



# Exploring Spiritual Growth and Well-Being: A Thematic Analysis of Rajayogini Brahma Kumari (BK) Dadi Janki's Teachings

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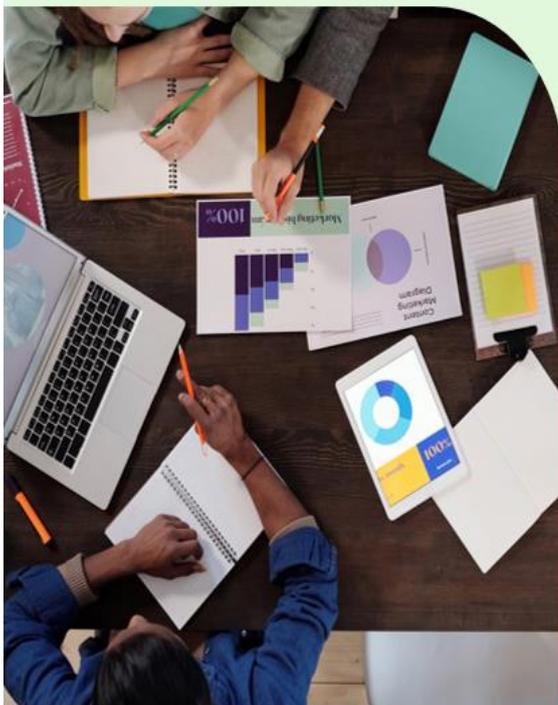
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**Abstract** This research delves into the teachings of Rajyogini BK Dadi Jankiji, a revered spiritual leader in the Brahma Kumaris Spiritual Organisation. Focusing on spiritual growth and well-being, the study employs thematic analysis to unravel the core principles embedded in Dadi Jankiji's teachings. The exploration spans disciplines such as spiritual practices and mindfulness and shifts from material to spiritual perspectives. Despite Dadi Janki's passing in 2020, her legacy endures through the impact of the Brahma Kumaris, reflecting her emphasis on love, peace, and compassion. The thematic analysis aligns with transpersonal psychology, offering a comprehensive understanding of the intersections between spiritual growth and well-being. The narrative constructed highlights the transformative journey rooted in disciplined practice, guidance, inner transformation, joyous practices, and a shift in perspective. The study concludes by discussing the implications of these themes, providing insights into spiritual teachings' impact on individuals' lives.

**Keywords:** Spiritual growth, Well-being, Thematic analysis, Transpersonal psychology, Dadi Janki.

## Outline of the study



1. Introduction
2. Literature Review
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### 1. Introduction

Spiritual growth and well-being are central facets of human existence, influencing individuals' perspectives, behaviors, and overall life satisfaction. Within the realm of spiritual teachings, Rajyogini BK Dadi Jankiji's profound insights have served as a guiding light for countless individuals seeking spiritual enlightenment and inner transformation. This research endeavors to explore and

illuminate the key themes embedded in Dadi Jankiji's teachings, with a specific focus on understanding the pathways to spiritual growth and enhanced well-being.

## 1.1 Context of the Study



Rajyogini BK Dadi Jankiji, a revered spiritual leader within the Brahma Kumaris Spiritual Organization, has imparted teachings encompassing diverse aspects of spirituality, ranging from disciplined practices to a profound shift in perspective from the material to the spiritual. Recognizing the significance of her teachings in shaping the spiritual landscape, this study aims to delve into the depths of Dadi Jankiji's wisdom, deciphering the core themes that underpin her guidance.

## 1.2 Significance of Dadi Jankiji's Teachings



Dadi Janki Kripalani, born in 1916 in Sindh, dedicated her life to spiritual service and played a crucial role in the Brahma Kumaris World Spiritual University. Joining the organization in 1937, she rose to become its administrative head, offering leadership and inspiration to practitioners globally. Dadi Janki's teachings centered on meditation, self-realization, and fostering a positive mindset. She emphasized the values of love, peace, and compassion, promoting spiritual growth and personal transformation. Despite her passing on March 27, 2020, at the age of 104, her legacy endures through the continued impact of the Brahma Kumaris and their commitment to global spiritual well-being.

Dadi Jankiji's teachings carry a unique blend of practical wisdom, spiritual discipline, and a profound understanding of the human psyche. Her insights have resonated with individuals worldwide, transcending cultural and geographical boundaries. By examining

the themes within her teachings, we aspire to unravel the keys to spiritual growth and the cultivation of well-being in the midst of life's complexities.

