



Psychological & Yogic Techniques

For

Inculcation Of Values

**Prajapita Brahma Kumari Ishwariya
Vishva Vidhyalaya**

Presented By

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Core Values of an Ideal Person

- ◆ **Honesty**
- ◆ **Sincerity**
- ◆ **Integrity**
- ◆ **Truthfulness**
- ◆ **Sense of responsibility**
- ◆ **Spirit of service**
- ◆ **Concern for good of society**
- ◆ **Wider outlook**
- ◆ **Creativity**
- ◆ **Humility**
- ◆ **Cherfulness**
- ◆ **Fearlessness**
- ◆ **Trusteeship**
- ◆ **Self respect**
- ◆ **Respect for others**
- ◆ **Self control**
- ◆ **Love and goodwill**
- ◆ **Feeling of brotherhood**
- ◆ **Dedication**
- ◆ **Easy going**



DIFFERENT ASPECTS OF A PERSON OR AN INDIVIDUAL

- Person or an individual is also named as Human being. To understand the different aspects of a person, which form his personality, we will have to understand the term human being.
- On the basis of researches in Metaphysics & Parapsychology in the last few decades human being is defined as...

Human Being= Physical Body Of Five Inert Material

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Metaphysical Consciousness

(The Soul)

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



Characteristics Of Metaphysical Consciousness (The Soul)

- **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 conscient 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.**

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 impression of one's own thoughts, understanding, decision and actions in the form of..

