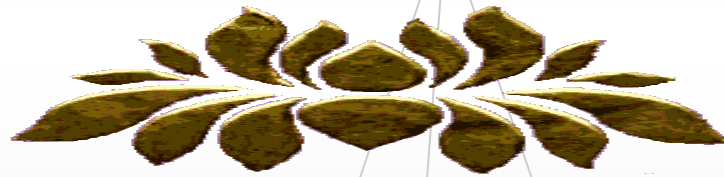


Spirituality

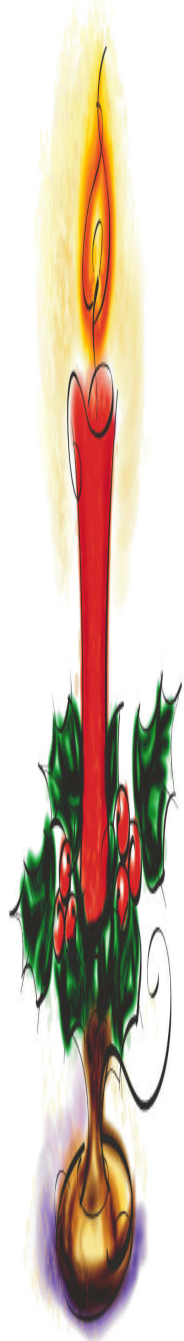
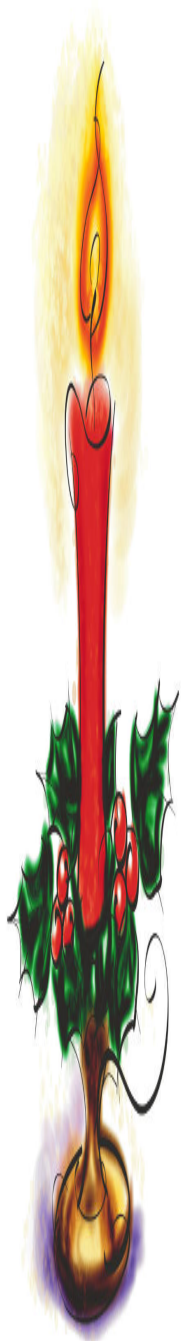
&

Science of Consciousness



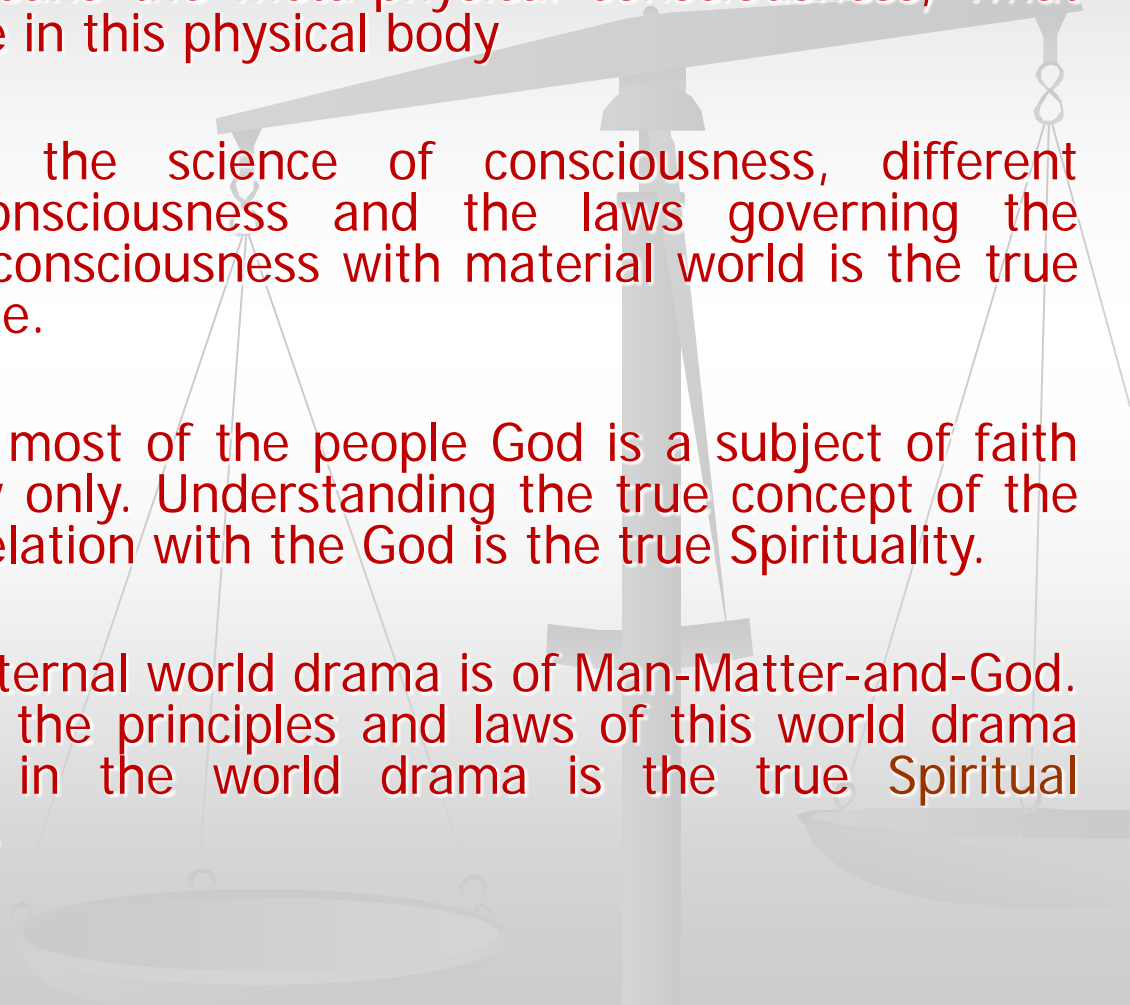
**Prajapita Brahma Kumari
Ishwariya Vishva Vidhyalaya**

PRESENTED BY : B.K. Dr. CHETANA



WHAT IS SPIRITUALITY

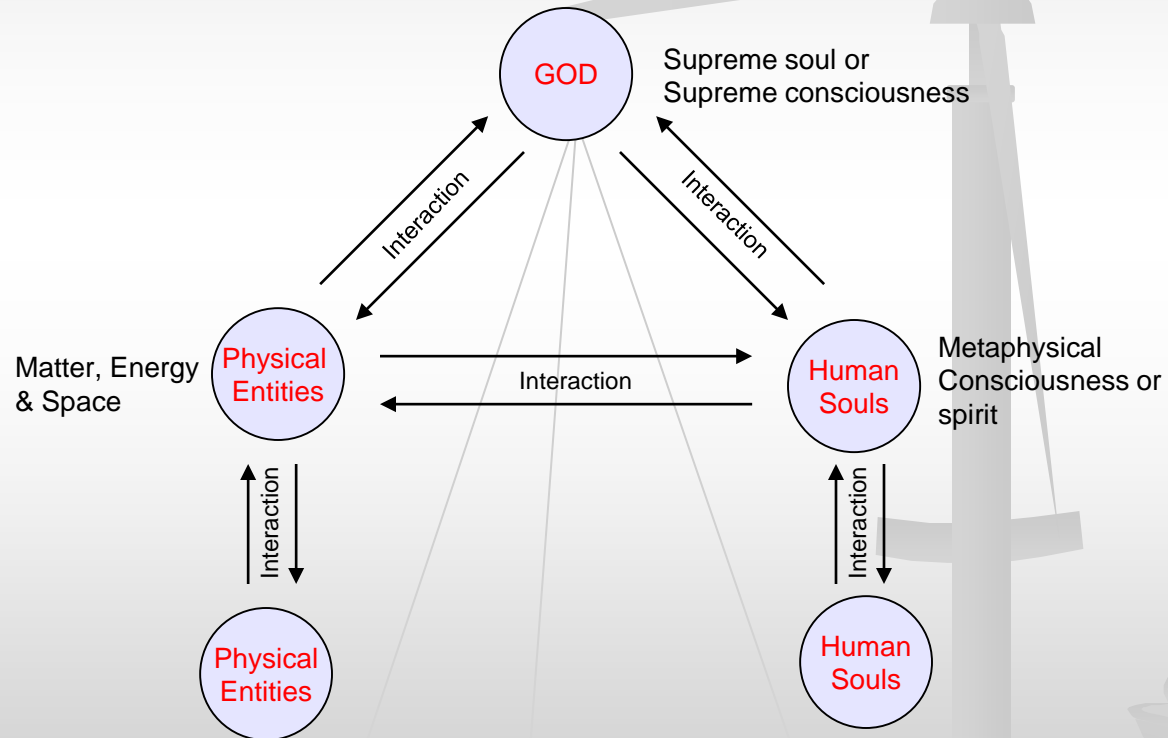
- The term "Spirituality" is derived from the term "Spirit". And the "Spirit" means the meta-physical consciousness, what we actually are in this physical body
- Understanding the science of consciousness, different aspects of consciousness and the laws governing the interaction of consciousness with material world is the true Spiritual science.
- 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

