Chapter V

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CHAPTER V

RAJA YOGA

5.1 RAJA YOGA

5.1.1. HISTORY OF THE INSTITUTION

Prajapita Brahamakumaris Ishwariya Vishwa Vidyalaya was established in Sindh Hyderabad (now in Pakistan) in the year 1937. The institution has a very unique, unexpected and interesting beginning in an atmosphere of incredible divinity. The process of the establishment of the institution and the divine force behind it can be clearly understood when the glimpses of some extraordinary events unfold in the life of an ordinary man like Dada Lekhraj, who himself had the least idea of what was to follow later.

5.1.2 THE DIVINE VISIONS

Dada Lekhraj had a very humble beginning as the son of a schoolmaster. Though born in a middle class family, he rose quickly in his profession by dint of hard effort, honesty combined with cleverness and focused intellect, to become one of the richest men in India. He was a very pious, humble, spiritual minded and devotee of highest order and he was trusted and respected by all people who knew him, including kings during that period. He was an ordinary person in the sense that he was neither a mass leader nor a politician, neither a saint nor a scientist. But he was a man with special qualities.

Dada was contemplating a life of retirement and spend the rest of his life in complete devotion as he was nearing sixty, but little did he realize that something out of the world would happen in his life. He was stunned and astonished by a series of divine visions that he had never imagined.
One day while Dada was sitting in the back hall of his bungalow with a group of fellow disciples of his guru, he began to get strange experience. He recognized these unique inner sensations as the onset of a spiritual encounter, but still he knew neither their cause nor purpose. Yet there was exquisite sense of heightened perception, a new clarity of mind and vision, a powerful intuitive grasp of reality was growing in him inexorably. He went to his own room to get away from the company of his visitors. As he sat alone, absorbed in the incomprehensible manifestations of new level of being, he was filled with a divine intoxication. Waver of unutterable bliss surged on him, drenched him in ecstasy. He had gone beyond all conscious of his body, he was pure soul, pure light, afloat in a ocean of bliss. Then, a revelation: a vision of the four-armed form deity of Vishnu.

Few days later, Dada received a double revelation, first a vision of jothirlingam Shiva Paramatma (The Supreme Soul whose eternal form is a Point of Light) and then, a terrifying vision of the destruction of the modern world.

The vision of Shiva (meaning world benefactor) clinched his understanding of his own identity. The Supreme soul is a Point of Light. His Children, the souls are truly just such tiny form, sparks of conceit light, Only the children, take bodies and play out our roles on the stage of the physical world, while shiva remains in His eternal form. And by taking birth and rebirth. Humans forget themselves. While He knows the entire cosmic play. The Supreme power watches life after life, the souls decline, their energies decrease and they begin to act viciously toward one another. Then, before the end, He comes, to lift his children to perfection once again. But nobody know when it does come to an end and when there will be new beginning
Dada witnessed in his vision the destruction. He saw that very powerful bombs had been manufactured and were being fired. He saw guided missiles with warheads of such devastating potency that whole regions of earth were burnt up in a moment. Gigantic fireballs, cities in flame, unbearable storms of fire were raging everywhere. When he received his visions, America had not dropped the first atomic bombs.

Dada also saw how the death came slower through wars and civil wars, culminating in an awesome wave of natural catastrophes: floods and tidal waves, earthquakes of every kind wreaking havoc on the scarred face of the earth. Dada began to tremble uncontrollably upon witnessing the scenes of this great worldwide destruction. Humans and animals were running wildly about, trying to save their lives, to escape from the jaws of death. But there was no escape. The wail of horror, the rivers of blood and pus, the panic and the desperation, and then, the final death. The silent aftermath. Dada, who had never shed a tear, was weeping now. “Oh, God, please stop this, please stop this!” he cried. “What a terrible destruction! Please, now show me your other side, your beautiful form.”

With these visions, everything was changed for Dada. He could not apply his mind to diamond business any more. It simply held no interest. He decided to wind up his affairs. He had owned his shop there for so many years, and yet it all looked so strange to him, so meaningless. He walked down the aisles of his jewelry ware-house, looking at the trays full of glittering diamonds, millions of dollars worth of gems, gleaming symbols of the greatest wealth, which men were known to kill and die for and he felt that they were simply stones, worthless hunks of mineral.

Later, Dada saw the moment of his uncle’s death. He saw the soul take leave of the body, exiting through the forehead. Life energy, rising like mercury in a thermometer,
moved up from the toes and concentrated in the head. In an instant the soul departed. Thus, Dada understood the process of death. Only the body died, he saw clearly. Not the soul.

5.2. PHILOSOPHY

The Brahma Kumaris :- The Philosophy, the perspective, and the purpose

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. (Brahma Kumaris in short) is a unique Vishwa Visyalaya and a well known spiritual value based institution. Through it’s teachings, the institution has gained global acceptance and unique international recognition.

The institution believes in the parenthood of God and the brotherhood of man and is open to the people of the entire globe irrespective of their caste, creed, age and social, economic, or political status.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya and the two other institutions created by it, namely Raj Yoga Education and Research Foundation and Brahma Kumaris Academy for a better world are dedicated to the goal of establishing a Value-based society. Their main focus is the development of human potential. They aim at bringing harmony in human relations and changing the attitudes and outlook of man so that there is the spirit of brotherhood, love, and co-operation.

In order to achieve this goal of establishing a new world order in which there is honesty, sincerity, goodwill, and high civic sense, these institutions facilitate people to have a clear vision of their goal and also play their respective role in the world drama. They give them a clear view of the world and also knowledge of their own identity.
They also teach theory and practice of Raja yoga Meditation, so that man’s mind becomes free from tension, bias, prejudices, hypocrisy, jealousy, hatred, greed, ego, and such other negative tendencies that cause conflict in the society and degrade the person himself. They give special guidance for the effort of inculcating moral values and divine virtues in the self and enables a person to experience deep peace and bliss through Meditation and Spiritual Wisdom.

The emphasis of Brahma Kumaris is on promoting the qualities of humanism, tolerance, and never-ending enthusiasm for spreading the knowledge of truth in every sphere of life. The institution recognizes the intrinsic spirituality and goodness of every human being. Further, it helps people rediscover that goodness themselves within, thus encouraging and facilitating the development of spiritual awareness, attitudes, behavior, and skills through a process of lifelong learning. The institution's purpose is to share the vision of a world where people live in harmony with others and to strengthen individual awareness of the dignity and inherent worth of every human being.

The institution imparts knowledge and experience that enable a person to face the problems of life in a calm, composed, and confident manner. Such a person can lead a life of inner satisfaction and kindle in others stable faith in goodness and bring honor to his nation. It firmly believes that education should be for practical life and not merely for a vocation or a profession or job. The education imparted here, though visibly spiritual in content, is a happy blend of ethics, practical psychology, metaphysics or philosophy, the gist of world history and culture, sociology, political science and, in fact, many other subjects. As an international institution, the Brahma Kumaris offers people of all backgrounds an opportunity to learn meditation and deepen their understanding of
universal principles and innate values through a variety of educational programmes, courses and learning resources. As a worldwide family of individuals from all walks of life, the institution provides a caring, co-operative and supportive environment, which encourages individuals to bring out the best in themselves. As a global organization, the institution has created opportunities for people across the world to participate in a variety of initiatives aimed at creating a better world where people live in peace and harmony.