### 1.3 Aim of the Research Paper

The primary objective of this research is to conduct a thorough thematic analysis of Dadi Jankiji's teachings, aiming to identify and interpret the core principles that contribute to spiritual growth and well-being. Through an in-depth exploration of the thematic landscape, we seek to provide valuable insights that can benefit individuals on their spiritual journeys and contribute to a broader understanding of spiritual teachings.

### 1.4 Thematic Analysis Approach

The research adopts a thematic analysis approach to unravel the layers of wisdom embedded in Dadi Jankiji's teachings. This method involves a systematic process of familiarization with the data, generation of initial codes, identification and refinement of themes, and finally, interpretation and synthesis. By adhering to this structured approach, we aim to extract nuanced insights that reflect the richness and depth of Dadi Jankiji's spiritual guidance.

## 2. Literature Review

### 2.1 Spiritual Growth and Well-Being

Spiritual growth and well-being are intrinsically linked dimensions of human experience that have been explored across various disciplines. The literature on spiritual growth often emphasizes the profound impact of spiritual practices, mindfulness, and a connection to a higher purpose on individuals' overall well-being (Pargament, 2002; Emmons, 2005). Within this context, scholars have investigated how spiritual teachings and practices contribute to a sense of purpose, inner peace, and fulfilment.

Well-being, encompassing both mental and emotional states, is increasingly recognized as a holistic concept influenced by spiritual dimensions (Koenig, 2009). The literature suggests that individuals who actively engage in spiritual pursuits tend to experience lower levels of stress, increased resilience, and a greater sense of life satisfaction (Hill et al., 2000; Ellison & Fan, 2008). Exploring the intersection of spiritual growth and well-being provides a comprehensive understanding of the factors contributing to individuals' overall life satisfaction and psychological health.

### 2.2 Transpersonal Psychology

Transpersonal psychology, as a field, delves into the study of human experiences beyond the individual or personal level, exploring dimensions of consciousness, self-transcendence, and spiritual development (Walsh & Vaughan, 1993). Key concepts within transpersonal psychology align closely with the themes of spiritual growth and well-being. This literature emphasizes the transformative potential of spiritual experiences, the importance of inner development, and the transcendence of egoist states for enhanced psychological well-being (Hartelius, Caplan, & Rardin, 2007; Grof, 2000).

The incorporation of transpersonal psychology into the exploration of spiritual teachings provides a theoretical framework to contextualize Dadi Jankiji's insights. It allows for a nuanced examination of the themes, considering their implications within the broader landscape of human consciousness and spiritual evolution.

### 2.3 Importance of Qualitative Analysis

Qualitative analysis plays a pivotal role in understanding spiritual teachings, offering a nuanced exploration of the depth and meaning embedded in the discourse (Creswell & Creswell, 2017). Unlike quantitative methods, qualitative analysis allows for the interpretation of subjective experiences, capturing the essence of spiritual guidance (Willig, 2008). Within the realm of spirituality, where personal narratives and lived experiences hold significant value, qualitative methods provide a rich platform for uncovering the layers of meaning within teachings (Moustakas, 1994).

The application of thematic analysis, specifically, aligns with the qualitative approach, enabling a systematic exploration of the recurrent patterns, core principles, and transformative elements within Dadi Jankiji's teachings. This approach ensures a comprehensive understanding of the qualitative dimensions of spiritual growth and well-being.

## 3. Methodology

### 3.1. Data Analysis

#### 3.1.1 Thematic Analysis Process

Thematic analysis was employed as the primary method for this research to systematically explore and interpret the rich content of Rajyogini B.K. Dadi Jankiji's teachings. The process involved the following steps:

Step 1: Familiarisation with the Data: The initial step involved an in-depth reading of the provided transcript to gain familiarity with the content and context of Dadi Jankiji's teachings. This immersion allowed for a comprehensive understanding of the nuances embedded in the discourse.

Step 2: Generating initial codes: Key phrases, sentences, or concepts related to spiritual growth and well-being were identified and highlighted as initial codes. This phase aimed to capture the essence of Dadi Jankiji's teachings, focusing on core themes such as concentration, introversion, self-transformation, and soul consciousness.