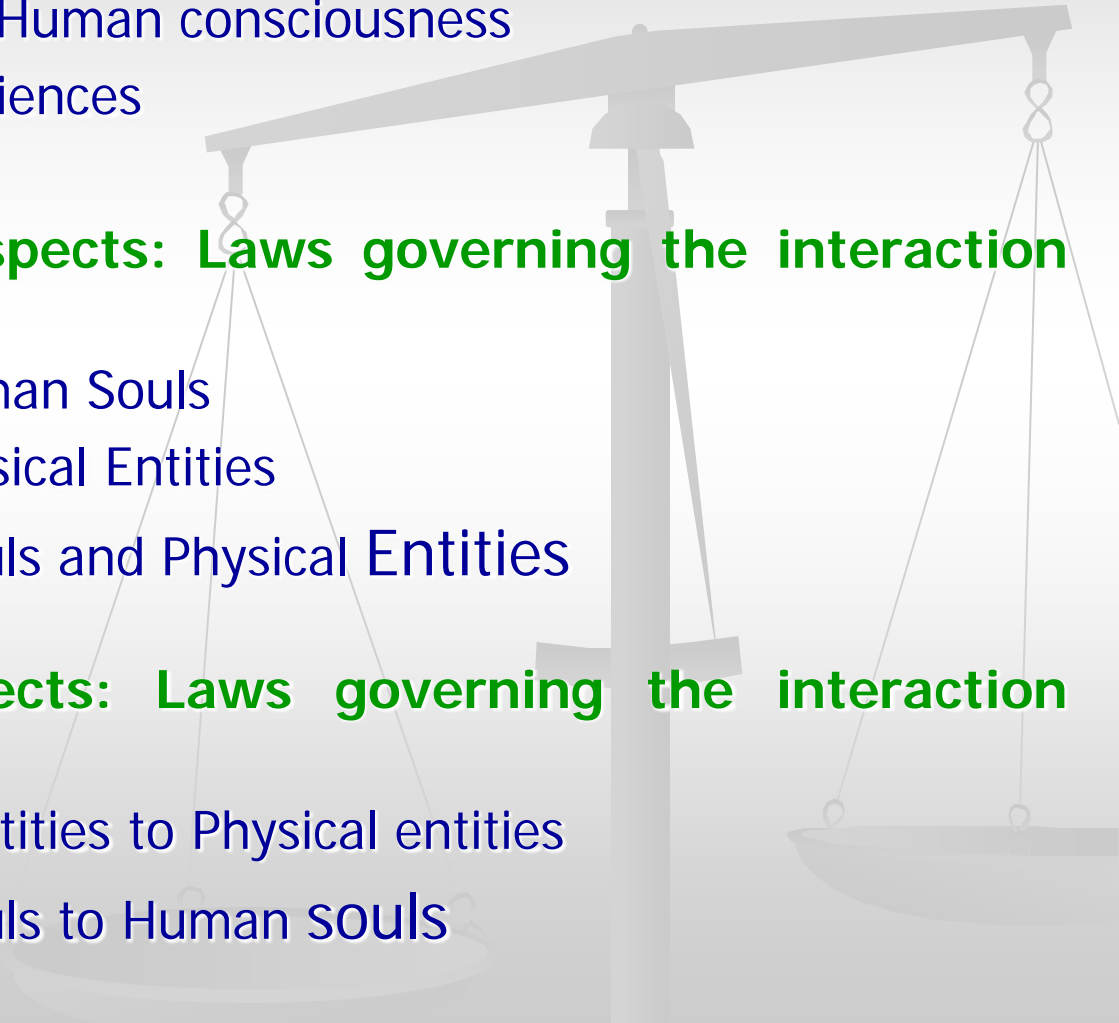
- Concept of God
- Science of Human consciousness
- Physical Sciences

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



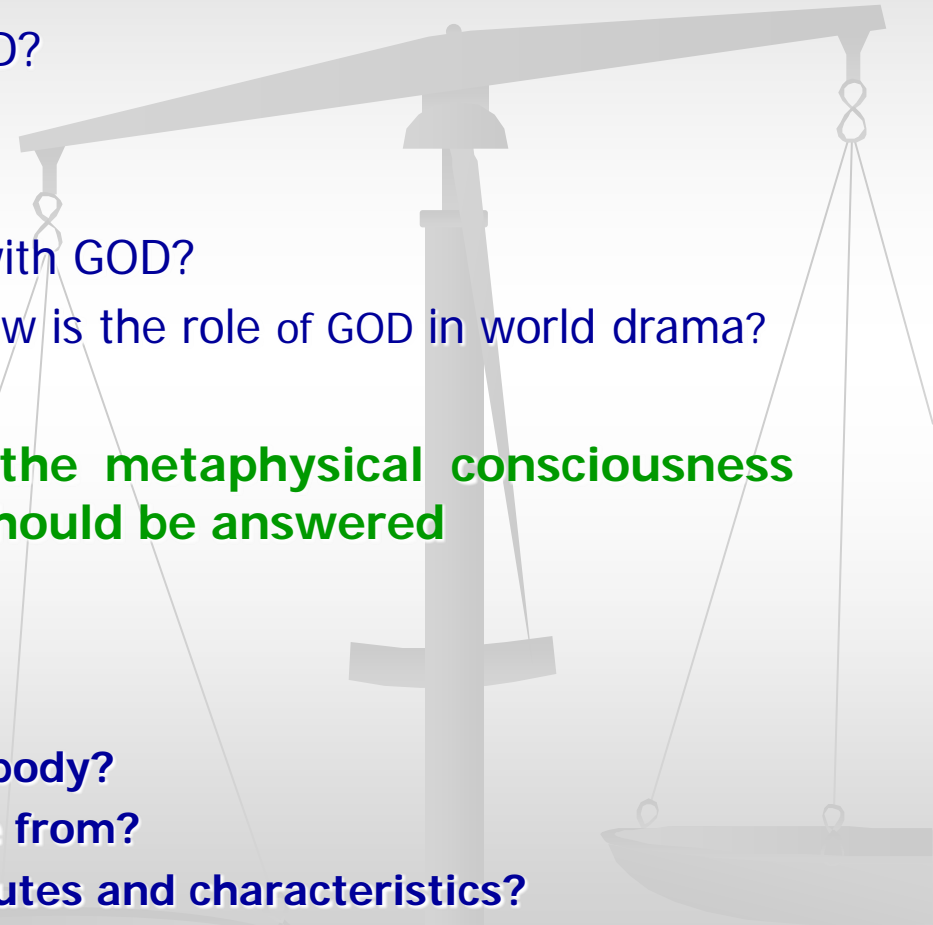
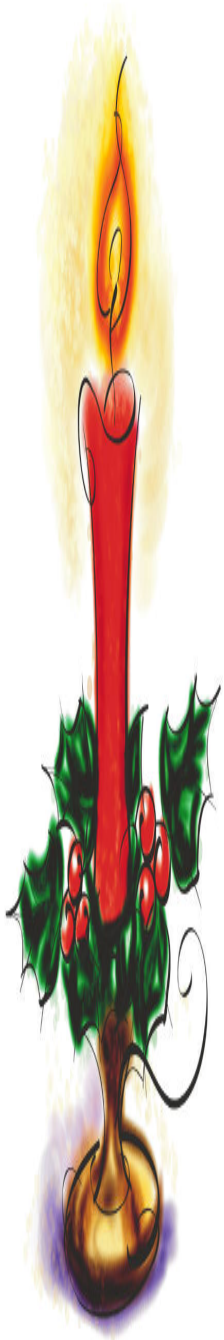
WHAT IS SPIRITUAL PERCEPTION ?

