



"Navigating the path to inner harmony: Lessons from the mount abu brahma kumaris community"

Dr. Nagesh N.V*¹

Senior Professor Cum Research Supervisor, Manipur International University, Manipur and CARE, India

*¹Corresponding Author

Address: H No. 5, Om Shanthi Bhawan, Nallur Village, Chikmagalur Post, Chikmagalur-577101, Karnataka, India

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ABSTRACT:

The research article "Navigating the Path to Inner Harmony: Lessons from the Brahma Kumaris Mount Abu Community" explores the relationship between spiritual age, mental well-being, substance usage, stress management, technology utilisation for divine service, Raj yoga meditation, and sleeping quality within the Brahma Kumaris Mount Abu Community. The study aims to uncover the factors contributing to inner harmony and overall well-being in this unique community. Data was collected from 500 committed Raja Yoga practitioners and allied members aged between 20 and 45 who were engaged in learning Raja Yoga meditation at the Brahma Kumaris International headquarters in Mount Abu, Rajasthan. The research objectives included examining the relationship between spiritual age and mental health, the correlation between substance usage and stress levels, the use of cutting-edge technology for divine service and its impact on stress levels, the relationship between the duration of Raja yoga meditation and stress levels, and the association between the duration of Raja yoga meditation and sleep quality. The study comprised two distinct stages: qualitative research using semi-structured interviews with dedicated Raja Yogis and empirical research using a quantitative research paradigm. The findings provide profound insights into the associations between various factors and mental well-being, stress levels, and sleeping quality within the Brahma Kumaris Mount Abu Community. These findings have significant implications for organisations to address substance use and technology utilisation and promote effective meditation practises to enhance overall well-being.

KEYWORDS: Brahma Kumaris, Mount Abu, spiritual, substance usage, stress, raj yoga meditation

1. INTRODUCTION:

In the quest for inner harmony and well-being, individuals often find solace in diverse spiritual practices and communities that offer guidance and support. Within this landscape, the Brahma Kumaris Mount Abu Community emerges as a sanctuary, providing an environment conducive to cultivating inner peace. This research endeavor aims to explore the intricate relationship between spiritual age, mental well-being, substance usage, and stress management, technology utilization for divine service, Raja yoga meditation, and sleeping quality within the Brahma Kumaris Mount Abu Community.

Great things can emerge from humble beginnings. This sentiment finds its perfect embodiment in the Brahma Kumaris, a small spiritual community that originated in Hyderabad, Sindh, India (now part of Pakistan) in the early 1930s. The Brahma Kumaris started with a group of 300 individuals who had divine visions and revelations from Supreme Soul God Shiva, and they have since flourished into a vast organization with 9,200 branches across 142 countries worldwide. Today, it boasts more than one crore members from diverse backgrounds, all united by a shared vision of leading a values-based life and working towards a world characterized by purity, peace, and happiness.

What makes the Brahma Kumaris truly exceptional is that it is the world's first and largest spiritual movement led by women. Founded by the Incorporeal God Father Shiva in 1936 through the corporeal medium Dada Lekhraj, also known as Prajapita Brahma, the organization recognizes the significance of spirituality and core values within each human being. Their teachings emphasize the practice of Rajyoga meditation and the observation of peaceful principles in everyday conduct.



Fig. 1.1: Madhuban: The Spiritual Heart of the Brahma Kumaris Community in Mount Abu

Headquartered in Mount Abu, Rajasthan, India, the Brahma Kumaris have three campuses serving as spiritual retreat centres, conference venues, and academic facilities. It has made remarkable contributions in various fields, earning consultative status with the United Nations Economic and Social Council (ECOSOC) and forming associations with other UN bodies such as UNICEF, UNEP, and the UNFCCC. The organisation has been recognised with multiple UN Peace Messenger Awards for its efforts to promote peace. Brahma Kumaris actively participates in UN forums and extends support to programmes addressing developmental, humanitarian, and other global concerns.

Throughout their existence, the Brahma Kumaris have maintained a strong focus on women's leadership, with women holding top administrative positions. Decisions are made through a partnership and consensus model of leadership, reflecting a harmonious balance between genders. Notably, Raja yogini BK Dadi Ratan Mohiniji, a centenarian and Chief of the Brahma Kumaris, has been an inspiring figure, globally recognised for her wisdom and contributions. She currently serves as the Administrative Head of the organisation.

