

तनाव, व्यग्रता और चिंता से मुक्त रहने की युक्तियाँ

ब्रह्माकुमारिज्ञ
प्रस्तुति

ब्र. कु. प्रफुल्लचन्द्र

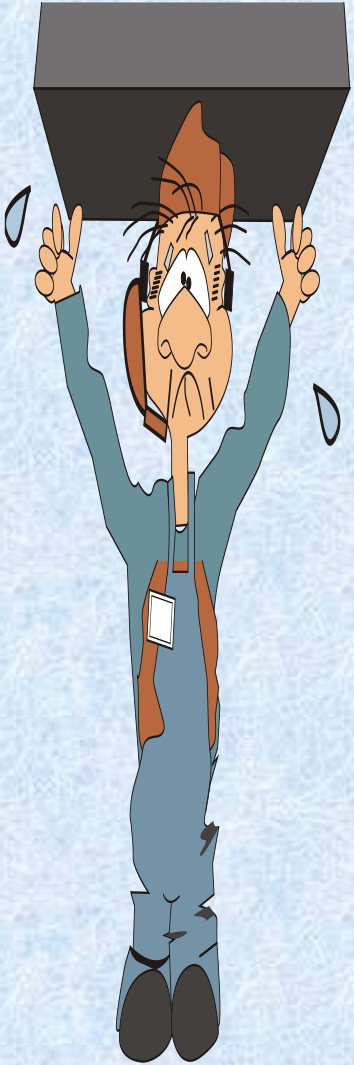


‘मैं कौन हूँ’ की
पहेली हल करो तो
जीवन की सर्व समस्यायें
हल हो जायेंगी

STRESS ... What is it ?

Popular Definitions

- **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), which we appraise as damaging or harmful, some demand is placed on us for adjustment. The way our body and mind respond to this demand is called STRESS.**



Popular Definitions...Continued:

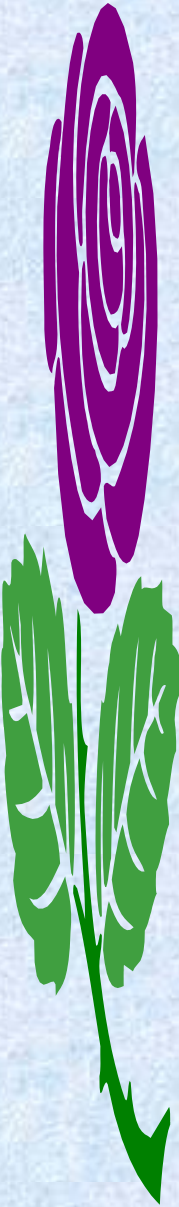


- **Stress is anything internal or external that has harmful effect on mind and body.**
- **Any external stimulus which leads to Physiological changes in the form of enlargement of lymph nodes, stimulation of corticosteroids, increase in muscle tension can be considered as stress. – *By HANS SEYLE*
*Founding Father of Stress Research –***

How to manage the stress ?

Physical Techniques

- ◆ Relaxation through deep breathing or *pranayam*.
- ◆ Palming on eyes to relieve strain on eyes and face.
- ◆ Walking or swimming specifically in early morning.
- ◆ Yogasans meant for relaxation and rest like Savasan, Balakasan, Makarasan etc.
- ◆ Progressive Stretch and Relax Technique for releasing the muscles stress from feet to face in *Savasana*.
- ◆ Polarity experience techniques for relaxations
- ◆ Listening to Music.



