

Meditation in 21 Century

Introduction

People want a variety of things from meditation. Some come for peace, others for self control, some for power and some for silence, but of all the reasons, the ones which are most often expressed are peace or peace of mind. At first sight there doesn't seem to be much difference between the two but, on closed inspection, we find that they are asking for different things. Peace is simply an experience, whereas peace of mind is a way of life.

At some time or other we have all enjoyed a moment's peace, how ever fleeting. Simply to experience peace is not actually so difficult. Peace is something easily attainable through the practice of meditation because this is what meditation is specifically designed to give. However, to attain peace of mind implies that I want to experience peace constantly. While I go about my daily life, I need to be in control of myself to the extent that I can have whatever experience I choose, when I choose. To experience constant peace of mind, I need something more than just a meditation technique. After all, in the middle of a dispute with the shop assistant over the change, I can't just sit myself down and spend five minutes delving into the deep recesses of the self to regain that temporarily lost inner peace! It is the experience of peace, previously gained through meditation. Which I need to be able to use later on in my practical life, especially at times when it is not easy to be peaceful if I can't use my meditation to bring benefit to my daily life, is it really of any use to me?

Therefore, the emphasis in this meditation course will be a double one.

Firstly, to reach a simple, effective method of meditation called Raja Yoga, and to discuss and experiment with ideas on how to deepen the experiences gained;
Secondly, to look at the reasons behind stress and tension in my life so that, through understanding, I can begin to change to root causes, using the power gained through meditation; and also to clarify how I can translate peaceful feeling into peaceful actions, so that peace becomes peace of mind.

Easy Raja Yoga: Basic Technique

Attempting to practice without benefit of precise and accurate theoretical knowledge is to sail rudderless upon an uncharted sea; to discuss theory without putting it into practice is not to go to sea at all. Therefore, let us briefly explore some of the theory behind Raja Yoga and then take the step of practicing regularly in order to experience for ourselves all of its benefits and pleasure.

Definition:

Yoga is a Sanskrit word which literally means 'link' or 'union' (just as its antonym-viyoga-means 'separation') The word Raja (or Raj) means 'King', 'Sovereign, or 'Supreme. Thus Raja Yoga is the Raja Yoga is quite simply the communion of the soul with the supreme of all unions (and the union makes us self-sovereign). The Raja Yoga is quite simply the communion of the soul with the Supreme Soul. In the course of practice,

one tunes the mind to that very subtle frequency on which God is radiating His love, light, and might. By considering the self a soul, and then by focusing a gentle stream of positive thoughts, towards the Supreme Being, His own harmonious vibrations will be received upon that same current, allowing the soul to experience the wealth of unlimited attributes of the Supreme. Peace, power and bliss are the inevitable fruits of this connection. The soul is filled with the happiness which cannot be equaled by any physical experience. Thus the soul becomes the master over his senses. Mind, intellect, and response patterns are soon tamed and transformed. The personality becomes clean and pure. Within the soul there remains only the knowledgeable silence of the consciousness of God.

We have called this practice not merely Raja Yoga, but Easy Raja Yoga. This is because the method is very simple that people of all age levels and educational backgrounds may study it easily and achieve the highest results with very little effort. It need hardly be added that the practice is equally suitable for men and women of any religious background, race, or nationality. There is no 'chosen' group which is more capable than others of making contact with God-nor any whom, He will love more than others. We are separated only by the strength of our own will to establish that highest connection.

Who is God?

Communion with God Father is essential, because He* is the unlimited source of knowledge, peace, love bliss, purity and power. But to truly commune with Him, we must accurately know Him. This means, at the least, we must comprehend His form, His abode, and His name.

The form of God has been spoken of universally in the same terms; He is incorporeal and He is light. Christ, Moses, Guru Nanak, and teachers from every religion agree on this. Some times, God is considered clearly as a point of light (for example, the Egyptian pyramid is the image of God as a Point of Light radiating His imperishable illumination downward upon the earth. This is why the Pharoas wished to bask in that light at death, and built such lavish and time-defying memorials).

