

# Philosophical Foundations of Brahma Kumaris Rajayoga and Its Impact on Self-Awareness

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## Abstract

Rajayoga, a transformative meditation practice by the Brahma Kumaris, emphasizes soul-consciousness—the realization that the true self is the eternal soul, distinct from the body and mind. This essay looks at the philosophical roots of Rajayoga, how it helps people become more aware of themselves, and how it is still relevant today. Rajayoga, which comes from old yogic and Vedantic traditions, stresses meditation, living a moral life, and finding out what the soul really is. The study investigates the influence of Rajayoga on emotional clarity, stress regulation, and personal growth, correlating it with contemporary psychological concepts such as mindfulness and emotional intelligence. Rajayoga promotes profound introspection, enhancing self-awareness and allowing individuals to transcend ego-driven identities and attain spiritual awakening. The paper ends by talking about how Rajayoga can be used in modern therapy, focusing on how it could help people control their emotions and improve their health overall.

**Keywords:** Brahma Kumaris, Rajayoga, Self-awareness

## 1. INTRODUCTION

### Background and Significance of Rajayoga

The Brahma Kumaris practice Rajayoga, which is a form of meditation that helps people become more aware of themselves and their spiritual selves. Rajayoga is based on ancient yogic traditions and focuses on soul-consciousness, which means knowing that the soul (Atman) is the true self, separate from the body and mind. Brahma Baba started the Brahma Kumaris in the early 1900s. They changed Rajayoga to meet the spiritual needs of people today, giving them a useful way to change themselves and find peace. The main purpose of Rajayoga is to help people connect with their higher selves, which helps them become more emotionally clear, strong, and at peace with themselves (Nagesh, 2024).

### Importance of Self-Awareness in Philosophy and Psychology

Philosophy and psychology both place a lot of importance on self-awareness. In philosophy, self-awareness is often thought of as the ability to notice and think about your own thoughts and existence. In the Western philosophical tradition, self-awareness is a fundamental concept, extensively examined by

philosophers such as Descartes, who articulated "Cogito, ergo sum" ("I think, therefore I am"). In Eastern philosophies like Vedanta and Samkhya, self-awareness entails the recognition of the soul (Atman) and its relationship with the supreme being or consciousness.

From a psychological point of view, self-awareness is very crucial for self-regulation, emotional intelligence, and to foster healthy interpersonal relationships. Various studies in psychology state that individuals having high self-awareness are more adept at regulating their emotions effectively, making judicious decisions, and sustaining constructive interpersonal relationships (Ahuja, 2014).

Rajayoga meditation is aligned with these ideas because it fosters deep self-reflection and mindfulness, which helps people get to know their true identity and feel better mentally and emotionally (Soni, 2010; Pareek, 2013).

### **Objective and Scope of the Study**

This paper seeks to investigate the philosophical basis of Brahma Kumaris Rajayoga and evaluate its impact on self-awareness. It will further explore some of its important philosophical components such as soul-consciousness, God-Consciousness etc which are core elements of this philosophy. It further investigate how these practices help people grow mentally and spiritually that make them more aware of themselves. The research will also examine the significance of Rajayoga in dealing with modern mental issues, emotional regulation, stress management, and personal development.

## **2. Philosophical Foundations of Rajayoga**

### **Historical Context**

The Brahma Kumaris Rajayoga has a deep root on ancient Indian yogic ideas, especially the Yoga Sutras of Patanjali and the Vedantic traditions. The concept of Patanjali's Raja Yoga is a way to attain self-realisation through meditation, which is the same way the Brahma Kumaris see the practice. Brahma Kumaris Rajayoga emphasizes spiritual self-discipline and moral living, urging people to go beyond the limits of the physical world and discover their true, eternal nature as souls. The major difference between both of them is posture, in Brahma Kumaris Rajayoga it is advised to meditate with open eye, which is a new and unique idea, which makes it practical in every situation of life (Nagesh, 2024).

The Brahma Kumaris' version of Rajayoga focuses on practical ways to meditate, focus, and live morally, which makes the old teachings easier for people in the modern world to understand. The organization's focus on soul-consciousness and meditation presents a distinctive methodology for personal transformation and self-awareness, resonating with Vedantic philosophies that underscore the significance of acknowledging the eternal soul (Atman) as the authentic self (Soni, 2010).

### **Key Concepts of Rajayoga**

#### **Rajayoga meditation integrates several key concepts, including:**

**Soul-Consciousness:** The idea that the soul is the true self, separate from the body and mind. This idea is very important to Rajayoga and is the basis for becoming more aware of yourself and growing spiritually. The understanding that one is not limited by the physical body or mind, but is an eternal soul, enables

individuals to surpass ego-driven identities (Nagesh, 2024; Pareek, 2013).

**Meditation (Dhyana):** Rajayoga includes focused meditation that helps you connect with the divine, clear your mind, and find out who you really are. People think of meditation as a way to find peace and learn more about themselves. People can control their thoughts and feelings through Rajayoga, which can lead to mental clarity and spiritual awakening (Ahuja, 2014).

**The Four Pillars are:** Brahmacharya (chastity), food purity, satsang (spiritual discourse), and the development of divine virtues are the four main practices that the Brahma Kumaris stress. These practices are meant to clean the mind and body, which helps people live in line with spiritual principles (Soni, 2010).

**Four Key subjects:** Rajayoga is based on four main ideas: Gyan (knowledge), Yoga (connection with the divine), Dharana (Incultation), and Seva (selfless service). These topics help people on their own spiritual journeys and in how they interact with the world around them (Pareek, 2013).

