

RAJYOGA MEDITATION

Stages, Routes, Variations and Choices

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**PRESENTED
BY**

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- Aim is to:**
- Withdraw the mind from subjects and objects.
 - Achieve concentration
 - Be introvert for introspection

**Relaxation of Body & Mind
and
Channelization of Mind**

- Adopt Relaxation Techniques like:**
- Deep abdominal breathing
 - Jacobson's method of relaxation
 - Progressive stretch and relax method.
- Yogasanas, mudras and pranayam meant for relaxations may also be adopted

- Aim is:**
- Realization of the self in a form of divine point of light - a luminous point of light dwelling at the centre of brain controlling body and senses.
 - Realization of various aspects of soul: like: Eternity; Functional power of soul, Innate values of soul – peace, purity, bliss, happiness, love etc.
 - Introspection of present status of soul.

**Stabilizing the Self
In
Soul-Consciousness**

- Needs:**
- Freedom & liberation from bondages; blockages; leakages; barriers and vices or any other negativities through spiritual knowledge and understanding
 - Detachment from worldly matters and affairs at least at that instant.
- Extensive Rationalization and Divinization of Intellect is required.

- Methods to attain:**
- Method of projection
 - Method of separation
 - Method of conversion
 - Instantaneous attainment

**Double Light Angelic
Astral stage**

**To come out of body
&
To attain seed stage**

- Methods to attain:**
- Gradually separating the soul-dot – shining and twinkling from physical and subtle body combined
 - Instantaneous separation

- Through:**
- Clouds & round the globe.
 - Solar planetary system.
 - Groups of stars and galaxies.

**Enjoying astral
Journey in space**

**Enjoying seed
Stage journey
In space**

- Through:**
- Same as Astral traveling

Places of choice:

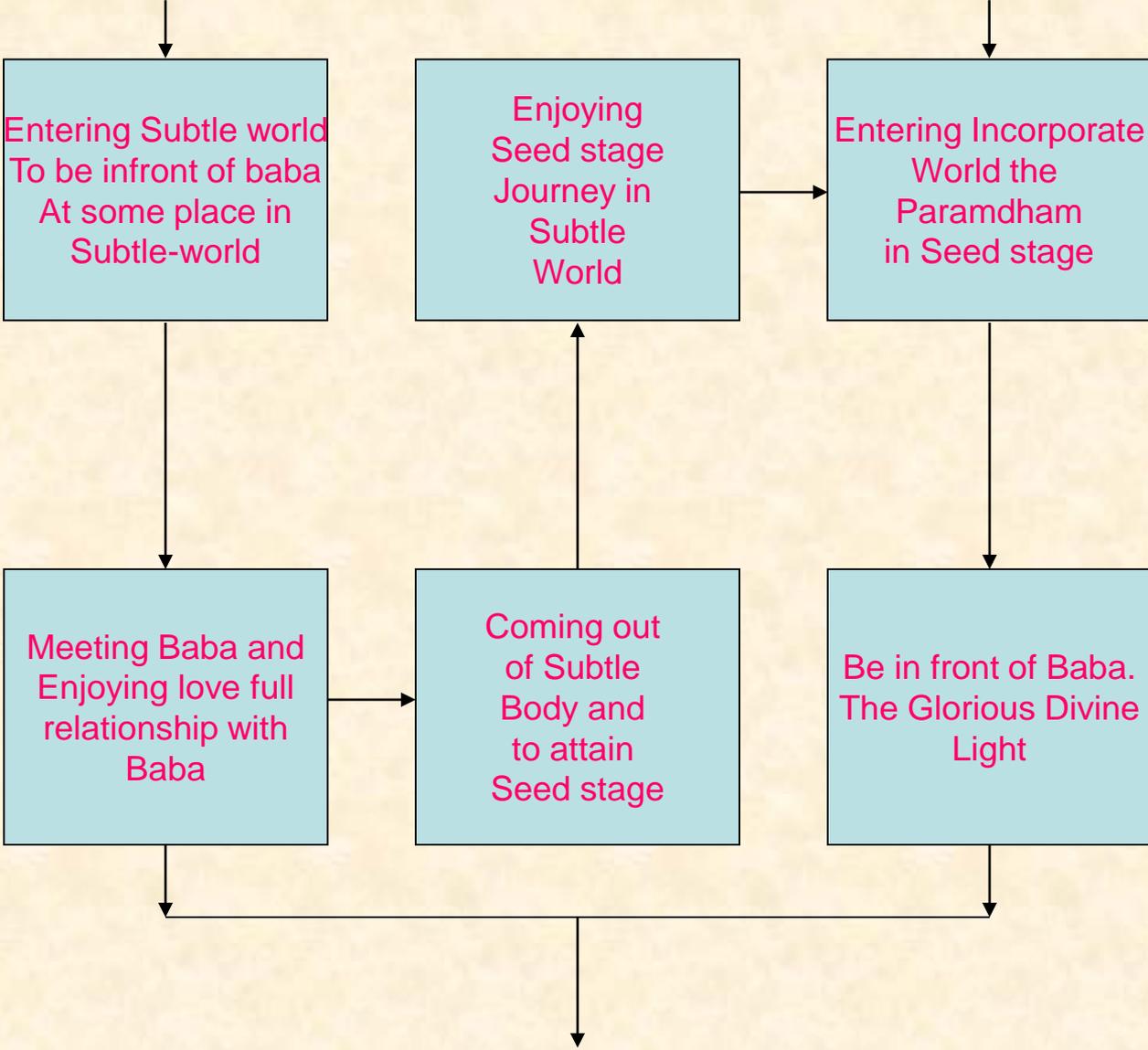
Oceanside, riverside, lake or lake side, mountains, ice covered mountains, beautiful garden, beautiful house or hut in natural environment or place of your choice