Other religions have portrayed the Aura which surrounds Him, an oval or flame-shaped image. An so the Hindus, for example, worship Shiva in same shape went westward with Abraham, who established such a symbol for worship in Mecca, and even today it is the holiest shrine in Islam, and a required object of pilgrimage in the life of a Muslim.

Likewise, in the Jewish synagogue we can see the same holy Flame, called the Ner Tamid, or Eternal Light, raised above the Ark of the Law. That form also went eastward, becoming the Buddhist stupa, then evolving in China into the pagoda, and appearing in Japan once more as a small oval-shaped stone, which certain Buddhist sects worship as 'the Peace Giver' Even modern offshoots of the main religions maintain the old form, though the meaning has been lost. The Mormons in America, for example, hold special regard for beehive. Which are of the same shape, and one can readily interpret the metaphor of God as that Honey Hive and His Children as the bees.

We have determined the universal belief in God as a being in His own right though without a human form. Not being physical, he takes up no space. The Supreme has then, the amazing form of an infinitesimal point of light, from which light emanates in an oval aura, just as with a candle, light emerges from a point source and assumes an oval form.

God, however, is not a point of physical light but of divine light. He is conscient and living. Although His form is the smallest of the small (the Greek word 'atom derives from the Hindi 'atma' which means soul), yet His attributes are the greatest of the great, limitless as an ocean. God's supremacy over us consists not in brute force, obviously, but in His Knowledge, of Peace, of Love; the Eternal fountain of Purity, and Bliss; the infinitudes is the metaphysical corollary to the 'inverse law of energy' so well-known to physics.

God can be remembered according to any of His attributes, or by names which symbolize them. But the essence of all his attributes is that He is the world benefactor. In Sanskrit, this concept is represented as 'Shiva' Therefore, She the earliest-given name of God, contains the essence of all the qualities, attributes, and divine deeds of the Supreme. God is the Father of all souls. Just as we call our bodily father by loveful names like 'daddy', 'papa', or 'baba' in order to increase the natural feeling of closeness, so even more and when we are desirous of having a loveful and intimate communion with the Supreme, we remember His as 'Baba' manner is to take a great step closer to His Love.

Souls and the Supreme Soul

All souls as well as the Supreme are identical in form; we are the pints of light. Yet the attributes of souls are limited, whereas those of the Supreme are beyond limit.

All souls take birth in human bodies. These are our costumes, in which we play our roles on the world stage, in the eternal cycle of birth and death. But the Supreme souls is the One who is free from the bondage of this cycle, beyond the pull of action desire.

The Supreme is the One who is totally fulfilled, forever complete, constant throughout eternity. He is not subject to the law of entropy. His name-Shiv Baba-belongs forever to Him, whereas human names are mere labels for the perishable body. His attributes are also constant. No human being is capable of such eternal stability in perfection.

Therefore, he is worshiped by people in every corner of the World. We instinctively turn to Him for the stability we ourselves are lacking.

The Dimension Beyond

But if we are truly to turn to Him, in any but a blind and desperate fashion we must know His abode. Clearly, He does not make His home in this physical world. When thing of God, people automatically turn their faces upward Towards where?

Beyond the farthest reaches of this material universe, there is another dimension called the Subtle (or Angelic) Realm. Beyond even this high plane is another, the incorporeal World. This a region of changeless light, peace utter silence. This is the eternal Home of Shiv Baba, the Almighty Father. It is also the original dwelling place of all souls, before we came into this world of matter. We descended from this realm of peace and tot it we must finally return.

It is rightly said that the realization of reality is very easy and very quick. Simply by turning our minds to this Highest abode of light and silence, we can experience the sweet, peaceful light and serene and subtle state of mind, which by themselves are evidence of the existence of this highest dimension, the forehead. I am completely detached form the physical body. My original qualities are peace, love bliss, purity, and might. The world of tranquil light is my real home, where I dwell in a state of total relaxation. My supreme Father is also a brilliant point of light. He is the Ocean of Peace, the Unlimited Source of

Purity, Love, Bliss and Power. I become fully charged with these attributes by tuning my thoughts with Him.

