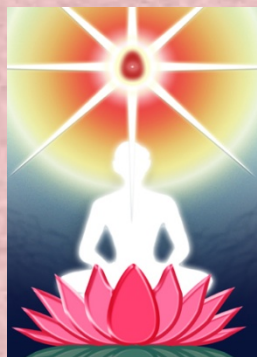


# EASY RAJYOGA AND HOLISTIC HEALTH

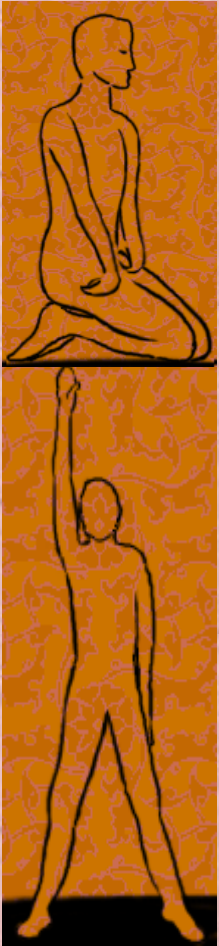


**Brahmakumaris  
Presentation**

**B K Prafulchandra**



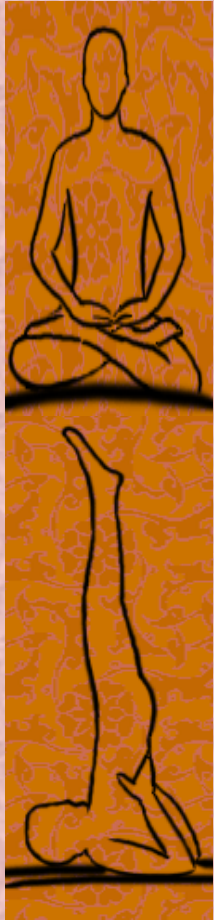
# CONCEPT OF HOLISTIC HEALTH



- WHO defines health as:  
*A state of physical, mental and social well being of a person, not merely the absence of disease or infirmity.*
- Health is a state of equilibrium between human external and internal environment, which extends from human consciousness to elements of nature.

# The American Holistic Health Association (AHHA)

promotes holistic health as,



- *Health is more than the absence of disease. Health is a state of **optimal well-being**.*
- *Optimal well-being is a concept of health that goes beyond the curing of illness to one of **achieving wellness**.*
- *Achieving wellness requires balancing the various **aspects** of the whole person.*
- *These aspects are **physical, emotional, mental, and spiritual**.*
- *This broader, **(w)holistic approach** to health involves the **integration of all of these aspects and is an ongoing process**.*



- Holistic Health emphasizes the connection of mind, body and spirit.



- Socrates (4<sup>th</sup> century BC) warned against treating only one part of the body and he said,

***“ Part can never be well unless the whole is well.”***



- Plato, the great philosopher and student of Socrates also said,

***“ It is a great error of the day that the physicians separate the body from the soul ”***

Around 2000 years back, when **Aayurved** was founded, it defined, Health as follows :

समदोषः समाग्निश्च समधातु मलक्रियाः ।  
प्रसह आत्मेन्द्रिय मनः स्वस्थ इत्यभिधीयते ॥



# DIMENSIONS OF HOLISTIC HEALTH



**Physical health** (your body)-- wellness of your tangible structure and the five senses which enable you to touch, see, hear, smell and taste the world around you



**Mental health** (your thoughts)-- wellness of your thought, knowledge, attitudes and beliefs; your analytical self



**Emotional health** (your feelings)-- your range of emotions from fear and anger to love and joy

**Social health** (your relations) – Harmony in your relation ships

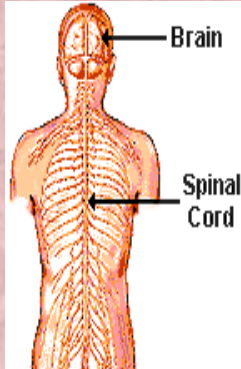


**Spiritual Health** (your spirit )--your relationship with yourself, your creativity, your life purpose, and your relationship with a Higher Power, the God .



