

Impact of Sahaja Yoga Meditation on College Students through a Dedicated Curriculum Benefiting Holistic Development

Prof Rasika Beohar¹

¹Assistant Professor, Faculty of Peace Studies, Dr Vishwanath D Karad MIT World Peace University, Pune, India

Abstract – Meditation is a key practice which has become an essential factor. It can produce structural changes in your brain like enhancing attention, perception, and focus. Person who practices Sahaja yoga meditation can not only experience relief from stress and anxiety but also from all physical ailments. In the student's phase, unnecessary stress, emotional setbacks, tension, anxiety can be easily handled by Sahaja yoga meditation. A dedicated credit based compulsory course is designed to teach students meditation along with the detailed structure of subtle system and simple treatments to deal with the physical, mental, emotional ailments. Around 100 samples were taken, and course was conducted with some practical approach and findings on daily basis. The students were told to practice meditation on daily basis and record their results. 80% results were showing improvement in daily routine, reduction in physical ailments, reduction in stress, improvement in thought process and sound sleep, are to name the few. Indeed, meditation can make life better.

Keywords: Sahaja yoga, Students, Yoga, Meditation

1. INTRODUCTION

Meditation and Yoga which forms an ancient technique in India, has gained popularity in western world also. The current scenario of pandemic Covid 19 faced by whole world has shown human beings that meditation and yoga along with traditional use of herbs can give better immunity. Long back Patanjali in Ashtang Yoga has defined 8 limbs of Yoga as yama (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption). [16] Samadhi forming the highest and the deepest state which was believed to be difficulty most part asking for tremendous dedication, detachment and capable of consuming whole life of individual. In 21st century, due to time limits and people believing in fast results, spirituality has also grown into new aspects, with fast and speedy results. Perspective of looking at the spirituality has change in due course of time and now people not only want quick results but also all over benefits in less time.

1.1 Sahaja Yoga Meditation

Sahaja yoga Meditation is such a unique technique introduced by H H Shree Mataji Nirmala Devi Srivastava in 1970 wherein kundalini awakening, and self-realization takes place in simple steps. SAHAJA means 'BORN WITH YOU' or 'SPONTANEOUS' and YOGA means 'UNION WITH THE DIVINE'. Sahaja yoga is simple way of meditation which integrally works on physical, mental, emotional, and spiritual wellbeing of an individual giving overall benefits related to social, financial, cultural wellbeing. It works on the subtle system also called as chakras (energy centers) and helps an individual to be in the balance state all the time.

1.2. About the Founder

Shree Mataji herself was a scholar of medical science as well as a person of the divine internal energy. As a result of the spiritual inner consciousness of Shri Mataji, she studied the development of human consciousness and evolution of humans. As a result of her deep practice, penance and foresight, she conveyed the knowledge of source and transmission of the internal and spiritual energy to the masses. Shree Mataji studied the effects of this divine energy on the various aspects of human life, including in the field of education. Regarding education, Shree Mataji evolved a very simple theory that the best learning can only be achieved by teaching with stress free mind, energy and strong will.

Let us know what Sahaj yoga is and how does the awakening and circulation of our inner energy work out. We must say, since this is a living process, we can experience it practically. The power of God or the power of nature evolved us from the status of Amoeba and brought us to the level of human beings. One may say that it's a work of the divine and the other may say it's a work of nature. Fact remains that, human being is one of the best compositions because the best powers of the creator can be seen only in the creation called a human being.

Sahaja Yoga is not only a process of meditation, but it creates an inner revolution capable of bringing about the transformation of human beings into spiritual beings who gradually manifest sublime qualities of unselfish love,

compassion, generosity, and detachment. Such person lives in a progressively profound state of bliss and inner peace. It is a living process and a gradual transformation of our consciousness, not a mere process, mental projection, or a concept. As the seed sprouts, then grows from a small shoot into a mighty tree, Sahaja Yoga grows both individually and collectively in an entirely natural way. Sahaja Yoga is a spiritual movement of global proportions. People from more than 150 countries around the world, from all age groups and diverse religious and social backgrounds, are united by their experience of the same inner joy and peace.[20] Sahaja Yoga involves the awakening of a subtle spiritual energy known as the Kundalini which lies dormant in the sacrum bone at the base of the spine in three-and-a-half coils. Sacrum is derived from the Greek word for "sacred." The gentle awakening of this Kundalini energy and the inner journey of self-discovery is known as Self Realization or Yoga. Those who have received Realization are known as "realized souls" or *dweejaha* in Sanskrit, meaning "twice born." [20]