The Four Stages of Yoga

First Stage: Initiation

To begin the practice of Easy Raja Yoga, one need not sit in any special posture. Infact, difficult postures should be avoided in favor of one's usual, easy and natural way of sitting. One may sit on the floor, use a cushion, or sit comfortably in a chair. Since, the aim is to go beyond physical awareness; any pain which pulls you back to the body is counter productive. On the other hand, if one meditates in too comfortable a position (like lying in bed), one is prone (especially at first) to fall asleep take balanced approach and judge your own capacities.

While meditating, there is no need to close the eyes. Actually, it is better not to. Some people believe that with open eyes one may become distracted by things occurring in the field of vision. But intact, the scenes created by the imagination when the eyes are closed are far more distracting. Attention diminishes rapidly with eyes closed, and soon the mind has wandered far from one's object and purpose. Furthermore, one is much more likely to enter the state to sleep rather than that of yoga. So it is recommended that one should learn to meditate with eyes open. Even if it seems more difficult at first, soon it will become natural and the result will be that a powerful stage can be maintained even during daily activities, when open eyes are necessary.

Second Stage: Meditation

This is the most active and important stage. Here we produce a connected series of pure and positive thoughts, which become the fuel for the soul's inner journey. Through this active churning of spiritual knowledge and its implications, the self becomes aware of its own true nature and tunes its intuition to the qualities and attributes of the Supreme. The basis of meditation is the seed-though that I am a soul, a point of conscient light, residing in the centre of this, there is no problem of taming a wandering mind. An finally, because the communication soon becomes a two-way channel, the loveliest of human experience and emotion quickly unfolds, transforming even the most worn-out and hopeless souls into peaceful and happy, strong and stable persons, able to actualize the farthest reaches of their potential.

Third Stage: Concentration

In the stage of meditation, worldly thoughts cease with its own reality, and the presence and power of God becomes evident. Now gradually the speed of this pure thinking is reduced until it has become very, very slow. Then the practitioner silently stabilizes his heightened awareness on the self and the Supreme.

Fourth Stage: Realization

As our thoughts become fully channeled in this positive direction, we start to experience an extraordinary sense of peace and well being. The mind plunges ever deeper into this experience, it becomes saturated with the living qualities of the Supreme. The soul realized itself as a point of divine illumination filled with love and might. All negativity is washed away in this final stage. There is only the silence of the blissful presence of the Supreme.

Easy Raja Yoga leads to very rapid attainment of this stage for several reasons. In the first place, the knowledge is accurate, allowing the soul to understand itself in a very precise manner and thus easily to detach from the body. Secondly in this yoga is a highly

creative use of the mind. Every time one sits down to meditate it will be a different experience. There is no stereotyped repetition of a word or phrase. One's mind is free to develop an individual and deep relationship with the most interesting being in the universe.

All Yogas in One

Some people are of the opinion that one must choose a particular method of yoga according to one's personality. An emotional person would then practice bhakti yoga (the yoga based on love and devotion). An intellectual would select gyan yoga (the yoga founded on knowledge). A more actively inclined individual might prefer karma yoga (the yoga based on action). Easy Raja Yoga, however, is suitable for people of all personality types and interests, because it combines the essence of all the various paths. For example, an emotional person can progress very quickly on the path of Raja Yoga because a feeling of devotion and love for the Supreme is so easily developed. Intellectuals will find the knowledge from which Raja Yoga proceeds to be endlessly fascinating, and will appreciate the rationality of this path, wherein blind faith is out of the question. Socially can be practiced while one is at work, it also causes one to be aware of the ethical and spiritual aspects of every relationship, allowing him to overcome his errors and attain perfection in action. Those who thrive for discipline will also welcome the ability Raja Yoga gives one to gain control over thought processes and behavior patterns, without having to undergo strenuous, physical or mental exercises. Through practice of easy Raja Yoga, one can enjoy the essence of all yoga's: peace of mind, intellectual clarity and purity, absence of worry, depression or negative tendencies, self-discipline and transformation of behavior patterns, supersensory bliss and relaxation even of unconsciously held muscle tensions. Thus, Raja Yoga subsumes within itself the fundamentals of all methods of yoga, and confers the achievements of them all naturally and easily, using one very simple method which anyone can learn.