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

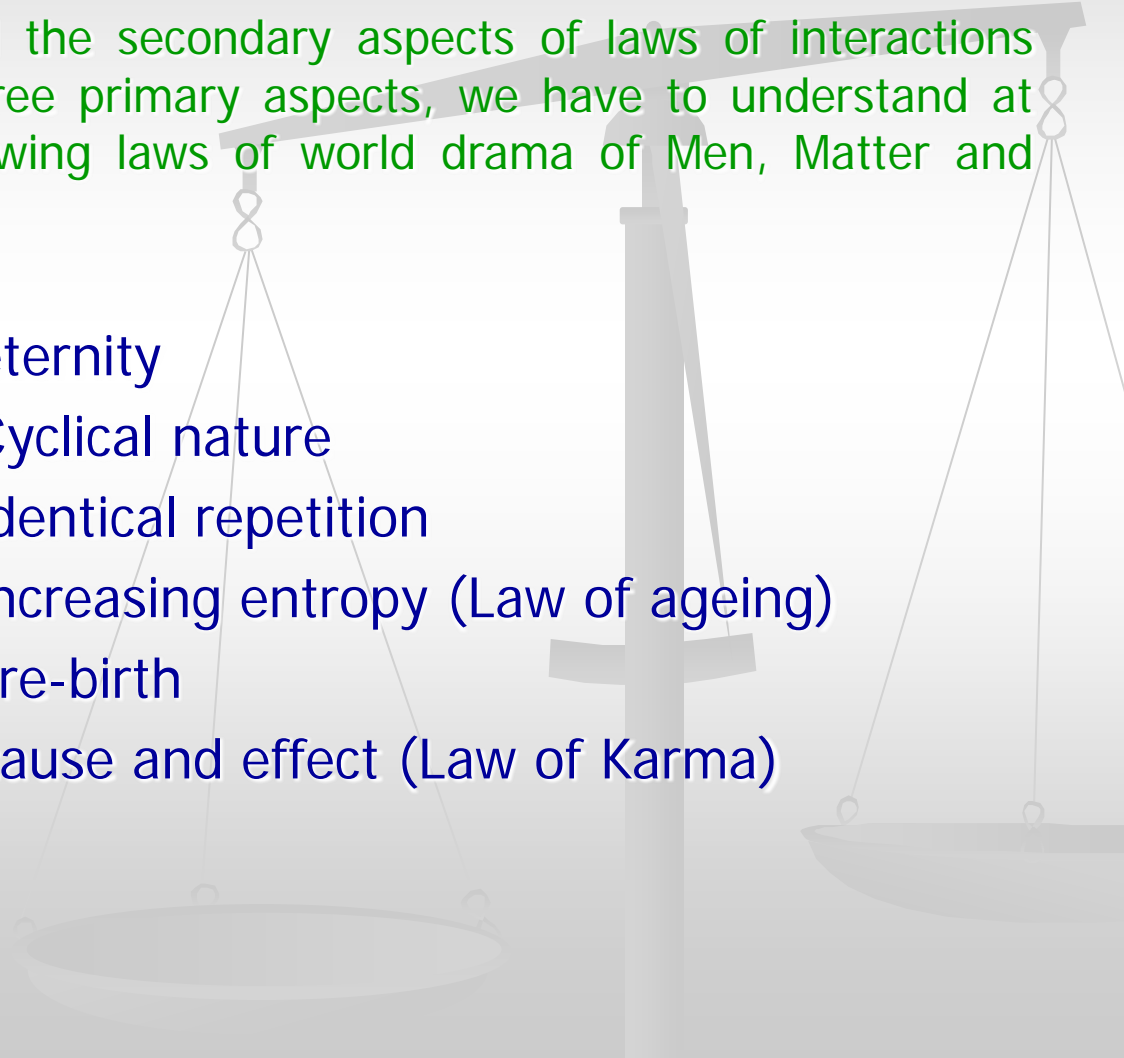
- Who or what am I?
- How am I?
- Where am I in the body?
- Where have I come from?
- What are my attributes and characteristics?
- What is my role in the world drama?
- What is the purpose of life?





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)



SCIENCE OF HUMAN CONSCIOUSNESS

- To understand the concept of metaphysical consciousness, we will have to understand the term human being.
- On the basis of researches in Metaphysics & Parapsychology in the last few decades and on the basis of ancient scriptures human being is defined as...

Human Being = Physical Body of five Inert Elements + Metaphysical consciousness (The Soul)

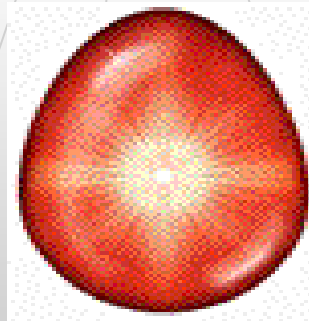


Concepts of Metaphysical Continued

**The term human is derived from the
word Humus - Means Soil (Body)
Being - Means one's own self**

i.e. Metaphysical Consciousness

The Soul



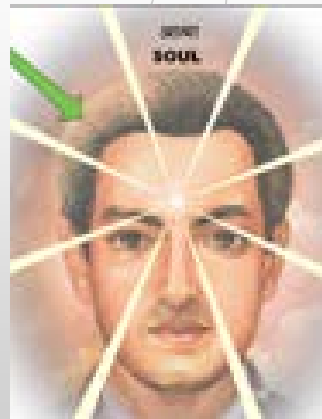
Characteristics Of Metaphysical Consciousness

- It is not physical entity but it is a metaphysical one. i.e. it is neither physical matter nor physical energy.
- Hence it is dimensionless entity.
- It is a source of conscious energy.
- Therefore the form of each individual consciousness is a point or a dot.
- The main attribute of each consciousness is its eternity and immortality.
- In various Mythologies, consciousness is named as Soul, Ataman, Ruha etc.



Where Does The Consciousness Dwell In The Physical Body?

- It dwells in the brain by the side of Hypothalamus and Pituitary Gland.
- Sitting at this place in the body, it controls all the systems, Organs and Senses of the body.
- Rishies & Yogis have realized their own self as divine light at this place which is just behind the two eyebrows (Bhrukuti).



What Is Birth & Death?

BIRTH

When the conscious entity enters the new physical body and comes out from the mother womb it is called a birth.

DEATH

When the conscious entity leaves the physical body due to one or more of many reasons, the body is considered to be dead. But, the consciousness remains eternal and leaves the body with its personality, i. e. death is of physical body not of consciousness.



Functional Powers Of consciousness

MIND

Ability

- To Think
- To Imagine
- To Conceive
- To Desire

INTELLECT

Ability

- To Discriminate
- To Understand
- To Judge
- To Decide

The metaphysical consciousness
(The Soul)

RESOLVE (PERSONALITY)

Ability to carry impression of thought;
understanding, decision and action





MIND



- It is neither physical nor subtle entity but it is an ability or faculty of metaphysical consciousness to think, to imagine, to conceive, to desire.

INTELLECT



- It is neither physical nor subtle entity but it is an ability or faculty of metaphysical consciousness to discriminate, to understand, to perceive, to judge, to desire etc.

RESOLVE (PERSONALITY)



- It is an ability of metaphysical of consciousness to carry and to retain impressions of one's own thoughts, understanding, decision and actions in the form of..

Memory > Resolve > Nature > Habit > Attitudes

These impressions form the inner personality.