The institution believes that all the problems plaguing the society and the world today - social, economical, political, religious etc – can be eradicated only by building character in all human beings. There is a well-known saying that “if character is lost, everything is lost”. Hence, the institution gives utmost importance to character-formation and to maintaining peace. It believes that if peace is lost, everything is meaningless and purposeless. The inculcation of moral and spiritual values is not a luxury or burden but an absolute necessity.

Brahma Kumaris is an institution with a difference. It is run mostly by women with a spirit of dedication, devotion, renunciation and sacrifice for the welfare of the society as a whole, without any distinction on the basis of race, religion, nationality, caste or creed and without charging any fees. It is supported by voluntary contributions of its students.

Various establishments and institutions across the world have recognized the selfless service of Brahma Kumaris which has been working for world peace and upliftment of humanity.

“See all others with love as your brothers and sisters. See only the shining star, the pure soul in the centre of the forehead” 1
5.3. RAJA YOGA FOUNDATION COURSE IS A 7-DAY BASIC COURSE FOR BEGINNERS

Even when you understand nothing, there is no worry, for in humility there is the trust that if a person feels themselves to be the child of God everything will come anyway at the right time. And knowledge mistimed to as dangerous as ignorance.

Raja yoga Foundation Course is a 7-day basic course for beginners offered at all the local Brahma Kumaris. Centres. It takes only one hour daily for anyone to understand the course.

To study the Spiritual Knowledge and apply it in practical life, one has to go through the foundation course in the sequence given. The 7 day course comprises of both theory and practical session, offered under several main themes or lessons in a set order.

5.3.1. DAY 1

Realizing the Self

This lesson gives an understanding and introduction of SELF, deepens the experience of one’s spiritual identity. Exploring the inner dynamics – mind, intellect and subconscious mind, tendencies and cyclic nature of thoughts and feelings.

Sometime in the journey of life, some of the following questions might have crossed the following questions might have have crossed your mind. Even if they haven’t, they eventually will certainly occur! * Who am I? What am I? What is my real identity? * How do my thoughts and feelings interact with the body? * How to make my mind powerful? Breaking the mysteries of mind;
FIG. 5.1. YOU ARE A SOUL

* Understanding thoughts, how they come and go, how to regulate them

* Why do we come under emotions, feelings, tension, and stress

* How does an individual develops behavioral patterns, traits etc; how to transform them

* How to enjoy this precious life? How to lead a life of peace and bliss?

The first lesson is all about complete understanding of the self, which has remained a mystery that has eluded scientists, philosophers, great thinkers and many other intellectuals.
5.3.1.2. SOUL AND BODY

The human body is a complex pattern of physical energies. Atomic particles build together to form the organic structures and inorganic minerals, which perform the body’s chemical interactions, thus forming the basis of the hormonal and nervous control of the body. What one sees as the old or young, ugly or beautiful, male or female, are also the differing levels of physical energies. However marvelous a machine the body may be, it is the presence of the non-physical conscious energy, the soul, which makes it function.

5.3.1.3. WHAT AM I?

I am a living entity different from the body! Just as a person who speaks with the help of a telephone or listens to a call with the help of that instrument, has his entity different from that of the telephone – he himself being a living person who has the faculties or characteristics of feeling, thinking, willing and making effort. Similarly, the conscious entity in the body which uses the word “I” is different from the body which has eyes, ears, nose etc as it’s components. I am not the eyes, the ears or the mouth but I see with my eyes, speak through the mouth, hear with the ears and am their master. I am a soul (Atma), eternal and immortal. The body is mortal; I have got it to do actions and to experience the result of my actions. I am the doer and the one who experiences.

The soul is like a driver in-charge of the body, which serves as a carriage to the soul. The soul is a diamond, the body being the casket for it. When the soul leaves the body, the body is declared ‘dead’. Then people set about cremating it because, it’s valuable owner, the soul, has already left and the body is of no use. When the soul has relinquished the body, people say, “The light (which is soul) has gone, that which lived in it has departed and the drama is over”
5.3.1.4. FACULTIES OF A SOUL

The soul is a living or a sentient being. It is said to be conscient or living because it can think and reflect; it can experience pleasure and pain, so also bliss and peace; it can bestir itself and make efforts and actions – good or bad. A soul has three faculties – mind, intellect and predispositions.

Mind is the thinking faculty of the soul. It is the mind that imagines, thinks, and forms ideas. The thought process is the basis of all emotions, desires, and sensations. It is through this faculty that, in an instant, thoughts can be projected to a distant place, past experiences and emotions can be relived or even the future can be anticipated. It is the mind that experiences the variations of moods. The mind is a faculty of the metaphysical soul, not be confused with the heart or the brain.

Intellect is used to assess thoughts. This is the faculty of understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and the realization of the knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will.

Predispositions (called Sanskaras in hindi) are the “impressions” or “subconsciousness” which is the record of all the soul’s past experiences and actions. Sanskaras can take the forms of habits, talents, emotional temperaments, personality traits, beliefs, values or instincts. Every action as an experience either creates a sanskar (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within it, forming a complete archive of all the experiences that the soul has had. The defects, specialties or virtues, are referred to as sanskaras. The sanskaras are the basis of the soul’s individuality.
5.3.1.5. SEAT OF THE SOUL

The soul is located in the middle of the forehead in between the two eyebrows. This is the seat of the soul. The brain is the “control-room”. Just as a driver controls the car using different parts of the mechanism seated at one place, the soul employs the brain to control the body. Brain is the machine by means of which the soul thinks, remembers, receives messages from or gives directions to the sense-organs. The brain is the meeting place of all nerves, which carry sensations from all parts of the body to brain which functions like a control-room and makes the body to work. It is in the brain that the soul, through the nerves, puts the body to work and experiences physical sensations, pleasure and pain or happiness and sorrow. But, the brain is separate from the soul, brain is a complex thing made of matter whereas the soul has the life-principal or consciousness.

5.3.1.6. NATURE OF SOUL

A soul is a tiny, metaphysical, conceit point of spiritual light. There are a finite number of souls. Each soul is eternal. They were never created, and will never be destroyed. Each soul is unique. Human beings are all souls, unique and different and remain so eternally. As such, souls are invisible to the naked eyes, but one can experience it’s presence. A soul has no gender.

The intrinsic nature of the soul is that of love, peace, happiness, truth, bliss, purity. Therefore, souls always desire for experiences of these qualities. These are the qualities that naturally emerge when the soul is aware of itself, or in other words, is soul-conscious. Body-Consciousness – the Root Cause of all Evils in the World.
A person is body conscious, when he/she identifies himself or herself with the physical body, ie when the thinking, feeling, actions and behaviors are with the awareness that he or she is a body. Being body conscious is the root cause of all the evils in the world because the vices like lust, anger, greed, attachment and ego are all having their roots in body – consciousness

5.3.1.7. SOUL - CONSCIOUSNESS – THE KEY FOR A BLISSFUL LIFE

When a person is in the state of awareness that “I am a Soul and not this physical body”, then he/she would be soul consciousness. In other words, the person thinks, feels, acts, behaves, compares, etc, with the awareness that he or she is a soul, the master of the body. When soul-consciousness, the original qualities of a soul naturally emerge. Then, it is possible to experience lasting peace and bliss.

