

Creating a More Peaceful, Harmonious, and Compassionate World Through Raj Yoga Meditation

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Abstract

Mental health and inner peace are very useful and essential for everyone. They are highly treasured by most people, but few possess them. However, each one can develop them. All individuals seek contentment and wish to be happy, but happiness is very much interrelated with social, physical, and mental health. Mental health affects physical health. Downbeat psychological states, such as distress, depression, and anxiety have been found to be related to mental health problems. Negative thoughts have been found to take part in a critical role in depression and psychological adjustment. One's positive thoughts are found to be positively related to satisfaction with life and happiness. The richer we become in inner peace, the healthier our minds become. It is therefore very important to develop the relationship between inner peace and mental health, because the complex challenges that individuals face today are also an urgent issue for the entire society. Thus, the present paper is structured to establish the relationship between inner peace and mental health to create a more peaceful, harmonious, and compassionate world through Raj yoga meditation.

Keywords: Mental health, Raj yoga, meditation, hypertension, peace of mind

INTRODUCTION

Meditation gives us mental relaxation as well as physical relaxation and constant peace and improves the quality of being. Rajyoga meditation is thus the science of peace in one's personal and social life. Understanding of spiritual knowledge helps one to do positively and transform their attitudes towards stressful situations. Hence, meditation and spiritual knowledge help one to maintain the stability of the mind in adverse circumstances [1]. Rajyoga of Indian Psychology deals with the prevention of diseases and complete cure of neuroses with self-control over consciousness. The attention by consciousness is practiced throughout the day while performing actions, but morning and evening in solitude, either with focused attention or by experiencing love and compassion, is known as Rajyoga. This is easily practiced by remembering God because by connecting with God, it becomes easy to move the consciousness from the world of worries to silence and thereby feel the qualities of love, compassion, lightness, happiness, and bliss. Those who are not able to develop focus or attention to practice. Rajyoga may need to undergo

counseling or emotional healing sessions like Hypnotherapy [2]. Meditation is a powerful form of training focus and inhibition. Attention and self-control are strictly related during meditation. Disruptive thoughts and emotions are inhibited during concentration meditation. In the case of compassion meditation, emotional sensibility is increased.

LITERATURE REVIEW

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and perform. It also helps determine how we handle stress and make choices. Mental health is important at every stage of life, from

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childhood and adulthood. Inner peace is a by-product of good mental health. The main ways of promoting mental health and inner peace are to engage and cultivate pleasure. Mental peace is more about being than doing. It is about being fully present and focused on the task at hand. The rewards of inner peace are numerous [3]. The most important ways to achieve peace of mind involve being true to oneself, accepting the uncertain nature of life, and watching one's thinking process. Many of us mentally "torture" ourselves by pondering and brooding over negative thoughts, which is indeed not a good practice; instead, we should observe our thoughts and focus on what we are thankful for in life. Practicing this regularly will surely pave the way for inner peace of mind.

Spiritual Benefits of Meditation: In recent years, the various health benefits of meditation have become more and more acknowledged by the scientific community as well as the public. While initially, research concentrated more on the physiological benefits of meditation, there has recently been an increasing number of studies on the various psychological benefits. Meditation can have various health benefits. Apart from its physiological benefits, it can also improve your psychological and spiritual well-being. More and more doctors are prescribing meditation in health centers all around the world, and it certainly deserves consideration. Research has scientifically proven that practicing meditation in health and fitness is a safe and simple way to balance physical condition, emotional state, and mental well-being [4].

Meditation has traditionally been seen as a tool for spiritual realization and fulfillment. While the physiological and psychological benefits have so far been concentrated on in the West, modern brain science helps to understand and explore the spiritual aspects of meditation more and more. Another scientific tool is to question people about the subjectively perceived effects that meditation has on them. Such methods have been used in recognized scientific disciplines, such as psychology or sociology. Studies show that people who meditate are likely to report a shift in their outlook and goals in life towards personal growth and spiritual fulfillment rather than more materialistic goals. Brain research shows how meditation can train the higher capacities of the mind, such as perception, awareness, and compassion. The progress of brain research opens ways of getting a clear, scientific understanding and evidence of the spiritual dimension of meditation. While for the sake of clarity, the positive effects of meditation have been categorized into physiology, psychology, and spirituality, all these areas are somehow connected. For example, feeling physically healthy will have a positive effect on one's mind, too, as well as the other way round [5].