◆ **Meditation and Yoga; Think calmly and pray God**



◆ **Talk to others: wife, brother, father, friend etc.**



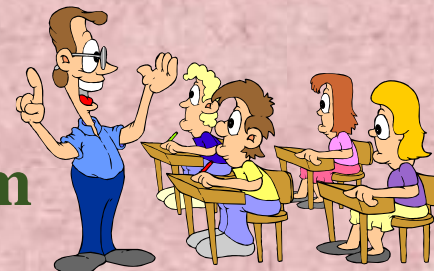
◆ **Seek professional help**



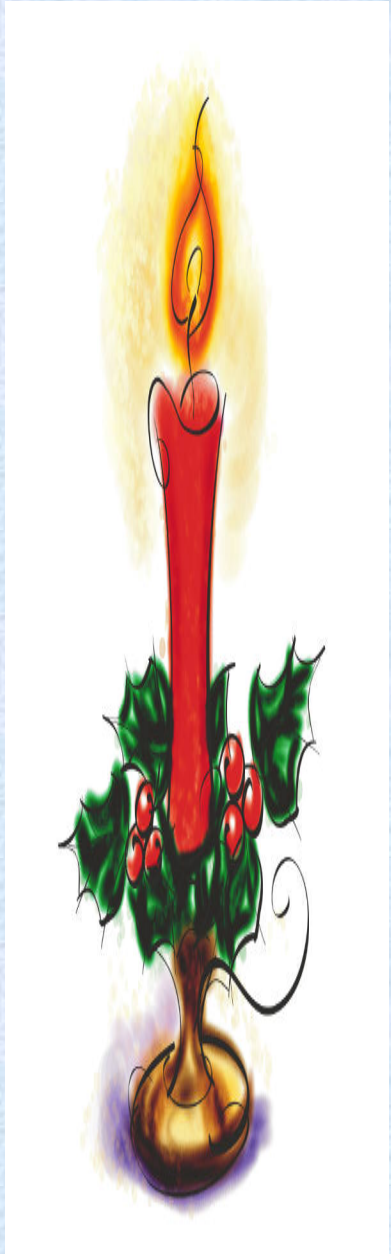
◆ **Take sedative or anti-psychotic drugs after consulting doctor**



◆ **Get oneself on anti-stress program**



Intellectual Techniques

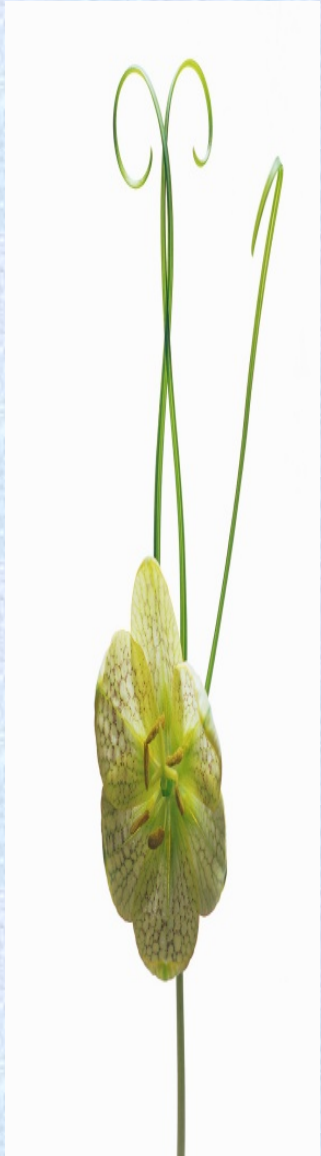


- **Compromise with situation**
- **Find alternative solution**
- **Keep some time between tow jobs**
- **Arrange your jobs according to its priorities**
- **Analyze realities**
- **Conversation with self**
- **Attempt to understand others point of view**
- **Examine your career, life style and approach to your life and rationalize your own thinking.**
- **Improve your management skills e.g. Plan your work better and develop self management skills.**

Psychological Techniques



- ❖ There are always at least a few direct or indirect advantages in every events of your life. Make it a habit of pondering over those advantages however small they may be.
- ❖ Don't feel sorry about what you have done yesterday because now yesterday is not in your hands. Yesterday is dead. Also don't worry about tomorrow. Tomorrow is not yet born. **ONLY TODAY** is in your hands. Put all efforts in making your today positive and successful.
- ❖ Don't feel inferior by comparing your self with others. Remember that you are a unique person in this world.



- ❖ **Consider your critics as your well wishers. By describing your weakness and drawbacks they are acting as a Psychotherapist without taking any fees.**
- ❖ **Forgive all those people who have created hurdles in your life and made it more difficult to live. Unless you take this positive step you won't be able to forget all those unhappy and painful incidents.**
- ❖ **Don't try to solve many problems at a time. Divide all your problems in the form of compartments. Open only one compartment at a time when you are free from your work. Let all other compartments be closed.**




❖ Whenever possible spare sometime to help others. By rendering your services to others, your and others worries, tensions and anxieties will definitely be minimized.

❖ Have a positive attitude towards day to day events. By changing your attitudes you can transform the pain into pleasure, sorrow into happiness and criticism into blessings.

❖ In spite of putting all efforts if you cannot change a situation, don't feel unhappy and depressed about it. Remember that time is the best healer.

❖ This world is huge dram in which we are all actors playing the specific role allotted to each one of us. Hence, don't feel anxious by observing the scenes related to tragedy and sorrow.



❖ Don't think of taking revenge but put efforts to transform yourself. The thoughts or revenge will only increase your mental stress. The efforts of self transformation will bring peace, progress and prosperity.

❖ Don't feel jealous about others instead churn the gems of spiritual wisdom. Jealousy burns the mind and body, but the spiritual wisdom will bring solace comfort and satisfaction.

❖ When you give happiness to someone happiness comes back to you with the same intensity. Hence always give happiness to other; never even think of giving unhappiness to anyone.

❖ While you are facing problems and difficulties think that you are paying the dues of your past actions. Hence feel happy about it.



