

Awakening the Inner Self: Brahma Kumaris' Perspective on Self-Awareness and Rajayoga Meditation

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Abstract

The core philosophy of Brahma Kumaris is based on Rajayoga meditation and the concept of self-realisation and God realisation. It is a powerful instrument in the modern age to find real inner peace and personal growth to cater to various modern challenges such as stress, anxiety etc. It helps us to connect more deeply with the true inner self and also with the Supreme being, the ocean of peace, love and bliss from which we get happiness and self-satisfaction. Practice of Rajayoga not only creates positive attitude towards life but also encourages us to live a more moral and caring life. The psychological benefits of doing rajayoga is getting higher Emotional resilience, stress management, focused and attentive towards goal of life. This article examines the spiritual dimension of Brahmakumaris rajayoga meditation and self-awareness and how to incorporate these into daily life, and how it makes a drastic effect on personal as well as social harmony.

Key words : Brahma Kumaris, Rajayoga meditation, Self-awareness.

Introduction

People are often lost in this fast-paced modern world in such never-ending noise and rush through life without knowing who they really are, why they are here, or what do they really need in life. In this chaotic world, finding inner peace and understanding self has become essential to live a better and more productive life. Brahma Kumaris Rajayoga meditation is a well-known spiritual practice that has a deep philosophical concept of finding out the true self and understanding the relationship with the supreme soul, the powerhouse of peace, happiness and bliss. It not only encourages people to explore their inner world but also helps them to connect with the supreme being and transform their lives.

The deep core philosophy of Brahma Kumaris is based on the concept that humans are not bodies, as they appear to outside, but rather eternal souls who stay inside the body and perform all its acts. By aligning our thoughts, feelings, and actions with higher ideals, Rajayoga helps us find peace and harmony within ourselves. In this article, we will talk more about the idea of self-awareness in Brahma Kumaris philosophy, how it connects to Rajayoga meditation, and how it affects the mental, emotional, and spiritual health of people who practice it in a broader sense.

Background of the Brahma Kumaris

The journey of BrahmaKumaris started in the 1937 when Lekhraj Kripalani, who is also known as Brahma Baba, started a small spiritual community known as Om Mandali in Hyderabad, Sindh (Undivided India before independence) This group grew into a worldwide organisation called the BrahmaKumaris World Spiritual University (BKWSU), which currently has centres in more than 110 countries[8].

The main teachings stress the need to see oneself as a soul and build a strong, spiritual bond with the Supreme Soul. The Brahma Kumaris' worldview includes the idea that everyone is spiritually equal. They think that all souls, no matter what their gender or origin is, have the same spiritual nature, and they want women to be in charge of the organisation. Their teachings show that they are committed to equality because they want to make spirituality a part of everyday life for people of all cultures and religions [8]

Philosophical Understanding of the Self

A fundamental concept in Brahma Kumaris' teachings is that the self transcends the physical body. The true self is an eternal soul distinct from the corporeal body and the societal roles assumed. Individuals perceive the soul as pristine, eternal, and conscious, with inherent qualities of tranquilly, affection, and happiness[3]. Such knowledge of our true self fundamentally shifts the perception of personal identity. Individuals believe that their soul or self is what drives their ideas, words, and deeds. When individuals realize that they are more than just their body, they may let go of transient material problems and attachments and discover greater significance in their life.

This kind of thinking helps you see the problems in your life in a more balanced and dispassionate way. Instead of associating with outside factors or societal duties, practitioners are taught to perceive themselves as everlasting beings who experience the world from a place of inner calm and stability. This better understanding of the soul's fundamental nature leads to emotional strength, peace, and clarity [1].

Self-Awareness in the Brahma Kumaris Context

The Brahma Kumaris teaches that self-awareness is not a passive condition of thinking about yourself; it is an active and ongoing practice. It means always seeing yourself as a soul and not just a body. People who do this technique, which is commonly called "soul-consciousness," may let go of the material world and connect with their spiritual nature [8].