Relations of choice:

Father, Mother, Guru, Teacher, Sajan, Sajani, Friend or Son.

Methods of exchanges with baba

Powerful sight, Loveful talk, Conversation, Singing, Dancing, Feeding & Eating, Playing with Baba, Receiving powers, Getting enriched with values and virtues



Visualize the golden red light all around you, the twinkling star

Forms of Radiations from Baba:

Rays, waves, vibrations, springs, fountains

Bathing in deep Immense Peace, bliss, purity Love, Power, Get Enlightened, Empowered, Enriched

Mental Service

Angelic Stage

Seed Stage

Relay station: Being with Baba

Individual powerful transmitter

Various Fields of Mental Service

Elements of nature

- Earth planet as a whole
- All solids -Pruthvi
- All liquids - Jal
- All gases - Vayu
- All physical energies-Fire
- Space - Aakash

Human Souls

- Human Souls in general
- Human souls specific group
- Human souls individual

Departed Souls

- Active group
- Passive group
- Specific group
- Individual

Souls of lower species

- Animals
- Birds
- Worms and insects
- Micro-organisms

Calamities & Disasters

Natural

- Earthquake
- Flood
- Famine
- Cyclone
- Fire
- Tsunami

Man-created

- Nuclear war
- Terrorism
- Communal riots
- Environment problems

RajYoga – Subject of Realization

For true realization of various aspects of Rajyoga, following 5 “zations” should be considered