5.3.1.8. KARMA PHILOSOPHY

There are times when thoughts of distress and tension raise their ugly head. There are situations when a person searches for right answers. Here are some typical examples – Why are we here? Why was I born here and he there? Why is she beautiful and I ugly? Why is somebody so crippled for no apparent fault of theirs? Why does the egotistical bully who browbeats his business companions, fiddles his income tax returns and beats his wife, attain outstanding worldly success? Why does the timid, quiet little widow who has never said a harsh word to anyone, live in appalling conditions and die unwanted and uncared for? Why did he have to die? Why did he do that to me? Why is there so much suffering? Why this, why that?
The answers lie in one eternal truth – based on the Law of Karma or the Karma Philosophy – that no one can escape the result of his or her karma. Depending on the bad or good karma or action, one will suffer or enjoy, either in this or the next life. No one can escape the result of his or her karma. The law of Karma is inviolable. So, everyone must act with a sense of responsibility. Ignorance of the law is no excuse. So one must acquire right knowledge of what is good and what is bad. One has to do right karma for his/her benefit; it is not for showing it to anyone outside.

Every human action has a moral aspect. If a person’s certain act is morally good, the person gets ultimately benefited. If, on the other hand, his acts are morally bad, he suffers. It would require a lot of space to express what is morally good and bad. But in one sentence, it may be said that, if a person acts under the influence of hatred, anger, lies, prejudice, greed, ego, partiality, lust and such other acts under the influence of body-consciousness, then his actions are bad or negative. These create disharmony and conflict and sufferings in the society.

On the other hand, if a person has a balanced judgment, stability of mind, peace of the spirit and acts with the feeling of love, justice, sympathy, humility and the such other actions in soul-consciousness, then his acts are good because such acts promote harmony, peace, unity and happy feelings.

5.3.1.9. THE POWER OF THOUGHT

The most powerful instrument that mankind possesses is thought power. Thoughts build consciousness and shape attitude. One needs to know how important thoughts are. Every human creation is due to powerful thoughts in human minds. Thoughts shape the world. Thoughts are fertilized by knowledge. A person with a certain kind of knowledge
usually creates thoughts in harmony with that knowledge. Knowledge gives wisdom; a person without knowledge is a person whose thoughts will be formed in ignorance.

Every action is preceded by thoughts. The quality of thoughts determines the quality of our karma. The karma in turn has good or bad effect on us. This again influences our thinking. So, right thinking based on right knowledge is essential for leading a peaceful and contented life. Raja Yoga meditation helps in doing the right thinking that leads to righteous actions. This also helps in remaining mentally strong amidst turbulent situations.

5.3.2. DAY 2: KNOWING GOD

When aspirations are pure, success is guaranteed, Raja yoga, Union with the Supreme father is the experience of pure thoughts; the experience of peace, love, bliss and power. So, the aim of experiencing Raja yoga is a pure one. (Correspondence course Bramakumaris ishwariya vishwa vidyalaya Pandav Bhawan, Mount Abu, Rajasthan (India))

After knowing Self, Knowing God is the second chapter where the seeker learns the reasons of divergent beliefs about GOD, introduction to God, HIS form, existence, abode, attributes, His time of descent and the role He plays on this earth along with the significance of Confluence Age.

In this world, many beliefs exist about God. As a result, people understand God in their own way and often in their own imagination. But what is required is the understanding of God as He is, what He is, and how He is. The correct understanding about God has to be given by God Himself!
There are some who don’t believe in the existence of God, often the reason being His existence cannot be proved like that of human beings. But because one cannot see God with the gross eyes, it doesn’t mean that God doesn’t exist. Just like wind, which cannot be seen but can be very much felt, it is possible to experience God’s presence through Godly knowledge and meditation.

5.3.2.1. WHO IS GOD AND WHAT IS HIS FORM AND NAME?

This section provides an understanding of God or the Supreme Soul. The term ‘Supreme Soul’ means He is supreme among all souls. It implies that, He is also ‘a soul’, though He is the Highest of all. He is above birth and death. God is the Supreme Father-Mother, Supreme teacher and Supreme Preceptor to all the human beings and He himself has no father-mother, teacher, and preceptor.

God is a subtle, infinitesimal point of Light. He is not visible to the naked eye but it is very much possible to experience His presence and proximity in meditation. He is
incorporeal in the sense that he does not have a body of his own. He is not a human being nor does He have a human form. He is immune to pleasure and pain unlike human beings.

Names are a means of identification of human beings after they are born. They do not speak of qualities and actions of the person; they are simply proper nouns and are not attributive names. But the name of the supreme soul or God is based on His qualities and actions. His self-revealed name is ‘Shiva’. ‘Shiva’ means doer of good or benefactor. God does good to all and therefore He is called Shiva. All souls ask for salvation and beatitude i.e. peace and happiness from Him. People remember Him by many other expressive names.

5.3.2.2. HIS VIRTUES

God is the Supreme Father of all. He is called the creator. He is oceanic in his virtues – the ocean of peace, the ocean of love, the ocean of bliss, the ocean of knowledge, the ocean of happiness, the ocean of mercy, etc. He is the truth. He is the Almighty and Authority. He is reputed to be the preserver or sustainer of virtues and the destroyer of all evils. He is also the liberator, the guide, and the bestower of salvation, therefore the sadguru. He dispels sorrow, bestows joy. God is perfect in all ways and absolutely detached and loving. He is very benevolent and helpful and so souls ask all things of him. When in sorrow and losing all hope, souls turn to him intuitively and inevitably.

Many are the religions and paths that souls take in their quest for reaching God. Many wars have been waged in his name. However, he does not exclusively belong to anyone. He belongs to everyone equally.
5.3.2.3. THE SUPREME FATHER OF ALL SOULS

God is the father of all souls in this world. It is observed that all religions have images, idols or memorials bearing one name or another to represent the form of Light that God is. All over India, the images of the form that Shiva has is found installed; these images are without any human form, in the form of linga, which is the symbol of an incorporeal Being. At Mecca, in the holy place of Kaaba, a stone image with oval form is called “Sang-e-Aswad”. The devotees who go for Haj, kiss this holy stone. Jesus Christ said, “God is Light”. Guru Nanak, the founder of Sikhism also sang the praise of Him who is ‘All-Light’ (ek Omkar) and is incorporeal. In olden days, the Jews held a stone of this shape in their hands while taking a solemn oath and it is believed that Moses had vision of this form of God when he saw a flame behind the bush. The Zoroastrians worship God as fire. The ancient Egyptians worshipped the sun as god. A Buddhist sect in Japan focus the mind on a small oval shape. They call it Karni, the peace giver. It seems therefore that human beings, without realizing, have all been worshipping and trying to discover the same God. There is only one God and His form is a point of light. He is called by different names in different religions.

5.3.2.4. THE DIVINE ABODE OF GOD

Where does God live? Is there somewhere one can go to see Him, to be with Him? God is a subtle point of light, and He does not pervade the physical universe. Nor does he live in the heart of any human being or in any matter. Neither is He omnipresent; nor is He having a human form. His home is the incorporeal world, an infinite expanse of golden-red light, which is beyond this physical world we live. It is the original abode of all souls as well. The incorporeal world is known as Paramdham or Brahmlok. Knowing where
the Supreme Father is, we can establish connection with Him through thoughts during meditation. ………

5.3.2.5. THE DIVINE DESCENT OF GOD

God descends into this world when it is under the spell of extreme darkness of ignorance, unrighteousness, moral turpitude, spiritual lassitude and religious decrepitude. This is described in scriptures as “Dharma Glani”. Looking at the state of affairs today, it should not be difficult for us to conclude that the time the world is undergoing at present is indeed the Dharma Glani. This is the period of darkness when sins and crimes of all kinds usually take place; when man gropes around for want of clear vision. It is at this time that God intervenes in the affairs of mankind. The divine intervention takes place at the darkest hour of human history when the human soul is groping in the darkness of ignorance about the self, the creator and the creation; when the souls are blinded by the vices of lust, arrogance, anger, greed and attachment.

