



Concocting Happiness And Mindfulness With The Power Of Silence

Eishika Verma Research Scholar, Banasthali Vidyapith.

Prof. Vandana Goswami Department of Education, Banasthali Vidyapith.

Prof Kavita Mittal Department of Education, Banasthali Vidyapith.

ABSTRACT

Raja Yoga Meditation is one of the ancient solutions to modern problems. It has gained a lot of popularity around the world during the century. Raja Yoga has been accepted worldwide for its positive effect on human body. It is seen as an important prophylactic & therapeutic modality in various health conditions. Raja Yoga Meditation provides peace of mind, relaxed body, positive attitude in every situation, improves concentration and increases clarity of thought, develops the positive relationships, it realizes the purpose of life, feeling of content and stability and it provides good health, happiness and prosperity in life. The present study examines the efficiency of Raja Yoga in order to enhance inner happiness and mindfulness and attaining higher levels of self-satisfaction in life.

Keywords: Raja Yoga, Happiness, Mindfulness

INTRODUCTION

A non-governmental organization called Brahma Kumaris World Spiritual University (BKWSU), which has consultative status with the United Nations, UNICEF, and WHO, offers instruction in Raja Yoga meditation (Ramesh et al, 2013). The ultimate goal is to create a society that values health, prosperity, and happiness. Each community member will have the opportunity to live their lives with the highest sense of self-worth, dignity, and independence possible in such a society. Ultimately, the goal of Raja Yoga is to free ourselves from the tyranny of Maya, which consists of ignorance and vices, as well as the associated pain and suffering (Jain et al, 2014).

Muscular holistic healing therapy is Raja Yoga Meditation (RM). It has a good effect on all aspects of a person's life. All aspects of human life, including physical, mental, emotional, intellectual, vocational, social, and spiritual, are impacted. Heal all parts of the body and mind with Raja Yoga, which is genuinely holistic. There is a profound transformation in the individual's lifestyle and emotional and mental health, providing a lasting sense of well-being. Holistic health care is based on the premise that the body's ability to heal itself comes from within (Acevedo et al, 2016). A person's inner health may also be improved

via Raja Yoga meditation. Its approach has a balancing impact on the whole body by altering the brain's biochemistry. Self-healing is believed to be comprehensive. Self-initiated healing occurs due to the activation of health-promoting physiological and biochemical processes in Raja Yoga Meditation. Through the practice of Raja Yoga Meditation, a person may re-establish harmony with themselves, their surroundings, and the global life force. Praying Raja Yoga as a kind of meditation increases one's capacity to experience all three dimensions of life. When it comes to personal, social, and professional accountability, this is not an excuse for avoiding them; instead, it's an artful method of balancing those duties and attaining holistic self-development in all aspects of one's life.

With their eyes open and their gazes concentrated on a significant symbol, participants in Raja Yoga Meditation sit in soul awareness (a point of light considered Supreme Soul). Raja Yoga refers to the soul's link to the Supreme Soul or the soul's recollection of the Supreme Soul. Soul-consciousness and God-consciousness must be stable for the soul to be at peace and blissful (Kiran et al, 2017).

This study reviews effects of raja yoga meditation on health in order to attain inner happiness and mindfulness. Moreover, these study also reviews the various research work done over few decades in field of Raj Yoga.

According to Dana (2021), there are four steps to this kind of meditation:

- **Initiation:** Start in a relaxed, comfortable position with the eyes open, allowing the body and mind to unwind.
- **Meditation:** "Meditation" refers to the practice of focusing one's attention on a succession of linked, purely good ideas.
- **Consciousness:** At this point, ideas of the outside world fade away, and the presence of the Supreme Soul becomes clear.
- **Realization:** The sensation of a deep sense of calm and happiness in the mind, manifesting as bliss.

MEANING AND DEFINITION OF RAJA YOGA

There are many ways in which Raja Yoga might be characterized. "Union" is denoted by the term "Yoga," while the word "Raja" is represented by the words "Supreme," "King," or "Master" (Mallik et al, 2019). Raja Yoga is considered the most powerful of all yoga's since it allows one to achieve sovereignty. One gains the power to control one's mind since it has been the source of one's own suffering and pain. YOGA is a phrase used in spiritual terms to refer to the unification of the self with the Supreme Soul. Once the connection has been formed, the practitioner will receive beneficial vibrations from the Supreme Soul, including peace, happiness, purity, mercy, etc. At the same time, it is commonly

7247 | Eishika Verma Concocting Happiness And Mindfulness With The Power Of Silence

known that when a tuning fork begins to vibrate, bringing another tuning fork next to it will cause the second tuning fork to start vibrating at the same frequency as the first. God, the Supreme Soul, is constantly vibrating with the frequency of serenity, happiness, purity, power, and all other good characteristics, as well as all other negative qualities. One tunes one's attention to the Supreme Soul during meditation practice. Instead, one brings his awareness close enough to the Almighty that their mind begins to pick up on the suitable harmonizing and health-promoting frequencies that the Almighty is emitting.

