

Spiritual perception

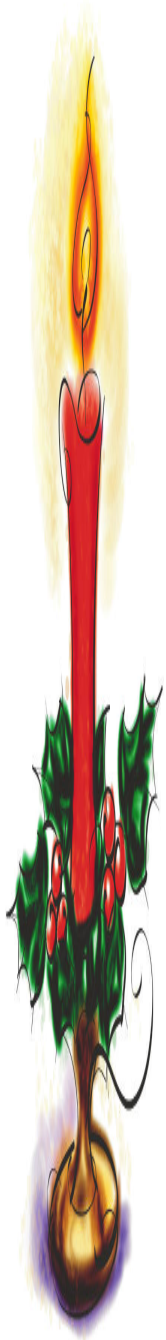
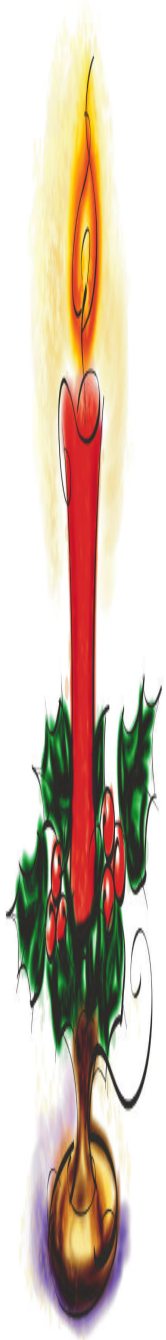
CALL OF THE TIME

NEED OF THE DAY



**Prajapita Brahma Kumari
Ishwariya Vishva Vidhyalaya**

PRESENTED BY : B.K. PROF. P.S.Shah



WORLD IN CRISIS

- You will agree that today the World is passing through unprecedented most critical and crucial time ever witnessed by the history.
- The World seems to be leading towards disaster.
- Let us have perusal on some of the critical problems faced by the World.



STRESS & ANXIETY

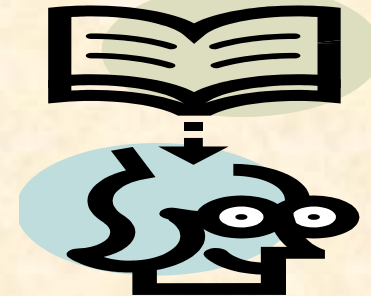
17th Century

AGE OF FAITH



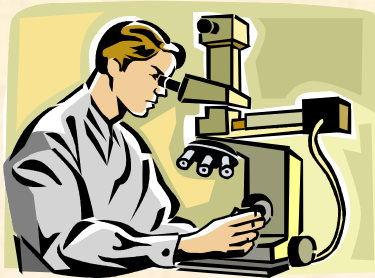
18th Century

AGE OF REASONING



19th Century

AGE OF PROGRESS



20th Century

AGE OF STRESS



STRESS & ANXIETY

For 21st Century it is predicated that
it will be either

Age of Panic

or

Age of Peace



We have to decide

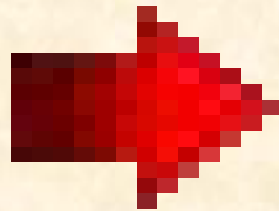


PRIORITY OF 21ST CENTURY

Has to be

STRESS

MANAGEMENT



STRESS – WHAT IS IT ?

Popular Definitions of Stress

- The result of a person being pushed beyond the limit of his normal ability.
- Stress is not an event or a circumstance but it is a response to human limitations.
- Stress is our inability to cope with change around us.
- Whenever there is a change in our environment (physical, psychological, social or economical), the way our body and mind respond to this demand is called STRESS.