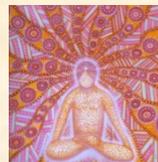
1. Channelization of Mind



2. Divinization of Intellect



3. Globalization of Self



4. Visualization of Aspect



5. Emotionalization of Heart



Associate 5 – “D”s in Meditation Practice

Direction

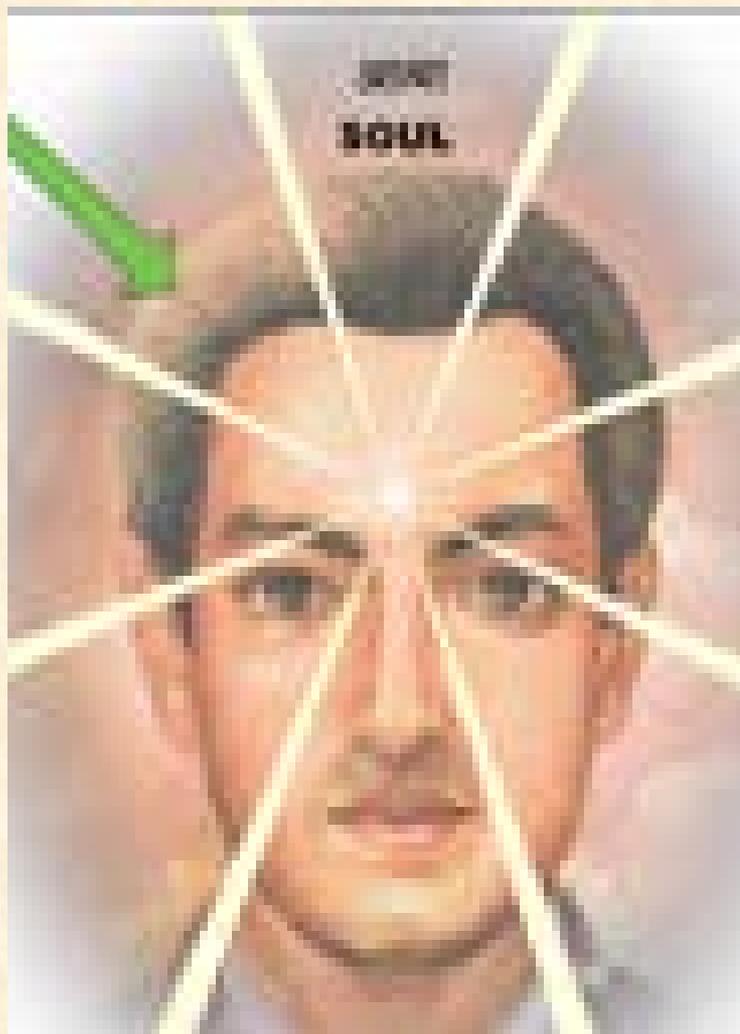
Determination

Devotion

Discipline

Deadline

Realization of Self as a Divine Light



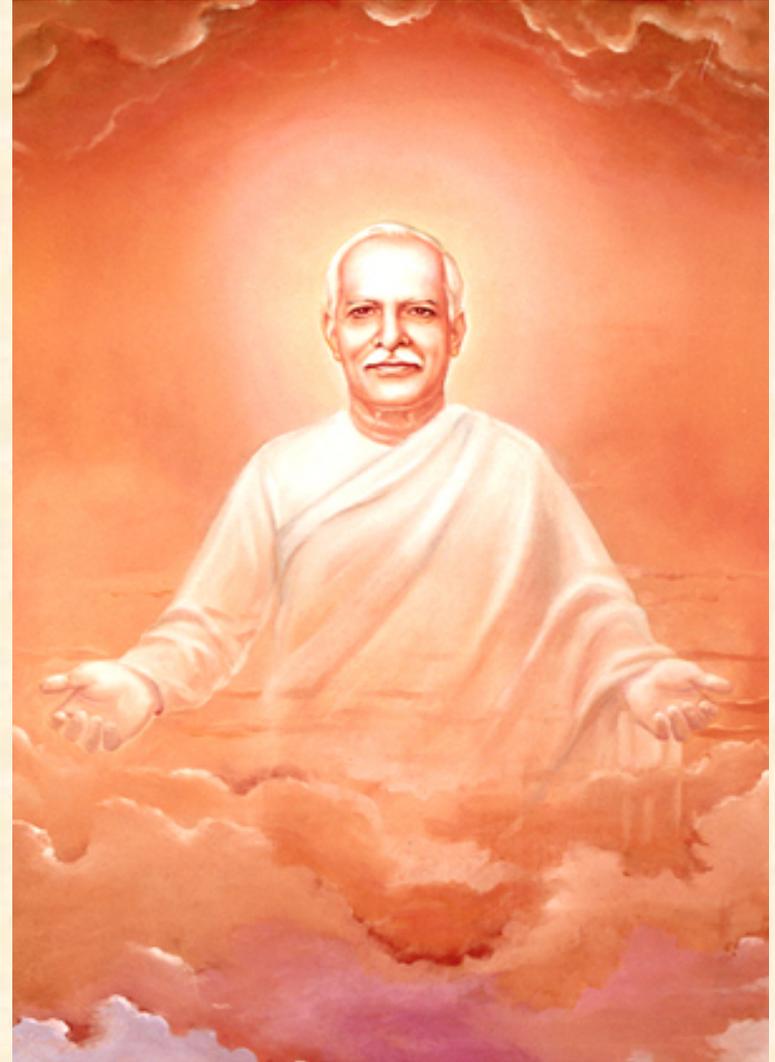
Controlling the Senses



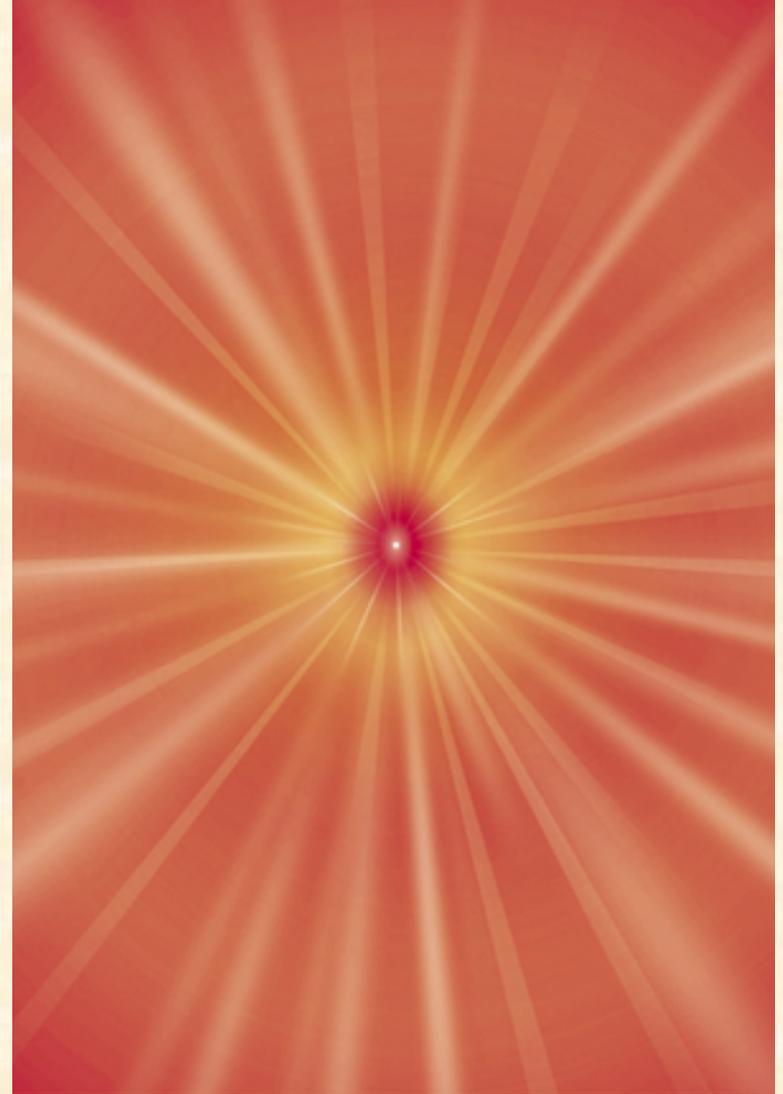