- ❖ Ego can generate expectations leading to mental ups and downs. Therefore, in order to achieve stability of mind give up ego. Remember that you came to this world with empty hands and you are going to leave this world with empty hands.
- ❖ Make it a rule to observe your thought pattern for a 4 to 5 minutes a day. Such a practice will help you to prevent unwanted and unnecessary thoughts.
- ❖ Surrender all your worries to the supreme father of all souls.
- ❖ Practice meditation 15 to 20 minutes daily. Meditation takes you beyond relaxation response and brings several psychophysiological benefits.

Spiritual and Yogic Techniques

Previous discussion reveals that stress free living demands :

- **Positive thinking**
- **Positive attitude**
- **Positive emotions**
- **Power to tolerance, to accommodate, to face**
- **Inner strength and abilities**

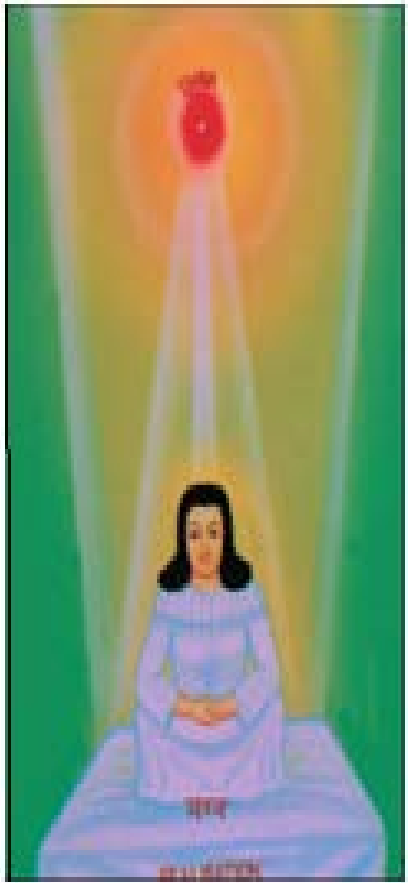
The Spiritual understanding and the Raj yoga meditation practice are the only total and gross tools to meet this demands.



WHY.....???

Because Raj yoga meditation is

- **An art of physical and mental Relaxation.**
- **A mental drill, which makes our mind strong, stable and tranquil.**
- **An art of positive and creative thinking leading to the positive attitude and positive emotion.**
- **The only technique to stabilize our minds in soul consciousness which essential to be free from vices.**
- **The Sadhana, which establishes the union of our own self, the soul, with almighty supreme soul, which in turn enriches our soul with powers, values, virtues and especially with peace.**
- **A master key for self-realization, god realization and world realization which in turn leads to total self-transformation.**



Major Steps of Raj Yoga Meditation



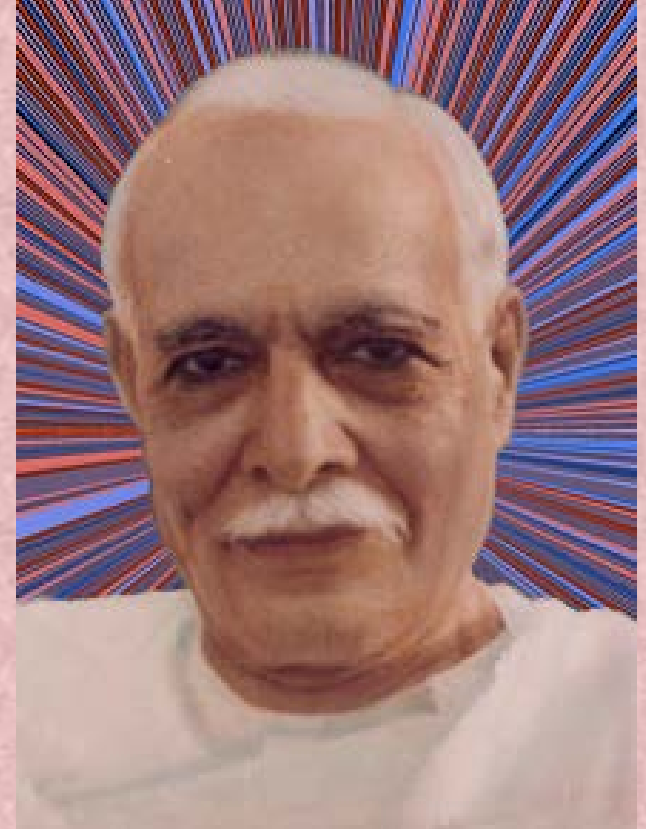
- **Physical and Mental Relaxation**
- **Withdrawal**
- **Concentration**
- **Introversion**
- **Introspection**
- **Self Transformation**
- **Self Realization**
- **Linking up with God**
- **God Realization**
- **Empowerment And Enrichment of Self**





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 PERSONALITY.**





Om

Shanti