A sample of Meditation For beginners

Sit in a natural and an easy manner. Read the following words slowly, thinking deeply over the thoughts which they contain:

I withdraw my awareness from my physical organs... I become aware of my inner self- a point of light... the eternal soul... I now feel light... as the burden of physical thought diminishes... A non-material light glows in the centre of my forehead... I am the driver and my body is the car.

As my thoughts concentrate, I become light... floating ... I find deep peace within... and I am filled with power... I tune my mind to a new dimension... My original home... the soul world... the land of peace and silence... the land of tranquil light... I bathe in this glow... and once again filled up with total peace and purity... My home has no limits... I fly in this expanse of light, so free of tension... I enjoy the sweet stillness. Height in my home now I am so free and light... Here in my true home-the soul world- there is another brilliant point of light... The Almighty Father is an ocean of peace, purity and power... As I come closed to this silence, I feel so still and begin to explore this depth of peace... God, my Sweetest Friend provides me with the ecstasy of unlimited warmth and love... Gently, waves of light from this sweet ocean now are passing over me... a golden glow of tender love... I become so still... I feel... I have gone to the very bottom of this ocean of serenity... I taste the very essence of real peace... Peace becomes my true nature once again...

Now slowly I become aware of the physical costume- the body, yet from within I am completely peaceful and relaxed... I will maintain this awareness even during activities... I will remain detached and light while at work... nothing can disturb me any more.

Practice meditation twice daily for about ten minutes. The early morning and evening atmosphere is most favorable.

Extensive Meditation

Raja Yoga is a powerful tool for holistic healing. Raja Yoga practice has positive influence on the whole existence of human being. It harmonies the physiological system as a whole as well as transforms all spheres of human existence that is physical, mental emotional, intellectual occupational, social and spiritual. Raja Yoga therapy is truly a holistic treatment as it heals the governing mechanisms and the controller of the whole person. Raja Yoga also transforms ones life style and relieves emotional and mental conflicts as well as brings lasting peace and satisfaction in one's life. Raja Yoga is not only an intellectual method but it's a way of living.

One of the basic rules of holistic health care is healing takes place from within. Raja Yoga also heals a person from brain inurn having a harmonizing effect on whole organism. It is said that holistic healing is self initiated. Raja Yoga is also a self initiated technique in which healing takes place as a result of activation of health promoting physiological and biochemical processes. During Raja Yoga practice the person also re-establishes the harmony with other human beings, his environment and the universal life energy. Raja Yoga practice potentates the length, breadth and depth of human existence. Raja Yoga practice is not a retreat from personal, social and professional responsibility but it's an art of fulfilling those responsibilities in a balanced way and achieving the goal of holistic self-development-physical, mental, intellectual, and spiritual.

Yoga is a Sanskrit word derived from another Sanskrit word "Ujja" which literally means link, connection or communication. In spiritual terminology yoga means communion of the self with the Supreme Being. Once this communion is established the practitioner receives positive vibrations of tranquility, bliss, purity, mercy, etc. from the Supreme soul. It is a well known fact that when a tuning from is vibrating, if you bring another tuning from close to it, the second one also starts vibrating with same frequency. God, the Supreme, always vibrates with the frequency of peace, bliss, purity, power and all other positive qualities. During yoga practice one just tunes one's mind to the Supreme. In other words one just takes his consciousness near the Almighty and no sooner does this happen then the practioner's mind also picks up those positive harmonizing and health promoting frequencies.

The mechanism of yoga practice can be explained with the help of another example: Different radio stations are broadcasting their programmes on specific wave lengths. When we adjust our radio on a specific wave length it will pick up those particular programme. During yoga practice one simply tunes ones mind to the wavelength of the Supreme Soul and in turn receives all those positive vibrations.