➤ **In Physics :** $\text{Stress} \propto \text{Strain} = \frac{\text{Pressure or Force}}{\text{Resilience}}$

➤ **Similarly**

$$\text{Mental Stress} = \frac{\text{External Pressure, Challenge and Competition}}{\text{Inner Strength and Ability}}$$

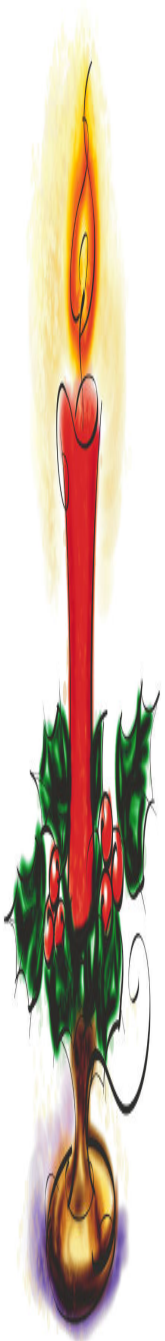


DEMANDS OF STRESS FREE LIVING

Positive thinking
Positive attitude
Positive emotions
Power to tolerate,
Power to accommodate
Power to face
Power of adjustment
Inner strength & abilities



The Spiritual understanding and the Raj-Yoga meditation practice are the only total and gross tools to meet this demands.



CRISIS IN MANAGEMENT

- Past few decades of the last century saw the evolution of several management concepts.
 - ❖ In 1960 decade, **X and Y Theory** became popular
 - ❖ In 1970 decade, '**Strategic Planning Concept**' established its importance
 - ❖ In 1980 decade, the concept of '**Total Quality Management (TQM)**' prevailed.
 - ❖ In 1990 decade the concept of '**Business Process Re-engineering (BPR)**' emerged and became popular.
 - ❖ Currently, organizations, worldwide are focusing on "**Logistics And Supply Chain Management**", "**Just In time Techniques**" and "**Enterprise Resource Planning**" have also established their stand.



CONCEPT OF TQP AND TQI

- In spite of all these Management principles, none of them worked as effectively as they were supposed to be.
- On considering this matter in detail the management experts have come to a conclusion that the foundation of all these theories is neither right nor firm.
- The man putting these principles into practice has become hollow from within.
- Hence in the field of management now a new concept of TQP or TQI is emerging.
- The right foundation is the concept of **Total Quality People / Person (TQP)** or **Total Quality Individual (TQI)**.

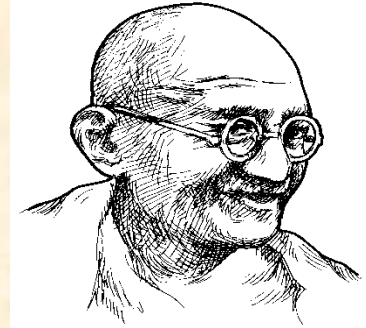


WHAT IS TQP AND TQI ?



TQP

means the people with Character, Integrity, Honesty, Morality, Humility, Sincerity, Good values, Positive attitudes, Positive emotions etc.



TQI

means An individual with immaculate character, unimpeachable integrity, unflinching moral values and a firm positive attitude.



Embodiment of these values requires Spiritual Perception.

EMOTIONAL INSTABILITY

- ✓ In the recent years management experts and psychologists have also observed that there has been overall gradual Erosion of Moral Values in human beings.
- ✓ Due to too much of materialistic and egoistic attitudes and succumbance to anger, some sort of emotional instability has been created in people.
- ✓ It has created attitudinal and behavioral abnormalities in men. Hence in the recent years the **Concept of Emotional Intelligence (EI)** has emerged and has established itself as an inevitable element.
- ✓ It is important especially when the people with high I.Q are failing on the floor of the factory or in the field.



WHAT IS EI ?

- ❖ During late 1980's Peter Salovey of Yale & John Mayer of New Hampshire University quoted the term Emotional Intelligence as follows:
"The ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge and to regulate emotion so as to promote emotional and intellectual growth."
- ❖ "Emotional intelligence" refers to the capacity of recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships.

...Daniel Goleman
- ❖ *Simply speaking EI is nothing but the skill to handle one's own and others' emotions intelligently. It is complimentary to technical knowledge and other job skills.*