It is in this time that God descends in the body of an ordinary man to reveal the Godly Knowledge, which paves way to victory over vices and cultivate divine qualities in life. This enables human beings to transform into divine beings again.

5.3.3. DAY 3: HUMAN WORLD TREE OR THE TREE OF LIFE

The lesson on the Tree of Life offers insights into evolution and creation, illustrating why the world is so fragmented today, and explaining the value, the roles and the relationships between diverse human interest groups and disciplines such as religion, science, politics, and business.
FIG. 5.3 TREE

It is an indisputable fact that religion has an important influence on human mind. Along with the religion, the race, the language, the nationality, the culture, the ancestry with which a person identifies himself or herself has got a great bearing on his/her personality, beliefs, outlooks, attitude, consciousness and thinking. These are often the reason for so many conflicts in this world. So, it is necessary to understand the original religion and culture of the mankind.

In order to elucidate the growth of this world and to illustrate the world developments, this world is compared with a tree which may be called ‘the Geneological Tree of mankind’. It is also known as kalpa tree because it depicts the history of the whole kalpa (one full cycle of all eras), the beginning the mid-period and the end of all the religio-political dynasties of the world.

In the beginning, depicted by the trunk, there was only one religion, which is the religion of the deities, and there was only one dynasty, called the sun dynasty. There was
the deity-sovereignty, which set in vogue all righteous traditions and customs. The masses were, like their rulers, viceless and possessed divine qualities. As they did good actions, even the nature was perfectly under their control. There was no fury of nature, neither ill-health nor want of money or food. All the elements were clean and excellent and therefore were instruments of happiness. Since there was complete purity, peace and prosperity in that Age, kings and queens and their righteous subjects are shown with a halo of light around them. They were called deities because they were naturally holy, habitually righteous, and instinctively spiritual and viceless. There was such great mutual regard and love in those days that it is said of the age in which a lion and a goat together drank from the same stream. There was unlimited wealth. Since people in that Age led viceless lives, they lived long and there was no case of premature death. They willingly gave up the body when they had reached old age. In other words, death never laid its hand on them.

In Golden age the souls were complete in all respects. In silver age, there was a slight decline in divine qualities. But even then there was sovereignty of complete peace and happiness.

Copper age followed the Silver Age. By this time, the souls, who had transmigrated through several lives, become body-conscious. The vices like lust, anger, greed, attachment and ego cast their shadows on them. And they had thus fallen from the state of purity and worthiness and become vicious and unworthy. As they forget their true selves and broke with purity, natural laws came to be violated. Even nature deviated from her usual course, having thus begun to harm them, even though slightly. It is in this age that various religions were established. A good many faiths began appearing like branches coming forth from the World-Tree. Abraham founded Islam; Buddhism was founded by Budha; Jesus Christ
founded Christianity; Shankaracharya established the class of recluses and hermits; Mohammed Prophet established the Muslim religion. The previous deity religion came to be known as Hindu religion because they lost their deity-hood or divinity in them. The population also increased considerably. Whereas in the beginning, everything was one, now there are many religions, many kingdoms, languages, cultures, and dynasties. Thus grew mutual strife, divisions and disunity and this state of affairs continued.

In the Iron Age that follows the Copper-Age, problems, difference of views and disputes begin to increase. The souls in this age are over-powered by vices and darkness of ignorance. They become vicious and impious. There is quite a crop of dissensions due to religious, communal and sectarian difference. Women are treated with utter contempt. Nature has become instrumental in causing distress to man. Disease, grief, old age, premature death, death by accident, etc afflicted mankind.

When all the religions reach their lowest level, and all people, men and women become diabolic, there is misery and uproar. This is the time of wickedness and irreligion. People are given to sensual pleasures; they acquire bad qualities, ready to cause bloodshed on the score of differences in languages, views, politics, faiths, castes and states. Fighting among the nations brings about a great destruction of the world. Instead of behaving like brothers, people look upon one another as so many different beings and, therefore, they deal with each other as enemies. Being guided wholly by the feelings of nepotism, unrighteousness, lawlessness, selfishness, attachment, adulteration and bribery they desire to lay their hands on others’ possessions by any means. People discard all the feelings of mutual love and fight like demons.
5.3.3.1. WHAT WILL HAPPEN NEXT?

The world will not go on like this forever. Somebody has to put an end to all these evils. Otherwise the state of the world will be incomprehensible. This task is beyond the reach of any human being and only one Almighty God can establish lasting peace on earth. Incorporeal God Shiva descends in the body of an ordinary person, names him Prajapita Brahma, and through him, gives the Godly Knowledge and teaches the easy Raja Yoga. He shows the path by which anyone can become completely viceless and most righteous. In this way, God purifies the human beings of the old, impious world and transmutes them into pious ones, creating the Golden Age again.

5.3.4. DAY 4: CYCLE OF TIME OR THE ETERNAL WORLD DRAMA WHEEL

Time is perceived as moving in cycles and life as a whole is presented as an unlimited Drama on the stage of the world. This perspective of time and constantly changing scenes (history and geography) restores the ability to find meaning and significance in local and global events

FIG. 5.4 DRAMA WHEEL
In this lesson, One learns about the beginning, the middle and the end of one complete ‘time cycle’ of this world. More than anything else, the great significance of the period the present, is understood.

The world has been in existence since eternity and it will continue to be eternal. The world was neither created anytime before nor will it get destroyed later, because matter can neither be created nor destroyed, it only undergoes transformation from one form to another. Similarly, this world also undergoes changes in its characteristics, but as such the world was not created out of nothing nor will there be a total annihilation.

The cycle of time is best understood with the help of the picture of the world drama wheel. It illustrates the “flow” of time. In the middle of it is the Fylfot (Swastika) which divides the Time into four equal parts. The Swastika is considered to be very auspicious.

In the first part of this Wheel of Time, marked by Swastika is shown Golden Age. Here, the arm of the Swastika is pointing towards right because the right arm symbolizes what is good or what brings about goodness. In these early times, when the cycle started, people of the diety religion (Sanatan Dharma) were possessed of divine qualities and nature and they enjoyed complete purity, 100% peace and complete prosperity.

Then came the Silver Age. In this era too, people were possessed of purity, peace and prosperity to a very high degree. But the degree of their divine qualities had decreased a little. They were two degrees less divine than the people of the Golden Age who were divine to the extent of 16 degrees. Therefore, the arm of Swastika that indicates this epoch is bent downwards because souls in this era had come down from the state of super-righteousness to what is just righteous.
Next came Copper Age. After having experienced beatitude and fruition for many a life, turned it the path of vices or unrighteousness. This is why the arm is reversed because the left hand symbolizes what is impure and auspicious. People then were second-grade by their nature, qualities, and actions. Mankind was divided on various religions; strifes and disputes started to appear and the five vices brought disquiet and sorrow in homes.