# Importance of Mental Health

- Now Modern medical science also says, most of the diseases are psycho-somatic.

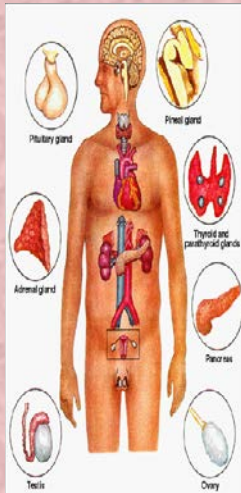


- Mental abnormalities like stress, anxiety, fear, worry, jealousy, anger, depression, frustration etc have tremendous adverse effects basically on

- Central and autonomic nervous system
- Immune system
- Endocrine system

which ultimately affects all systems and every cell of the body.

- This has led to evolution of new branch of medical science, termed **Psychoneuroimmunology**.



# The US center for Disease Control and Prevention

Reports that the key factors and their % weightage influencing the state of health are.....



Key factors	Weightage (in %)
Quality of medical care	10(least)
Heredity accounts for	18
Environmental problems	19
Everyday life style & choices	53(largest)



# PRINCIPLES OF HOLISTIC HEALTH

Weightage in %



**Proper balanced exercise** → 10

Practicing Yogasan, Pranayam, Mudras, Body rotations etc.



**Pure balanced diet** → 15

Avoid or limit sugar, salt and fatty foods.  
Replace processed foods with fresh vegetables, fruits and whole grains as much as possible.



**Addiction free life** → 20

Free from tobacco, alcohol and drug addictions in any form.



**Mental abnormality free life** → 25

Free from tension, anxiety, anger, fear, worry, frustration, depression, jealousy etc.



**Positive actions performed** → 30

By the subject in this birth or past birth.

# PHYSICAL HEALTH

- **Eat fresh balanced food:** Avoid or limit sugar, salt and fatty foods. Replace processed foods with fresh vegetables and whole grains as much as possible.
- **Drink lots of pure water:** In many localities, where tap water is not pure, you may need to invest in a water filtration system or drink bottled water.
- **Take time for *enjoyable* exercise:** Some find it helpful to join a gym or lift weights. Others find activities such as dancing, walking, bicycling and skating enjoyable and beneficial. The important thing is to get at least 20 minutes of exercise daily.
- **Get adequate rest.** Too little sleep may be the reason for inattentiveness or certain illness. Find out what your natural rhythm is and how much sleep you need to feel your best.

# MENTAL HEALTH

- **Think Positive – Be Positive:** Keep away from toxic, negative & wasteful thoughts
- **Explore new ideas & be creative:** Find a hobby, take a class, read a good motivational books, watch educational television
- **Cultivate positive attitudes.** Instead of criticizing, look for what is positive in a situation.
- **Examine your beliefs.** Listen to other points of view. When others disagree with you, try to see things through their eyes.
- **Enhance your inner strength & ability:** to face challenges, competitions & external pressures.



# EMOTIONAL HEALTH

- **Inculcate Positive Emotions:** like Tolerance; Patience, Peace, Love, Mercy, Sympathy Empathy
- **Keep away from Negative Emotions :** like Intolerance, Impatience, Anger, Hatred, Jealousy
- **Laugh, play, and have fun often.** Laughter is good medicine. Play & Enjoy
- **Share your feelings with others.** Spend time with the people you can trust and share your feelings
- **Create warm, loving relationships.** If you have issues or grievances with family and friends resolve them. Adopt forget & forgive policy as well compromising attitude.
- **Recognize your own emotions and that of others and regulate them:** Learn to enhance your Emotional Intelligence(E.I. or E.Q.)

