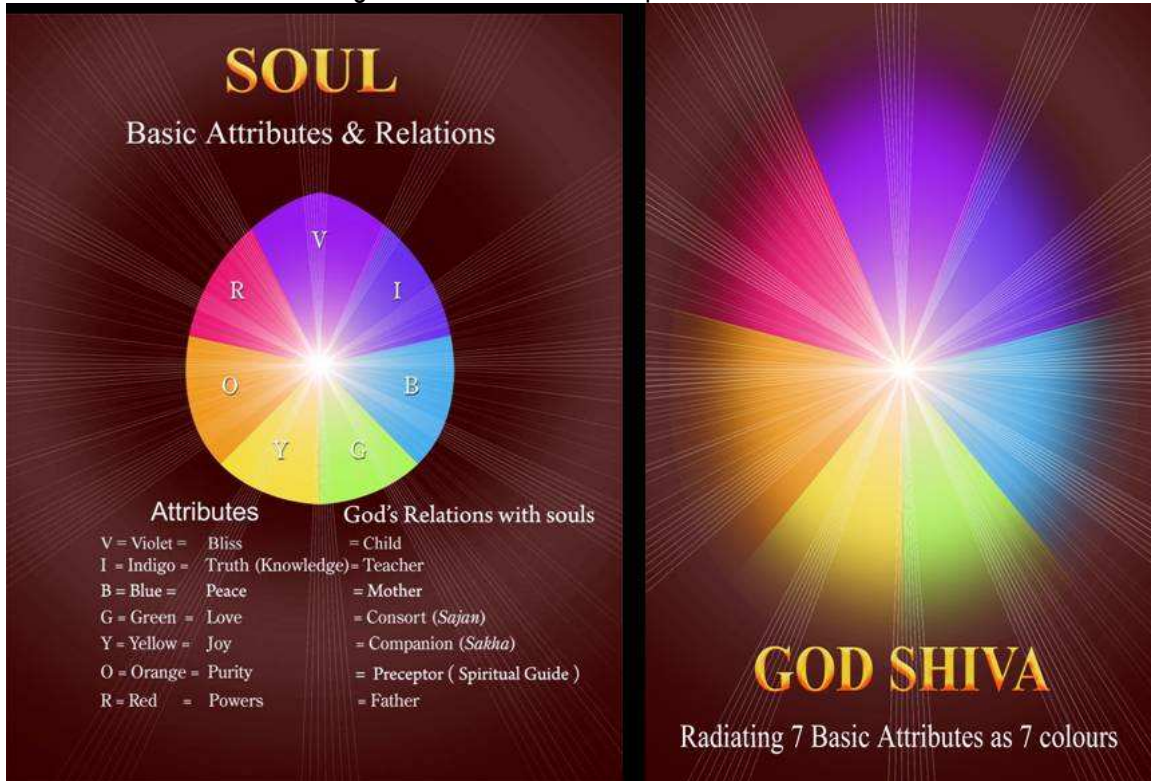


SEVEN-RAYS RAJYOGA MEDITATION

Introduction:

Human life is like a beautiful flower. When this flower is filled with the fragrance of divine virtues we become deities. When it is filled with the obnoxious smell of the vices of lust, anger, greed, attachment and arrogance we become devils. In order to make our lives peaceful we tend to rely on people and gadgets. In reality the only source of peace and happiness is God, the Ocean of peace and happiness. Seven-Rays Rajyoga Meditation is a scientific meditation technique by which we can gain peace and happiness from God. Yoga means union or meeting. It is the meeting of the souls and the Supreme Soul or God. For that we need the real knowledge about soul and the Supreme Soul.



The soul is an infinitesimal point of sentient light. When this eternal point source of meta-physical energy dwells in a body that is made of perishable matter it is called a human being. The body is made of atoms, the point source of physical energy. Atoms unite to form molecules. Elements and compounds are formed by the union of molecules. These combine to form cells which unite to form tissues. Tissues constitute organs. Several organs function together forming organ-systems. Human body is comprised of several systems like respiratory system, digestive system, nervous system and endocrine system. Meta physical energies of the soul control the physical body made of atoms, the point source of physical energies.