Steadily, unrighteous doings, ie., the actions done under the sway of one or the other of these five vices, led the world to more and more impurity and sufferings and the world came under the yoke of Iron Age (Kaliyuga). Strifes, wars, bellicosity and the resulting peacelessness increased rapidly in frequency and intensity in this era. Therefore, the fourth of Swastika is shown raising itself up to indicate the rise in conflicts, clashes and calamities. Then, a stage comes when ignorance, lassitude, stupor, moral turpitude and sin become dominant. People become devilish by nature and religion becomes utterly degenerate.

5.3.4.1. THE SIGNIFICANCE OF THE PRESENT PERIOD

At present, the humans are undergoing through a critical phase in the history of mankind. This is the period of the confluence of the ending phase of the Iron Age and the starting phase of the Golden Age. This is the most important of all epochs, called the Confluence Age, when God, the Highest Being, descends in this world to meet the human beings, His beloved children and gives the most precious boons of Redemption and Beatitude.

Through the Godly Knowledge and the easy Raj Yoga, God creates the Golden Age or new viceless order. The act of ‘creation’ does not mean constructing something out of nothing but it means the moral reconstruction of mankind or the re-establishment of the ancient most Deity Religion. The reader would be pleased to know or, perhaps, surprised to know that God Shiva, the Supreme Father of all, is indeed doing this great task of
resurrection of mankind at present. The world will soon be free of all miseries and the paradise, which is full of peace and happiness, will be established again.

5.3.4.2. THE NATURE OF THE WORLD DRAMA CYCLE

The cycle of five epochs, comprising Golden-Age, Silver Age, Copper-Age, and Iron Age and the confluence Age repeats exactly every time after it has turned full wheel. During every cycle, the souls who are the actors on this world-drama stage will be the same. Each soul will act the same part in every cycle since, in the soul itself is indelibly ingrained the part it has played life after life in the previous cycle or that it has to repeat cycle after cycle. Just as in a tape record or a gramophone record, a whole song or drama is recorded and it repeats every time the record is played, even so, a soul’s role in this world drama is recorded in the soul itself which is only self-luminous, conscient point. The soul replays the part once every 5000 years because each one of the four eras of the world-drama being equal to 1250 years, the duration of one World Cycle is 5000 years.

5.3.5. DAY 5: RISE AND FALL OF HUMAN SOULS

This lesson entails the true story of every soul – its journey from the beginning in this world; the saga of rise and fall of human souls and clarify the fact of transmigration of human soul into a human body and not into animal species.
FIG. 5.5 LADDER

This lesson can be understood with the help of the adjoining picture. (Figure 5. Ladder) It is a wonderful story of how the souls, who once were deities became the devotees and very ordinary human beings. It also explains how they lost the divine virtues, spiritual, and moral values and developed devilish tendencies. The illustration shows that originally, human souls had complete purity, peace, and prosperity and that they became defiled and peaceless later. Now, it is time to again inculcate those lost virtues.

First the Golden Age or the Satyuga is shown, which is completely righteous. Shri Lakshmi and Shri Narayana and their dynasty ruled the world free from disease, sorrow, worry, or vice. The people then had truly virtuous nature and outlook. During this period of 1250 years, the average age was 150 years. In this epoch, the people are most elevated, completely viceless and were vested with all good qualities and live under Divine Law. These people are considered to be class of deities.
Next comes Silver Age. In this epoch of 1250 years, average age of a person varied from 100 to 125 years. All are happy in this period as well. They have the rank of what are called Kshatriyas because they are not as pure as their predecessors – the deities.

Then in the Copper Age, they become body-conscious and were led to vices. So they have fallen, from a deity’s position which is worship-worthy exalted position to be just supplicant men or poor worshippers. Their rank is of middle class or Rajopradhana type. Their position is that of ‘Vaishyas’ – mediocre.

After this comes the Iron Age (Kaliyuga). The picture represents how in this epoch, Maya which symbolizes the vices, has grown in power over the world. In Iron Age, tamoguna, the basest form in man – is pre-dominant. All the persons are ranked as Shudras. In this epoch of 1250 years, there are 42 births. In this era, we see disputes and strifes, based on want of respect for authority and differences in ideology, religion, states and languages. People do not look upon one another as spiritual brothers and are thus turned away from God, who is the Supreme Father.

At present, the human beings are in the Confluence Age – the confluence of the fag end of the Kaliyuga and the dawn of Satyuga or the Golden Age. This is the time to receive Divine Knowledge from God and practise spiritual discipline and easy Raja Yoga and re-acquire deity status. When the Iron Age is very near it’s end, unrighteousness is eliminated to make room for Righteousness (Dharma) and the deity-world. With this comes the Golden Age.
5.3.6 DAY 6: UNDERSTANDING RAJAYOGA

In the sixth chapter the introduction and meaning of Raja Yoga is imparted and the application of practicing the ancient system of meditation with a spiritual understanding of the relationship with GOD. Implementation of this technique in our lives enables us to return to a state of inner peace, personal power, and self-worth through re-kindling the soul's original qualities and virtues.

The word Yoga means ‘connection’. The mental connection between the soul and Supreme Soul or the remembrance of the Supreme Soul by the soul is called meditation or Raj Yoga. Stability in the Soul-consciousness and God-consciousness will bring peace and bliss to the soul. By this means, all the latencies of the vicious actions of the past lives will be destroyed because intellectual communion with God acts like fire. It burns the sins of the past. Yoga washes off all dirt from the soul; bathing in a river may clean the body but a soul is cleansed only in the remembrance of the Supreme Soul.

Yoga is the only means through which soul gets link or association with God, who is the truth. By dint of Yoga, man controls his otherwise fickle sense organs and overcomes diverse vile thoughts. Yoga has such great force that, under its influence, even the elements of nature are brought to elevated state and the righteousness and peace is established in the world. Through the meditation or Raj Yoga, the soul gets immense joy of an extraordinary kind from it’s link with the Supreme Soul.

5.3.6.1. THE KNOWLEDGE OF OUR RELATIONSHIP WITH GOD

Knowledge of the relationship between the soul and the supreme soul is very essential. In his dealings in life, man remembers every now and then only those who are
bound to him by ties of one kind or another. The closer the relationship, the more easily one is reminded of it without any effort, as it were. It is very important to realize and feel that God indeed is our Supreme Father-Mother, Teacher, true Friend and Guide, and the real Protector. Relationship is the lever that can lift us to the state of Yoga. So, one understand the relationship with God, he/she shall every now and then be reminded of Him and only this true link redeems all the human beings.

5.3.6.2. GOD IS THE MOST BEAUTIFUL BEING

Beauty is a thing that bewitches man and draws his mind and understanding again towards itself. But beauty of the physical body and other physical things is only temporary and subject to gradual decline and decay. On the contrary, it is the Supreme Soul, the Supreme Father, who is absolutely and truly beautiful. His beauty is spotless; it never suffers change or decline. Remembering Him will make a soul clean and beautiful.

5.3.6.3. HOW TO PRACTICE RAJA YOGA?

Whenever one remembers any person or thing, one is reminded of all that person or thing is and what one’s association therewith is. Hence, at the very start, one should have the feeling that he/she is now there to remember God, the mind will at once be transported to the highest world of eternal Light, which is His abode. The qualities of God, the Supreme Soul, a point-of-light will come to the memory.