The Brahma Kumaris continue to provide spiritual education and value-based training to individuals from diverse backgrounds. Their aim is to enable individuals to explore the depths of their soul, understand concepts such as God, karma, and the cycle of time, and practise Raj yoga meditation. Through workshops and training modules, they help individuals cultivate positive thoughts, emotions, attitudes, and behaviours that enhance their innate values and powers.

In summary, the journey of the Brahma Kumaris exemplifies the remarkable potential for greatness that can arise from modest beginnings. From a small spiritual community, it has evolved into a globally recognised organisation with a profound impact on individuals and society. The transformative power of their teachings and practises is evident in their significant achievements and the positive changes they bring about in people's lives.

1.1 Brahma Kumaris Raja Yoga Meditation

"The Brahma Kumaris emphasise an ancient practise known as Brahma Kumaris Raja Yoga Meditation (BKRM), which has been taught and practised since the year 1937. As a spiritual service organisation, the Brahma Kumaris emphasise the existence of both a physical body and a spiritual essence within individuals. Raja Yoga, an outcome of the Brahma Kumaris' Rajayoga practise, involves the transformation of qualities into powers. This meditation method is believed to be directly taught by God, who is referred to as 'Yogeswar,' the Lord of Yogis. The practise of Raja Yoga with open eyes enables the exchange of positive emotions, good wishes, spiritual love, power, and uplifting feelings among souls.

In the context of Brahma Kumaris' Raja Yoga, the term 'Sahaj' emphasises the practise of Raja Yoga while carrying out worldly duties. It focuses on the renunciation of vices rather than the renunciation of actions. According to the literature of Brahma Kumaris' Raja Yoga, Sahaj refers to practical yoga methods that can be easily adopted by individuals worldwide. Brahma Kumaris' Rajayoga encompasses the universal essence of all yogas.

The term 'Raja' translates to king,' making 'Raja Yoga' signifies the Royal Yoga or the King of Yogas. It represents the mental union between the individual soul and the Supreme Being, or God. Raja Yoga empowers the soul to become sovereign over the mind, intellect, and personality, enabling control over the senses and mastery over any situation. Meditation, an integral part of Raja Yoga, is considered a solution for contemporary challenges and is highly recommended for individuals seeking self-exploration. Developing the power of the mind through practical meditation is crucial for coping with the ever-increasing pace, complexities, and demands of life.

The Brahma Kumaris meditation practise places significant emphasis on Raja Yoga as the science of silence, inner reflection, and inner discovery. Raja Yoga meditation is defined as a disciplined exercise of awareness involving creative thinking, intuitive perception, silent reflection, and concentration on the metaphysical truths of the self and God. This practise involves redirecting the mind and channelling love towards God, establishing a direct link for communication with the divine.



Fig1.2: Brahma Kumaris Rajayoga Meditation Practitioners at Mount Abu

The Raja Yoga Meditation taught by the Brahma Kumaris Institution serves as a path to realize the true identity of the self and to experience it. It helps individuals understand the truth about the nature of their mind and self. The philosophy of Raja Yoga enables participants to focus their minds on the metaphysical self and establish a loving connection with the Supreme Soul, described as light, might, and a brilliant radiant point. Raja Yoga meditation is described as refreshing, energizing, relaxing, reassuring, and reawakening. It enhances awareness of the soul's divine origin, divine destiny, and peaceful nature. Raja Yoga also holds social significance, promoting a spiritual approach towards others and fostering a sense of universal brotherhood among Yoga aspirants. Furthermore, Raja Yoga meditation has been found to have potential benefits in alleviating various psychological problems such as neurotic illnesses, hypertension, insomnia, and depression. By eliminating tension, nervousness, fear, and other negative elements that disturb a person, Raja Yoga meditation brings complete relaxation to the mind. Combining Raja Yoga with conventional psychopharmacology and psychotherapy can further enhance its efficacy in addressing anxiety, obsessive-compulsive disorders, phobias, and other neurotic diseases."

The primary objective of this research is to delve into the multifaceted dynamics present within the Brahma Kumaris Mount Abu Community and unravel the interconnectedness between spiritual age, mental well-being, substance usage, stress management, technology adoption for divine service, Raja yoga meditation, and sleeping quality. By meticulously examining these intricate relationships, the aim is to shed light on the factors that contribute to inner harmony and overall well-being within this unique community.

