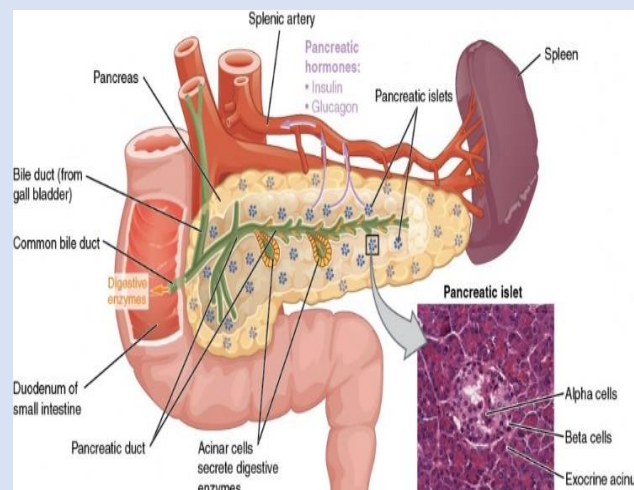


## Easy Raj yoga meditation for diabetes management

Instead of keeping pace with nature and time, today's human beings have made their body a home for diseases due to distorted eating habits, unnatural lifestyle and adopting negative attitudes and viewpoints. Diseases like diabetes, heart disease, blood pressure, cancer are spreading alarmingly. In this too, the spread of diabetes is increasing day by day all over the world. Today, more than 6 crore people in India alone and more than 40 crore people in the whole world are suffering from diabetes. Unfortunately, about 10 lakh Indians die every year due to diabetes. There is a possibility of cardiovascular disease in 80% of diabetic patients and in 50% of high blood pressure patients, which are important and dangerous factors for heart attack. India probably ranks first in the number of diabetic patients. At one time this disease was limited to the elderly only, but today this disease is seen in children and youth also. In view of these, every Indian child should actively try to stay away from the causes of diabetes.

About 422 million people worldwide have diabetes, the majority living in low and middle-income countries. Around 1.5 million deaths are directly attributed to diabetes each year. Both the number of cases and the prevalence of



diabetes have been increasing over the past few decades.

### What is diabetes?

Diabetes is a disease caused due to deficiency or complete absence of a hormone called insulin or due to lack of ability of cells to use insulin or due to resistance. In this situation the amount of sugar in the blood increases more than necessary. If the amount of sugar in the blood increases by more than 125 mg on an empty stomach, then it is said to be diabetes. The main causes of diabetes are heredity, obesity, sedentary lifestyle, improper and excessive diet. Along with this, mental causes like stress, anxiety, worry, trauma, fear are also responsible. Therefore, we call it as lifestyle disorder. Therefore, unless we change our lifestyle, related to the reasons mentioned above, it is difficult to control this disease. Today, very intensive efforts

are being made to control and prevent the spread of this disease. But no satisfactory results are visible. In medical science, it is also believed that a person's distorted lifestyle is most responsible for this disease. Therefore, along with the medical treatment of this disease, if Rajyoga meditation practice and appropriate diet is adopted, then effective results can be achieved. There are many methods of yoga practice available to control this disease. But the Raj yoga meditation practice suggested by Brahma Kumaris University has proved to be very effective.

In this Practice, first of all the body has to be completely relaxed by adopting one of the relaxation methods. After that, you connect with your subconscious mind and then program the subconscious mind using the methods of auto suggestion and visualization. Our sub conscious mind being emotional, if our emotions and feelings of our heart are added during the practice of this method, we can get very effective and quick results.

### **Meditation Practice:**

Sit in comfortable posture. Start breathing deeply. Inhale and exhale slowly. When you inhale let your belly gradually come outward and when you exhale let your belly go inward. Focus your attention on your

breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during



inspiration and expiration respectively. Hope you are sensing this. Enhance your concentration on your breath and now try to experience the coldness of the air, which you are breathing in and the warmness of the air, which you are breathing out. Hope you are experiencing this. Now your mind is fully concentrated, stable and peaceful. Now withdraw your attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead. At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.