This means that you have not to utter any sound or syllable, nor recite mentally any formula or maxim. You have to let yourself easily remember Him, or be conscious of Him, the Supreme Soul who is in the Incorporeal World. This is similar to the way in which the memory of any of your worldly relations or ties comes to you. You will then recollect in
some such manner as: “I am a soul… I am a point of light and I am a child of the Supreme Soul… He is also a point of light. God the Supreme Father is an inexhaustible repository of knowledge, peace, bliss and love and is Almighty …. He it is who bestows blessedness on all… How very fortunate I am …”.

The knowledge of both the soul and Supreme Soul is already there. Hence, this should not be difficult to practice. One should withdraw oneself from all the sense organs and establish the faith that he/she is a soul, distinct from the body; Then he/she will be reminded of the Supreme Soul. As long as one live’s in the consciousness of the body, he/she tend to remember only the body and it’s connections. On the contrary, when one understand himself to be a soul, the mind will be naturally be the thinking of Supreme Father.

5.3.7. DAY 7: BENEFITS OF RAJAYOGA

The last chapter leads the seeker to create the life’s new chapter; with the practical application of spiritual knowledge one experiences peace and inner strength through ‘yoga for the mind’. No physical exercises, postures or mantras involved. The meditation of mind and knowledge of 8 powers not only brings peace of mind, but relaxation of body, mind, and spirit. It transforms attitudes and approach to live life, maintains positive relationships. Realization of having a deep sense of self-worth, greater concentration and clarity, inner stability and contentment are also a part of the benefits.
The benefits of meditation are enormous. It calms our mind and body. In these fast and frenetic times, it has the most important ability to replenish mental and emotional energy. Meditation enables one to create new attitudes and responses to life, giving you a clear spiritual understanding of oneself.

Meditation is the process of re-discovering, enjoying and using the positive qualities latent within oneself. Like any skill, meditation requires practice to achieve positive and satisfying results. By doing a little every day, it soon becomes a natural and easy habit, which generously rewards you for the little effort it involves.

5.3.7.1. WHAT DOES MEDITATION DO?

Meditation energizes ones awareness bringing both peace and wisdom to a busy mind. It expands the capacity to love and heals broken hearts. Also, it dissolves many fears replacing them with lightness and freedom from anxiety.
Meditation is both the journey and the destination, revealing the secrets of consciousness and the treasures of the soul. It develops the power to be more alert and to be effective in the interaction with each other and with the precious world. But perhaps the greatest gift that comes with meditation is the glow of inner peace that is both gentle and strong.

The practice of Raja Yoga meditation or intellectual communion with God brings into the soul many powers. Of these, eight are very important.

### 5.3.7.2. THE POWER TO PACK-UP

With the ability to go within, one can learn how to pack up all wasteful thinking in a second, so that there is lightness and freedom from burdens and worries, though there may be many responsibilities. One’s mind is scattered over the wide world and so much drawn out to men and matters that he is unable to sleep or to detach himself at his will. With the practice of meditation, one can wind up one’s thoughts at one’s own will.

### 5.3.7.3. POWER TO TOLERATE

Just as trees offer the same fruits to people whether they gently pluck the fruits or pelt stones at them, a yogi tolerates all attacks on him and does good even to those who offer brickbats at him. In the light frame of mind, one will be able to tolerate all types of situations and people to the extent that there is no sense at all of having to tolerate something or someone. With the understanding that each one is simply playing their role in this immense world-drama, impatience, irritation and annoyance disappear like mists before a bright sunlight.
5.3.7.4. THE POWER TO ACCOMMODATE

Just as the ocean accepts different rivers that flow into it, whether polluted or clean, one will be able to adjust to all that is happening around him, so will a yogi be able to accommodate others with him. It power makes one broadminded. One will be able to adjust into all the happenings around him. Even when the atmosphere is charged with negativity or impurity, one remains unaffected.

5.3.7.5. THE POWER OF JUDGMENT

One will learn to take correct and quick decisions. One will get the ability to accurately assess any situation with clarity and confidence. In a detached, impartial state of mind, one can judge one’s own thoughts, words and actions to see if they are beneficial. One will become a judge of the self and not of others.

5.3.7.6. THE POWER OF DISCRIMINATION

Just as an expert jeweler can easily distinguish between the false and the pure diamonds (or gems), one will acquire the power to distinguish between right and wrong or good and bad. One can accurately discriminate between real truth and the apparent truth, between things of temporary value and those of eternal value and between superficial and the subtle. The power helps in recognizing illusions even when they are sweetly decorated and enticing.

5.3.7.7. THE POWER TO FACE

Meditation develops the power to endure hardships. Adversities like death of those on whom one depends may come and high storms may rage strongly, yet his flame of
equanimity does not get extinguished. Having confidence in one’s spiritual state brings the courage to face any type of situation.

5.3.7.8. THE POWER TO CO-OPERATE

The natural result of all the powers is that a person able to share with others the tasks and qualities that my Father has given to me. There is no feeling of competition, so one can give as well as accept suggestion as to how to proceed with the task of world upliftment. By learning meditation, one will develop the spirit of co-operation. This is a great achievement because if everyone gives his little finger, the society could lift great mountains.

5.3.7.9. THE POWER TO WITHDRAW

With full awareness that I (soul) am is an entity different from the body, one can withdraw from the senses and become a point. In the same way that a tortoise retreats into it’s shell in a moment of danger, or just to rest, a person would be able to retract himself from any situation and remain protected.

The maximum benefit from Rajyoga Meditation can be derived by attending its classes at the Rajyoga Meditation centre one can start practicing Rajyoga Meditation from home as well. It helps in not only gaining a peaceful stage of mind but also makes one stronger to face the day-to-day challenges of life.

Practice

- Make an appointment with yourself for 10 or 20 minutes each morning or evening.

- Find a quiet place and relax. Soft music, though not a necessity, can create an appropriate atmosphere. Sit comfortably upright on the floor or in a chair.
• Keep your eyes open and, without staring, gently rest them on a chosen point somewhere in front of your room.

• Gently withdraw your attention from all sights and sounds. Become the observer of your own thoughts.

• Don't try to stop thinking, just be the observer, not judging or being carried away by your own thoughts.

• Gradually they will slow down and you will begin to feel more peaceful. Create one thought for yourself, about yourself for example, "I am a peaceful soul." Hold that thought on the screen of your mind; visualize yourself as being peaceful, quiet and still.

• Stay as long as you can in the awareness of this thought. Do not try to fight off or suppress other thoughts or memories that may come to distract you. Just watch them pass by and return to your created thought, "I am a peaceful soul."

• Now think of the Supreme Soul, who is the ocean of peace, bliss, love and so on. Soul receives all these virtues from Him.

• Acknowledge and appreciate the positive feelings and other positive thoughts, which may spring directly from this thought.

Be stable in these feelings for a few minutes. Be aware of unrelated thoughts. Finish your meditation by closing your eyes for a few moments and creating complete silence in your mind.

5.4. TRAFFIC JAM OF THOUGHTS

With powers of purity, peace and love, one is able to fly above all obstacles and adverse situations.
With powers of purity, peace and love, one is able to fly above all obstacles and adverse situations. Traffic jams are a fact of life in most cities today. Almost everyone who has lived in a city or visited one has an experience of being stuck in the middle of vehicles inching along at snail’s pace.