Step 3: Searching for Themes: The identified codes were then grouped into potential themes, clustering related concepts together. This step aimed to discern overarching patterns and recurrent ideas within the teachings.

Step 4: Reviewing and Defining Themes: Themes were meticulously reviewed and refined to ensure accuracy and coherence. This involved a careful examination of the relationship between codes and the overarching themes, ensuring they authentically represented Dadi Jankiji's teachings.

Step 5: Naming Themes: Descriptive names were assigned to each theme to succinctly capture their essence. This process aimed to encapsulate the core principles within Dadi Jankiji's teachings, facilitating a clear understanding for readers.

Step 6: Developing the Analysis: In this phase, a detailed analysis for each theme was crafted, offering in-depth interpretations and insights based on the identified codes. This step involved extrapolating the meanings embedded in the teachings and providing a context for the broader implications.

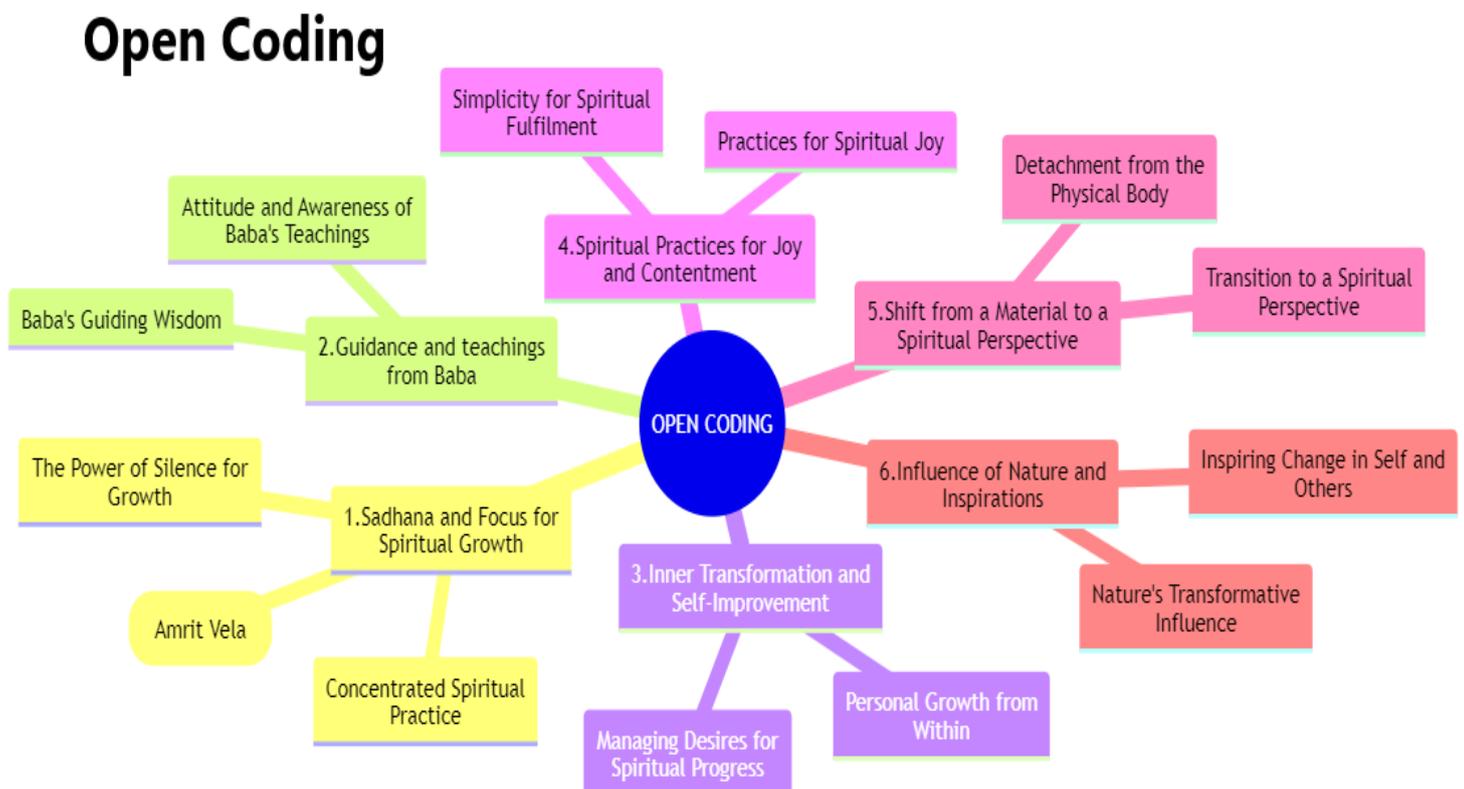
Step 7: Interpretation and Synthesis: The individual theme analyses were synthesised to draw overarching interpretations, emphasising common threads and implications across themes. This stage aimed to provide a holistic understanding of Dadi Jankiji's teachings, highlighting the interconnectedness of various spiritual concepts.