Types of Inner Personality

Innate Personality

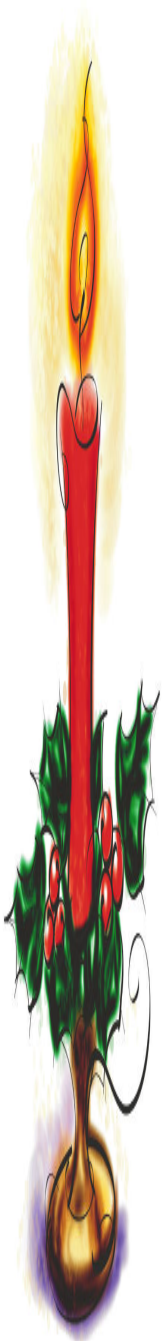
- Purity
- Peace
- Bliss-happiness
- Love
- Power
- Knowledge

Acquired Personality

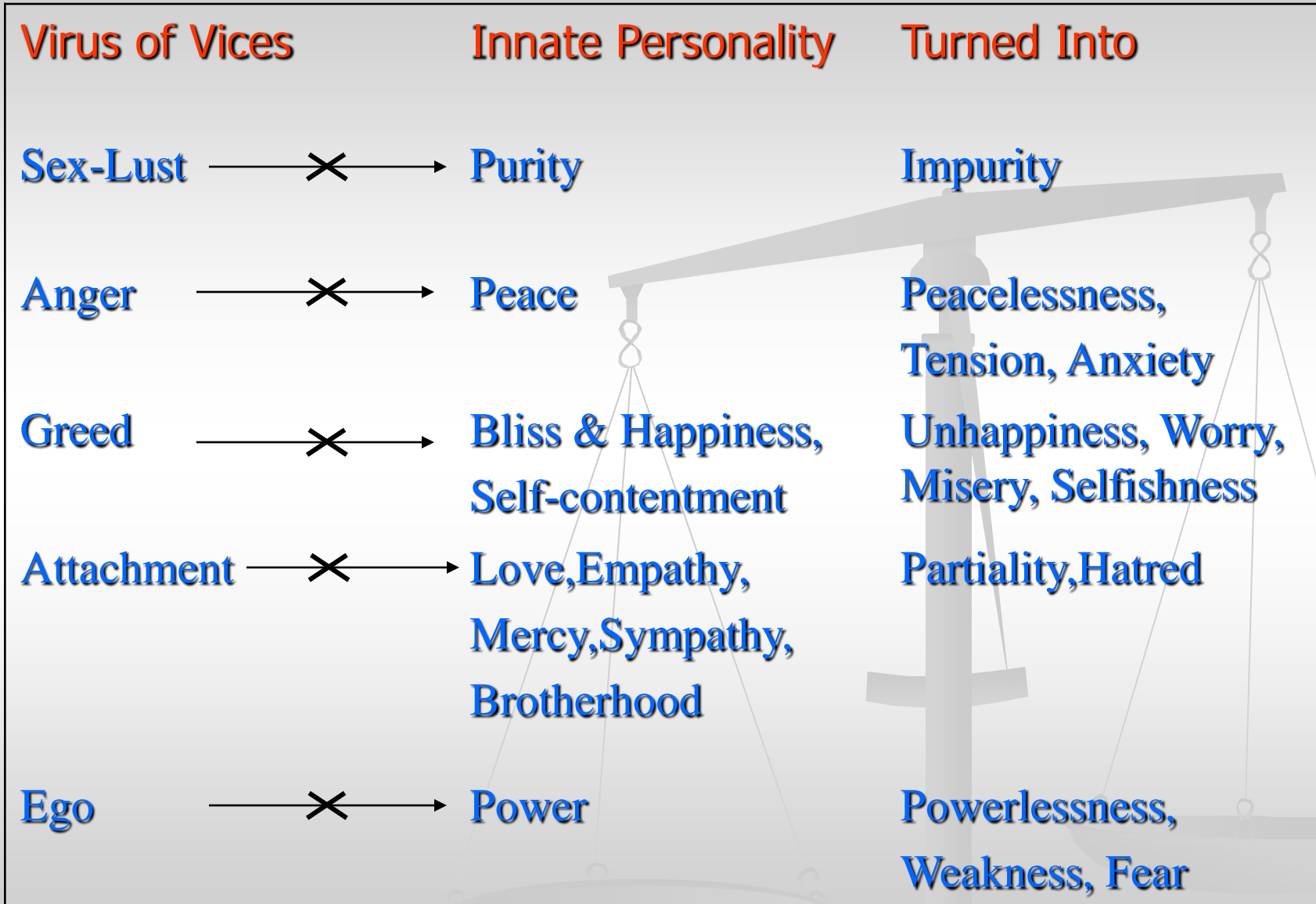
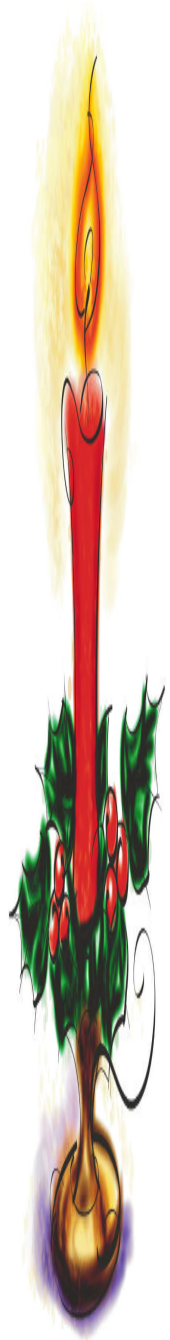
- Memory
- Resolve
- Nature
- Habits
- Attitudes
- Instinct
- Outlook
- Experience
- Skill - Talent

The Inner acquired personality is the acquired qualities of metaphysical consciousness (soul) while playing role in this world drama birth by birth.

This may be positive or negative.