Memory > Resolve > Nature > Habit > Attitudes



Types of Personality

Innate Personality

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

Acquired Personality

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

Mechanics Of Downfall Of Human Personality

VIRUS OF VICES

INNATE PERSONALITY

TURNED INTO

Sex-Lust



Purity

Impurity

Anger



Peace

**Peacelessness,
Tension, Anxiety**

Greed



**Bliss & Happiness,
Self-contentment**

**Unhappiness,
Worry, Misery,
Selfishness**

Attachment



**Love,Empathy,
Mercy,Sympathy,
Brotherhood**

Partiality,Hatred

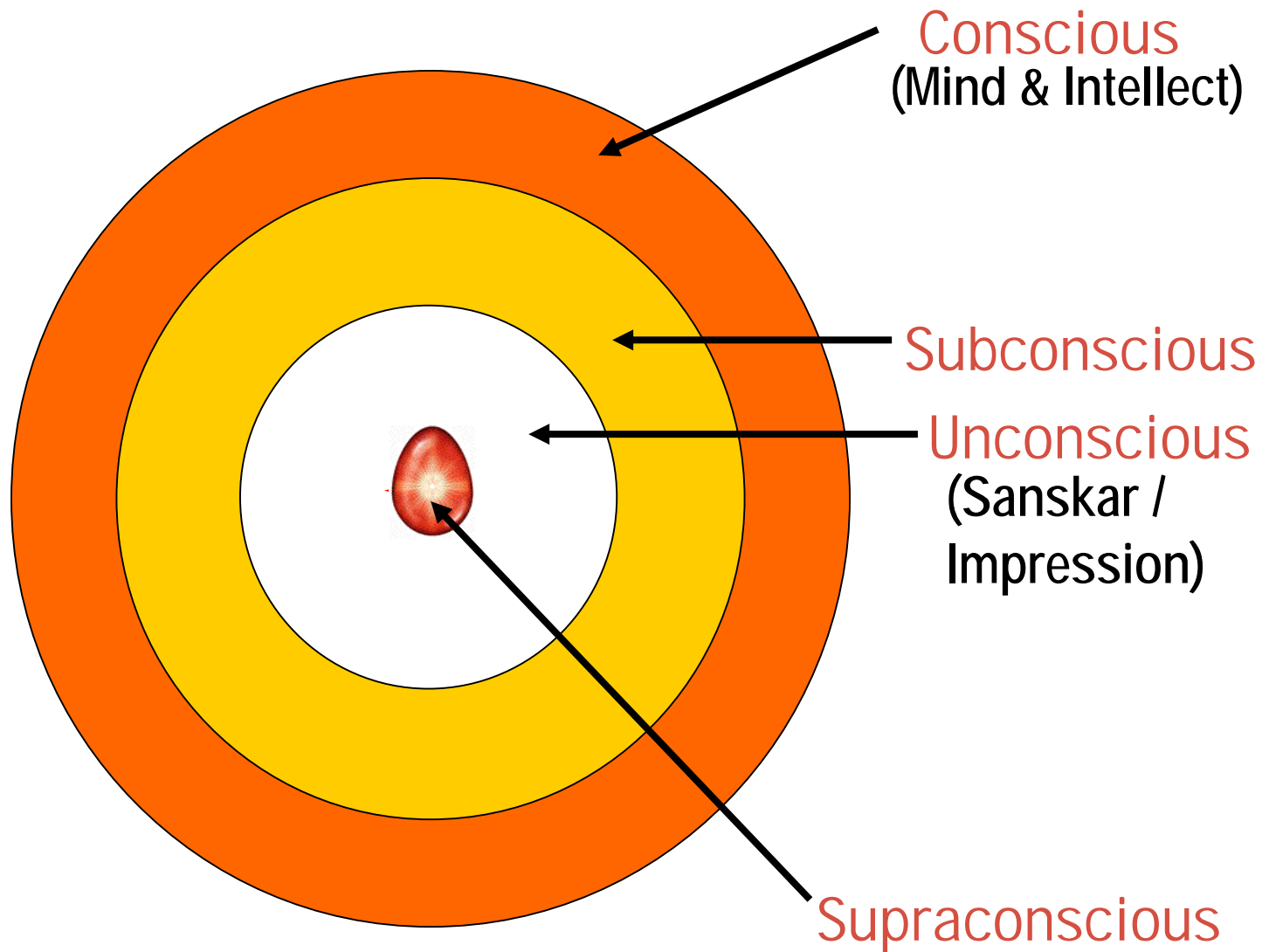
Ego



Power

**Powerlessness,
Weakness, Fear**

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

- ❖ **Remaining 90 % is our sub conscious mind, which is below the conscious 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.**

STATES OF MIND

<u>States</u>	<u>Cycles / Second</u>	<u>Situations</u>
Delta (δ)	1 to 4	Deep sleep or Raj yoga meditation
Theta (θ)	4 to 7	Shallow sleep or Raj yoga
Alpha (α)	7 to 14	Half awake or Raj yoga meditation
Beta (β)	14 to 25	Awake
Beta + (β^+)	25 onwards	State of tension, anxiety, fobic mania etc.

Dynamics of Mind

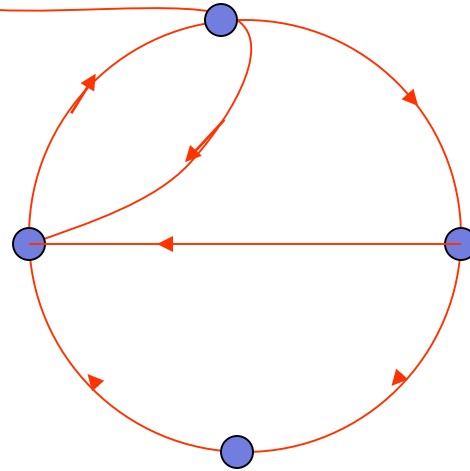
Signals from Senses



Mind

Where thoughts are generated

**Personality or
Sub-conscious
Which is acquired**



**Intellect
Which takes the decision**

Body

Through which actions are performed





- ❖ **The Quantity, Quality and Speed of thoughts generated in mind ultimately depend upon our Personality or our subconscious.**
- ❖ **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 is around 40,000 per day.**



SCIENTIFIC APPROACH OF HUMAN PERSONALITY TRANSFORMATION

Relaxation

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

Auto Suggstions

- **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 picturizing 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.**

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

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 that your back and 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

- ❖ **Breath 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.**
- ❖ **Breath 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 breath in let your belly come out steadily and gradually and when you breath 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 warmness of the air, which you exhale.**
- ❖ **Try to feel fully relaxed.**



PERSONALITY TRANSFORMATION THROUGH RAJ YOGA MEDITATION

- ✓ **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 personality transformation.**

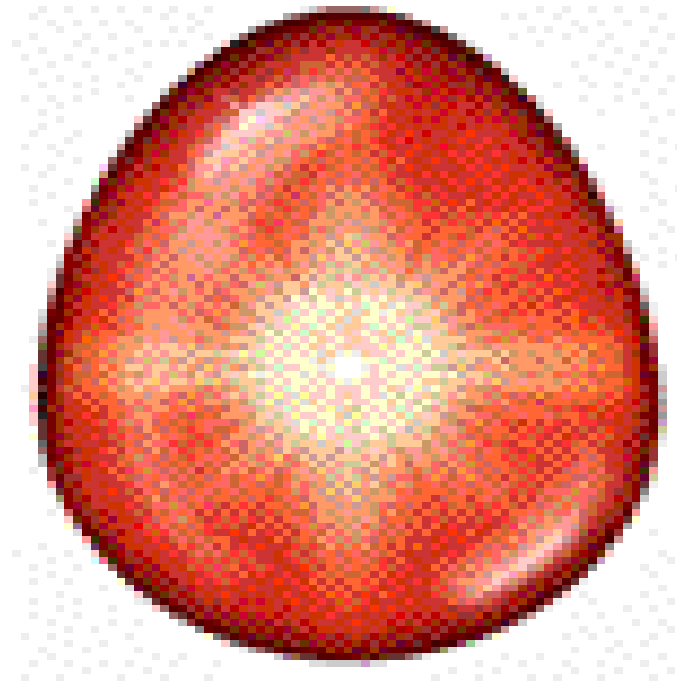


- ✓ **Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.**
- ✓ **Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads 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**
- ◆ **Positive Self Transformation**
- ◆ **Self Realization**
- ◆ **Linking up with God**
- ◆ **God Realization**
- ◆ **Empowerment And Enrichment of Self**





Om Shanti