Hence, Yoga can be defined as the link established by single-minded, passionate, loving, and purposeful intellectual remembrance of God that results in the divinization of a person, i.e., the purification of self, the conquest of vices, and the attainment of sublime peace and heavenly happiness, among other things (Dana, 2021).

IMPORTANCE OF RAJA YOGA

This part of Raj Yoga is critical when everyone lives like a king in today's world. People's lives are very hectic, with emotional, bodily, and spiritual stress. The pathophysiology of the many diseases and syndromes that have emerged in the twenty-first century still defies understanding. A new notion of personalized treatment and lifestyle change will emerge within a few decades. There is a pressing need for a treatment approach to assist both the healthy and the ill. It should have a low risk of adverse effects, interactions with other medications, and the ability to be administered on its own. As a result of its division into eight sections, Raj Yoga is also known as Ashtanga Yoga (Yoga in Eight Steps), which includes the eight Yamas (ethical disciplines), niyamas (personal observances), asanas, pranayama, pratyahara, Dharana (concentration), dhyana, and samadhi (the withdrawal of senses) (self-realization or enlightenment). "Nonviolence," "Truthfulness," "Asteya," "Continence," and "Aparigraha" are the five Yamas (non-covetousness). Niyamas include Saucha (cleanness), Santosha (satisfaction), Tapas (spiritual discipline), Svadhyaya (study of holy writings and one's self), and Isvara Pranidhana (adherence to the teachings of the Supreme Lord) (surrender to God) (Ramesh et al, 2013). It is possible to achieve inner happiness, clarity, mindfulness, self-control, and enlightenment via the eight stages of Raj Yoga. There are no rituals or mantras required to conduct Raj Yoga Meditation (RM), which may be done at anytime, anyplace. Because it is done with 'open eyes,' this kind of meditation is adaptable, simple, and straightforward.

To practice RM, you need to choose a tranquil and silent spot. The next step is to get into an asana position (sit in a comfortable posture on the mat). Maintain a steady and regular breathing pattern to keep your concentration on the here and now (pranayama). Eyes should be maintained open at all times. As a result, the noises in the immediate vicinity have lost their importance (pratyahara). One must be mindful of his thoughts. Deep breathing and a lowered heart rate are helping to calm them down. This time, one attempts to cultivate a peaceful state of mind while one's thoughts slow down. With this in mind, someone may say to themselves, "I am a tranquil soul" (Dharana). Let him

become aware of the environment around him by thinking about this. During this whole process, one should remain sitting. Say “I am a tranquil soul” over and again. Ideas and words will quickly get ingrained in one's spirit and nature (dhyana). It will give you a great sense of calmness. As soon as he's through with this, one should go on to the next step. Infusing one's workday with a sense of calm and satisfaction that one found while exercising. To dive deeper into the experience of meditation and make it an important part of his daily routine is the goal of this practice (samadhi) (Dana, 2021). With RM, one's primary goal is to cultivate a state of “Inner Happiness” and “Mindfulness”, a complete awareness of one's surroundings in the present moment without the need for any mental analysis or analysis at all. It is possible to build character strengths and new reactions to life by using RM's clear spiritual insight of self and its assistance in rediscovering the excellent characteristics that are already buried deep inside oneself. Physical changes occur when a person practices Yoga with a yogic attitude (an attitude of patience, consistent effort, and the ability to overcome barriers inside oneself, such as lethargy, anger, and the misconception that one is superior to the rest of the world). Positivity, compassion, and self-control are enhanced due to regular Yoga practice, as are physical and mental stamina and mental clarity, and well-being. Resting electroencephalogram patterns and mental state have been shown to alter due to regular practice (Mallik et al, 2019).