Astral Travelling



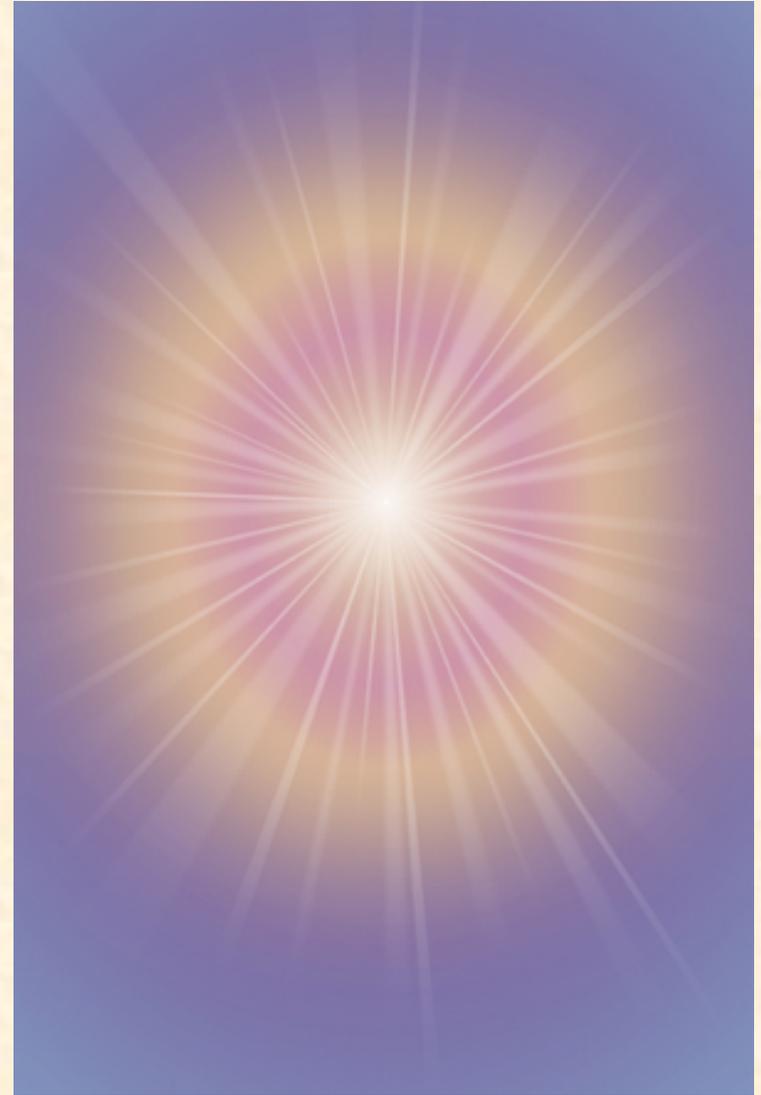
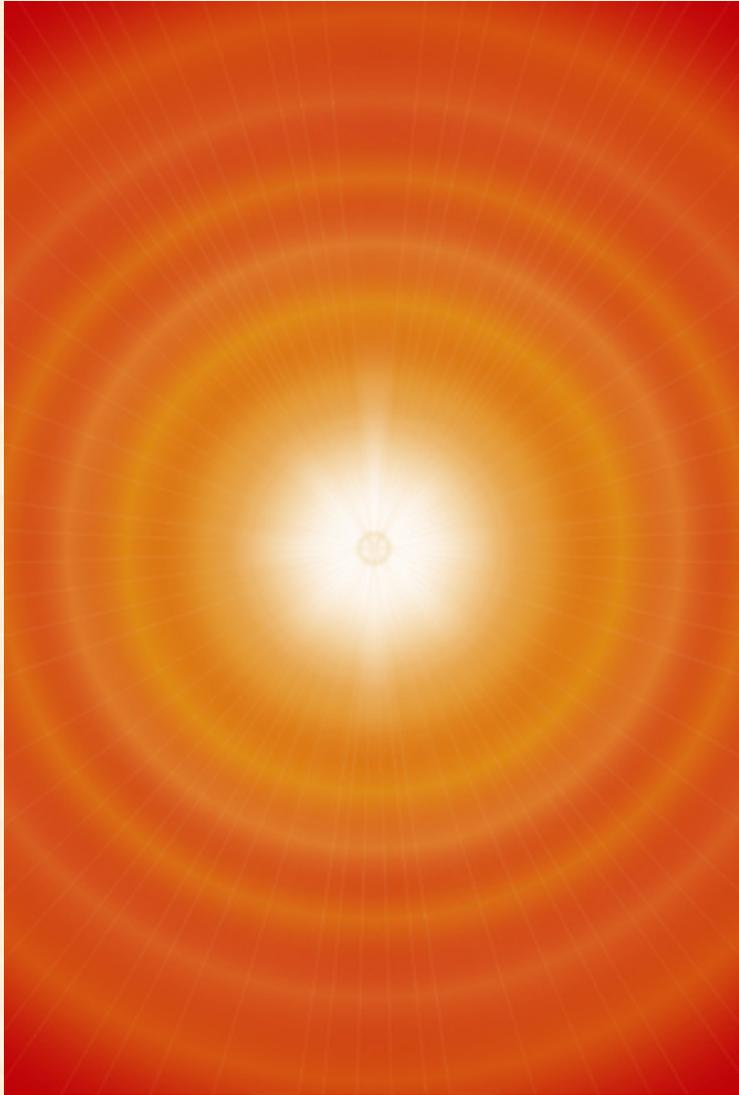
Baba in Subtle World



Shiv Baba – Divine Light



Shiv Baba – Divine Light



Golden Age



Golden Age



Golden Age



Golden Age