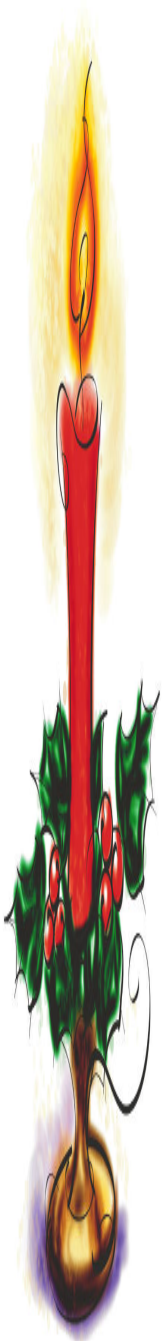
EXPERT'S OPINION ON EI

- Not only is IQ (Intelligence Quotient) a valued criterion for selection, but we also identify potential employees with high EQ (Emotional Quotient) level. ... **SmithKline Beecham, A pharmaceutical major**
- “Even if the candidate is not very brilliant but is able to carry others with him, he/she is an asset to the company” ... **Vice –President, HRD, Crompton Greaves, Mumbai**
- “It is worthwhile to lose a candidate who is brilliant, but who will give trouble getting along, rather than a person whose skills are average but whose EQ is strong, for he can be trained by us. It benefits the company and the individual in the long run.”... **Auto Vincent, Vice – President, HRD, Mahindra Ford, Chennai.**
- “I would give 70 percent weight to EQ and 30 percent to IQ” ... **Say many Indian managers.**



REASON FOR LOW EI

- ✓ Now the **Emotional Intelligence**, what researchers say, has to do with the **M.Q. (Moral Quotient)** and **S.Q (Spiritual Quotient)** of a person.
- ✓ Influence of following vices are most responsible for low EI or Emotional instability.
 1. **Sex lust**
 2. **Anger**
 3. **Greed**
 4. **Attachment**
 5. **Ego**
 6. **Jealousy**
- ✓ Hence **Emotional Intelligence** can only be enhanced by enhancing **Moral Quotient** and **Spiritual Quotient**. At the same time one has to get rid of the said vices.
- ✓ This again needs true Spiritual perception and realization of these perceptions through Rajyoga meditation practice.

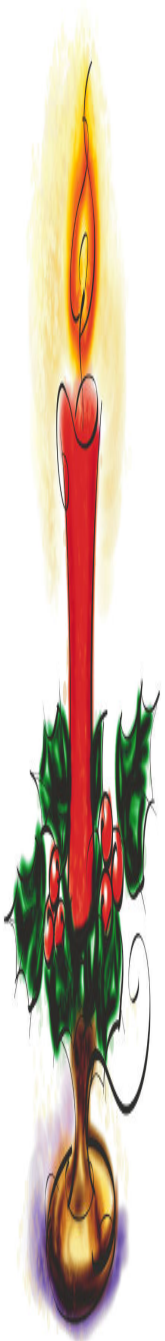


ENVIRONMENT PROBLEMS

- It is a well known fact that the modern world is facing the most critical and disastrous environmental problems like:
 - **Air Pollution, Water Pollution, Noise Pollution, Land Pollution, Depletion of Ozone Layer, Deforestation, Green House Effect, Global Warming, Unorganized Industrial growth, harmful radiations etc.**
- There are many reasons for this but some of the most important reasons, what some of the experts of this field give, are
 - Unchecked & immoral **Exploitation** of the elements of nature
 - Greed and Ego of the people coupled with Selfish Motto
 - Unhealthy cut-throat competition

In short, pollution problems are due to the Polluted Minds of the people.

To Eliminate the Pollution of Mind only way out is true Spiritual Awareness



OTHER PROBLEM IN GENERAL

↳ Economic

- ↳ Inflation
- ↳ Unemployment
- ↳ Poverty
- ↳ Depreciation

↳ Social

- ↳ Broken family
- ↳ Bitter relations
- ↳ Selfishness
- ↳ Evil customs

Tension

Depression

Negativity

Abnormality

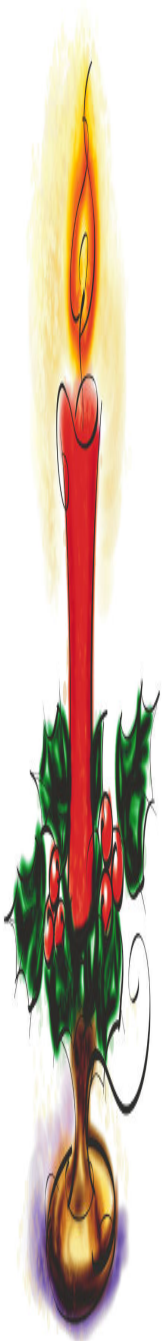
↳ Political

- ↳ Anarchy
- ↳ Instability
- ↳ Strife
- ↳ Corruption

↳ Ethical

- ↳ Lack of Ethical Values
- ↳ Downgrading
- ↳ Influence of vices

Root cause of all these problems is the over-all degeneration of moral and ethical values. Solution lies in true Spiritual Understanding.



