



## What is Raja Yoga meditation? – *Process and Purpose*

As discussed in ancient texts of Bharat (India), one of the four types of yoga, and in fact the highest one of them is **Raja Yoga** (pronounced as *RajYog*)

Raja means 'a King' and Yog or Yoga means 'a connection, a relationship'. Raja Yog is the Supreme Yoga through which the Soul becomes master (a Raja /King) of all its senses (organs, mind, intellect) by simply remembrance of the Supreme Soul. There are two inter-connected steps to learn and master the Rajyoga meditation.

**1. Self-realisation** - One has to practice the soul consciousness. This is a matter of effort making (purusharth) as we are now have become body-conscious. We have forgotten that we are a tiny metaphysical Soul. This is the true introspection.

**2. God-realisation** - As we put soul consciousness into practice and it becomes a natural stage of consciousness, we now recognise our spiritual God-father who lives in the soul world, away from this material world. He is the ocean of all virtues and powers. We now remember him. Just as I remember the father of my body, so as I remember the father of me the soul.

'RajYog' is a direct connection or relationship with the *Ocean* of Peace, Purity and all Powers (God, the Supreme Soul). In RajYog, we remember (visualize) first the Self as a Soul and then remember (visualize) the Supreme Soul, keeping in mind his virtues (Peaceful, Pure, loving, Blissful and Powerful). Parallel to this, we experience deep connection with our own nature (i.e. peace, purity and love)

The word 'yoga' means 'a connection'. In Rajyoga meditation, the soul experiences a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity.

The process of going within, experiencing oneself as a spiritual being or a divine soul, which is a self-luminous, divine point of energy, and then connecting with the Father, the supreme source of energy and virtues, empowers the self in a long-lasting way.

This process of self-empowerment is entirely voluntary and involves no element of suppression of the mind. It is in fact freedom from all limitations of mind that we had drawn. It is also a process of aligning one's thoughts, feelings, words and actions with the soul's original qualities of peace, purity, love, bliss and truth. This is the way shown by God for our *Self-transformation - from being vicious to become viceless*

## Purpose of RajYoga

Through this easy RajYoga or meditation, we Souls experience true Peace, Purity, Love and Happiness and receive Powers from the Almighty. The main purpose that God teaches us this RajYog in this time called the Confluence Age (Sangam Yug), is that through remembrance of (Supreme Soul), we Souls are purified from all our past sins of past births. We are taking a birth when we enter a body, and when we leave body, it is called as death (of the body, not of the Soul). Soul is eternal. There is a beautiful relationship of us with God, as our Father (who creates us), Teacher (gives us knowledge of entire creation) and Guide (liberates from sorrow and takes us back Home). **Learn RajYoga and experience it yourself, what is experienced by millions of Souls today.**

Om Shanti (I am a Peaceful Soul)

Below are links to useful video and website page. Use your phone camera to scan the QR code to visit the link.



BK Shivani explains RajYoga meditation -



← Start' **practise** of RajYoga with **guided** commentaries



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