



The Benefits of Rajyoga Meditation for children and youth: A path to self-motivation and positive mindset

Anita Siwach, 1st Author, Dr. Sumita Sikka, 2nd Author.

Research Scholar, Research Supervisor, Manipur International University & Centre for Academic Research (CARE), Brahma Kumaris & HOD in Fashion Designing, Goswami Ganesh Dutta Sanatan Dharma College, Chandigarh

Abstract:

This comprehensive review article delves into the significance of Rajyoga meditation to facilitate enhancement of student learning and to support students psychological, physiological, and social development. The benefits of Rajyoga described in this review paper should motivate further research to examine whether a practice of Rajyoga in the classroom would yield larger and sustained benefits for students. Still, these promising findings suggests that students may benefit from Rajyoga as a part of their school day. This paper explores the potential of meditation to address student's issues and promote positive minds among them.

Moreover, there is a strong demand for implementation Rajyoga into the school curriculum. Not all the evidence may be in, however, there is convincing circumstantial evidence that Rajyoga practice improve the well-being of students. Children deserve to experiment life positively and society has a duty to provide them with the skills and strategies to manage life's more challenging moments. Rajyoga may be one way to provide them.

Keywords: Rajyoga meditation, self-motivation, positivity, concentration, students.

Introduction:

In this article, research investigating the use of Rajyoga meditation technique in managing a variety of challenges faced by children and youth population is examined. The review begins by providing a brief of overview of the underpinnings of Rajyoga and some definitions of Rajyoga.

When utilizing or adopting meditation-based practices in secular contexts such as education it is important to remember the origin and treat it respectfully. By being respectful of the historical beginnings of Rajyoga, future generations will gain a greater understanding of meditation practice, pay open minded and open-hearted attention to thoughts or events as they unfold.

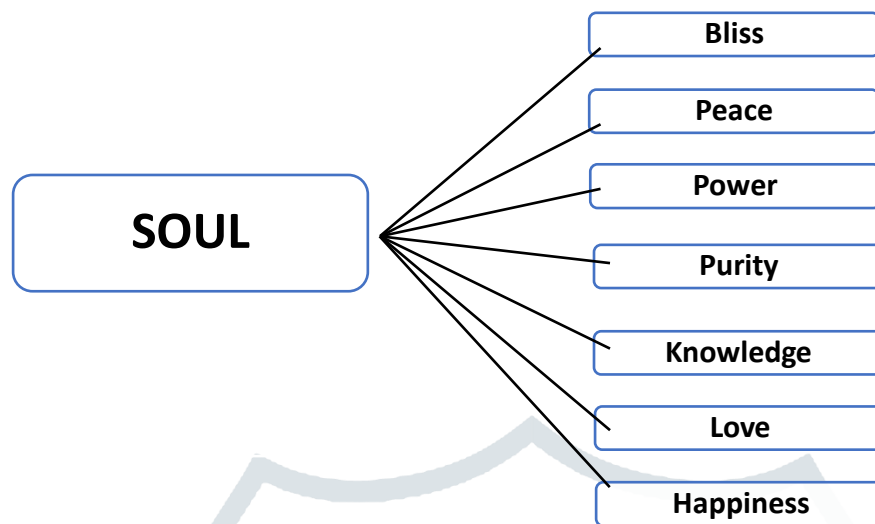
Rajyoga Meditation:

Rajyoga technique is basically an ancient meditation technique which makes us KING (raja) of our own sense organs that's why its name is Rajyoga. Rajyoga meditation works on two basic concepts:

1. As we think so we become.
2. Where the attention goes, energy flows.

Each quality of life is within is nothing is outside. When we have full attention on bodily things and outside world then all the bodily vices i.e., trust, anger, greed, attachment, and ego get energies by our attention on them and so these vices become more and more powerful day by day and we get caught in this web. By Rajyoga we get the