# SPIRITUAL HEALTH

- ❖ **Learn concepts and eternal principles of spiritual science :** especially regarding man matter and god and get spiritually awakened.
- ❖ **Take time to be quiet with yourself:** Practice RajYoga Meditation aiming at self realization, god realization, world realization & time realization
- ❖ **Be open to your creativity:** Learn to trust your innate creativity and intuitive thinking. Let innate qualities like purity, peace, love happiness, bliss, power etc. remain emerged.
- ❖ **Live in present:** Enjoy what you are doing now, instead of reliving the past or anticipating the future.

# Wellness Quiz

- Do you wake up with enthusiasm for the day ahead?
- Do you have the high energy you need to do what you want?
- Do you laugh easily and often, especially at yourself?
- Do you confidently find solutions for the challenges in your life?
- Do you feel valued and appreciated?
- Do you appreciate others and let them know it?
- Do you have a circle of warm, caring friends?
- Do the choices you make every day get you what you want?
- If you answered "no" to any of these questions, congratulations! You have identified areas in your life that you may want to change. This can be valuable



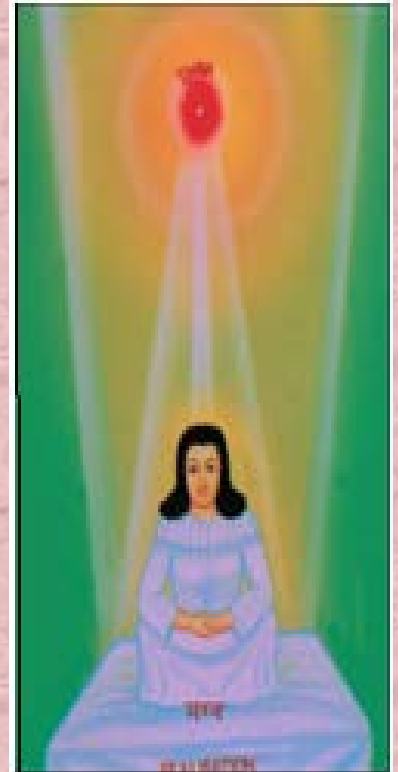
# HOLISTIC HEALTH THROUGH RAJYOGA MEDITATION

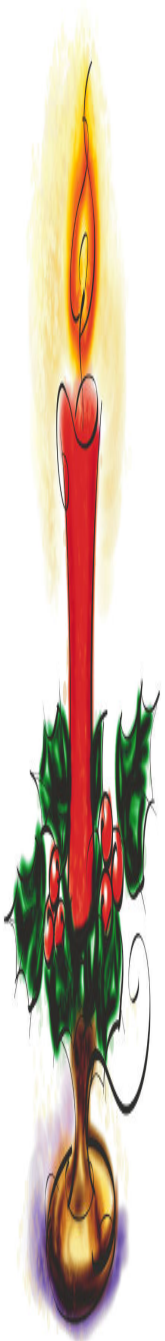
- Rajyoga meditation has been proved to be the total and gross tool for leading a holistically healthy life.
- As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitudes, emotions and perceptions.
- The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for holistic health.