The therapeutic and healing effects of Raja Yoga can be understood by understanding the following steps of Raja Yoga practice:

Step I:

Preliminary Preparations

Before performing minor or major surgery it is essential for the surgeon to prepare himself. Without the basic preliminary preparation successful operation is not possible. Similarly, for a deep and lasting experience of Raja Yoga, some basic preliminary preparations are essential. One needs two types of preparations, namely:- physical preparations and mental preparations.

Physical Preparations

Don't practice meditation when you are physically tired. As a beginner meditation practice in a distracting environment also won't be successful. Select a place which is at least free from noise and other distractions. If the room is illuminated with red light, it will have a positive effect. Research studies have shown that, dark red light has same adverse effect on one's mind but the light red atmosphere that is pink color has the tranquilizing effect on one's mind. The red tube which is usually seen at Raja Yoga Centers in fact, creates a pink atmosphere leading to positive effects

Position

The aim of Raja Yoga is to become a Karma yogi which means to remain in the meditative mood even while doing day-to-day actions. Yet for a deep experience of meditation, special practice, twice a day for 20 to 25 minutes is essential. During such periods of meditation practice it is not necessary to sit in a difficult posture. You can practice Raja Yoga in any easy posture. From anatomical and physiological angles it is advisable to keep one's back straight. Keep upper extremity in semiflexion and all bodily muscles in a much relaxation as possible. For this health promoting position sit cross legged, keep your hands in your lap, stretch your back to a maximum straight position and the slightly let to, automatically your back will take up the natural curves. You can comfortably sit in this position for 20 to 25 minutes. Every time when you practice meditation always sit in this comfortable position. This has a significant advantage because your body and mind will be conditioned to attain the higher stage of meditation in this particular position. After some days as soon as you sit down for meditation your brain will start receiving positive messages and signals and very soon you will be able to go deeper and deeper in the experience of Raja Yoga.

The uniqueness of Raja Yoga is that the practitioner keeps his eyes naturally open. An inexperienced mediator may think that open eyes leads to distractions. One may argue that it is difficult to detach oneself from those visible scenes. On a superficial level this argument is true but the deep analysis would reveal that closed eyes are more distracting. When you close your eyes your sub-conscious mind will come to the surface and your mind will be pulled by the large number of subconscious memories. Your distractions will have no limits. Your mind may jump from one subject to another. Secondly, when you practice meditation with closed eyes, the possibility to sleep increases although this is not a positive advantage but the point is worth considering. Thirdly, our object of practicing meditation is to become a karmayogi.

We intend to maintain the stage of meditation even during day-to-day activities. If you are conditioned to practice meditation with closed eyes, you won't be able to maintain the same stage during the physical activities, when you need to keep your eyes open. Therefore it is sensible to attain the same level of consciousness while doing the routine activities. You would agree that during several activities we don't apply our mind consciously, because we have repeated those activities for a long time. Fourthly, experience of peace and self-transformation not the only object of meditation. The higher object is to help the environment. Research done in the field of subtle energies and auras has shown that through certain parts we transmit maximum vibrations in the atmosphere. Palms of the hand hands soles of the feet are shown to be the good media of transmitting these vibrations. Perhaps this is the scientific blessings. The best medium of spreading positive vibrations is eyes. To a greater extent you can perceive the state of mind of the person from his eyes. Even a child is able to perceive the mood of mother from her eyes. The open eye meditation has the profound benefit of making the surrounding atmosphere peaceful and pure.

Having understood all these four points do the experiment of open eye meditation for a few months and experience the benefits yourself.

Time

Meditation can be practiced at any time when one is free yet the early morning and the evening time around sunset, the surrounding atmosphere itself facilitates the meditation practice. Therefore, if you can adjust your schedule prefer these specific times.

Step II

Self –Observation

Raja Yoga can be used for the treatment of many specific diseases holistically. Regarding yoga practice many people have several misconceptions. One fundamental misconception is the notion that during yoga practice we should make our mind blank. It is a wrong notion because initially it is not possible to make our mind blank and secondly it's not the objective of yoga practice. As a beginner if you sit for practicing yoga and aim to make your mind blank you will find that at that particular point all unnecessary and unwanted thoughts will disturb you. Even such thoughts which do not distract your mind in normal day-to-day work will disturb you when you specifically intend not to think about them. This is a psychological phenomenon. When you tell a child not to handle something or visit a particular place or read a particular book, the child will become anxious and curious to handle that particular thing, visit the prohibited place and read the book.