Step 8: Writing the Analysis :A cohesive narrative was composed, incorporating all themes and interpretations. This stage aimed to present a clear and comprehensive analysis of Dadi Jankiji's teachings, offering readers a nuanced exploration of the spiritual principles discussed in the transcript.

Step 9: Review and Revision: The final analysis underwent a rigorous review process to ensure coherence, accuracy, and clarity. Revisions were made as necessary to enhance the quality and rigour of the analysis.

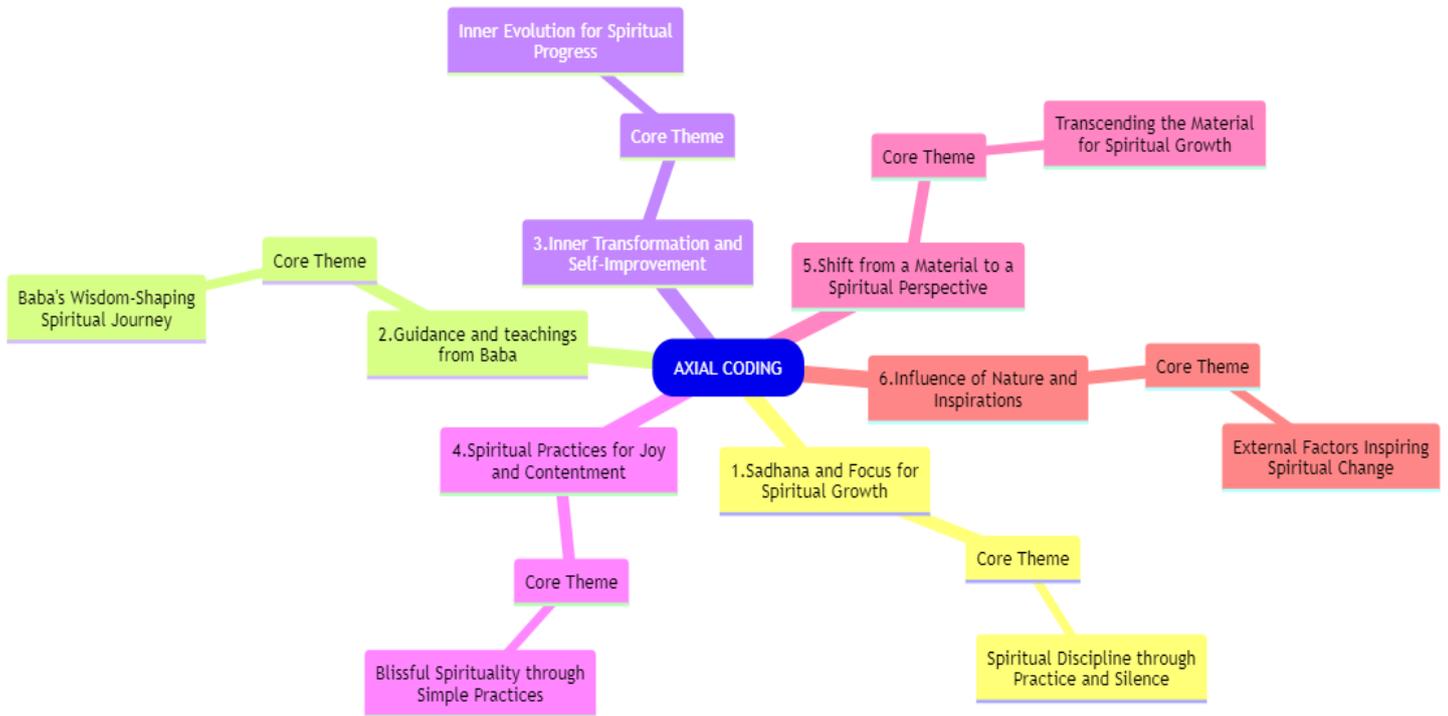
### 3.2 Data Coding

#### 3.2.1 Open Coding



3.2.2 Axial Coding

# Axial Coding



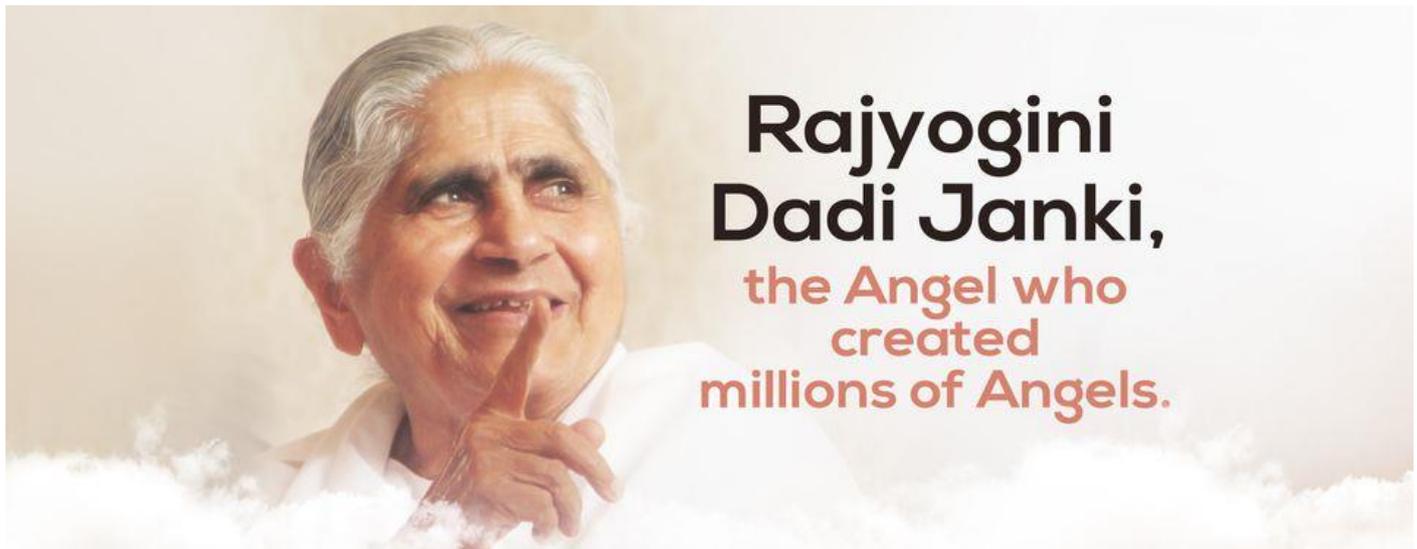
3.2.3 Selective Coding



# Selective Coding

- Codes identified in open coding served as building blocks for broader patterns.
- Axial coding establishes relationships between initial codes and broader themes.
- Selective coding refined and consolidated core themes, creating a comprehensive framework.

### 3.3 Choice of Dadi Janki's Teachings and Rationale for Thematic Analysis



Dadi Janki's teachings were selected as the subject of this research due to her revered status as a spiritual leader within the Brahma Kumaris Spiritual Organisation and the profound impact of her guidance on individuals seeking spiritual growth. Thematic analysis was chosen as the methodological approach for its suitability in uncovering the intricate layers of meaning embedded in qualitative data.