# Continued.....

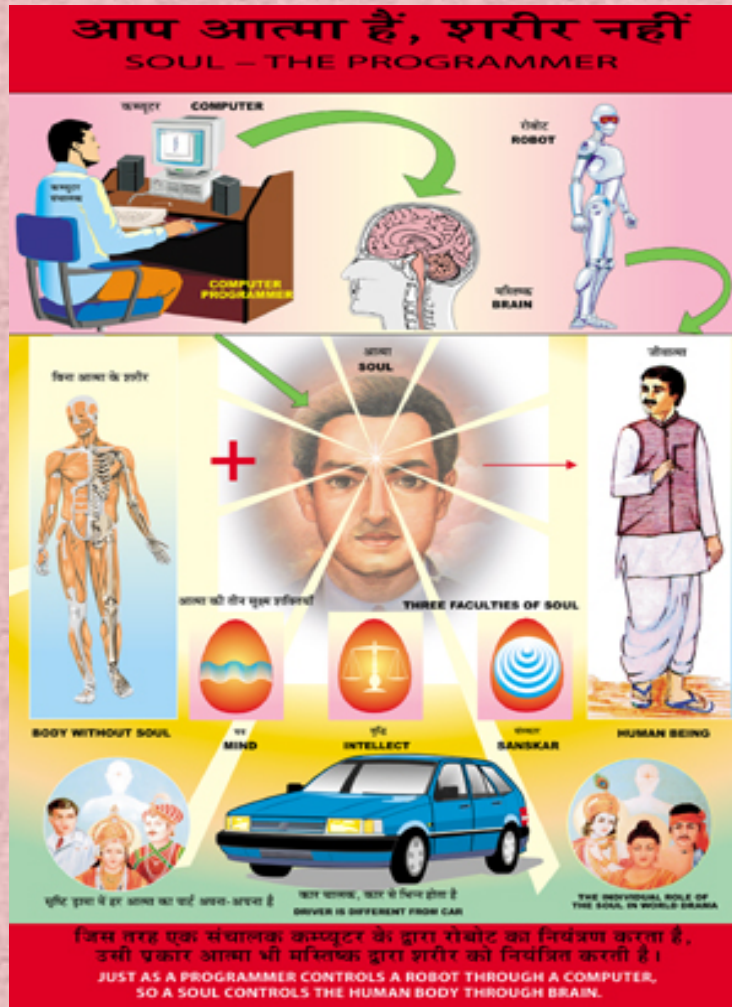
- Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to divine personality and healthy life.
- It is a key leading to total positive transformation through self-realization, God realization and world realization.