Many individuals can afford, enjoy, and take advantage of RM, and there are potential cognitive/affective and biological pathways through which Yoga might help alleviate depression and anxiety. Modern epidemic illnesses including mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease (COPD) have been the focus of yoga research over the last several decades. The parasympathetic nervous system and the relaxation response are shifted from the sympathetic nervous system, and the flight-or-fight reaction by the relaxation response taught via Yoga. According to both empirical data and theoretical models, Yoga significantly impacts hormone control, nervous system sympathetic activity, physical health, and mental well-being. As a result, novel concepts in immunology and nerve conduction, and bio electro-magnetism have also been reviewed and the possible effects of Yoga on metabolism and circulation (Kiran et al, 2017). This transition is encouraged by a growing body of scientific knowledge, clinical experience, and societal attitudes that favour more natural and holistic therapies.

RAJA YOGA MEDITATION AS A THERAPY

It is elementary for a positive mind to anticipate happiness, joy, health, and successful results (Sasson, 2012). According to Gable et al (2004), if any person communicates his positive events with any other, it will have a terrific impact on him, increasing daily positive effects and well-being. If any person also focuses on self and positive self expectations, it will also increase positive events and decrease the lower adverse effects.

The short-term effects are beneficial for experiencing difficulties and managing the adverse effects. A lot of studies have also shown that if any person has positive emotions, then it will be straightforward for them to come out from depression, and they can also decrease any crisis in their life. These positive emotions are also conducive to providing a comprehensive mindset. At the time of adolescent development, it is vital to focus on positive behavior in an organization because it helps cultivate moral reasoning and social perspective thinking on various social systems. If any person has positive thinking, it will be conducive to stress management, and they can easily overcome negative self-talk. Older individuals who have positive self-inspection about their health are leaving a very healthy life compared to those who have negative cell perceptions of aging. These advantages are beneficial in any age, gender, or socioeconomic status (Law et al, 2012).

Neurotic illness is a psychological problem, and many people are suffering from it. The practice of Raja yoga can quickly help them a lot in mitigating this disease very easily. The term average middle class neurotic is described by a very famous neuropsychiatric from California, the late Dr. David H Fink. According to his perception, everyday people also fall in this category. Everyone feels tense, nervous, restless, frightened, and tends to forget important information, experience vibrations, and have difficulty sleeping. It is pervasive for every middle-class neurotic to experience all the symptoms on any occasion. If we analyze our lives, we can easily remember when we experienced all these symptoms. Raja Yoga is beneficial in mitigating all these symptoms.

Relaxation response: Raja Yoga practice is a very natural method, and it is also elementary. People are entirely able to get relaxation responses. A lot of research is performed by Herbert Benson at Harvard University, and he showed that relaxation is an antidote to stress. Suppose anyone feels relaxed, then it will be effortless for him to quickly mitigate difficult circumstances. A person who has a lot of stress can quickly increase neurotic tendencies. Whenever we feel stress or tension, we increase negative approaches in our lives. People become very short-tempered. The relational and logical thinking that hampered and person become more neurotic (Ramesh et al, 2013).

Positive thinking: Raja Yoga practice is a fantastic art of positive thinking. The thoughts that people generate with the help of it are entirely positive. People can quickly become positive thinkers in a few months of meditation practice (Jain et al, 2014). If anyone has a positive attitude in their life, then it is elementary for them to absorb shocks of day-to-day life.

Relieve the pressure of life: We can easily compare human beings with a pressure cooker. When the pressure is high in the cooker, we can quickly increase the safety valve, releasing all the extra pressure. The same method is also applied in our life. It is indispensable for human beings to release extra mental pressure or other problems in our daily life (Colgrove et al, 2015). Unfortunately, there is no renowned mechanism that works as a safety valve in our life. But Raja yoga practice acts as a safety valve in our life,

and we can quickly release extra pressure with its help. It will also reduce neurotic tendencies.

Quality of life: the developer of modern medicine does not focus on managing the patient's quality of life. Yoga is a fantastic thing that can quickly improve the quality of life. Yoga interventions are very helpful in improving bone health, lean body mass, and balance in the elderly population. It also reduces the risk of injury and fracture (Gard et al, 2014). Raja yoga meditation has a very positive impact on mitigating depression and anxiety. It is also very helpful in getting mood disturbance, anger issues, confusion, emotional irritability, cardiopulmonary gastrointestinal symptoms in Cancer patients. Yoga interventions are constructive in providing quality of life, and it is constructive for African American origin patients of chronic heart failure.