The rationale for choosing thematic analysis lies in its ability to systematically identify, analyse, and interpret patterns within a dataset, allowing for a comprehensive exploration of the core themes within Dadi Jankiji's teachings. Given the nuanced and subjective nature of spiritual discourse, thematic analysis provides a structured yet flexible approach to uncovering the depth of wisdom present in the teachings.

## 4. Interpretation

### 4.1 Relating to the Theoretical Framework

#### In alignment with transpersonal psychology:

- **Sadhana Essence: Focused Practice and Silence:** Reflects mindfulness and disciplined meditation practices, crucial for higher states of consciousness.
- **Baba's Light: Guiding Wisdom and Awareness:** Corresponds to transpersonal theories emphasizing the transformative impact of guidance and mentorship in spiritual growth.
- **Inner Alchemy: Self-Improvement and Growth** aligns with transpersonal psychology's emphasis on inner transformation and self-realization.
- **Joyful Spirituality: Simple Practices for Bliss** resonates with the pursuit of joy and contentment through spiritual practices in transpersonal psychology.
- **Transcending Matter: Embracing the Spiritual** explores the shift from materialistic to spiritual perspectives, a central theme in transpersonal psychology.
- **Nature's Wisdom: Inspiring Transformation** acknowledges external factors, including nature, as inspirations for profound personal transformations in line with transpersonal concepts.