1.2 To achieve the research objectives, several specific goals have been formulated:



Fig1.3: Research Objectives

1.3 In order to test these objectives, specific hypotheses have been formulated:

1. Null hypothesis (H₀): There is no association between Spiritual Age duration (Gyan) and Mental Health Situation.
Alternative hypothesis (H_a): There is an association between Spiritual Age duration (Gyan) Duration and Mental Health Situation.
2. Null Hypothesis H₀: Substance usage and stress levels are independent.

- Alternative Hypothesis: Substance usage and stress levels are associated.
- Null hypothesis (H₀): There is no association between the use of new technology for godly service and stress levels.
Alternative hypothesis (H_a): There is an association between the use of new technology for godly service and stress levels.
 - Null Hypothesis H₀: There is no association between Daily Raja Yoga Meditation Duration and Stress Level.
Alternative Hypothesis: There is an association between Daily Raja Yoga Meditation practice Duration and Stress Level.
 - Null hypothesis (H₀): There is no association between the duration of hours of Raj Yoga Meditation and sleeping quality among Raj Yoga practitioners.
Alternative hypothesis (H_a): There is an association between the duration of hours of Raj Yoga Meditation and sleeping quality among Raj Yoga practitioners.

This research aims to contribute to our understanding of the factors that influence inner harmony, mental well-being, substance usage, stress management, technology utilization for divine service, Raja yoga meditation, and sleeping quality within the Brahma Kumaris Mount Abu Community. In order to address these objectives, a comprehensive study will be conducted within the Brahma Kumaris Mount Abu Community, employing appropriate research methodologies. The findings of this research will contribute to the understanding of the intricate relationship between spiritual age, mental well-being, substance usage, stress management, technology for divine service, Raja yoga meditation, and sleeping quality within this unique spiritual community. The study will provide valuable insights into the complex interplay of these factors and their impact on individuals within the Brahma Kumaris Mount Abu Community, further enhancing our understanding of holistic well-being and spiritual practices within this context.

2. MATERIALS AND METHODS

In the "Materials and Methods" section of the study, an empirical and quantitative research design was employed. The research utilized a simple random sampling method to collect data from 500 samples of dedicated Raja Yoga practitioners and allied members aged between 20 and 45 years. The participants were learning Raja Yoga meditation at the Brahma Kumaris International headquarters located in Mount Abu, Rajasthan, which attracts individuals from various states of India and Nepal. The data collection process involved the use of structured questionnaires and semi-structured interviews conducted at the Brahma Kumaris International headquarters. These methods were followed by an analytical or empirical analysis.

To provide a comprehensive understanding of the study question, a mixed-approach strategy combining qualitative and quantitative research methods will be employed. The study was conducted in two stages. The first stage will involve a qualitative study to identify fundamental aspects of Raja Yoga meditation. This stage will gather qualitative data through semi-structured interviews with dedicated Raja Yogis aged between 20 and 45 years, randomly selected from a sample size of 500.

In the second stage, an empirical study will be conducted using a quantitative research paradigm. Data will be collected through questionnaires, semi-structured interviews, and personal observations. The questionnaire will be self-administered and cover various demographic factors such as substance usage background, daily meditation practice time, use of advanced technology for spiritual service, mental health, and stress level among Raja Yoga meditation practitioners. The completion of the questionnaire is estimated to take approximately 50–60 minutes.

Semi-structured interviews will be conducted with the randomly selected dedicated Raja Yogis to gather qualitative data on the fundamental aspects of Raja Yoga meditation.

Personal observations will be carried out by the researchers to collect data on the participants' daily meditation practice and other related behaviors.

The collected data will undergo statistical analysis using the SPSS software to detect intricate patterns and interconnections between demographic factors and the practice of Raja Yoga meditation. A chi-squared statistical analysis will be applied to evaluate the influence of various demographic factors. Chi-square analysis is commonly used in fields like social sciences and biology, where data is collected using nominal or ordinal scales. It helps investigate the existence of significant associations between categorical variables and tests the hypothesis of independence between two variables.

The process of performing chi-square analysis involves formulating null and alternative hypotheses, organizing relevant data, computing expected frequencies, determining the chi-square statistic, calculating degrees of freedom, finding critical values, and drawing appropriate conclusions. Chi-square analysis provides valuable insights into relationships between variables, facilitating informed decision-making and a better understanding of the data.

Experts in the field of meditation will assess the content validity of the questionnaire to ensure its reliability and relevance.