Now affirm along with this visualization:

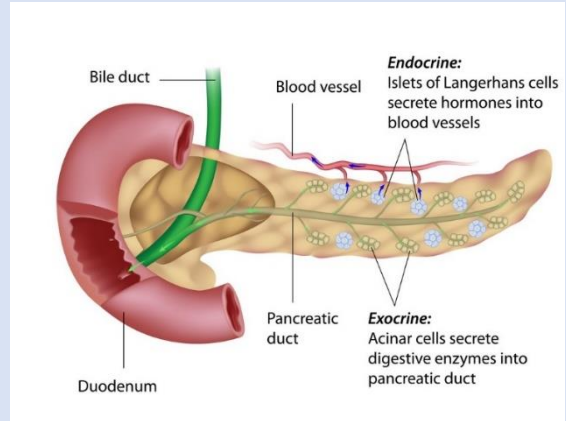
"I am neither this physical body



nor the subtle body... But I am a soul, a luminous point of light just like twinkling star... I am an eternal entity... Basically and originally, I, the soul, am peaceful, powerful, blissful and joyful... Peace is my innate original nature... I am pure and powerful being... I am the son of the almighty supreme father *SHIVA*, who is ocean of peace and power... Hence I am the master of ocean of peace and power... The peace world, *PARAMDHAM*, comprising of sixth element, called *BRAHM*, is my original abode... I am being the resident of peace world how can I be peaceless... Here in the peace world, there prevails eternal golden red divine light, complete stillness and immense peace all around... I, the peaceful soul, experiencing immense eternal peace here...

Here my most beloved spiritual father God *SHIVA*, the ocean of peace and power, is just in front of me.... The

powerful vibrations of peace and power are spreading all around from the divine star supreme father *SHIVA*.... Some of the vibrations are



touching me also.... I am experiencing profound peace and power in me.... I am fully absorbed in deep tranquillity... Now I am feeling fully charged with all powers... The powerful vibrations of peace and power are radiating from me and spreading through out my body....

Seated at the centre of the brain, I, the soul, am in the vicinity of most vital organs of my body, the hypothalamus and pituitary gland.... Hence these organs, along with the pancreas, are highly influenced by the peaceful and powerful positive vibration radiating from me... Now I am completely free from negative emotions like jealousy, malice, hatred, stress and anxiety... Now I concentrate on my carrot-shaped pancreas in the lower part of the abdomen.... My whole endocrine



system is now fully charged and empowered.... All the organs of endocrine system are also functioning very well under the influence of vibration of peace, purity, and power... My pancreas is healthy and functioning smoothly... the Langerhans beta cells at its end are secreting a sufficient amount of insulin, which is getting into the blood smoothly... The blood flowing through my arteries and capillaries is delivering insulin and glucose in sufficient quantities to every cell of my body.... every cell becomes sensitive to insulin.... In the presence of insulin, glucose is easily entering every cell... In presence of oxygen the glucose in the cell is being metabolized properly... The energy generated from it is making me feel stronger and energetic... My efficiency and working speed is increasing... Now my blood sugar is under complete control... HgbA1C level becomes normal, below 6.5... Now my diabetes is very well controlled... My desire to adopt positive lifestyle, diet style and thinking style is now becoming stronger. ...

**After the above contemplation and visualization, make a firm determination for the following things:**

“I wake up early in the morning every day and go for a walk.... Going for a walk for half an hour every day has become a part of my life and I enjoy it... I do physical exercise daily... It controls my blood sugar level... I am



experiencing the change practically.... My enthusiasm for maintaining abstinence in diet is increasing.... My interest in eating sprouts, green vegetables, various fruits regularly is continuously increasing.... I like to stay away from fatty and sugary food.... I can now keep my mind stable, calm and peaceful.... I am now becoming free from stress and anxiety .... My life is becoming more and more disciplined.....

Practice the above psychological method of programming the subconscious mind for fifteen minutes three times a day. Doing this practice for at least two months will have a deep impact on the subconscious mind and the diabetes will remain in control. Along with this, if the practice of Rajyoga meditation is

also done daily, then effective results can be obtained very quickly.

In Rajyoga meditation, first we have to be introvert and do introspection. Then we have to get detached from body consciousness and stabilized ourselves in soul conscious state. Spiritual awareness enables us to realize soul consciousness. After that, by establishing love-filled connection with supreme soul almighty God, shiva, we become endowed with many powers and values and can easily experience ultimate peace, power, and bliss. This feeling has a very positive effect on our body and mind, which helps us in managing the diabetes easily. You can take training course of Rajyoga meditation absolutely free of cost in an organization like Brahmakumaris. Do try this experiment along with your medical treatment, it will be beneficial in controlling diabetes.

..... **Om Shanti** .....

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