You might have heard the story of the guru and his disciple. On competing the various lessons on spiritual study, the guru told his disciple to practice meditation and advised him not to think about a monkey while practicing meditation. After sometime when the guru inquired about the experience of meditation practice, the disciple said, "Guru, although you advised not to think about a monkey, all the while, I was thinking about a monkey and nothing else." Exactly this is what happens when you aim to prohibit all thoughts during meditation practice. Infact, the fundamental property of mind is to think.

During meditation practice, we channel this faculty of mind in the proper direction. Before you sit for meditation your mind is traveling on a specific road where your final destiny is worldly goals and objectives. During the 15-20 minutes of meditation practice you want to give turn to your mental thoughts on the road where the final objectives and goals are that of spiritual experiences. When you are driving a car if you want to give turn first of all you will reduce the speed of your car by applying a brake or putting it in a lower gear. Similarly, during Raja Yoga practice the very first step is to reduce the speed of your thought processes. It is said that mind is like naughty child will not listen. Instead if you start watching the mischievous child continuously no sooner the child realizes that someone senior watching me he will stop his mischief and sit quietly. The same technique can be used to reduce the speed of thought processes. In the beginning of meditation for few seconds observe your own thoughts. Just watch your mind like a second person. When you do this self observation invariably you will find that the speed of thinking reduces.

Step III

Giving Turn For Self-Realization

Having completed these preliminary steps of self observation you are now ready to turn your thought to the road of self-realization. Naturally and gently generate the thoughts of self-realization. The basic concept is to be aware about the spark of metaphysical light in the centre of the forehead which is completely different than the physical body. This metaphysical point of light has three potentials namely mind, intellect and personality trait. Mind has the property to think. Thoughts whether good or bad, positive or negative, all originate from the mind. In response to various stimuli the mind responds according to past experiences and personality traits. Although in midst of adverse circumstances, one can generate positive thoughts yet past experiences and conditions can influence the mind or pull the mind in a particular action. The intellect is also influenced by past experiences and personality traits. According to the decision the soul gives specific order for a particular action. Brain and bodily organs act as instruments of expression. Every action that you do leaves an impression on the soul. When a particular action is repeated the impressions become more and more stronger and latter on influence the mind to think in a particular manner, the intellect to take particular decisions. Understanding this mechanism helps to understand that you are responsible for your own actions. You realize that you habits, conditions and personality traits are influencing your thoughts and actions. You can transform your thinking pattern and actions. Ones you generate positive thoughts and perform positive actions soon it will become part of your conscience and it will motivate, support and direct you to do more and more positive actions. You also understand that in spite of having particular conditioning you are free to think and decide in a positive direction.

The original nature of the soul is that of peace, love, bliss, purity and power. Everyone in this world desires to have love, happiness and power. All our endeavors be conscious or unconscious, are directed to satisfy this urge of experiencing peace, happiness and to become powerful. It is a different question that we don't experience them permanently

but when you put efforts of earning more money, acquiring better luxuries or doing some social activities the motive behind it in one or other way is to satisfy these basic desires. This itself implies that the original nature of self is that of love, happiness and power. You're a loveful soul. You're a happy and blissful soul. The soul is full of power. Everyone also likes and appreciates peace and purity. This is due to the fact that the original property of the soul is that of peace and purity. You're a peaceful and pure soul. The experience of many mediators is that when they become conscious about the true self as an eternal, immortal, indivisible, imperishable, point of divine light, they experience peace of mind, lasting bliss and inner power. This common experience also implies that the original property of the soul is peace, love bliss, purity and power.