Overall, the study combines quantitative and qualitative research methods, utilizing questionnaires, interviews, personal observations, and statistical analysis to gain a comprehensive understanding of Raja Yoga meditation and its various aspects within the selected sample of dedicated raja yoga practitioners at Brahma Kumaris International headquarters in Mount Abu, Rajasthan, India.

3. RESULTS:-

Table: 3.1:- Primary Data on the demographic study variables

S NO	Demographic Study Variables	Frequency	Percentage (%)
1. Spiritual Age(Gyan) Duration of Raj yoga Practitioners			
	Below 5 Years	61	12.2
	5-15 Years	167	33.4
	15-25 Years	157	31.4
	25-35 Years	98	19.6
	Above 35 Years	17	3.4
	Total	500	100
2. Substance Usage Background of Participants			
	Alcohol	22	4.4
	Smoking	7	1.4

	Drugs	1	0.2
	Pan Masalas	12	2.4
	No addiction	458	91.6
	Total	500	100
3. Use of new technology i.e. Internet, Social media etc. for Godly service			
	Yes	437	87.40
	No	63	12.60
	Total	500	100
4. The Mental health of Raja Yogis at Mount Abu			
	Anger	20	4
	Anxiety	1	0.2
	Insult	4	0.8
	Mood Change	6	1.2
	Fear	5	1
	Tension	6	1.2
	Other	2	0.4
	Good Health	456	91.2
	Total	500	100
5. Stress level of respondents at BK World Head Quarters			
	Very High	3	0.6
	High	1	0.2
	Moderate	14	2.8
	Low	17	3.4
	Very Low	55	11
	No stress	410	82
	Total	500	100
6. Raja yoga Meditation Duration of the Mount Abu respondents			
	Less than 2 hours	90	18
	2-4 hours	227	45.4
	4-6 hours	145	29
	6-8 hours	31	6.2
	More than 8 hours	7	1.4
	Total	500	100
7. Sleeping Quality of Devotees at Mount Abu			
	Excellent	111	22.2
	Good	346	69.2
	Average	24	4.8
	Fair	17	3.4
	Poor	2	0.4
	Total	500	100

Source: Primary Data

4. ANALYSIS:-

Table: 4.1-Summary of Chi-square analysis

Pattern No	Details of the Variables selected	Calculated Chi-square statistic χ^2	Degrees of freedom	Level of significance	Critical value	Comparison	Interpretation
1	Spiritual age (Gyan) duration vs. mental health	6.685	28	0.05	42.556	χ^2 (6.685) < critical value (42.556),	Fail to Reject the Null Hypothesis: There is No Significant Association between Spiritual age (Gyan) duration and mental health.
2	Substance Use vs. Stress Level	82.74	20	0.05	31.41	χ^2 (82.74) > critical value (31.41)	Reject Null Hypothesis H0: There is a Significant Association between Substance use and Stress Level.

3	Use of new technology for godly service vs. stress level	238.48	5	0.05	11.07	χ^2 (238.48) > critical value (11.07)	Reject the H ₀ Null Hypothesis, There is an association between the use of new technology for godly service and stress levels.
4	Raja yoga meditation duration vs. stress level	131.08	20	0.05	31.41	χ^2 (131.08) > critical value (31.41)	Reject the null hypothesis H ₀ . There is a statistically significant association between Raja yoga meditation duration and Stress level.
5	Raja yoga meditation duration vs. sleeping Quality	261.59	4	0.05	21.03	χ^2 (261.59) > critical value (21.03)	Reject the H ₀ Null hypothesis. A Significant association was found between Raja yoga meditation duration and the sleeping quality of Raja yoga practitioners.