### 4.2 Narrative Construction

#### A narrative unfolds:

- **Journey of Spiritual Discipline:** Rooted in focused practice and guidance, providing a foundation for inner transformation
- **Guided Wisdom Illuminating the Path:** Baba's teachings act as a guiding light, fostering awareness and navigating life's complexities.
- **Inner Evolution Leading to Joy:** Emphasis on inner transformation and simple practices culminate in a joyful and contented spiritual life.
- **Shift from Material to Spiritual:** The narrative portrays a transformative shift from materialistic perspectives to embracing the spiritual essence.
- **Influence of Nature and External Inspirations:** Nature's wisdom and external factors inspire and catalyze profound personal changes.

## 5. Discussion

In interpreting the implications of the thematic analysis findings within the context of spiritual growth and well-being, several key insights emerge. The identified themes, such as "Sadhana Essence: Focused Practice and Silence," "Baba's Light: Guiding Wisdom and Awareness," "Inner Alchemy: Self-Improvement and Growth," "Joyful Spirituality: Simple Practices for Bliss," "Transcending Matter: Embracing the Spiritual," and "Nature's Wisdom: Inspiring Transformation," collectively contribute to a nuanced understanding of the spiritual teachings of Rajyogini BK Dadi Jankiji.

These themes underscore the significance of disciplined spiritual practice, the transformative influence of guidance, the importance of inner transformation, the pursuit of joy through simple practices, the shift from material to spiritual perspectives, and the inspiration derived from nature. The discussion delves into how these themes align with existing literature on spiritual growth and well-being, enriching the understanding of spiritual teachings and their impact on individuals' lives.

## 6. Conclusion

In conclusion, this thematic analysis sheds light on the profound teachings of Rajyogini BK Dadi Jankiji, offering valuable insights into the realms of spiritual growth and well-being. The key findings, encapsulated in the refined themes, emphasise the holistic nature of the spiritual journey, encompassing disciplined practice, guidance, inner transformation, joyous practices, and a shift in perspective.

While the study contributes significantly to our understanding of Dadi Janki's teachings, it's essential to acknowledge certain limitations. The analysis is based on a single transcript, limiting the generalizability of the findings. Future research could explore a broader range of Dadi Janki's teachings, incorporating diverse sources for a more comprehensive understanding. Additionally, incorporating participant perspectives through interviews or surveys could provide a more holistic view of the impact of these teachings on individuals.

In summary, this research opens avenues for further exploration into the spiritual teachings of Rajyogini BK Dadi Jankiji, offering a foundation for continued scholarship in the realms of spiritual growth, well-being, and transpersonal psychology.

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**9. Conflict Of Interest:** There are no conflicts of interests.

**10. Sources of Support:** Nil

## 11. Appendix:

### A: Detailed Codes

This section presents a detailed compilation of the initial codes generated during the open coding phase, providing a comprehensive breakdown of the interpretive process for the study titled "Exploring Spiritual Growth and Well-Being: A Thematic Analysis of Rajyogini BK Dadi Jankiji's Teachings."

#### Initial codes Generated

Here is a compilation of the initial codes derived from the provided transcript:

1. **Concentration Power**
  - Focusing on improving concentration abilities.
2. **Murli and Baba's guidance**
  - References to the Murli and following Baba's teachings
3. **Awareness and Attitude**
  - Emphasizing awareness of Baba's guidance and maintaining a specific attitude towards it.
4. **Simplicity and Ease of Life**
  - Emphasizing the simplicity of life through adherence to Baba's teachings
5. **Silence and smiling**
  - Exploring the concept of silence and associating it with a spiritual smile.
6. **The Power of Silence**
  - Highlighting the benefits and power associated with practicing silence.
7. **Amrit Vela**