There are many benefits of practicing Sahaja yoga Meditation –

1. Self-realisation
2. Protection from illness
3. Improved sleeping pattern
4. Spiritual awakening
5. Subtle system (chakras) cleaning
6. Positive impact on daily work
7. Helps in emotional wellbeing and self-improvement
8. Ability to stay calm and non-reactive
9. Improved concentration, attention, and focus
10. Long term and sustained resilience
11. Ability to focus energy on holistic healing
12. Increased sense of high purpose in life and spirituality
13. Increased skills for career advancement and professional success

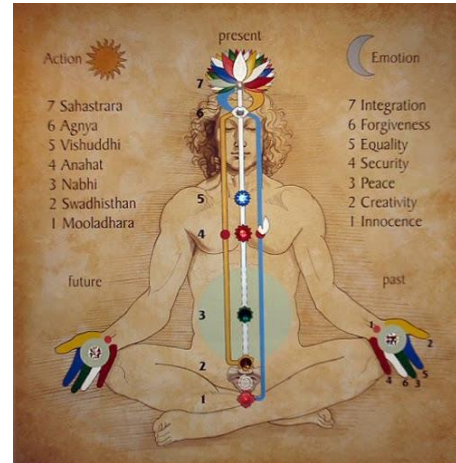


Fig 1 : Subtle System

2. METHODOLOGY

World peace can be only achieved when it starts from individual basis. It is the concept of peace, happiness, and wellbeing among all the human beings. The opening sentence of the preamble of the Constitution of UNESCO states correctly "Since war begins in the minds of men, it is in the minds of men that the defense of Peace must be constructed". So, to start with peace, the individual men to be taken as target.[17] As it will start with individual being, it will grow and change the society into an ideal society as stated in Indian Mythology as Ram rajya. Wherein, the society is at complete peace and enjoying the bliss with very less or no conflicts at all with in complete harmony with each other. So, if the individual is captured in the learning phase of their life; that is in school and college days then it will work to its maximum level.

As rightly quoted by Mahatma Gandhi - ***"If we are to teach real peace in the world, we shall have to begin with children"***. [18]

Taking this concept further and making it into reality, Hon Prof Dr. Vishwanath D Karad Sir and Hon Sri Rahul Karad Sir launched Peace studies courses in Dr Vishwanath Karad MIT World Peace University, Pune. Along with the traditional syllabus, a unique curriculum was launched under World Peace Subjects. These credit-based course subjects consist of curriculum based on various topics related to ancient wisdom taught and nurtured into Indians by our great tradition and heritage. All subjects are compulsory subjects throughout all Schools along with exams to test the knowledge of students.

One such curriculum designed is based on Sahaja yoga Meditation. Some of the key points to be taught in this curriculum are –

1. Detailed structure of energy centers
2. Clearance of subtle system (chakras)
3. Balancing - how to balance oneself
4. Left side and right side clearing
5. Putting yourself into bandhan
6. Icepack treatment
7. Foot soak treatment
8. Introspection
9. Liver diet
10. Effect of music on meditation

Along with meditation, practical experiences and feelings on individual basis are noted and the results received from these observations are then formulated to show the benefits on the individual basis to the students on their overall being. The students who were facing some physical or mental ailments then ailments specific treatments are suggested, and observations are noted down. As per individual state, different chakras and mantras and some simple techniques are advised to the students so that they can treat their own ailments may be physical, mental, emotional and/or spiritual. We cannot become immune to illness, but we can use our meditation to make us stronger and abler to avoid the kind of problems which are essential in today's hectic, stressful lifestyle.

2.1. Implementation of Subject

A credit-based course was developed with meditation and practical sessions for meditation and treatments taken as prime inputs for curriculum. The course structure includes meditation process, balancing of left and right side, details of all energy center and their qualities, deficiency and diseases associated with imbalances in energy center, liver diet, daily treatments to be followed and effect of music on meditation. All the details of curriculum are conducted during lectures.

3. OBSERVATIONS

Every lecture consists of short meditation sessions along with theory and practical session. All the students from Third Year of polytechnic from streams like computer, civil, mechanical, electronics has taken up with course as a compulsory subject.

Around 100 students were taught about the theory of the subtle system through presentations and then practical approach about meditation carried out during every lecture. Some excel sheets giving feedback and self-analysis were filled by all students during lectures. These data consist of self-journey through activities like self-assessment, appointment with self, lifestyle pattern and selfless act.