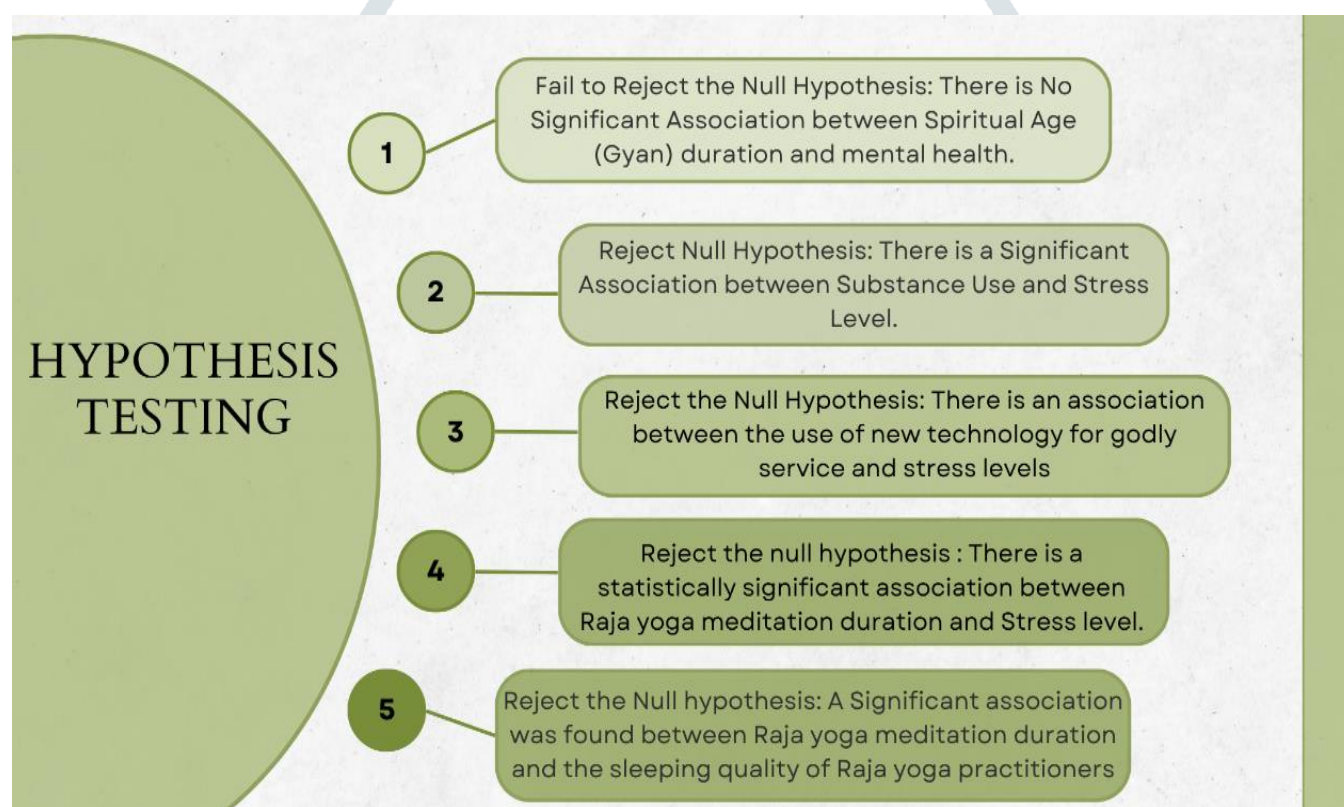


Fig 4.1: Testing of Hypothesis

5. DISCUSSION AND INTERPRETATION:

The research study explores various implications related to the Brahma Kumari community of Mount Abu. Here are the interpretations and implications of the findings:

The study findings suggest that there is no significant association between the duration of spiritual age (Gyan) and mental health among the Brahma Kumaris community. This implies that the length of time individuals have been practicing the teachings of Brahma Kumaris, specifically related to their spiritual age (Gyan), does not appear to have a direct impact on their mental health. It indicates that mental health outcomes are influenced by various other factors beyond the duration of spiritual practice.

On the topic of substance use and stress levels within the Brahma Kumaris community, the study findings reveal a noteworthy correlation between the two phenomena. The investigation suggests a significant association between substance use and heightened stress levels experienced by individuals. Therefore, it becomes imperative for the organization to prioritize addressing substance use and providing support to individuals grappling with stress-related issues. By implementing substance abuse prevention and intervention programs, the community can foster overall well-being and encourage a healthy lifestyle. The study findings prompt the Brahma Kumaris community to acknowledge the intricate relationship between substance use and stress levels. By prioritizing initiatives to address substance use and offering comprehensive support to individuals experiencing stress-related challenges, the organization can effectively cater to the needs of its members. Implementing substance abuse prevention and intervention programs will contribute to overall well-being and foster a culture of health within the community.