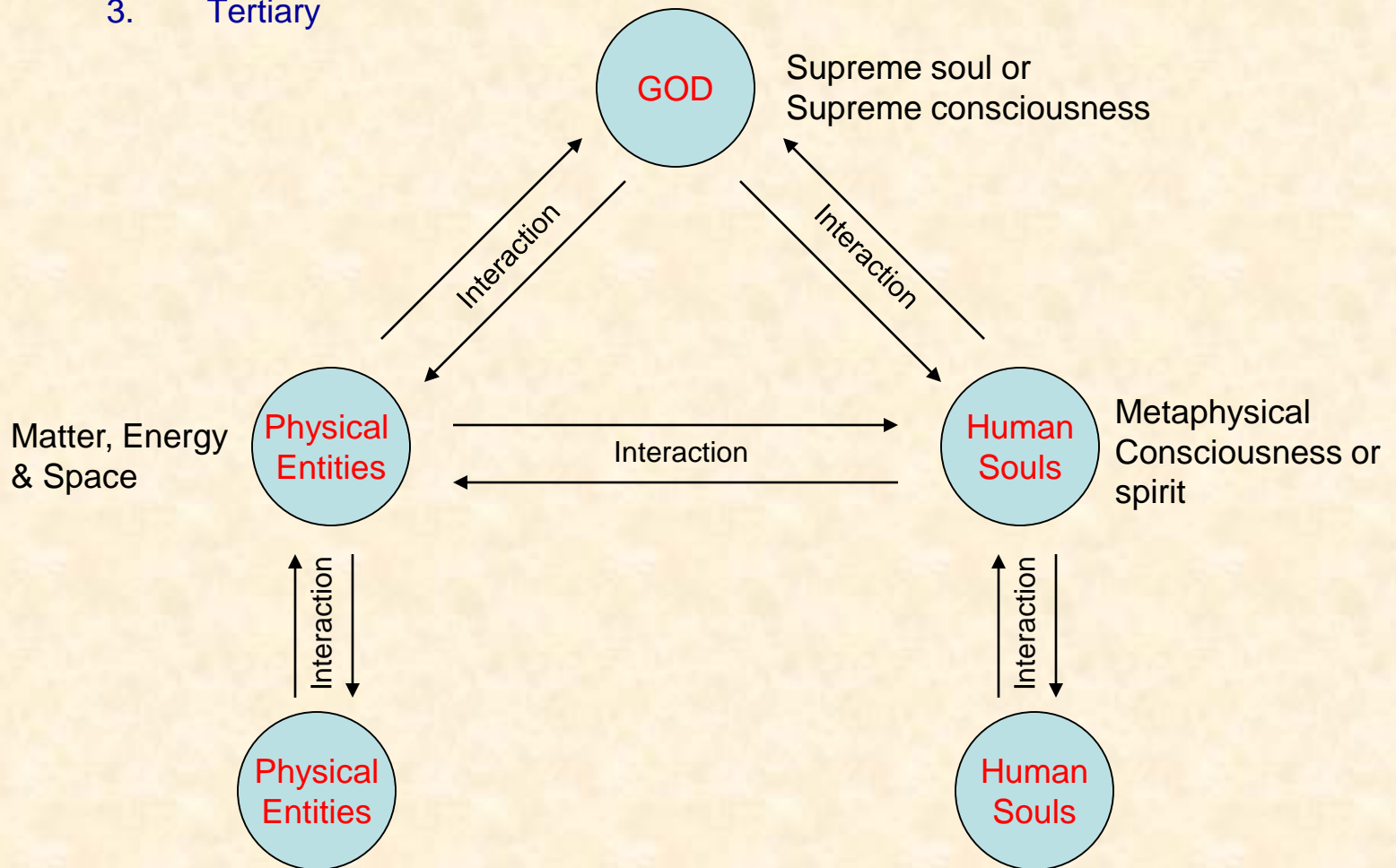
WHAT IS SPIRITUAL PERCEPTION ?