### 3. Rajayoga and the Mind

#### The Role of Meditation (Dhyana)

Meditation is an important part of Rajayoga. The Brahma Kumaris stress the need to meditate at certain times of the day, like early in the morning (Amrit Vela) and at evening (Numa-Shaam yog), to gain spiritual clarity and self-awareness. People think these times are perfect for clearing their minds and getting in touch with the divine. Meditation helps people take charge of their thoughts, which gives them a sense of deep inner peace and clarity (Nagesh, 2024).

In Rajayoga, "traffic control" of the mind is also a part of meditation. This means keeping track of the constant flow of thoughts and feelings. This is like mindfulness meditation, which is a modern psychological practice that teaches people to watch their thoughts without getting attached to them (Ahuja, 2014).

#### The Journey from Mind Identification to Pure Awareness

Rajayoga teaches people to stop identifying with their bodies and minds and see themselves as souls, which are their true, eternal selves. This transition from identification with the physical body to soul-consciousness is regarded as a transformative journey. People can go from being overwhelmed by the mind's constant changes to experiencing pure, unchanging awareness, which is their true self, by practicing Rajayoga (Pareek, 2013; Soni, 2010).

In Rajayoga, self-awareness is all about letting go of the mind and body and realizing your soul-consciousness. It helps people get past their ego and material wants, which helps them connect more deeply with their true self. Meditation helps people realize that they are not their thoughts or feelings, but rather eternal souls connected to the divine (Nagesh, 2024; Ahuja, 2014).

### 4. Impact on Self-Awareness

#### Definition and Dimensions of Self-Awareness

Self-awareness is the capacity to identify and comprehend one's own mental and emotional conditions. In

Rajayoga, self-awareness is not just knowing something intellectually; it is also a process of experiencing one's true nature. The practice encourages deep thinking and being present, which helps with both reflective and non-reflective self-awareness. Reflective self-awareness entails contemplating one's thoughts and experiences, whereas non-reflective self-awareness constitutes the immediate experience of one's essence as an eternal soul (Soni, 2010).

### **How Rajayoga Practices Cultivate Deeper Self-Awareness**

Rajayoga practices help people become more aware of themselves by encouraging them to meditate and be mindful on a regular basis. People who do these things become more aware of their thoughts and feelings and learn more about themselves. The Brahmakumaris encourage daily study (Murli) as a way for practitioners to reflect on themselves and align their thoughts and actions with divine virtues. This helps them control their emotions and think more clearly (Tandel & Nagesh, 2024).

Additionally, Rajayoga's focus on soul-consciousness aids individuals in transcending the ego and material desires, cultivating a more profound connection with their true self. As people come to understand their eternal nature, they feel more at peace, stable emotionally, and have a stronger sense of purpose (Ahuja, 2014; Pareek, 2013).

### **Transformation of Self-Identity and Realization of the True Self (Atman)**

The ultimate objective of Rajayoga is the realization of the true self, or Atman, which is eternal and transcends the physical body and mind. As people do Rajayoga, they slowly stop being attached to their outside identities and realize that their true nature is the soul, which is connected to the Supreme Soul. This understanding changes how people see themselves. Instead of seeing themselves as their thoughts, feelings, or social roles, they now see themselves as spiritual beings with a direct connection to the divine (Soni, 2010; Tandel & Nagesh, 2024).

## **5. Contemporary Relevance**

### **Rajayoga's Influence on Modern Psychological Theories of Self-Awareness**

Rajayoga's main ideas are in line with some of the most recent psychological theories, especially those about mindfulness and emotional intelligence. Rajayoga meditation helps you be more mindful, aware of yourself, and in control of your emotions, all of which are important for mental health and personal growth. Rajayoga gives a unique spiritual view by focusing on soul-consciousness. This makes Rajayoga a useful asset for mental health and self-improvement (Ahuja, 2014; Pareek, 2013).

### **Applications in Stress Management, Mental Health, and Personal Development**

Rajayoga is very helpful in dealing with stress and regulating emotions. Regular practices give strength to deal with modern days problems such as anxiety, stress and depression. It helps people manage their emotions in an effective way and deal with various daily challenges with more strength and with a positive set of mental attitude by helping them connect with themselves on a deeper level. It can also be used in therapy settings to improve mental health care and individual growth (Nagesh, 2024).

### **Potential Integration into Contemporary Mindfulness and Therapy Practices**

Mindfulness-based stress reduction (MBSR) and cognitive-behavioral therapy (CBT) like modernday

therapies can use the ideas behind Rajayoga. These therapies, which solely based on self awareness such as being aware of thoughts and feelings and controlling them, are very similar to the core ideas of Rajayoga. Therapists can use Brahma Kumaris Rajayoga and its core concept to offer a more complete approach to mental health by focusing on soul-consciousness and spiritual awakening. This way, they can help people with both psychological and spiritual aspects of well-being (Soni, 2010; Ahuja, 2014).

## 6. Conclusion

### Summary of Findings

The Brahma Kumaris Rajayoga provides a unique and deep way to learn about oneself and change life accordingly for a better life. Rajayoga is a revised form of ancient Yogic ideas with essence of ancient yogas with modern concepts. It is a full way to find spiritual self-realization and learn to regulate emotions. It also helps people become more self-aware by focusing on meditation, soul-consciousness, and living ethically.

### Implications for Future Research and Practice

Still many areas are unexplored till dates, hence further research is needed to find out how Rajayoga affects self-awareness, emotional intelligence, and mental health over time. Future research could look into how Rajayoga practices affect brain activity, personal growth, and overall health. Using Rajayoga in modern therapy could be a great way to promote overall health and personal growth (Nagesh, 2024).

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