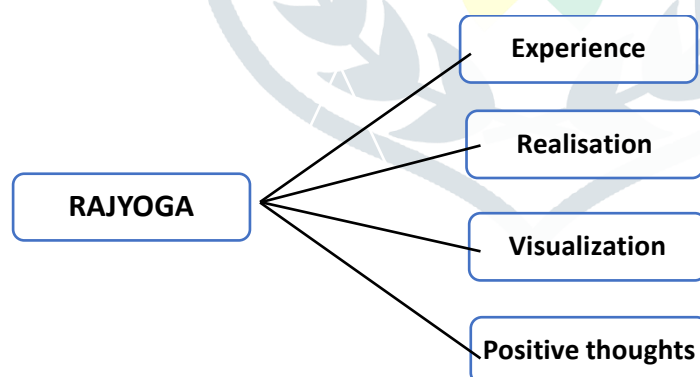
answer of “WHO AM I?” – “I AM AN ETERNAL SOUL”. This starts miracle in our life. When our attention goes to soul then all the seven qualities of self-love, bliss, happiness, peace, knowledge, power, and purity get energies by our attention and starts emerging in our nature.



So only thing is what we are thinking when we start thinking and realizing that we are souls then automatically soul powers increases and after regular practice of taking attention on our thoughts we realize that SOUL IS MASTER OF THE BODY. In every hour, if we consciously practice that “I am a peaceful soul only for one minute then this small attention makes miracles in our life. We become master of all senses, mind, and intellect.

Different definition of Rajyoga:

1. According to Brahmakumaris Rajyoga is the science of silence, inner reflection, and inner discovery. Rajyoga 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. It can be explained in four steps.



In the process of Rajyoga positive thoughts are given to the mind and then intellect make picture of that thought (visualization) and after realization and experiencing that thought a process of change in older sanskars started. By regular practice old vicious sanskars change to new deity sanskars so the goal of this Rajyoga is achieved. This is the AIM of HUMAN LIFE which can be achieved by regular practice of Rajyoga.

2. Rajyoga meditation derives its power from the fundamental belief that the human mind process.

3. Rajyoga meditation is one of the training courses of Rajyoga Education and Research Foundation of Brahmakumaris World, Spiritual University (BRWSU). During Rajyoga, subjects sit in soul consciousness with their eyes open and with their gazes fixed on a meaningful symbol (a point of light which is considered as supreme

soul) boundless potential, capable of unlocking inner serenity and profound satisfaction. Its essence lies in the tranquil act of sitting in silence, directing the mind towards a singular positive and powerful thought or concept. Through dedicated and regular practice Rajyoga unfurls a transformative journey leading individuals to our inner spectrum of peace and fulfilment (Dr. Nagesh N.V., 2023).

4. Rajyoga meditation promotes spiritual values such as truthfulness, purity, self-discipline, pure food, and celibacy. These values serve as a foundation for spiritual growth and self-transportation, factored through regular meditation and other spiritual practices. It is a process of shifting again and again from body consciousness to soul consciousness so that one commune with God, the supreme soul.

The connection between the soul and supreme soul or the remembrance of the supreme soul is called as Rajyoga.

Effects of Rajyoga on physical, mental, and social aspects:

1. Patel Girish (1984) - A preliminary study on 25 Rajyogis practicing meditation regularly in October 1984, by the medical wing of Rajyoga and Research foundation to observe the effect of meditation to the vital parameters. This showed on overall decrease in the mean value of heart rate systolic and diastolic blood pressure and respiratory rate withing six months.
2. Gupta Satish (2004) - During last six years more than 800 angiographically documented CAD patients referred from all over India have participated in a unique user-friendly healthy Lifestyle program. CAD regression (Mount Abu Open Heart Trial) in groups of 20 to 30 patients at Brahmakumaris, Shantivan complex, Abu Road repeated coronary angiography have shown opening of coronary blockages.
3. Mendelson et al (2010) utilized yoga, breathing exercises and guided mindfulness practices in their study of the impact of meditation intervention on stress on fourth and fifth grade students. The goal of using these interventions was to improve the children's capacity for sustained attention as well as increase their awareness and ability to regulate their cognitive, physiologic, and bodily states.
4. Singh et al (2007) utilized the "Meditation on the sales of the feet program with a group of seventh grade boys exhibiting aggressive behaviors. Aside from observing reductions in their aggressive behavior participants reported being ore relaxed, increased impulsive control, better focus and improvements sleeping.
5. M.G, R.B., S.E, S.Rai, K.S. (2013) - The short term effect of positive reappraisal could be helpful for youth experiencing difficulties in managing negative effects. Studies have shown that having positive emotions helped people to come out of depression. The present study suggested that practice of Brahmakumaris Rajyoga meditation at any age enhanced positive thinking and that it provided happiness in life.
6. Ramesh M.G., Sathian B., Sinu E., Kiranmai S. Rai (2013) – Brahmakumaris Rajyoga meditation gives a clear spiritual understanding of self and helps one to re-discover the use of positive qualities which are already latent within oneself, this enables to develop strengths of character and to create new attitudes and responses to life. Rajyoga is considered as a type of mind-body complimentary medicine. It gives a sense of calmness, peace and balance that benefits both emotional well-being and over all health. Spending even a few minutes in meditation can restore mental calmness and inner peace.

Why Meditation with children and youth?

1. Meditation may enhance cognitive and academic performance manage academic stress and effect the holistic development of the individual (Shapiro et al, 2008).
2. Mindfulness based practices appeal to children and youth because there are self-management techniques and therefore allow them to play a buy role in their own growth and development. (Semple, Reid & Milla, 2005)
3. Teaching mindfulness techniques to all students creates the potential for greater self-awareness, improved impulse control and decrease emotional reactivity to challenging events. (Thompson & Gauntlet-Gilbert, 2008)
4. Rajyoga also reduced the response of the amygdala, a brain structure associated with emotion and stress to negative stimuli. This was observed in the brain images of students who responded to photos of fearful expressions during brain imaging tests. (Bauer et al, 2018)
5. Rajyoga meditation enhance the emotional intelligence of the students. It has been observed that through the knowledge of spirituality the students become aware about the self, supreme and matter in a manner that what are the actual function of all these in the whole drama. The attitude if the students become positive through spiritual perspective.
6. Their concentration power increases their capacity to remain stable in different situations increases through developing power of acceptance. Rajyoga helps students to control the negative emotions and increase the

positive attitude, increase the patience, increase the level confidence. So, their level of happiness in life increases. (Rupal shah et. Al)

Recommendations for integrating Rajyoga in the schools.

Napoli et al(2005) state, "Research indicated that incorporating stress reduction programs into the school curriculum is associated with the improvement of academic performances, self-esteem, mood, concentration and behavior problems(p-105).

According to Ritchhart and Perkins(2000), "For generations, educational philosophers, policy makers and practitioners have decried the mindfulness of schools and their tendency to stifle creativity, curiosity and enthusiasm while nurturing positivity and superficial learning".

So, the following are the recommendations from educators and leaders of classroom based Rajyoga programs-

1. To provide teachers with dedicated knowledge to engage in meditation practice themselves: Rajyoga is taught from inside out, when teacher receive adequate training and engage in their own practice, they are better able to understand the effectiveness of meditation more deeply and model the practices more authentically for students.
2. Make time for students to practice Rajyoga: There should be a fix time in school timetable schedule for students to practice Rajyoga on regular basis. Create opportunities and provide resources for students to learn science f Rajyoga meditation and practice.
3. Ensure that meditation is integrated with a secular approach: At least in secular schools, it is important for educators to use and teach about Rajyoga in a way that neither promotes nor discourage the religious beliefs of teachers or students. Make sure not use any object associated with any a particular religion and make sure to never limit invalidate the belief system of others.