# Self Realization

Means knowing one's own self





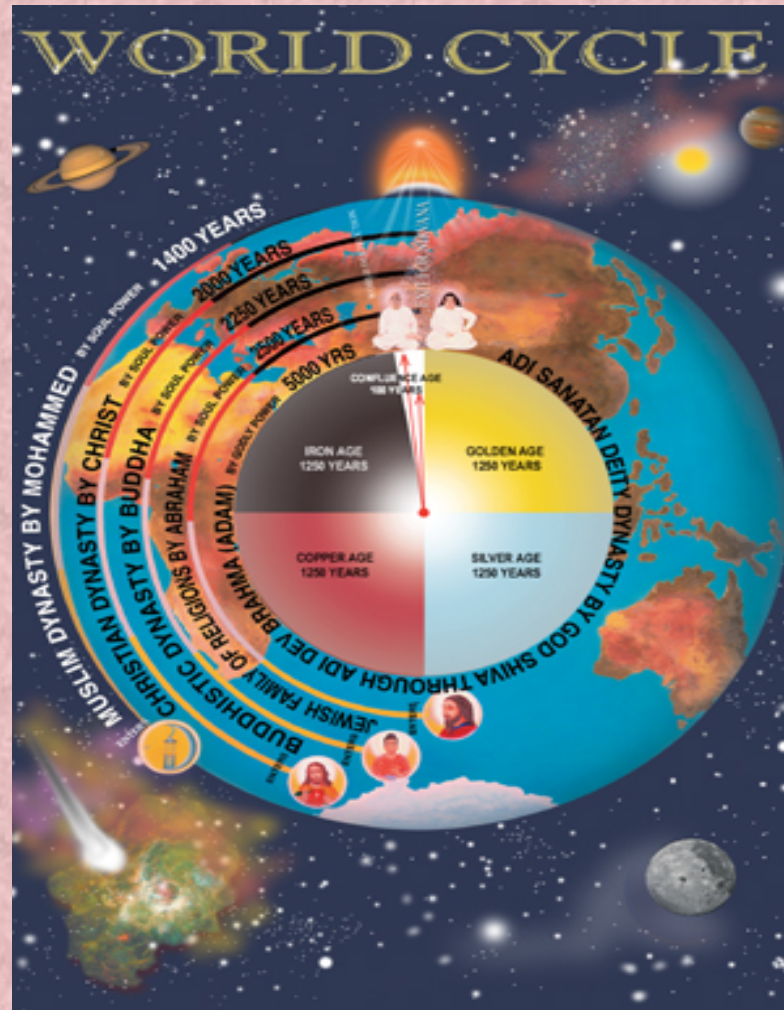
# God Realization

Means having true concept of GOD



# World Realization

Understanding the eternal world drama and its principles





# *Major Steps of Raj Yoga Meditation*

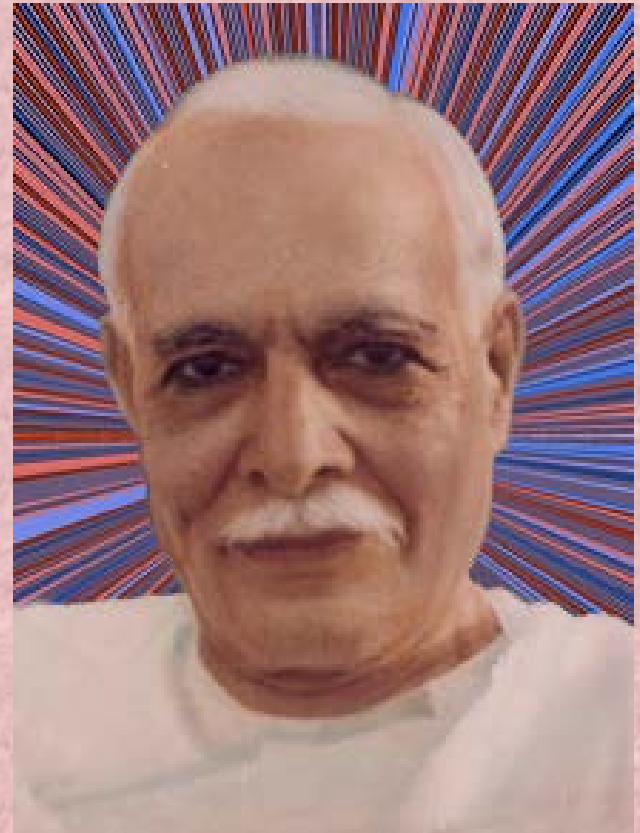
- **Physical and Mental Relaxation**
- **Withdrawal**
- **Concentration**
- **Introversion**
- **Introspection**
- **Self Transformation**
- **Self Realization**
- **Linking up with God**
- **God Realization**
- **Empowerment And Enrichment of Self**

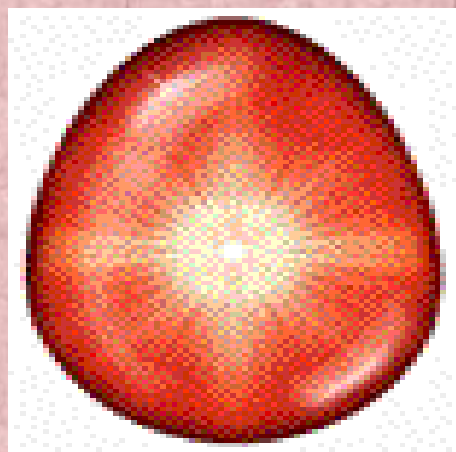




# THANK YOU VERY MUCH

FOR YOUR ACTIVE  
PARTICIPATION IN THIS  
PRESENTATION. WE HOPE  
YOU WILL CONTEMPLATE  
OVER VARIOUS POINTS  
SHARED IN THIS  
PRESENTATION AND  
MAKE IT A PART OF YOUR  
LIFE.





Om  
Shanti