- The term “Spirituality” is derived from the term “Spirit”. And the “Spirit” means the meta-physical consciousness which we actually are.
- Understanding the science of consciousness, different aspects of consciousness and the laws governing the interaction of consciousness with material world is the true Spiritual Perception.
- At present for most of the people God is a subject of faith and mythology only. Understanding the true concept of the God and our relation with the God is the true Spirituality.
- Similarly this eternal world drama is of Man-Matter-and-God. Understanding the principles and laws of this world drama and our role in the world drama is the true Spiritual understanding.



WHAT IS SPIRITUAL PERCEPTION ?

- There are mainly three aspects of Spirituality
 1. Primary
 2. Secondary
 3. Tertiary



WHAT IS SPIRITUAL PERCEPTION ?

1. Primary Aspects

- Concept of God
- Science of consciousness
- Physical Sciences

2. Secondary Aspects: Laws governing the interaction between

- God & Human souls
- God & Physical entities
- Human souls and Physical entities

3. Tertiary Aspects: Laws governing the interaction between

- Physical entities to Physical entities
- Human souls to Human souls



WHAT IS SPIRITUAL PERCEPTION ?

- To have clear concept of GOD we should have rational answers of the following questions
 - Who or what is GOD?
 - How is GOD?
 - Where is GOD?
 - How am I related with GOD?
 - What, when and how is the role of GOD in world drama?
- Similarly to understand the metaphysical consciousness the following questions should be answered
 - Who or what am I?
 - How am I?
 - Where am I in the body?
 - Where have I come from?
 - What are my attributes and characteristics?
 - What is my role in the world drama?
 - What is the purpose of life?



WHAT IS SPIRITUAL PERCEPTION ?

- To understand the secondary aspects of laws of interactions among the three primary aspects, we have to understand at least the following laws of world drama of Men, Matter and GOD.
 - Law of eternity
 - Law of Cyclical nature
 - Law of identical repetition
 - Law of increasing entropy (Law of ageing)
 - Laws of re-birth
 - Law of cause and effect (Law of Karma)



RAJYOGA MEDITATION

- ✓ Rajyoga meditation, based on understanding of the laws and principles of spiritual science, creates spiritual awareness leading to spiritual perception and elevation.
- ✓ Very first step in Raja Yoga meditation is to get relaxed : physically as well as mentally, which leads to alpha and other higher states of mind. These states are essential for the transformation of degraded subconscious mind and for inculcation of values through positive autosuggestions.
- ✓ It is essentially an art of positive and creative thinking leading to the positive attitudes and perceptions.



RAJYOGA MEDITATION

- ✓ The very first realization of Raja Yoga meditation is self-realization through introversion and introspection, which leads to visualization & realization of one's original self, which is essential for self transformation.
- ✓ Self-realization once stabilized leads to soul consciousness and thereby one easily gets rid of all the vices.
- ✓ Raja Yoga meditation ultimately establishes a loveful and purposeful union of the self with the supreme power, which leads to Enlightenment, Empowerment and Enrichment of the self.
- ✓ It is the master key that leads to self transformation through **Self-realization, God Realization** and **World Realization**.