The soul is made up of seven meta-physical energies that are described as the basic or primary attributes of the soul. These attributes are filled in the sub-conscious mind called *Sanskara* in Hindi, and are expressed through the faculties of mind and intellect that together constitute the conscious mind. Psychologists believe that 90% of the spiritual energy is with sub-conscious mind and only 10% is available to the conscious mind. We can compare the seven basic attributes or meta-physical energies with the seven colours of the light spectrum - VIBGYOR that emerges when a ray of white light passes through a prism. Violet represents Bliss the state of balance; indigo stands for Knowledge (Truth); blue stands for Peace; green represents spiritual Love; yellow represents supra sensory Joy; orange represents Purity and red represents spiritual Powers. These spiritual energies dwell in the sub-conscious mind which further holds the record of all the actions and their results or experiences. The thoughts in our conscious mind spring from these records in the sub-conscious mind. Intellect is the faculty of conscious mind that decides whether a particular thought is to be acted upon or not. In fact, we are constantly

engaged in action at the level of thought, word or deed. The quality of fruits or results of these actions depends on the quality of the seeds or actions. If I want to experience joy I have to create thoughts that are joyous.

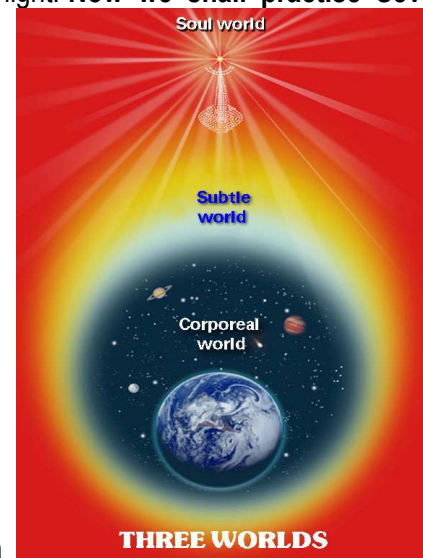
The embodied soul is called *Dehi*, and when it is out side the body it is called *Videhi* in Hindi. *Dehi* resides within the brain in between three endocrine glands – pituitary, pineal and hypothalamus. Spiritual energies of the two subtle faculties of the embodied soul – mind and intellect get integrated with 100 trillion cells of the physical body, and that is how the soul is able to control the body made of atoms, the point source of physical energies. The spiritual energies reach the cells through the media of nervous system and endocrine system. What the intellect visualizes appears on the screen of mind like a T.V. picture and at the same time we are able to experience the qualities of the visualized object, person or situation. For example, when we think of the sun we experience its heat and light. This kind of synergy between mind and intellect, we make use of for Rajayoga meditation.

The form of the Supreme Soul or God and the souls is a micro point of light and the basic attributes of both are the same. Both originally reside in the Soul World which is a realm of golden red light called *Brahmlok* or *Paramdham* in Hindi. The main differences between the two are:

1. There is a limit to which the basic attributes or soul- energies can radiate, but the attributes or spiritual energies of the Supreme Soul radiate to the infinity. That is why God is compared to the sun.
2. The souls have to take re-birth in order to play their roles in the eternal world drama. But God descends to the eternal drama stage or corporeal world only once in a cycle. When there is extreme unrighteousness in the creation God, the Supreme Soul incarnates in the body of an aged person and re-establishes the righteous world. The name Shiva is indicative of this benevolent act of God. Shiva means - one who benefits all. God Shiva is the Supreme Father of all souls , hence we call Him **Shiva Baba** with great love.

Rajyoga meditation is a long mental journey from the corporeal world to the incorporeal soul world. In this journey the soul reaches the incorporeal world of the Supreme Soul and the souls where golden red light, the *Brahm* pervades. When our intellect visualizes this region, we see it on the screen of our mind, simultaneously experiencing the extreme peace – the stillness, the soundless, thoughtless, motionless stage. We focus the attention of the intellect and loving emotions of the mind simultaneously on Shiva Baba. This union is called Rajyoga. Through this meditation, we souls fill the basic attributes, divine virtues and powers of God Shiva within. Simultaneously, the soul experiences the supra sensory joy and sweetness of all relations with Shiva Baba. In order to have such God realization, we need to have self-realization at the first hand. The first step in the practice of Rajayoga is to visualize the self with the awareness: "I am a micro point of sentient

spiritual light." **Now we shall practise Seven-Rays**



Rajyoga

Rajyoga Meditation Commentary:

"I, the embodied soul (*Dehi*) visualize myself as a shining micro star over the fore head in between the eyebrows...I see my actual position in the brain, in between the three endocrine glands –pituitary, pineal and hypothalamus...I become aware that *Dehi* is bound to hundred trillion cells of my physical body, and hence it has to be freed from this bondage before I can proceed on this spiritual journey to *Paramdham*, the highest abode of souls and the Supreme Soul...Hence, I visualize myself moving out of my seat in the brain and stationing the self 8 nches above the head...Now I have become bodiless soul or *Videhi* ...In order to see my primary attributes within the soul, the point of light is expanded into a seed form...and the seven basic attributes are visualized as seven photon fields of VIBGYOR

representing BLISS, KNOWLEDGE, PEACE, LOVE, JOY, PURITY, and POWER respectively...in this bodiless *Videhi*-stage I am ever full in all the seven basic attributes... In fact, Shiva Baba always sees His children, the souls in this perfect form or *Sampurna Swarup* only...

Now, I the bodiless soul reach my home, the incorporeal Soul World - *Paramdham* ... I see my most beloved Shiva Baba spreading the VIBGYOR rays to infinity...First I see the indigo photon rays of true knowledge from the Supreme Teacher, coming towards me and filling my indigo photon field of Truth... Now all points of Godly Knowledge become very clear to me...I become *Trikaldarshi*, the knower of three aspects of time; *Trilokinath*, the master of three worlds, master seed of the human family tree ...Now, I see the indigo rays of Shiva Baba spreading to the corporeal world after filling my indigo field, and filling the indigo photon fields of innumerable souls there...erasing their spiritual ignorance...As these souls now get connected to Shiva Baba directly, their indigo fields get filled and start overflowing ...these now join together creating waves of indigo photons through out the universe...

The blue photon rays of Peace from the Supreme Mother, Shiva Baba illuminate my blue photon field...I experience supreme peace ...these peace rays now spill over to the corporeal world after filling my peace-field...The peace-fields of millions of souls get illuminated with the blue photons of Peace from Shiva Baba ...These souls too experience extreme peace...Soon their peace-fields get filled and start overflowing ...and create strong waves of Peace in the universe giving much relief to peace-less souls...

The green photon rays of spiritual love emanating from Shiva Baba, my Supreme Consort, are illuminating my green field of spiritual Love...I experience the pure selfless love of God, my Supreme Consort... these green photons now reach the corporeal world, illuminate the green Love-fields of millions...These souls too get filled soon ...start overflowing and create strong green waves of spiritual Love...erasing hatred, anger and violence...

The yellow rays of supra sensory Joy from Shiva Baba, my Supreme Companion now fills my yellow photon field of Joy...I am swinging with pure spiritual joy ...these joy-rays of Shiva Baba now reach the corporeal world illuminate the joy-fields of millions...these too start overflowing now creating strong waves of spiritual joy...that erases the gloom and installs the smile on millions of faces...

Now, orange rays of Purity from my Supreme Preceptor, the Spiritual Guide illuminate my orange field of Purity...I experience the strength of purity in me ...these rays now overflow into the corporeal world, illuminate the orange fields of purity in millions...these souls experience the strength of purity...These orange rays now create strong waves of purity in the universe, erasing the impurities of the souls...

Now I see the red photon rays of Almighty Supreme Father, Shiva Baba illuminating my red photon field...I am getting charged with spiritual powers...become Master Almighty...These red might- rays now spread to the corporeal world, illuminate the power fields of millions of souls there ...Red might- rays of Shiva Baba now unite to create strong red might-waves strengthening the weak and powerless souls...

Violet photon rays of Shiva Baba, my Supreme Child now fills my violet photon field of Bliss ...I experience Supreme Bliss ...These bliss-rays now spread over to the corporeal world filling the violet fields of millions of souls there ... These violet rays of Shiva Baba now unite to form strong violet waves of bliss that spread over the entire universe...As a result people become free from fears, sorrow and tension...

I have now become an embodiment of all the seven basic attributes...I now return to the corporeal world replete with all the basic spiritual energies and occupy my seat within the brain to become embodied or *Dehi* again. ...My sub-conscious mind (*Sanskara*) being filled with all the basic attributes, it brings only positive thoughts in my mind...My intellect and mind are filled with divine virtues now, my belief systems, my attitudes, all have become positive...Spiritual and human values are reflected in all my interactions with other souls now...

View DVD / VCD available with Brahma Kumaris' Rajyoga Centres before starting Practice of 7Rays Rajyoga or Healing Rajyoga