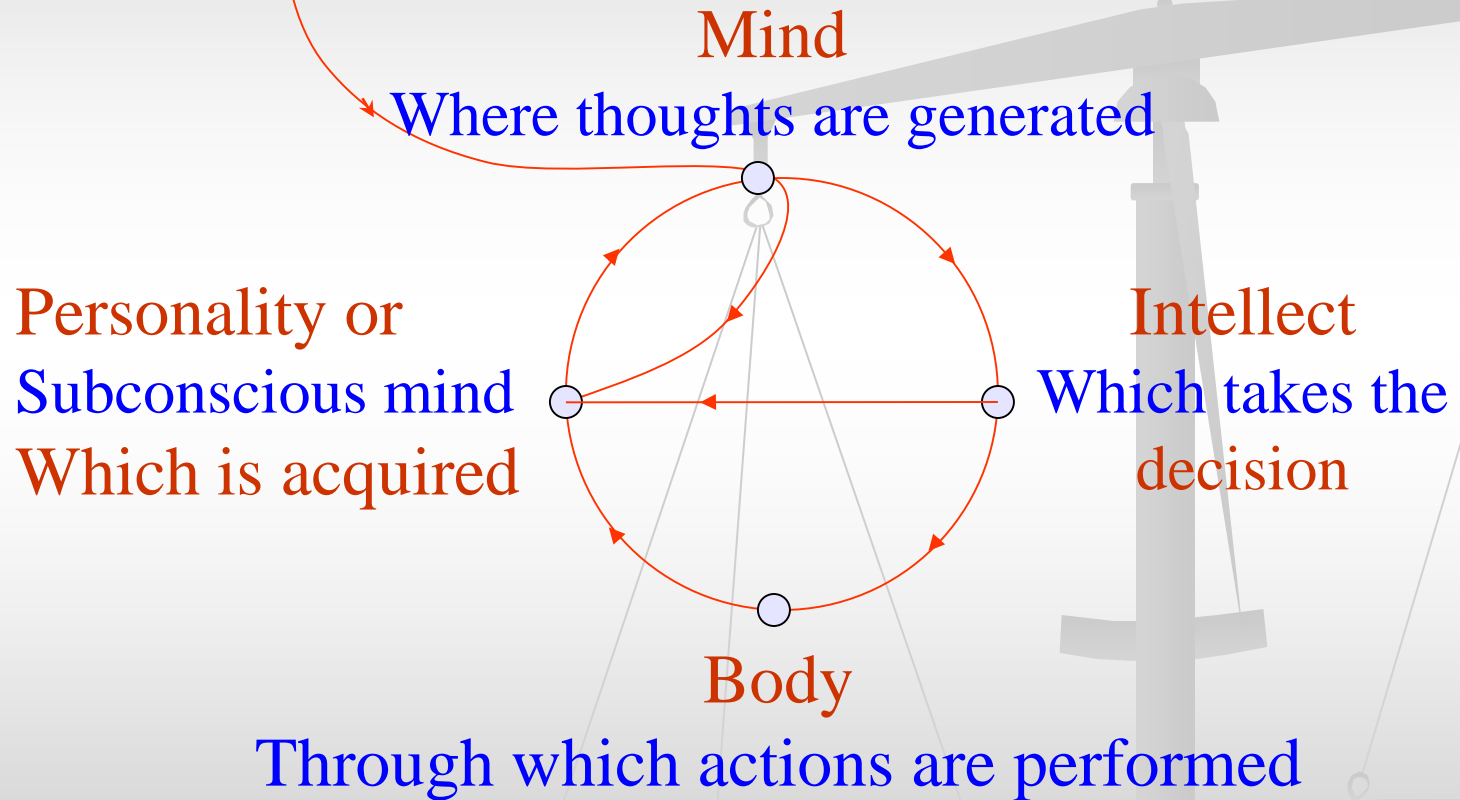


Mechanics Of Degeneration Of Human Mind



Dynamics of Mind

Signals from Senses



Present status of Human Mind


- The Quantity, Quality and speed of thoughts generated in our mind ultimately depends on our personality or our sub-conscious mind.
- The Psychologists and Psychiatricians say that at present, under the influence of vices our acquired personality is 80% to 85% negative. Hence around 80% of our thoughts are either toxic or negative or wasteful.
- At present, the number of thoughts generated in human mind per day is around 40,000.



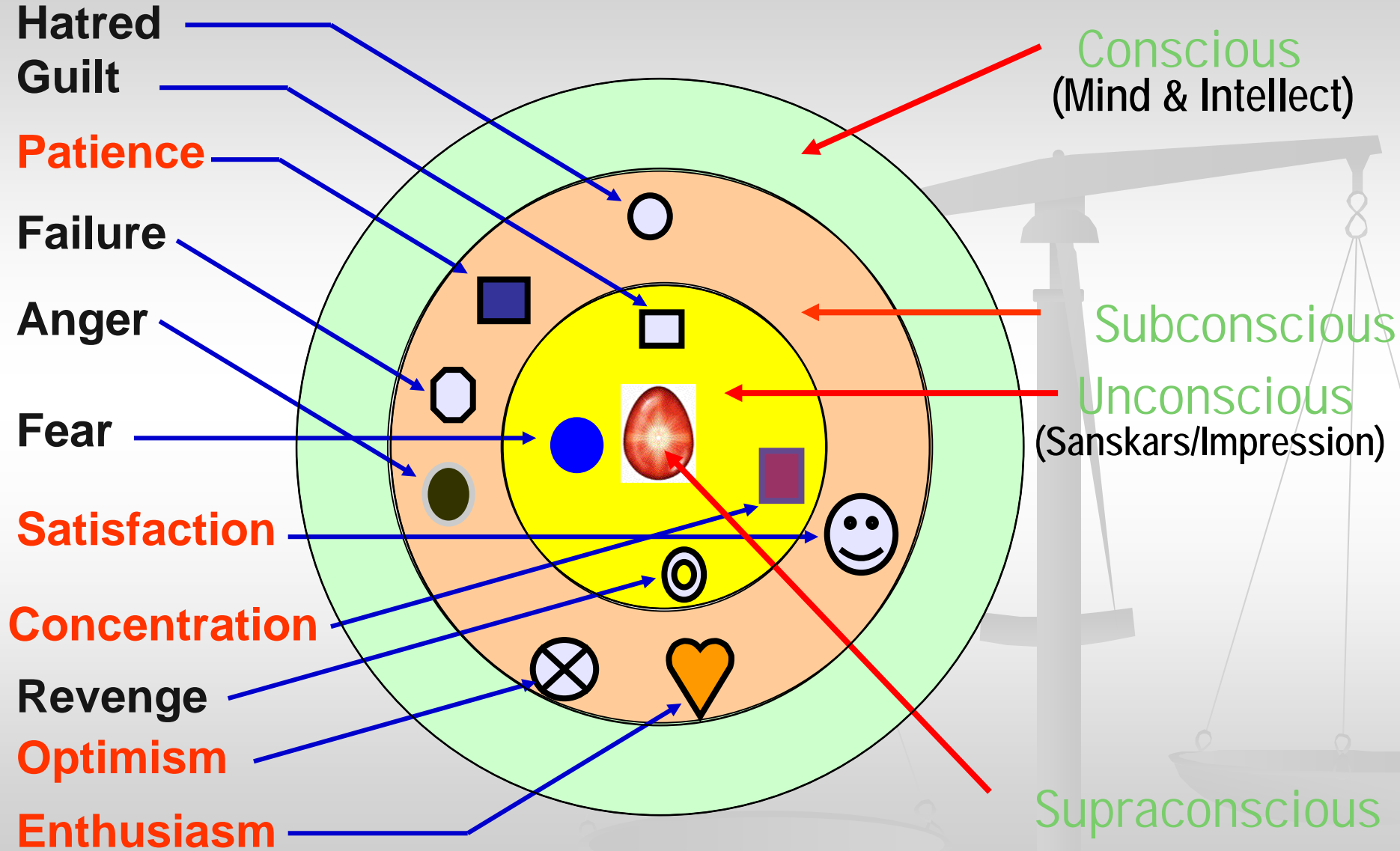
TYPES OF THOUGHTS

- **Toxic Thoughts:** Thoughts related to Anger, Jealousy, Hatred, Revenge, Fear etc. The are dangerous type of thoughts. Toxic chemicals are poured into blood circulation in much higher quantity.
- **Negative Thoughts:** Thoughts related to disadvantages of various events and loss as being perceived by the individual. Such thoughts also increases toxic chemicals to some extend.
- **Waste Thoughts:** Thoughts that are not related to any necessary or productive work. Such thoughts may not release toxic chemicals yet waste time and energy.



- 
- **Necessary Thoughts:** Thoughts related to necessary activity and daily routine. Such thoughts cannot be avoided completely. Yet if we think less about such activities energy can be conserved.
 - **Positive Thoughts:** Thoughts related to success, health, peace self esteem, and direct or indirect advantage of every events.
 - **Right Thoughts:** To see the problem in same magnitude as it presents to you.
 - **Elevated Thoughts:** Thoughts related to Yoga and Spirituality. They reduce toxic chemicals from the blood and increase health promoting chemicals.
 - **Neutral Thoughts:** Thoughts which are beyond liking or disliking, attachment or hatred, appreciation or criticism victory or failure and so on. Such thoughts conserve lots of psychic energy and promotes stress free life.

MODEL OF CONSCIOUSNESS



TYPES OF MIND

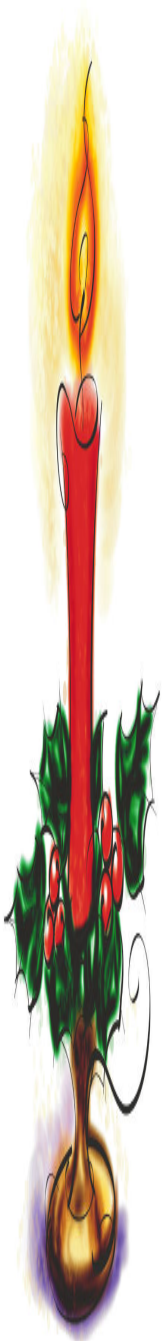
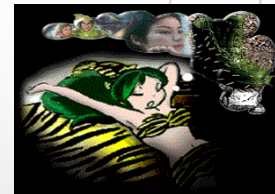
CONSCIOUS MIND

- **The part of mind, which remains fully active when we are awake.**
- **It is the part of mind, which we are conscious about.**
- **One is easily able to know the contents of conscious mind.**
- **Our conscious mind has the ability to think, it can accept or reject.**
- **Conscious mind forms hardly 10 % of the whole mind.**



SUBCONSCIOUS MIND

- **During normal state one cannot remember the contents of this part of consciousness.**
- **Our subconscious mind only accept, it makes no distinction regarding inputs. It is a data bank.**
- **All our experiences of life are stored in this part of consciousness.**
- **The contents of subconscious come to the surface during sleep or when we practice relaxation or yoga or when we get concentrated in some work.**
- **The subconscious mind is like the automobile while the conscious mind is like the driver. The power is in automobile but the control is with driver.**

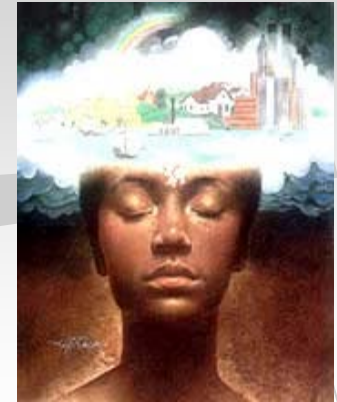


UNCONSCIOUS MIND

- It is the deepest level of consciousness which do not come to surface even during sleep of relaxation.
- By special technique known as Progressive Hypnotic Regression or by special Yoga practice this Mind can be brought to the surface.