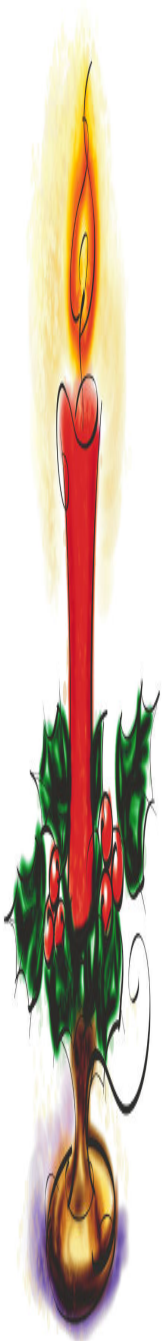
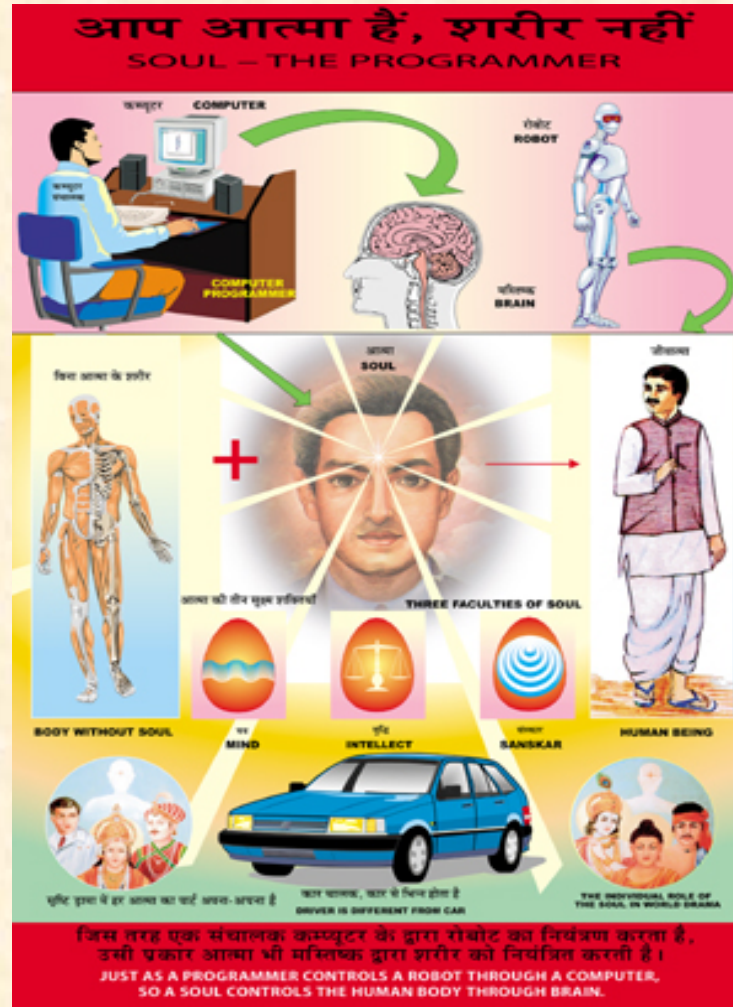
MAJOR STEPS OF RAJYOGA