5.4.1. HOW DOES ONE FEEL IN A TRAFFIC JAM?

One feels powerless to get out of it or to move as fast as one would like to. This helplessness gives rise to impatience, irritation, anger, frustration or even despair. If one is on one’s way to an important appointment or to catch a train or a flight they would also be worried if stuck in a traffic jam.

A common reaction in such a situation is to blame others for one’s plight. One may fault the government for not building wider roads, dismiss the traffic police as incompetent for letting a jam occur or even question why the other motorists need to drive a car and why they can’t use public transport instead. One may also curse one’s fate for having taken that route or chosen that particular time to travel.

The result of all this is a loss of ease and a negative state of mind. Something similar happens when one experiences a traffic jam of thoughts. Such a jam occurs when we are thinking too much without having control over the thoughts. The thoughts come fast and the mind gets swept away in their flow in such a way that it is incapable of stopping the thoughts or changing their direction. This ordeal ends only after much time and mental energy is lost and one is left exhausted.
5.4.2. NEGATIVE THOUGHTS

This traffic jam in the mind occurs only when one thinks of waste or negative thoughts. Negative thoughts come very fast and in large number and they deplete the mental energy. One example is worrying about the future. One starts creating all sorts of possible negative scenarios that one may have to face, and gets stressed by merely thinking of them.

While the mind is caught in these negative thoughts one feels as if they are actually experiencing those negative situations, forgetting that they are not real but a figment of our own imagination. Even if one is faced with a negative situation in real life - be it the behavior of other people or a circumstance creation by others - if one gets influenced by its negativity, they may get caught in whirlpool of negative thinking that will rob them of all powers of discernment, rational thinking, right judgement etc. and leave them confused, weak, angry or despondent.

What is needed in such situations is the ability to see things as they are, decide on the best way of dealing with them and then take the necessary steps, all in a calm way, without getting upset or upsetting others. When faced properly, no situation can really cause us mental disturbance. It is only when one gets on a track of negative thinking that they get carried away by their own thoughts and make matters worse.

5.4.3. POSITIVE THOUGHTS

Positive thoughts, by their very nature, are slow, few in number and they calm and empower the mind, and not drain it of energy the way negative thoughts do. To avoid
getting caught in a traffic jam of negative thoughts, one needs to learn the art of positive thinking, which will steer away from the wrong mental track that leads to negativity.

Rajyoga meditation teaches to create positive thoughts and channel the mental energies in the right direction. The basis of Rajyoga is the knowledge that all are souls, not bodies, and we are children of the Supreme Soul. This knowledge makes one realize that all the souls in the world are brothers as we all have one Father, by whatever name one may call Him.

When one remembers the Supreme Soul with this awareness, one starts to receive His powers and qualities of peace, purity, love etc. With regular practice of Rajyoga, the soul gets empowered and enriched with powers and virtues. Thus strengthened, the soul becomes capable of facing any situation without being influenced by it. Negativities and vices cannot shake such a soul, whose elevated stage enables it to fly above all obstacles unhindered, whereas earlier the same soul would have got caught up in the negativity of situations and spent its time and energy struggling to get out.

This is just one of the practical benefits of practicing Rajyoga, which truly teaches the art of living.

5.5. RELATIONSHIP WITH "GOD"

Meditation has been described as the process in which one listens to God. In contrast to that, prayer is sometimes described as the process of speaking to God. To speak to God is very important, but it is also important to let the mind become quiet, stable and open to receive whatever God wishes to say.
Sometimes one may feel that God is so far away, so far out of reach that it is impossible to have a living relationship with God. One may be contented to just perform rituals, devotion, and prayers, or perhaps even lose interest in the subject of God. But it is only a question of time until one comes to the point where they say, "Well may be God exists", or "Maybe He doesn't". Without focusing on the inner aspects of religion and spirituality, or on any way of reaching out to God, we have lost that inner experience and strength needed in the lives.

When a pendulum reaches the end of its swing, it begins to swing back in the other direction. Humans have been experimenting externally with the things of materialism within a consumer society, and the pendulum if these actions has swung so far as to hit the wall. It is unable to go any further in that direction. The pendulum now has to swing in the other direction. This is why people are again rediscovering the beauty of spirituality, the joy of meditation and the appreciation of the need for a spiritual relationship with the Supreme.

Meditation is very simple. It doesn't require years and years of study and practice. In fact, it can be learned within a few minutes, but one will be able to receive complete benefit to the extent we are interested and aspire to practice meditation. The process of actually understanding the technique of meditation consists of a few simple steps.

5.5.1. FIVE STEPS

The first step

The first step: Interest in meditation. A person will be interested when one has experimented with the things the external world has to offer and realise that these are not fulfilling the needs of the spirit.
The second step

Create time and space. When one considers something to be important or essential, other things all cutout to make time for it. In the past, people used to feel that meditation was a luxury, either for those with excessive leisure time or for people who were old or retired and had nothing else to do. Today mediation is seen very differently. Meditation is seen as the mechanism for survival. The world is facing a very uncertain future. Meditation is definitely a method to enable them to survive in today's world. So, it is necessary to recognise the importance and give time. Even little children today say how busy they are.

Everyone is busy in something or the other. It is very easy to shrug the shoulders and say, "Look, I am very busy. What can I do?" But when I recognise that it is essential, I will make a space for it.

The third step

Study. A certain amount of information is required and is obtained through study.

The fourth step

Practice

The fifth step

Remaining in a good atmosphere, with the right type of friends, free from any influences that may pull the mind in a direction contrary to the direction that one wants to take. If a person choses to meditate and he/she should follow some instruction. He/she should understand that he/she is soul and not body. Sit comfortably. Begin to focus attention here on the centre of the forehead and see oneself as a soul.
5.5.2 FOCUS ON SOUL CONSCIOUSNESS

In addition, meditation means silence and solitude, not necessarily isolation but inner solitude. Meditation is very much a training to be able to focus inward in order to live life in the way it should be lived. This type of meditation is not something that I practice a few minutes morning and night. If a person has created a pattern of consciousness, an awareness of his/her own spiritual identity, he/she stops identifying with the things of a physical body, and begin to understand true identity of that inner being. So while walking, talking and moving, make the sure that his/her vision of others is also spiritual. It means that he is not seeing others in terms of gender of man, woman or in terms of ones age, nationality, physical background, social status, education or occupation, but seeing, a soul as an eternal brother.

5.5.3. BROTHERHOOD

Even though the soul may be in a male or a female body, one describes the soul as brother and the relationships within the world in spiritual terms as being a brotherhood. When one sees human as a spiritual being, one’s attitude towards other human change very quickly. Those physical divisions and blocks that divide or obstruct, no longer exist. But the vision of the soul, seeing others as souls and the interaction on the level of soul to soul creates a natural sweetness and respect within ones behavior. This experience reaches to the state where every exchange between human beings gives happiness and joy and brings each other closer to God.
5.5.4. FREE FROM THIS BONDAGE

As a person practices this awareness, during the day, of being a soul and seeing the soul, then when one has a few minutes to sit quietly, within one moment, with just one thought to be able to experience a very natural and easy detachment from the consciousness of the body. It can be realized that one is still in this world of matter and in the bondage of matter and yet free from this bondage.