In relation to the use of new technology for godly service and stress levels, the study suggests an association between the two among individuals in the Brahma Kumaris organization. The utilization of new technology for divine service may contribute to higher stress levels. To address this, the organization should consider the impact of technology on stress levels and provide resources to manage stress effectively. This could include promoting a balanced approach to technology use and offering stress management techniques tailored to the unique challenges faced by individuals engaged in spiritual service.

Regarding the duration of Raja yoga meditation and stress levels, the findings indicate a statistically significant association between the two among community members. Longer durations of Raja yoga meditation are associated with lower stress levels. Therefore, the organization can emphasize the importance of regular and extended Raja yoga meditation practices for stress reduction and overall well-being. Providing guidance, workshops, and resources on effective meditation techniques can help individuals optimize their meditation practice and experience greater stress relief.

Additionally, the findings suggest a significant association between the duration of Raja yoga meditation and the sleeping quality of Raja yoga practitioners. Individuals who engage in longer durations of Raja yoga meditation may experience better sleeping quality. To promote optimal sleep patterns, the organization can encourage practitioners to prioritize adequate rest and offer education on sleep hygiene practices and relaxation techniques.

These findings provide insights into the relationship between various factors within the Brahma Kumaris organization and aspects of mental health, stress levels, and sleeping quality. It is important to consider these interpretations and implications within the context of the Brahma Kumaris organization's teachings and principles, which aim to promote inner peace, self-realization, and a balanced lifestyle.

6. CONCLUSION:

The research article concludes by examining multiple dimensions within the Brahma Kumaris Mount Abu Community, including inner harmony, mental well-being, substance usage, stress management, technology utilisation for divine service, Rajyoga meditation, and sleeping quality. The study employed a comprehensive approach, combining qualitative and quantitative research methods to explore the complex relationships between these factors.

The findings of the study shed light on the factors contributing to inner harmony and overall well-being within the Brahma Kumaris community. Firstly, the duration of spiritual age (Gyan) did not exhibit a significant association with mental health among community members. It suggests that factors beyond the duration of spiritual practise play a role in influencing mental well-being. Secondly, a noteworthy correlation was observed between substance use and elevated stress levels within the community. This emphasises the importance of addressing substance use and providing support to individuals dealing with stress-related issues.

Thirdly, the use of new technology for divine service was found to be associated with increased stress levels among community members. To mitigate this, the organisation should consider the impact of technology on stress levels and offer resources for effective stress management.

Fourthly, the duration of Raja yoga meditation demonstrated a significant association with stress levels and sleeping quality. Longer durations of Raja yoga meditation were linked to lower stress levels and better sleeping quality. Thus, emphasising the importance of regular and extended Raja yoga meditation practises can contribute to stress reduction and improved overall well-being.

The study highlights the comprehensive approach embraced by the Brahma Kumaris community in promoting well-being. The organisation emphasises the active involvement of individuals in self-care, seeking support when needed, and incorporating the teachings and principles of the community into their daily lives. It also underscores the significance of collaboration and support within the community for fostering positive transformation and overall well-being.

The research suggests to integrate these findings with the teachings of the Brahma Kumaris community, enabling individuals to apply the acquired knowledge to their spiritual journeys and personal lives. It is recommended to continue conducting research, gathering feedback, and adapting programmes and initiatives based on new insights and knowledge to further enhance well-being within the community.

7. IMPLICATIONS

The Brahma Kumaris community follows a holistic approach to well-being, addressing various interconnected aspects that contribute to individuals' overall welfare. These aspects include mental health, substance use, technology utilisation, meditation practises, and sleep quality. By recognising the intricate relationship between these factors, the community aims to provide collective support, resources, and guidance to cultivate inner peace, self-realisation, and balanced lifestyles.

In line with the teachings and principles of the Brahma Kumaris organisation, it is crucial to comprehend and interpret the findings of relevant studies. Integrating these findings with the teachings allows community members to apply the knowledge they have acquired to their spiritual journeys and personal lives. This integration facilitates a deeper understanding of the relationship between factors such as mental health, stress levels, and sleep quality within the organisational context.

Within the Brahma Kumaris community, individuals hold personal responsibility for their well-being. While factors like the duration of meditation practise can influence stress levels and sleep quality, it is essential for individuals to actively engage in self-care, seek support when needed, and incorporate the teachings and principles of the organisation into their daily lives to promote overall well-being.

Collaboration and support are crucial elements within the Brahma Kumaris community. Recognising the intricate connection between substance use, stress levels, and overall well-being contributes to creating an environment that fosters support. Encouraging individuals to feel at ease when seeking assistance, sharing their experiences, and working together to tackle challenges promotes positive transformation and contributes significantly to their overall well-being.