Hypertension is due to high blood pressure, which is a common condition in which the force of the blood is high enough that it may eventually cause health problems, such as a heart attack. Blood pressure is determined by the amount of blood our heart pumps and the amount of resistance to blood flow in our arteries. The more blood our heart pumps and the narrower our arteries, the higher our blood pressure. We can have high blood pressure for years without any symptoms. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke [6].

Diabetes, often called non-insulin dependent diabetes, is the most common form of diabetes, affecting 19 million people. When there is not enough insulin or glucose can't get into the body's cells. When glucose builds up in the blood instead of going into the cells, the body's cells are not able to function properly. Other problems associated with the buildup of glucose in the blood include the highest risk for the disease, which are those who are overweight, and women who have had gestational diabetes. In addition, older people are more susceptible to developing the disease since aging makes the body less tolerant of sugars. In addition, people who smoke, have inactive and stressful lifestyles, or have certain dietary patterns have an increased risk of developing diabetes. Anxiety through the sympathetic system can increase blood pressure and, in turn, can lead to heart attack and stress [7].

Psychological well-being: It is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to the community. Psychological

well-being describes emotional well-being or the absence of a mental disorder. From perspectives of the discipline of positive psychology or holism, mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of our emotions and signifies a successful adaptation to a range of demands [8, 9].

Physiological health benefits of meditation: Meditation decreases the metabolic rate and lowers the heart rate, thus indicating a state of deep rest and regeneration. Meditation reduces stress, which is indicated by lower levels of stress. Meditation reduces high blood pressure. Meditation has been found to help asthma patients, making breathing easier. Meditation seems to slow down the aging process of the brain and increase brain function. Meditation helps in detaching oneself from the various kinds of pains. The harmonious Alpha wave is produced while meditating. Meditation enhances energy, strength, and fitness. Meditation helps keep blood pressure normal. Meditation creates a state of deep relaxation and a feeling of happiness. Meditation increases concentration and strengthens the mind. Meditation helps reduce heart attacks. Meditation helps with weight loss. Meditation builds self-confidence. Meditation reduces anxiety and headaches. Meditation helps one develop positive thinking and transform attitudes towards stressful situations. Hence, meditation and spiritual knowledge help one to maintain the stability of the mind in adverse circumstances. Thus, spirituality-based positive thinking helps one to attain the highest level of feelings [10–12].

CONCLUSIONS

At the end of the twentieth century, stress and strain of daily life had reached their highest peak. Mental tension, emotional ups and downs, anger, fear, nervousness, depressive feelings, and other stressful situations have an all-around effect on human beings. Such experiences influence one's emotional life and physiological systems adversely. Research has found meditation to produce positive and remarkable stress reduction effects on the brain and immune functions. In recent years, the various health benefits of meditation have become more and more acknowledged by the scientific community. Research on the biological concomitants of meditation practice is sparse and has mostly focused on changes that occur during a period of meditation. Thus, although it is important to focus on the period of meditation, the more enduring changes that can be detected in body function in response to specific emotional challenges. The principles and practice of Raj Yoga meditation are taught by the Brahmakumaris. Raj Yoga meditation is awareness of one's mind in purposeful consciousness of God and concentration on Him and on His divine attributes. This art and science of meditation, which is based on philosophy and psychology, brings about an inner transformation. It penetrates deeply into the layers of the mind and leads to a self-illumination lifestyle, which gives one satisfaction of leading a meaningful and useful life. Raja Yoga meditation relieves physiological and psychological stress and re-establishes mental harmony when practiced regularly, thus maintaining and promoting physical, mental, and spiritual health for the entire world.

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