SUPRA CONSCIOUS MIND

- Mind in which Spiritual Experience are stored or which is responsible for spiritual experience, extra sensory perceptions etc.
- Supra Conscious mind is the field of infinite potential and unlimited creativity.



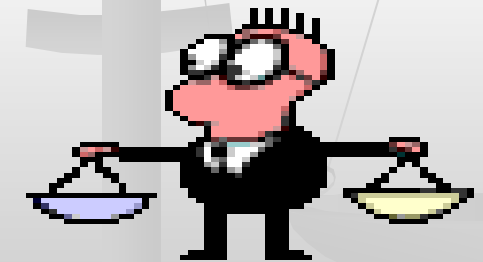
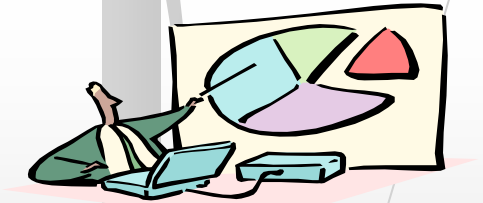
POWERS OF YOUR MIND

Common Powers of Conscious and Sub-Conscious Mind

- Sensations
- Movement

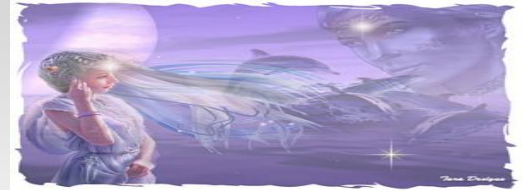
Conscious Mind

- Thinking
- Discrimination
- Analysis
- Interpretation
- Judgment
- Decision
- Action
- Intelligent Quotient (I.Q.)
- Identifying Opportunities



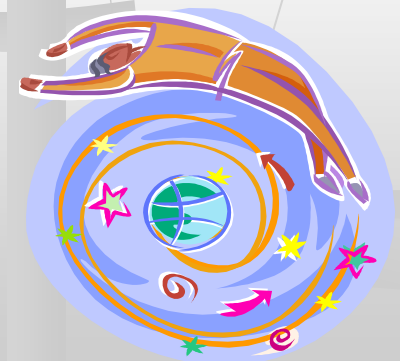
Sub-Conscious Mind

- Reflexes
- Telepathy
- Conscience
- Memory
- Emotional Quotient (E.Q.)
- Treasure of Knowledge
- Wisdom
- Planning
- Creating Opportunities
- Mental Clock
- Mental Calendar



Sub-Conscious Mind... Continued

- Control over Death, Mode and Time
- Control of Autonomic Nervous System
- Control over Growth
- Control over Health
- Produce Disease
- Heal Disease
- Control over Pain
- Control over Universe
- Solution of all Problems
- Creative Power



CHARACTERISITC OF MIND

Conscious Mind	Sub Conscious Mind
10% Power	90% Power
Boss	Servant
Use Logic	No Logic
Filter	No Filter
Analytical	Creative
Execute	Plan
Thinks before action	Works faster on negative commands
Understand Joke	Doesn't understand Joke
Set Goals	Achieves Goals



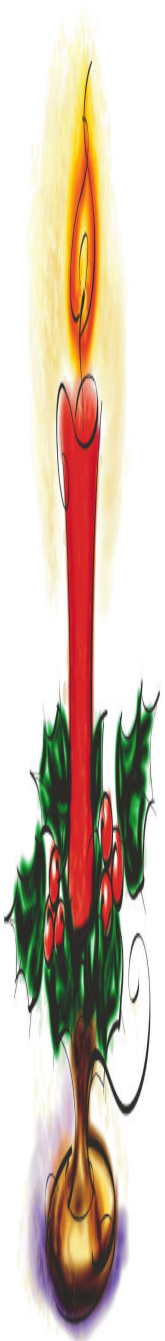
EMOTIONS

POSITIVE EMOTIONS



- Love
- Mercy
- Compassion
- Sympathy
- Thankfulness
- Bliss
- Tolerance
- Purity
- Trust and Faith
- Enthusiasm
- Patience
- Hope

NEGATIVE EMOTIONS

- Fear
- Anger
- Hatred
- Jealousy
- Sadism
- Worry
- Intolerance
- Impurity
- Doubt
- Depression
- Impatience
- Despair



STATES OF MIND



States	Cycles / Second	Situations
Delta (δ)	1 to 4	Deep sleep or Raj yoga meditation
Theta (θ)	4 to 7	Shallow sleep or Raj yoga meditation
Alpha (α)	7 to 14	Half awake or Raj yoga meditation
Beta (β)	14 to 30	Awake
Beta + (β^+)	30 onwards	State of tension, anxiety, fobic mania etc.

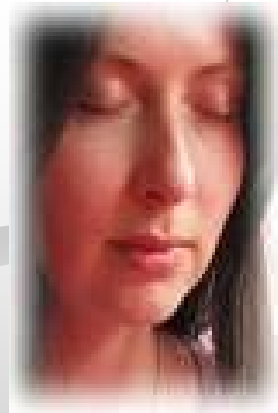
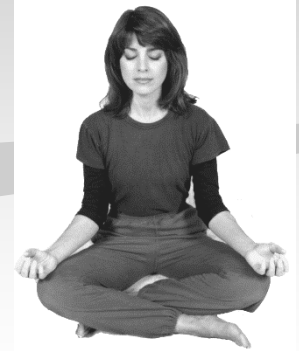
SCIENTIFIC APPROACH OF TRANSFORMATION OF SUBCONSCIOUS

Relaxation

- Adopt any one of the relaxation techniques or practice Raj yoga meditation and stabilize your mind at least in alpha state.

Autosuggestions

- Formulate required autosuggestions in proper sequence for transformation of acquired negative personality
- Link up with your subconscious mind to communicate with it and Start giving autosuggestions with full confidence.
- Autosuggestions influence both your conscious mind and subconscious mind, which in turn influence our personality.



Visualization

- Visualization is the process of creating and seeing mental pictures of the kind of thing you want to have or do or the kind of person you want to be. Visualization goes hand in hand with autosuggestions.
- Pictures are more effective than word on our subconscious mind or our subconscious mind understands pictures better than words. Words are effective by 25% while pictures are effective by 75%.
- Visualization makes the mind more creative. Most of the creative people in the world possessed very much high power of Visualization.
- The most successful scientist Thomas Alva Edison was once asked by his friend that why he was so successful on the life. Thomas replied in one sentence' I never think in words but I always think in pictures.
- Emerge a clear and white mental screen in front of your inner eyes. Try to visualize your autosuggestions as far as possible by picturising them on your mental screen.

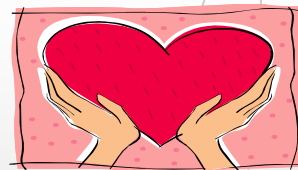


Emotionalization

- In order to attain desired results, autosuggestion and Visualization must be accompanied by feelings and emotions.



- Hence add your positive emotions to make personality transformation more effective, i.e. Let your head and heart work to gather.



How many times ?

- Repeat the same autosuggestions along with visualization 3 to 4 times during every sitting of relaxation. Practice this procedure 3 to 4 times a day. Wait patiently for the result.



■ How Should Be Your Auto Suggestions?

Your auto suggestions should be

- Short, Simple and Straightforward.
- Your autosuggestions should not have dual meaning.
- Do not use any negative words in autosuggestions.
- Never use the word ' NOT' in your suggestions.
- Your autosuggestions should be in present continuous tense
- Your autosuggestions should be Picturizable or Visualizable.



