.



Spiritual Personality

Spirituality provided by the tenth edition of Oxford English Dictionary is as follows: “the equality or condition of being spiritual, attachment to or regard for the thing of the spirit as opposed to material or worldly interest”. The term spirituality refers to the individual’s experience of a dimension of power and meaning transcendent to the ordinary sensory reality. Such spiritual experiences may be associated with a naturalistic occupation as well as with religious tradition and spiritual discipline. According to Vrinte (1996) spirituality is impaired and sustained by transpersonal experiences that originate in the deepest recesses of the human being and they are but the natural manifestations of that domain of the human psyche that contain the greater depth of life. Spirituality may be defined variously.

Spiritual Content

Spirituality refers to the relationship with self, others, God and the universe.

Spirituality refers to the relationship between me and others, and between me and God.

Spirituality helps people in: reaching and exploring challenges, seeking personal truth, developing the sense of unity of life and developing a personal philosophy.

Spirituality develops a sense of higher consciousness that connects the Creator and the created.

Spirituality is an inner belief system which concerns the essence of my being.

Spirituality brings a feeling of unity with nature and people. It integrates body, mind and spirit; without spirituality there is no integrity.

Spirituality, nurtures values such as maturity, piety, balance, compassion, wisdom, humility and serenity.

Spirituality fills the gap between the missing link. It is a strength which helps in searching the existence of God.

Spirituality is unique to each individual, influenced by culture, development, experience and ideas, meaning, transcendent, hope, love, quality, relationship, and existence.

Spirituality is the source of self-confidence, without which nothing is accomplished.



Relax Mudra of the Meditation

Meditation makes a person 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 lot of stamina and time and, as a result of all this, his efficiency also increase greatly. Since he makes God, Almighty, his companion, he builds up self-confidence and has strong will power. He now develops calmness and quietude of mind. His mind develops the qualities of innovation and intuition and his intelligence becomes creative. These qualities are of immense value. Not only do these give him professional competence and ability but these make him a real gem among men. He now has contentment of mind and is ever happy. Thus, his life is a real success and he thanks God and the people and himself and works for the happiness of others. Some administrators or executive might not, themselves, be interested in the practice of Spiritual Meditation or they might not have any belief in God as the incorporeal Being-of-Light Who is the Ocean of all divine virtues and the point of reference in the frame of Values. But, because of the crucial nature of their job, the public interest would require that the administrators know more about these with an open mind and try these in their day-today life and then assess its validity and values.

Spiritual Response is a moral response, based on the awareness that we are souls and brothers. This response is based on the understanding that all problems arise from our failure to observe some moral or spiritual value and can, therefore, be solved-in the true sense of the word—by observing those values. But the spiritual Response is not merely a moral or an ethical response but it has an essential spiritual content. It issues forth from the awareness that the person, who is responding, is a soul and other persons also are souls and, on that level, there is a relationship between all and we must not forget that

relationship which demands love, sympathy, co-operation, and peace to fulfil it. These and other values are derived from that relationship and they stay because the souls are eternal and so is the relationship among them eternal too.

The Spiritual Response, first makes us aware of our real identity and our mutual relationship and connects us to the Supreme soul, our Father, and, therefore, provides a referral point in Values. The Values must have a sanction as a law has a sanction of the parliament and the President of the country, a currency note has the authority of the governor of the Reserve Bank or Chancellor of the Exchequer, or a permit has the sanction of the authority who is empowered to grant it. Even so, God is the sanction behind a set or system of Values which. He articulates when there is a moral crisis and a new world order has to be established. He is the Authority as well as the Referral Point in the frame of reference for the purpose of Values. The Spiritual Response, based on awareness of the self, as a soul, and of God, the world-Father, as a point of reference, should therefore, from the *terram firma* of our behaviour.

Research has shown that Meditation can contribute to an individual's psychological and physiological well-being. This is accomplished as Meditation brings the brainwave pattern into an alpha state, which is a level of consciousness that promotes the healing state.

There is scientific evidence that Meditation can reduce blood pressure and relieve pain and stress. When used in combination with biofeedback, Meditation enhances the effectiveness of biofeedback.

A Famous researchers has often stated. "In our practice at Menninger we use meditative techniques to enhance immune functioning in cancer, AIDS, and autoimmune patients. We also use meditation in conjunction with neuro-feedback to normalize brain rhythms and chemistry in alcohol and drug addiction, as well as other addictive conditions. Almost all of our patients use meditative techniques in learning self-regulation for disorders such as anxiety and hypertension, and for stress management. We consider meditation a recommended practice for anyone seeking high-level wellness."

Physical Benefits: Deep rest-as measured by decrease metabolic rate, lower heart rate, and reduced work of the heart.

Lowered levels of cortisol and lactate-two chemicals associated with stress.

Reduction of free radicals- unstable oxygen molecules that can cause tissue damage. They are now thought to be a major factor in aging and in many diseases.

Conclusion

In addition to the growing body of research literature on meditation, physicians, psychotherapists, and other professionals are increasingly adding meditative techniques to their practice. Over six thousand physicians have begun the practice of Transcendental Meditation and regularly recommend the TM technique to their patients. Dean Ornish, M.D has demonstrated that heart disease can be reversed with a comprehensive program that includes meditations. Many physicians consider meditation a key element of an integrated health program.



Treatment of the Spiritual Healing

Decreased high blood pressure.

Higher skin resistance. Low skin resistance is correlated with higher stress and anxiety levels.

Drop in cholesterol levels. High cholesterol is associated with cardiovascular disease.

Improved flow of air to the lungs resulting in easier breathing. This has been very helpful to asthma patients.

Younger biological age. On standard measures of aging, long-term Transcendental Meditation (TM) practitioners more than five years measured 12 years younger than their chronological age.

Higher levels of DHEAS in the elderly. An additional sign of youthfulness through Transcendental Meditation (TM); lower levels of DHEAS are associated with aging.

Psychological Benefits Increased brain wave coherence. Marmony of brain wave activity in different parts of the brain is associated with greater creativity, improved moral reasoning, and higher IQ.

Decreased anxiety.

Decreased depression.

Decreased irritability and moodiness.

Improved learning ability and memory.

Increased self-actualization.

Increased feelings of vitality and rejuvenation.

Increased happiness.

Increased emotional stability.

Prajapita Brahma Kumaris Ishwariya, Vishwa Vidyalaya, Rajyoga Education & Research Foundation and Brahma Kumaris Academy for a Better World are doing this much-needed service of society. In this way, they, in their own way, are supporting and promoting Human Rights and supplementing Education in schools, colleges, Universities, IITs, etc. by imparting Spiritual Education, Education in Values and in Rajyoga Meditation. Their main aim in doing this is to build a Value based society. In that society, everyone will naturally enjoy his or her Rights and will have the greatest worth and dignity and all kinds of freedom.

Values and Spiritual Meditation are not religion; these are the essence of civilised life and the most cherished goal and experience. Without these, human life has only artificial existence, deprived of any worthwhile and noble ideal and based on wrong beliefs and faulty code of conduct. But the veracity of this statement will come out when they practise it, if not for their own sake in the first instance, then for their better or still better professional performance. This will be of benefit not only to them as individuals but will do great service to the whole nation, society or world also because of the nature of their work.

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