- a. Self-assessment - Herein through self-assessment survey on chronic problems faced by students, treatments for the problems, subtle system affected is done. The students are individually guided for the specific problems they are facing. Then every individual is suggested to meditate every day along with some specific treatments as per the requirement.
- b. Appointment with Self - Students are advised to keep the track for the daily mediation being carried out and the difference plus improvement they can find it in themselves.
- c. Lifestyle pattern - In this, students are advised to keep a track for the daily self-pattern of sleep, food intake and information consumption. The record of the self-lifestyle pattern was the assessed by students themselves.
- d. Selfless Act - In the students were advised to contribute to the society and share their own experiences about the act they are doing selflessly.

4. RESULTS

The conclusions of the above survey showed that the students become aware about the self-activities, self-awareness and self-indulgence. Maximum students felt that they were not aware about their own goodness and indulgences. All the students had to mark themselves as per the pointers allotted to each act. Depending upon these the conclusion was made. Students secured 80% and above marks in the total act they had performed. This clearly indicates that the students were able to find difference between themselves with lots of positivity after doing meditation on regular basis. This helped with increase in their concentration, positive approach, balanced lifestyle pattern, good and sound sleep, healthy food intake and positive behavioural pattern. Routine meditation helped them to know about their own disorders and limitations apart from chronic problems. Regular meditation helped students to overcome many of their chronic problems and made them aware about their own wellbeing. Students learnt about subtle system and techniques where they can clear their imbalances easily at home on daily basis. Knowledge of self was the biggest achievement that these students were able to imbibe in themselves.

In another research, 40 sample were taken from the student of Engineering, similar feedback is available. The students were allowed to meditate with simple steps and then sitting silently with introspection. All the students gave feedback of feeling cool vibrations on the palms and top of the head. All students felt inner silence and peace and bliss. They were able to observe almost no thoughts and felt complete inner silence.

These experiences clearly show that continuous meditation practice leads to build up in overall personality along with inner peace and bliss.

5. CONCLUSION

Due to Sahajayoga meditation and self-mobilized inner strength, the students were able to make unprecedented changes in their personality. Today, the former students who have emerged from these institutes have become reputed professionals in their respective fields as well as the divine messengers of Sahajayoga in their own countries.

REFERENCES

- [1] Epigenetic Changes Associated With Two Different Conceptualisations of Meditation- A Randomised Trial Rohan Rapyal BSc, MPharm
 - [2] Effect of Sahaja Yoga Meditation on Quality of Life, Anxiety, and Blood Pressure Control Sheng-Chia Chung,
 - [6] Sahaja Yoga for Management of Stress & Life Style Diseases, Sandeep Rai, Madhur Rai, Yashoda Kattimani, Vishesh Agarwal, Chapter 235, Beyond Medicine
 - [7] Meta modern era-
<https://www.youtube.com/watch?v=zAvffim4p6g&t=6s>
 - [8] How music work on chakras-
[https://www.youtube.com/watch?v=1Y5znywwtVI&list=PL_vUUIIFSygjDnhh23rk\]mi-xkpe8rUQM&index=28&t=0s](https://www.youtube.com/watch?v=1Y5znywwtVI&list=PL_vUUIIFSygjDnhh23rk]mi-xkpe8rUQM&index=28&t=0s)
 - [9] Benefits | dcsahayoga.org (dcsahajayoga.org)
 - [10] <https://www.freemeditation.com/sahaja-yoga>
 - [11] www.sahajayoga.net
- PhD,¹ Maria M. Brooks, PhD,² Madhur Rai, MD,³ Judith L. Balk, MD, MPH,⁴ and Sandeep Rai, MD, THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE Volume 18, Number 6, 2012, pp. 589–596
- [3] A Study to Evaluate the Effect of Sahaja Yoga Meditation on General Health, Emotional Wellness and Behavior Pattern on College Students, Nisha Rathor, Priyanka Kulshreshtha, Govindnarayan Mundra, Ram Krishna Tiwari, Sanchita Singh, Pallavi Shah, Shaileshkumar, Scholars Journal of Applied Medical Sciences, Sch J App Med Sci ISSN 2347-954X (Print) | ISSN 2320-6691 (Online)
- [4] Effect of Sahaja Yoga Meditation on the Nutritional Assessment of University Students, Rajeev Choudhary, 2013
- [5] A Study to Evaluate the Effect of Sahaja Yoga Meditation on General Health, Emotional Wellness and Behavior Pattern on College Students, N. Rathor, P. Kulshreshtha, 25 March 2020