- Emphasizing the significance of the early morning hours for spiritual practice.
- 8. **Introversion**
  - Discussing the benefits of introversion in enhancing concentration power
- 9. **Desire Management**
  - Advising on managing desires and their impact on concentration and introversion.
- 10. **Self-Improvement and Transformation**
  - Encouraging a focus on self-improvement rather than expecting change in others.
- 11. **Body consciousness vs. soul consciousness**
  - Contrasting body consciousness and soul consciousness, highlighting their differences.
- 12. **Detachment from the body**
  - Advocating for detachment from the physical body for spiritual growth.
- 13. **Service and improvement**
  - Emphasizing the role of service and self-improvement in spiritual development.
- 14. **Influence of Nature**
  - Discussing how one's nature influences behavior and change.
- 15. **Inspiration for Change**
  - Encouragement for personal transformation and inspiring others to change.

### B: Open, Axial and Selective Codes

#### I) Open Codes:

In this initial phase, we will break down the information for each theme into smaller units and assign labels to capture the essence of each segment.

1. **Sadhana and Focus for Spiritual Growth**
  - Code: Concentrated Spiritual Practice
  - Code: Early Morning Practice (Amrit Vela)
  - Code: The Power of Silence for Growth
2. **Guidance and teachings from Baba**
  - Code: Baba's Guiding Wisdom
  - Code: Attitude and Awareness of Baba's Teachings
3. **Inner Transformation and Self-Improvement**
  - Code: Personal Growth from Within
  - Code: Managing Desires for Spiritual Progress
4. **Spiritual Practices for Joy and Contentment**
  - Code: Practices for Spiritual Joy
  - Code: Simplicity for Spiritual Fulfillment
5. **Shift from a Material to a Spiritual Perspective**
  - Code: Transition to a Spiritual Perspective
  - Code: Detachment from the Physical Body
6. **Influence of Nature and Inspirations**
  - Code: Nature's Transformative Influence
  - Code: Inspiring Change in Self and Others

#### II) Axial Codes:

In this phase, we establish relationships between the initial codes and identify broader patterns and themes emerging from the data.

- **Sadhana and Focus for Spiritual Growth**
  - Core Theme: Spiritual Discipline through Practice and Silence
- **Guidance and teachings from Baba**
  - Core Theme: Baba's Wisdom-Shaping Spiritual Journey
- **Inner Transformation and Self-Improvement**
  - Core Theme: Inner Evolution for Spiritual Progress
- **Spiritual Practices for Joy and Contentment**
  - Core Theme: Blissful Spirituality through Simple Practices
- **Shift from a Material to a Spiritual Perspective**
  - Core Theme: Transcending the Material for Spiritual Growth
- **Influence of Nature and Inspirations**
  - Core Theme: External Factors Inspiring Spiritual Change

#### III) Selective Codes:

In the final stage, we refine the core themes, integrate them into a cohesive narrative, and validate the interpretation against the entire dataset.

- **Sadhana and Focus for Spiritual Growth**
  - Final Theme: "Sadhana Essence: Focused Practice and Silence"
- **Guidance and teachings from Baba**
  - Final Theme: "Baba's Light: Guiding Wisdom and Awareness"
- **Inner Transformation and Self-Improvement**
  - Final Theme: "Inner Alchemy: Self-Improvement and Growth"
- **Spiritual Practices for Joy and Contentment**
  - Final Theme: "Joyful Spirituality: Simple Practices for Bliss"
- **Shift from a Material to a Spiritual Perspective**

- Final Theme: "Transcending Matter: Embracing the Spiritual"

- **Influence of Nature and Inspirations**

- Final Theme: "Nature's Wisdom: Inspiring Transformation"

These final themes encapsulate the essence of each theme and provide a clear representation of the teachings and insights conveyed in the transcript.

## 12. Author Biography



With four decades of committed practice in Brahma Kumaris Raja Yoga meditation, Dr. Nagesh N.V., the author of this paper, brings a wealth of experience and expertise to the exploration of spiritual themes. As a distinguished senior professor and accomplished research supervisor, he is affiliated with Manipur International University and CARE, India. With a Ph.D. in commerce and management, Dr. N.V. leverages extensive experience from academia and industry, including a commendable 17-year tenure as the Senior Deputy Director at Karnataka Milk Federation Limited in Bangalore. Currently, he actively guides research at Manipur International University and CARE, India, while also contributing to JJTU in Rajasthan. His multifaceted role underscores his unwavering commitment to advancing research and nurturing emerging scholars.