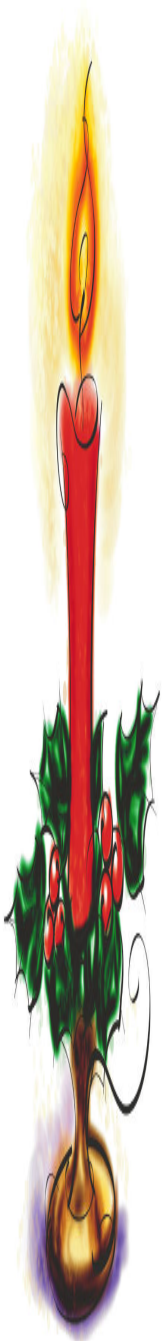
Relaxation Techniques



Positions For Practicing Relaxation

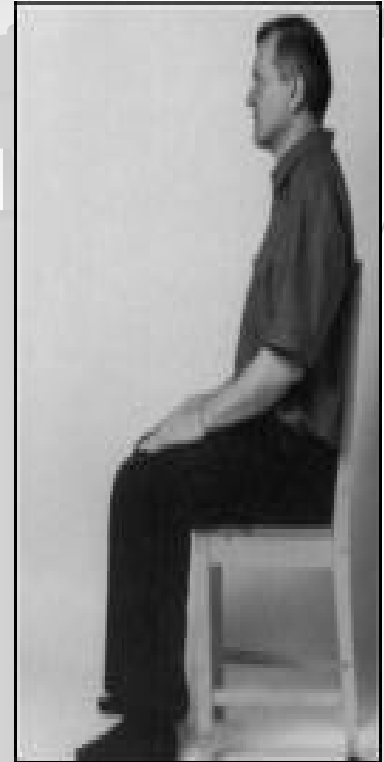
Position No. 1

- Lie down in 'Supine ' position and keep some distance between two legs (*Savasan*).
- Feet will be facing outward.
- Keep little distance between hands and the body.
- Keep your neck and back straight.
- Close your eyes.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.
- This is the most comfortable and relaxed position.



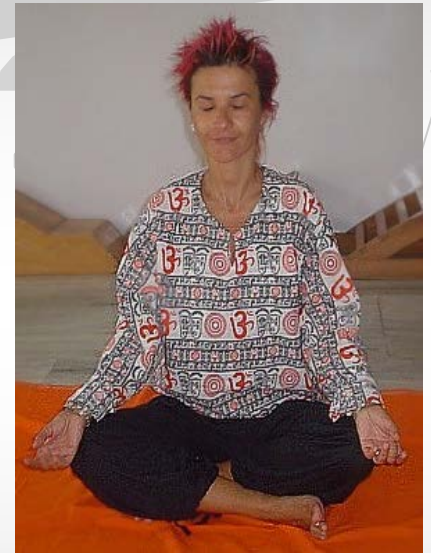
Position No. 2

- Sit in a relaxing chair and keep your back straight.
- Sit backward as much as possible in the chair.
- Keep some distance between two legs and knees.
- Keep your ankle inward and feet outward.
- Upper extremities in semi flexion position resting comfortably on your lap.
- Keep your head erect so your back & neck are aligned.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.



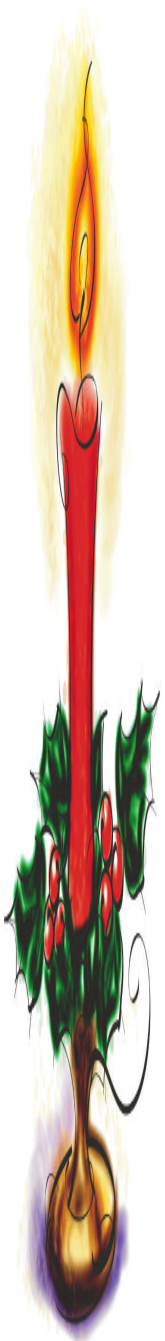
Position No. 3

- Sit up in and right position on the floor in *Sukhasan* with both the legs flat and crossed on the floor.
- Hold your hands loosely in your lap, with palms one over another (*Lopa Mudra* or *Gyan Mudra*).
- Keep your head erect so that your back and neck are aligned.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.



Relaxation Through Deep Breathing

- Breathe in for the period of 1.5 to 1.75 second or for 4 counts through your nostril.
- Hold the air (breath) in lungs for the period of 0.5 to 0.75 second or for 2 counts.
- Breathe out for the period of 2 to 2.5 second or for 5 counts gently and slowly through your nostril.
- Before you start next cycle of breathing take rest of 0.5 to 0.75 second or for 2 counts.
- When you breathe in let your belly come out steadily and gradually and when you breathe out let your belly go in.
- Now fully concentrate on breath and try to feel the inflow and out flow of the breath within your nostril.
- Increase your concentration on your breath and now try to feel, within your nostril, the coldness of the air, which you inhale, and warmth of the air, which you exhale.
- Try to feel fully relaxed.

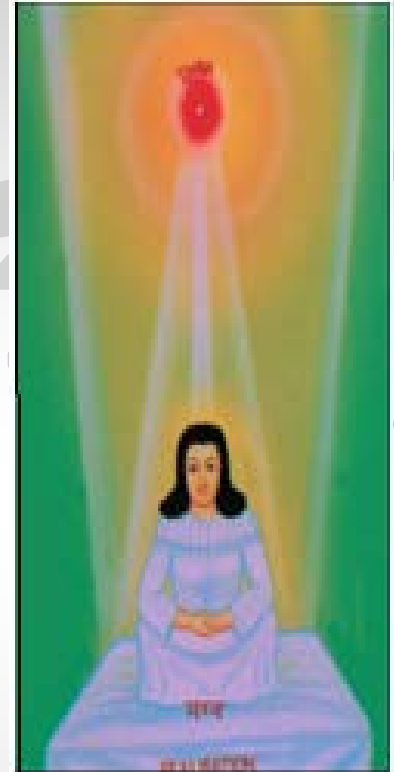


MIND MANAGEMENT THROUGH RAJYOGA MEDITATION

- Rajyoga meditation has been proved to be the total and gross tool for the positive enhancement of mind potential.
- 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 attitude 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 mind power development.

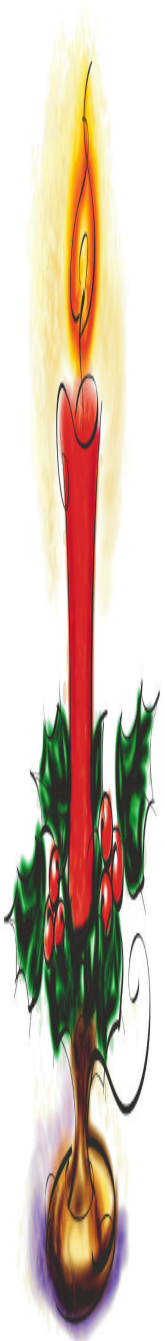


- Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment,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