To enhance well-being, the Brahma Kumaris community recommends continuous research, gathering feedback, and adapting programmes and initiatives based on new insights and knowledge. This approach allows for continuous improvement and demonstrates a willingness to evolve, which is crucial for the growth and development of the community. Studies, such as the one mentioned, serve as starting points for understanding mental health, stress, and sleep within the Brahma Kumaris community, providing valuable insights that can shape future research endeavours and drive positive change.

8. FUTURE SCOPE:-

The study suggests the following areas of focus for future research and improvement:

1. **Broadening the Study:** The current study focused on Raja Yoga practitioners and allied members aged 20–45 years from the Brahma Kumaris International headquarters in Mount Abu, Rajasthan. To improve the generalizability of findings, future research can include participants from various age groups, branches, and locations within the Brahma Kumaris community. This inclusive approach will provide a comprehensive understanding of factors contributing to inner harmony and well-being among diverse populations.
2. **Extensive Studies:** The present investigation utilized a cross-sectional design, capturing data at a particular moment in time. However, conducting longitudinal studies that track individuals over an extended period offers the potential to gain profound insights into the enduring effects of Raja Yoga meditation on various aspects of mental well-being, substance usage, stress management, and sleep quality. These comprehensive longitudinal studies can establish causal relationships and delve into the dynamic interplay of these factors over an extended timeframe.
3. **Comparative Studies:** Future research endeavors should include comparative studies incorporating control groups to further our understanding of the various contributions of Brahma Kumaris practices. We can isolate the specific effects of Raja Yoga meditation and develop a nuanced understanding of its influence on mental well-being, stress levels, substance use, and sleep quality by comparing the outcomes of individuals practicing Raja Yoga with those of those who do not engage in meditation or participate in different forms of spiritual practices.
4. **Intervention Studies:** Building on the findings related to substance usage, stress levels, and technology utilization, future research can focus on developing and evaluating interventions targeted at addressing these issues within the Brahma Kumaris community. Implementing substance abuse prevention programs, stress management workshops, and guidelines for technology use can promote overall well-being and enhance the effectiveness of spiritual practices.
5. **Blending Qualitative and Quantitative Approaches:** While the current study used both qualitative and quantitative methodologies, future research can use mixed-methods approaches to achieve a more holistic picture of the topic matter. Researchers can investigate the complexities and nuances of the links between spiritual practices, well-being, and other factors by combining qualitative insights acquired from interviews and observations with quantitative data derived from questionnaires.
6. **Collaboration and Knowledge Sharing:** The Brahma Kumaris community can encourage collaboration with researchers and experts in the field to expand the understanding of holistic well-being, spirituality, and the impact of spiritual practices. Creating platforms for knowledge sharing, conferences, and research collaborations can facilitate the exchange of ideas, findings, and best practices among scholars, practitioners, and the organization.
7. **Continuous Evaluation and Improvement:** Recognizing the importance of continuous research and improvement, future studies within the Brahma Kumaris community should aim to gather feedback and evaluate the effectiveness of programs and initiatives based on new insights and knowledge. This iterative approach will ensure responsiveness to evolving member needs and maximize the positive impact of teachings and practices.

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10. CONFLICTS OF INTEREST: I affirm explicitly that I have no financial ties and conflicts of interest to any of the organisations mentioned in the article.

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12. AUTHOR BIOGRAPHY:-



Dr. Nagesh N.V., a distinguished senior professor and research supervisor, occupies a prominent position at Manipur International University in Manipur, India, and CARE India. His extensive background encompasses both academia and industry, affording him invaluable expertise. Having taught for an impressive duration of over five years, Dr. Nagesh previously held the position of Senior Deputy Director at Karnataka Milk Federation Limited in Bangalore for 17 years. This fusion of academic and industry experience has endowed him with a diverse skill set and profound knowledge in his field. With a Ph.D. in commerce and management, Dr. Nagesh's credibility and expertise are further enhanced. Currently, he actively engages in research supervision at JJTU in Rajasthan and serves as a project guide at Annamalai University in Tamil Nadu. His primary passion is advancing his field and nurturing the next generation of researchers. Dr. Nagesh is devoted to offering guidance and support to aspiring researchers, empowering them to excel in their research endeavors.