When you go near fire automatically you experience heat and if one holds a piece of ice in hand they experience coolness. Similarly, when you put the efforts of self realization you will experience the original property of soul. The above mentioned basic concept of self realization can be explained scientifically. Interested readers are requested to refer the book 'Eternal Drama of Sour Matter and God' – written by the chief spokesman of Brahma Kumaris B.K. Jagadish chander and 'Positive Health' – script by Dr. Girish Patel. Now having understood this basic concept, you can practice the following sample of meditation. " I detach myself from the physical environment... I also detach myself from the physical body... I become aware about my original self – a point of divine light in the centre of the forehead... As I become aware about my true self I feel light and peaceful... I am the master of all my physical senses... I use this physical body as an instrument... I am feeling deeply relaxed... I am also able to take positive decisions... This body is like a car and I am the conscious driver within... The body is like a robot and I the soul am like a programmer..."

My original nature itself is that of peace... I am a peaceful soul... I am an embodiment of peace... As I become aware of this fact, I experience a deep sense of tranquility and satisfaction... I am a loving soul... I give unconditional and pure love to every one, I am full of happiness... There is a treasure of happiness and peace within... I experience a perpetual state of happiness and bliss, because of the true awareness of the self... I am going beyond the physical attraction of the body... I am experiencing the deep stage of purity which is my original nature... The experience of real happiness makes me naturally pure... I am also achieving control over my physical senses... I have regained enough power to direct my mind and intellect in a positive direction and perform positive and pure actions... I am a peaceful soul full of inner mental powers..."

Step IV

Tuning the Mind to Almighty

Once you generate the above mentioned positive thoughts leading to self-realization, you will experience the feeling of lightness, tranquility and freedom from attraction towards the physical body. For experiencing this quickly and deeply, first of all churn these positive thoughts with conviction. Secondly picturise them When you think that I am a point of light also picturise a point of light or a shining star or a flame of light whatever you prefer, in the centre of the forehead. Psychological studies have shown that what you

see has 70% effect on your mind, what you hear has 25% and remaining 5% comes from other senses like smell, taste etc. Hence when you generate pictures during meditation practice, it will have a much more profound effect. Thirdly, also feel the positive thoughts that you have generated. When you say that I am an eternal soul try to feel that you are a being completely different from the physical body and your existence is going to last forever. Body is a mortal instrument but you are an immortal being. When you think of yourself as a peaceful soul you will experience a sense of lightness and tranquility. Let go all you bodily muscles. Likewise, along with thinking also picturise all thoughts as well as feel accordingly.

Now during this fourth stage of Raja Yoga practice gently and naturally generate positive thoughts related to the various aspects of God-realization. The basic concept of God-realization is that He is an infinitesimal, point of conscient light and might. Although the form of the Supreme is the smallest of small beings in the Universe, yet His attributes and powers are inversely proportional to his form. That means His attributes, qualities and powers are largest of the highest of the high in the Universe. His form is perceived as a point of light. In geometry a point has no dimensions. The Supreme being is the divine mother, father of all souls. Hence, if you deeply analyse the fundamental teachings of all religions about God, it is similar. In the basic teachings of all religions, the Supreme is considered incorporeal and a being of light. *We shall not go in further detailed analysis of the various dimensions of God realization because this is not the primary object of the book.* Interested readers are advised to read other publications of Brahma Kumaris in which these dimensions are clarified extensively.

For the basic practice of Raja Yoga it would suffice to say that we can receive unconditional love of all relations from the Supreme. Yoga is not only a mental and intellectual communion with almighty but during Raja Yoga practice we establish all relationship with Him. We remember the Almighty as our divine mother, father, a beloved friend spiritual teacher and highest preceptor. Following is a set of positive thoughts which can be used for tuning one's mind to the Supreme:

Having realized myself as an eternal point of divine light, now I turn my mind to the Supreme.... With the help of my mind and intellect I see another brilliant point of light and might in Shantidham... Although the form of my beloved Father is the micro conscient point of divine light but His attributes are unlimited... He is ocean of peace... I receive soothing and relaxing vibrations of peace from Him... Like a laser beam these divine rays fall on me. I am experiencing these peaceful vibrations and go deeper and deeper in this experience of peace... God, the Supreme is the ocean of bliss, being His child I am a blissful soul... As I become aware of this fact I feel light and relaxed... mental relaxation is also spreading to physical body... the vibration of relaxation in my experience of supersensuous joy is so pure that I feel detached from bodily organs and the whole mundane world... I feel totally satisfied with this experience of bliss... the Almighty is the ocean of purity too... I am receiving the radiant vibrations of purity... The impurity of the soul is being washed away and thrown out of the body from the extremities... I am becoming clean and bright as the layers of the impurity are removed from the soul... I am experiencing my original perfect stage of purity... As I realize this truth that I am a pure soul I start experiencing my original inner beauty... I am also regaining mental powers... I am the master of all my physical senses as well as mind, intellect and personality traits – my ministers... I receive the glow of the powerful

vibrations from the Almighty who is the ocean of all powers. God, the Supreme being, my divine preceptor is inspiring me to use all these powers in my day-today activities... I feel confident that henceforth, all my actions will be divine, positive and pure... I am experiencing the perfect stage of stillness, fulfillment and total satisfaction.

Stage V

Re – establishing all relations with the supreme

Having experienced a deep sense of detachment and positive qualities of the Supreme, we further establish all relations with Him achieving unconditional love of all relations from him. During this stage, the following positive thoughts are useful: In the stage of perfect silence, now I understand that this world in fact is a drama, in which I am playing my role as an actor... my family members, friends and fellow human beings too are just playing their roles... These are only a temporary relationships... my perpetual and eternal relation is with God, the Supreme... this incorporeal point of light and might is my divine Father... He protects me... and gives all His inheritance to me... I feel proud to be His child... I will also put all my efforts to be like my divine father... He is also a loving spiritual mother... (in fact God, the Supreme, gives the love of Father and Mother both, we don't address our father by his name but lovingly address Him as Daddy or Baba. From now onwards the incorporeal father is addressed as Baba.

As my divine mother, Baba takes all round care... Baba looks after me and gives me unconditional love... Not for my any special qualities I possess but... As a mother gives equal love to all children Supreme loves all His children... equally... Baba is also my spiritual teacher... He reveals the history and geography of this huge world drama... He has also given me the insight of the beginning, middle and end of the world cycle... His teachings have bestowed enormous clarity of mind... My visions of past, present and future has become so clear that I am able to take my further steps with full confidence... The almighty Baba is my preceptor... He liberates me from the bondage of actions and its reactions... He is my beloved friend... and a companion... I am able to tell Him all my inner feelings... and by doing so I become light... Baba supports me during all circumstances... I feel so free in front of Him...

Stage VI

Narrating all feelings to Almighty

In this stage we express all our feelings and emotions to the Supreme and receive his guidance and suggestions. In this stage all hidden and sub-conscious emotions surface. This has a therapeutic effect, this is similar to the stage of catharsis described in the several methods of psychotherapy.

Now I have experienced all relations from you Baba... although you know, yet I wish to tell you my complete story. I wish to express all my feelings and emotions of day-to-day

life... You guide me and give your advice according to the situations Now, if you are a beginner tell your complete story to the Supreme and as you practice daily, you can express day-to-day emotions to Him... for seeking positive guidance... In order to catch the inspirations of the Almighty go to the stage of perfect stillness... and ask your question to the Almighty in a straight forward manner like talking to a friend... the immediate inspirations that you receive can be followed in day-to-day life... Don't keep any pre-conceived notions or preferences in order to receive clear messages from the Almighty.

Stage VII

Coming back with positive determinations

(This is the last stage during Yoga practice, in which we generate some positive thoughts which would help in performing future actions with purity and peace of mind. A practitioner becomes once again aware of the physical body and physical surrounding) Now I am gradually regaining the awareness of my physical body and the surrounding... I will maintain the experience of peace and purity in my day-to-day life... I will also see others as peaceful and pure souls... I will use my bodily organs as well as the mind, intellect and personality traits as my subordinates... I will maintain the harmonious and tranquil state of mind....

Follow these seven steps of Raja Yoga practice, every time you sit for meditation. These are systematic steps hence spend sufficient time in each step. After some practice you will be able to pass each step quickly and achieve higher stage within a short time.