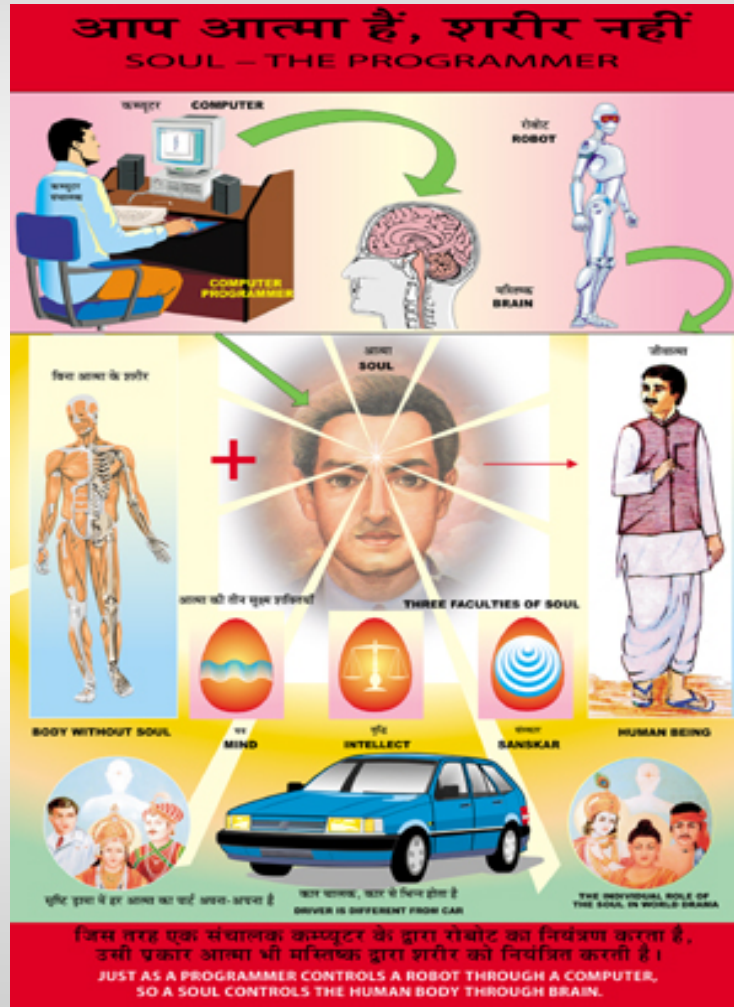
Major Steps of Raj Yoga Meditation

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



Self Realization

Means knowing one's own self



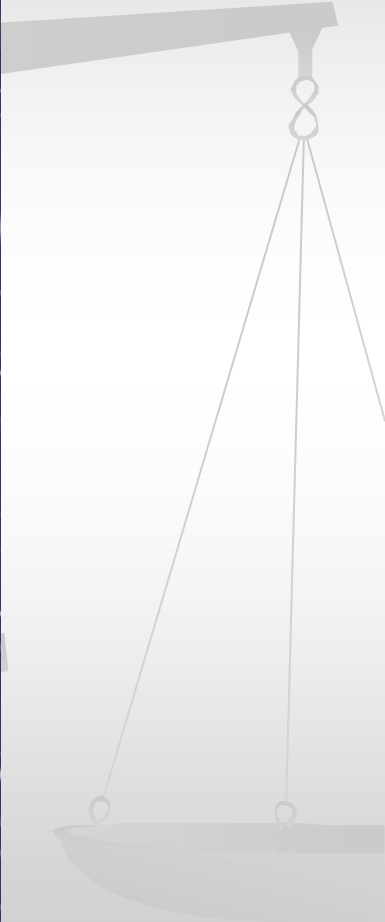
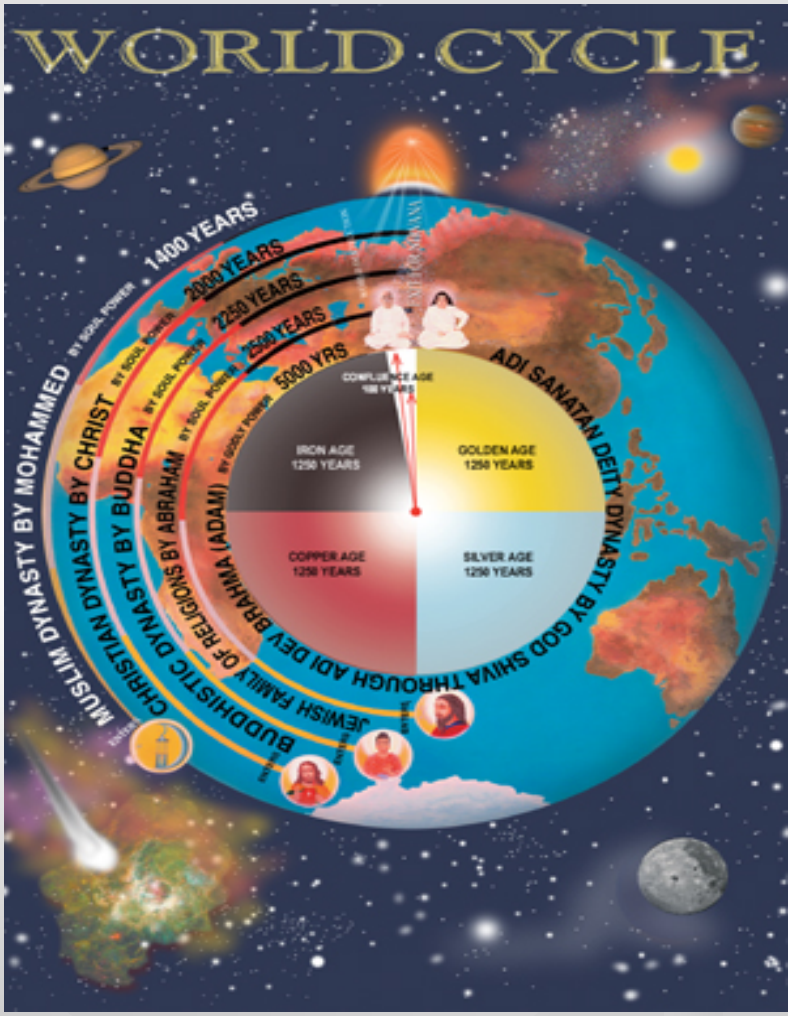
God Realization

Means having true concept of GOD



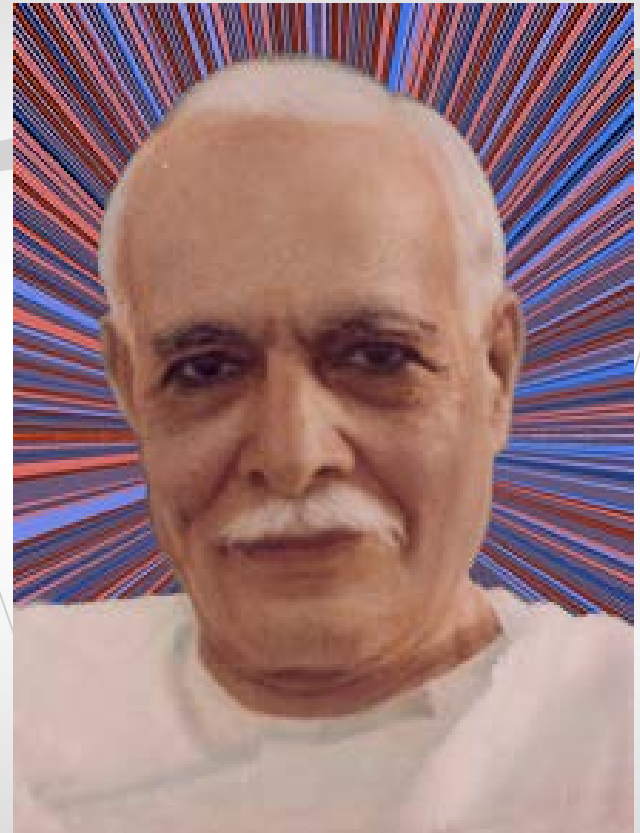
World Realization

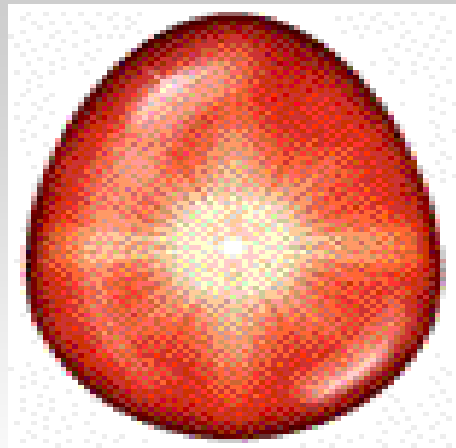
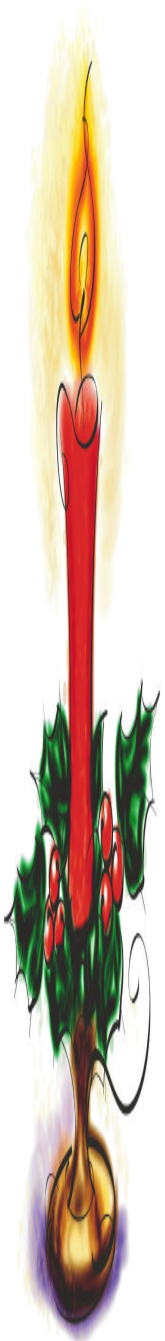
Understanding the eternal world drama and its principles



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