5.5.5. AWARENESS

“In this awareness of I the soul, I want to go further. I want to experience a connection, a relationship with God. Just as there is knowledge and awareness of the soul as a being of light, there is also very simple information about the concept of God, as a being of light. Not a physical image, just simply a being of light. One who is absolute, absolute in truth, absolute in beauty, purity, love, peace and bliss. This is why I want to be able to connect with the Supreme. On a human level the closer the relationship with someone, the greater the influence.”

By remembering the days of ones childhood, of adolescence and maturity and one sees the truth of this. The deeper the connection with someone the greater the impact they have on the way one thinks, behaves, sometimes even the manner in which they speak. One picks up words, accents and concepts from each other and begin to talk the same. Certainly begin to think the same. This may or may not be good. One often subconsciously chooses the choice of food, the style of dress, etc. or just get carried along by circumstances. Much later one may detach long enough to look at ourselves and say: "That period of my life was good. I had very good friends and they were able to help me in the positive
direction”. Or perhaps it may be said, "That period of my life was not as I wanted it to be, because the friend sand the company I had weren't as positive as they could have been”.

5.5.6. GO BEYOND ALL DEITY, DIVINE IMAGES

In a similar way, the good company of God is also able to influence us. The path of meditation is a personal and conscious choice to form a relationship with God and to experience this positive influence. “As I turn my attention to myself, the eternal soul, I consciously detach my awareness from this physical body and I focus my mind on the awareness of God, a being who is Supreme. Being in the presence of God, I experience a very beautiful discovery. This is a relationship a person had ignored, forgotten or been searching for a very long time. Certainly I hadn't actually been enjoying the experience of that connection.”

Someone once described how before finding an accurate method to actually connect with God, she had felt so much love for God. She described it as having pen friend. Some of them may have had pen friends to whom they have been writing letters for many years. “I know I did this for many years during the early years of my teens, but we never had an opportunity to meet. I had built up an image in my mind of what she must be like, not just in terms of appearance because we had sent photographs to each other but in terms of how she was as a person. When the opportunity came to meet her it was fascinating, because certain aspects of her I could identify within terms of what I had thought about but there were obviously other factors of her personality I did not know as they were never expressed through letters.”

It was a whole new discovery even though the relationship had been going on for long time. In a similar way, may be a person has been searching for God for a very long
time or they have had certain experiences of God already ignored Him. When a person
consciously choose to meditate, now I simply come to God in that awareness of God as a
being of light. He/she knows God has no physical or angelic images has to go beyond all
deity, divine images. Now, he/she is actually meeting the Supreme as He is.

5.5.7. INITIATION

One focuses oneself on this being of light and make contact. Now in this connection
he/she discovers the infinity of the ocean, the vastness of the attributes of God, the
Supreme. And as he discovers and experiences those attributes, he begins to fill himself
with that unlimited peace, with a love that is completely nonjudgmental, unconditional,
a love that is not expecting not demanding a return. The soul feels those rays of peace and
love coming from God reaching the soul. It is very beautiful discovery! This first
experience of trying to think of God while his mind is scattering in many directions is
called initiation.

With information and practice, One is soon able to focus the mind and come to the
state of meditation where the thoughts are now focused around God, thinking of the form
of Light, and the qualities of God, and discovering the relationships with God. To describe
those relationships in human terms is always dangerous, because when one say God is his
father, depending on whether experience of physical father has been pleasant or harsh,
those feelings and images positive or negative will arise within.

5.5.8. THE SUPREME FATHER IS THE IDEAL ONE

But think about those relationships in their absolute definition. The Supreme Father
is the ideal one. A Supreme mother is what God is. In fact God is the Mother and then the
Father. There is a very simple analogy that explains why it should be so that whenever we sing to praise the God, Mother a said first and then the Father rather than the other way round. On biological level, the first connection and relationship the child has, in particular whilst in the womb, is only with the mother. After birth the relationship is then with the father.

So, the first relationship is with the mother, the one who actually generates, creates and sustains, and the connection with the father. When the soul goes into the path of spirituality, the very first experience is the experience of God's love coming back to the soul, to revive it, to give it a new life, a new birth, and then sustain and give it strength.

There is another analogy in this mother and father situation. When a child goes out to play, naturally he may return a little dirty or dusty. When a dusty child comes home, the tendency of the fathers is to say, "Go to your mother and get cleaned up", or just "Go and clean up". It is unlikely, that the father himself would pick up and clean the child. But the response of the mother is a very different one. The mother will instantly pick up and clean the child with a lot of love. In the same way when the soul first comes to God and experiences that connection with the Supreme, one is aware of how many mistakes he has made, how much dirt and dust one has accumulated within the self and so hesitate.

5.5.9. HOW CAN I APPROACH GOD IF I AM NOT WORTHY?

Though a person is unworthy, God adopts the compassionate role of the Mother and simply accepts the soul, no matter what the condition may be. So, the first step and relationship: God, the Mother, the ocean of love, of forgiveness, of mercy.

After taking strength from that love and experiencing a process of cleansing, one is able to see God in the role of Father, the one who gives a very special in hesitance, that of
happiness. In this way one can develop all aspects of all relationships; God as the teacher, the Supreme Satguru, the guide, as companion, beloved, and child. The important thing is to make time and start bringing God back into the centre of ones life, instead of letting God be on the periphery.

In the morning and evening, spend a few minutes, just concentrating, meditating on the subject of God. Throughout the day have the awareness of God as a friend.

5.6. BENEFITS OF MEDITATING GOD

Every human being in this world aspires for peace and happiness. Happiness and peace have less to do with gross objects; they refer to states of mind. Moreover, there is another kind of experience, which is the highest and is independent of worldly objects and senses. It is called Bliss. This bliss is one thing for which a person should practice meditation.

Bliss or super sensuous joy enables a person to break the shackles of otherwise die-hard habits and addictions. For, it is so rewarding and ennobling an experience that nothing demoniacal can stand in it’s way.

Yoga enables man to have deep relaxation also. It does this in two ways. Firstly a person who practices meditation or a yogi does not have worries, fears or spoilt relations. Secondly, he feels detached from the world and from situations. This relaxation makes him calm and enables him to take decisions without any tension, undue haste or pressure.

Further, yoga or meditation brings about behavioral transformation of man without any therapy. The thoughts made in meditation work like mental surgery. Positive virtues are implanted in him in place of negative traits. His outlook now changes and so, bad habits now loosen their grip on him. His energy is now used for constructive and useful work.
This brings about an overall enhancement in his personality. His shyness is now replaced by a feeling of confidence. From a dull, dreary and stiff person, he now becomes a man of sociable and charming manners.

All of these go a long way in improving relationship with others. He can now put up with all sorts of people and remain unprovoked. He now does not mind small things and laughs sway certain things instead of taking uncompromising and tough positions, so that he has health, happiness and a pleasing nature.

Yoga also enables a person to experience the heavenly love, which comes only from God as the soul’s Mother-Father, Friend, Savor, and ‘Sweet Heart’. This love plays such a melody on the strings of one’s mind that one really feels enraptured. It can be better experienced than said.

Last but not the least, Raja yoga enables a person to control his mind and to have an economy of thoughts. One is now freed from purposeless and negative thoughts. It can be said that meditation brings about fulfillment in man’s life.

With the practice of meditation, a person will be in harmony with nature, at peace with his own self, in concord with others and in unison with the Creator. His mind is not in conflict with his intellect nor his actions disturb nature nor contravene injunctions of God.
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