Conclusion

Based on the review of various papers and in-depth survey on Rajyoga meditation and its effects on children and youths, it can be concluded that practice of Rajyoga enables to explore improve in performance in academic and professional settings, festering creativity, and innovation. Additionally studying the current issues and applications of Rajyoga enables us to explore its potential applications in various fields.

Research reviewed here suggests that Rajyoga-based practices can have a positive impact on academic performance psychological well-being, self-esteem and social skills in children and adolescents.

While the research in this area continues to grow, there is a need for well-designed methodologically sound research to guide educators and administrators in integrating Rajyoga-based practices into the school settings. Children deserve to experience life positively and society has a duty t provide them with the skills and strategies to manage life's more challenging moments. Rajyoga is the one way to provide this.

References

1. Rechtschaffen. D. (2014). The way of mindful educates Cultivating well-being in teachers and students Norton and company,
2. Bauer, et al (2018). Mindfulness in the classroom. Learning from School Based Mindfulness intervention through the Boston Charter Research Collaborative.
3. Dr. Nagesh N. V. (2023). Brahma kumaris Rajyoga meditation modern times; Addressing
4. the current issues and applications. Journal of Emerging Technologies and innovative Research (JETIR).
5. Kim D. Rembel (2012). Mindfulness for Children and Youth: A Review of the Literature with an Argument for school-Based Implementation.
6. Sahu.A , and Dubey, S P. (2015), Rajyoga Meditation
7. and Effects: A comprehensive Review. International Journal of Engineering Development and Research 3(4).
8. Dr. Nagesh N.V. (2023), "Navigating the path to inner harmony: Lessons from the Mount Abu brahma Kumaris community. Journal of Emerging Technologies and Innovative research (JETIR)
9. Balaji k (2023). The Convergence 3 Rajyoga and Yogic Chakras towards the Inner Sacred and Kundalini, International Journal of Advance and Applied Research.

10. Abrams, H. (2007). Towards an understanding of mindful practices with children and adolescents in residential treatment. Residential Treatment for Children and Youth. 24 (1/2) 93-109
11. By Brahma Kumari Educational Society, Module 5, "meditation and values", 2004,19-22.
12. Published from Brahma Kumaris (1993), Advanced Course, First Edition, Rajasthan. India.
13. M. G. , R.B . , S. E. , S. Rai, K. S. (2013), Efficiency of Rajyoga meditation on Positive thinking. An Index for self-satisfaction and happiness in life.
14. Chobra.s., 8 Sharma. S. (2018). Value Education through Rajyoga, International Inventive multidisciplinary Journal 6(1).
15. Patel Girish "Effect of Rajyoga Meditation on vital parameters", Meditation as Medicine booklet, Brahma kumaris, Mount Abu, 1984.
16. Binny Sareen, B.K (2010) Literature of Brahma Kumaris. A study in the Renaissance of spirituality and universal human values (Doctoral Thesis) Hema Chandracharya North Gujrat University.
17. Nagesh N.V (2016) Literature of Brahma Kumaris. A Study of Motivational Factors to learn Rajyoga Meditation at Brahma Kumaris International Head.
18. Chandel N(2020), Meditation: A Potential Transformer RRJ of Psy and Ednl Res. 4(2) and 5(1); 75-80.
19. Patel Nikhil "Effect of Rajyoga Meditation on Substance Abuse Disorder and Neurotic Disorders". www.ghrc.abu.com 1994-1995.
20. Benson H(1975). The relaxation Response New York, NY, Harper Collins.
21. Brahma Kumaris Rajyoga Meditation retrieved from www.bkgoogle.org.
22. Brahma Kumaris World spiritual University, Retrieved, from www.brahmakumari.org.
23. Brahma Kumaris, retrieved from Brahmakumaris.com.