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



SELF REALIZATION

Means knowing one's own self



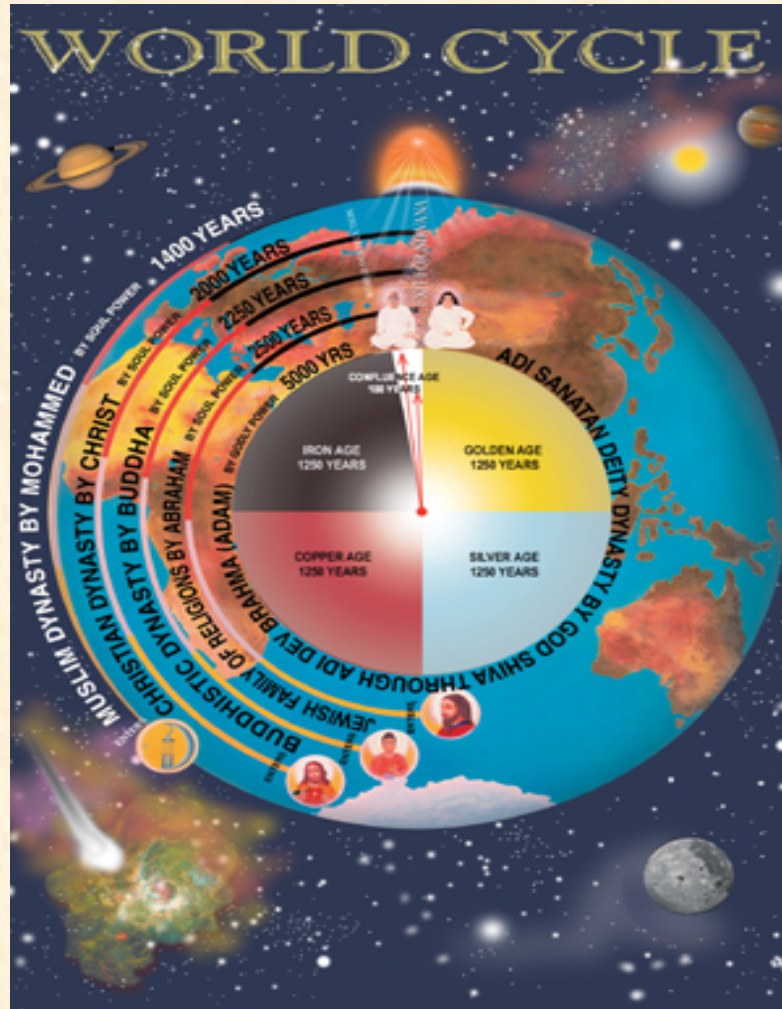
GOD REALIZATION

Means having true concept of GOD



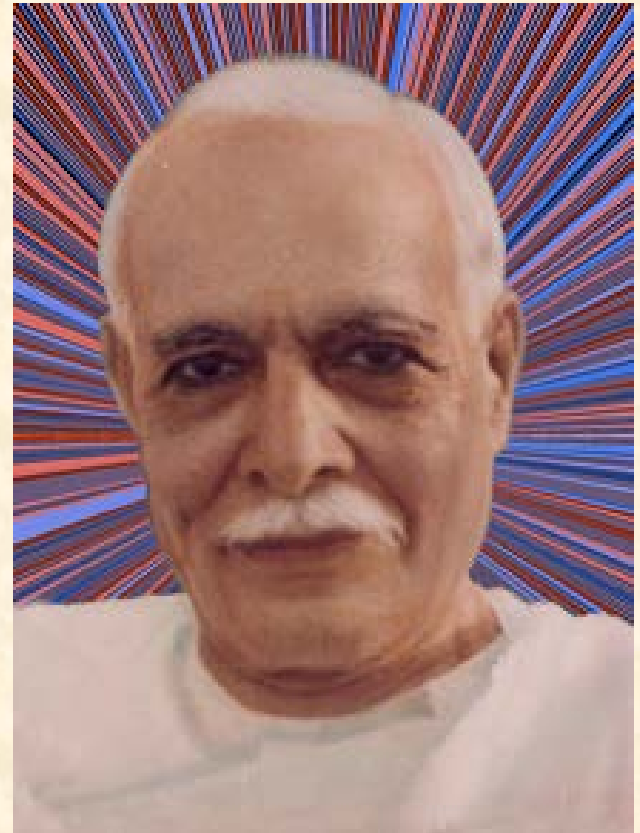
WORLD REALIZATION

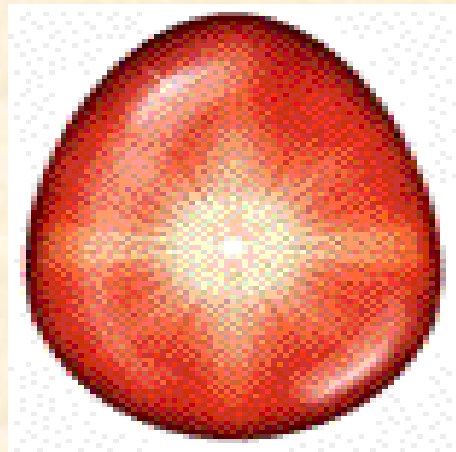
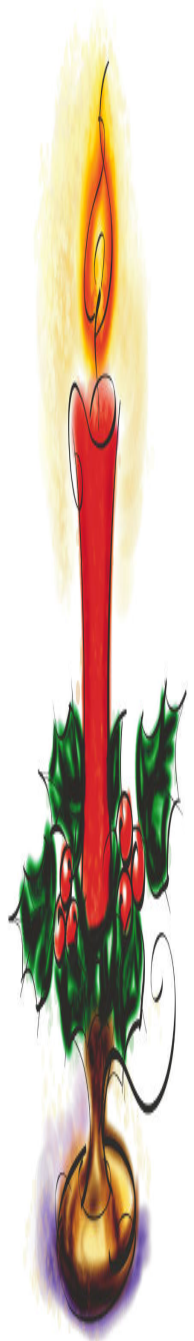
Understanding the eternal world drama and its principles



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 PERSONALITY.





Om
Shanti