Gives satisfaction of all relations: the psychological needs are becoming more complex in the present era. This error is becoming a jet race and competition among people. Everyone is busy with their work, and they are not getting accurate time to focus on the psychological needs of their family members and relatives. That is why people feel satisfied with their parents, spouse, and children. They are entirely unable to express their dissatisfaction openly, and they have to suppress it. The suppressed dissatisfaction becomes a significant problem, resulting in neurotic tendencies. Even if any person knows about the psychological mechanism, he is also unable to mitigate it because today's relationships are becoming more delicate and complex. But Raja yoga practice is beneficial because in this activity, the mind is tuned to Almighty, and a person receives unconditional love for all relations and the suppressed dissatisfaction is relieved (Uebelacker and Broughton, 2016). Thus, regular practice of these things is beneficial for middle-class neurotic tendencies. If any person is facing neurotic problems, he can also get many benefits from meditation practice.

Neurotic diseases: there are a lot of patients that are suffering from neurotic diseases like anxiety, depression, phobias, and obsessive-compulsive disorder. But meditation practice can help them a lot when combined with conventional psychopharmacology and psychotherapy.

Healing psychosomatic diseases: If meditation is combined with conventional medicines, it can also decrease the effects of psychosomatic diseases (Dana, 2021). Thus, meditation is beneficial in removing the root cause of psychosomatic diseases, and a suffering person can also reduce their dose of medicine.

CONCLUSION

A lot of information related to yoga practices is provided in this present article. It indicates many psychological benefits of yoga and many effects of yoga on our nervous system, circulatory system, respiratory system, digestive system, and endocrine system. Many other things are also provided in it, such as the antioxidant property of yoga,
7251 | Eishika Verma Concocting Happiness And Mindfulness With The Power Of Silence

treatment and prevention of neurodegenerative disorders, cardiovascular disorders, psychosomatic disorders, and the benefits of yoga on the female population. If anyone performs yoga under supervision, it can lead to a healthy and disease-free life. Inner happiness and mindfulness are ultimately linked with better health. Thus, Raja Yoga is very helpful in providing self-satisfaction and happiness in our life by enhancing positive thinking. People can also decrease aging effects with positive thinking and happiness.

REFERENCES

- Acevedo, H. A., Yang, B et al. (2016). Changes in neural connectivity and memory following a Yoga intervention for older adults: a pilot study. *Journal of Alzheimer's Disease*, 52(2), 673–84
- Colgrove, Y., Sharma, N., Robbins, K. & Wagner, K. (2014). A randomized controlled pilot study of the therapeutic effects of Yoga in people with Parkinson's disease. *International Journal of Yoga*, 8(1), 74
- Dana, A. (2021). Research on raja yoga practice. Retrieved from <https://murlii.blogspot.com/2021/02/research-on-raja-yoga-practice.html>
- Gable, SL., Reis, HT., Impett, EA., Asher, ER. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology*, 87(2), 228–245.
- Gard, T., Noggle, JJ., Park, CL., Vago, DR. & Wilson, A. (2014). Potential self-regulatory mechanisms of Yoga for psychological health. *Frontiers in Human Neuroscience*, 30, 770.
- Jain, FA., Nazarian, N. & Lavretsky, H. (2014). Feasibility of central meditation and imagery therapy for dementia caregivers. *International Journal of Geriatric Psychiatry*, 29(8), 870–876
- Kiran, K., Ladha, S., Makhija, N., Kapoor, P., Choudhury, M., Das, S., Gharde, P., Malik, V. and Airan, B. (2017). The Role of Rajyoga Meditation for Modulation of Anxiety and Serum Cortisol in Patients Undergoing Coronary Artery Bypass Surgery: A Prospective Randomized Control Study. *Annals of Cardiac Anaesthesia*, 20, 158–62
- Law, BM., Siu, AM., Shek, DT. (2012). Recognition for positive behavior as a critical youth development construct: conceptual bases and implications on youth service development. *Scientific World Journal*, 8, 57-98
- Mallik, D., Bowen, S. Yang, Y., Perkins, R. and Sandoz, E. (2019). Raja yoga meditation and medication-assisted treatment for relapse prevention: A pilot study. *Journal of Substance Abuse Treatment*, 96, 58–64
- Ramesh, MG., Sathian, B., Sinu, E. & Rai, K. (2013). Efficacy of Raja Yoga meditation on positive thinking: An index for self satisfaction and happiness in life. *Journal of Clinical and Diagnostic Research*, 7(10), 2265–2267.
- Sasson, R. (2012). The Power of Positive Thinking. Retrieved from: http://www.successconsciousness.com/index_000009.htm.

- Uebelacker, LA. & Broughton, MK. (2016). Yoga for Depression and Anxiety: A Review. *Implications Healthcare Providers*, 99(3), 20-2