The technique tells people to always tell themselves, "I am a soul, not a body." This mantra helps you feel at ease within, stable emotionally, and clear spiritually. As people integrate this insight, they start to live from a position of authentic self-worth that doesn't rely on other people's approval or financial achievement. The significant transition from identifying with the physical body to acknowledging the soul's everlasting essence fosters a feeling of empowerment, inner strength, and tranquility[1].

Understanding Rajayoga Meditation

Rajayoga meditation focuses on the mind and helps people connect deeply with their soul and the Supreme Soul. Rajayoga meditation is different from other types of yoga since it focuses more on developing mental discipline and spiritual awareness than on physical postures or exercises [8].

The practice consists of calming the mind, concentrating on the soul as a point of light, and forging

a mental link with the Supreme Soul, the wellspring of knowledge, love, and tranquility. Not only is this meditation practice done in a peaceful place, but it is also a part of everyday life, which helps people stay calm and clear-headed when they perform things [4]. Through regular practice, the person attains a deep sensation of inner tranquility, including enhanced emotional stability and cognitive clarity [1].

Linking Self-Awareness and Rajayoga

In the Brahma Kumaris philosophy, self-awareness and Rajayoga meditation are very closely related. Self-awareness is the first step to meditation, and meditation makes self-awareness stronger and more stable. People who meditate more become more conscious of their own spiritual nature. On the other hand, the more they know about their spiritual identity, the better their meditation practice gets.

This synergy helps practitioners deal with life's problems with more peace and clarity because their connection to the Supreme Soul and their real self gives them a firm anchor in the face of outside chaos. Over time, Rajayoga meditation becomes more than simply a personal spiritual practice; it becomes a tool to connect with the world from a position of calm and power [6].

Psychological and Emotional Benefits

Scientific research and individual accounts from practitioners have validated the psychological and emotional advantages of Rajayoga meditation. One of the best things about it is that it makes you feel better about yourself and happier. According to research by Ramesh et al. (2013), those who do Rajayoga meditation are happier and more satisfied with themselves than people who don't do it. Meditation aids people in developing positive thinking, which is directly associated with increased happiness and well-being [1]

In addition, Rajayoga meditation has been proved to be a good way to deal with stress. Regular practice helps people deal with stress by making them more emotionally stable and resilient [2]. Practitioners say they feel more balanced, focused, and emotionally stable, even when things are tough.

Spiritual Dimensions and Ethical Living

The moral and spiritual aspects of Rajayoga meditation are essential to its practice. Practitioners who see themselves as souls are naturally motivated to live by higher spiritual ideals like honesty, non-violence, compassion, and purity [8]. These ideals are not just moral guidelines; they are a natural result of the spiritual awakening that happens during meditation.

People who become more conscious of themselves also become more caring and understanding of others. This spiritual perspective advocates for spiritual equality and assists people in cultivating healthy relationships grounded on mutual respect and comprehension [1].

Practical Applications in Daily Life

Rajayoga meditation is not limited to certain periods of meditation; it serves as a comprehensive tool for navigating all facets of life. One useful way to use what the Brahma Kumaris teach is to practice "traffic control," which is taking short meditation breaks throughout the day to clear your mind, lower your stress levels, and stay focused [2].

Rajayoga has been demonstrated to help people make better decisions, lower their stress levels, and get more done at work [5]. In human interactions, it promotes enhanced empathy and comprehension, allowing people to interact with others in a more sympathetic and tranquil way [7].

Challenges and Misconceptions

Rajayoga meditation may be hard, especially for beginners, even if it has the power to change lives. New practitioners often have trouble staying focused and getting rid of mental distractions. Some people could also have the wrong idea about the practice and think of it as a way to go away from their issues instead of a way to connect with the environment on a deeper level [1]

To get over these wrong ideas, it's important to get the right help and keep practicing regularly until you understand how to make meditation a part of your daily life.

Conclusion

The Brahma Kumaris' teachings provide a deep foundation for spiritual progress, including Rajayoga meditation at the center of their method for becoming more aware of yourself. Meditation helps people learn more about who they really are and also makes them feel more peaceful, happy, and emotionally stable. People may live more kindly, morally, and peacefully by following these principles, which will make the world a better place.

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