



# Impact of Rajyoga Lifestyle of Brahma Kumaris on Spiritual Happiness Among The Educated Youth

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## Abstract

Human-denying science has pushed material development to its pinnacle. The perception of male and female, due to physical consciousness, has rendered humans mentally ill, a condition beyond repression. Stress and mental fatigue are increasing day by day among educated youth. In the present modern society, where science has provided every comfort and convenience through rapid technological progress, however, due to economic pressures in the lives of educated youth, social and family problems have become complicated leading to stress and ultimately suicide. The search for happiness, peace, tranquility and well-being has become a significant topic in the minds of young people. Among the various ways to achieve spiritual happiness, the teachings of the Brahma Kumaris—a global spiritual organization founded in India in 1936—encourage stress management, inner peace, and personal growth through Raja Yoga meditation, emotional control, mindfulness, self-awareness, and spiritual education.

This paper explores how the teachings of the Brahma Kumaris can contribute to the attainment of spiritual happiness for educated youth, assessing their mental, physical, familial, and social well-being. Using a combination of qualitative and quantitative methods, the

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research will analyze the impact of reading on participants' spiritual happiness, and how it impacts educated youth's well-being, happiness, well-being, inner peace, and life satisfaction. The results indicated that the levels of spiritual happiness, joy, and peace experienced by educated youth increased significantly, and biological indicators of stress, anxiety, and unhappiness also declined, suggesting an improved quality of life. This research concludes that the teachings of the Brahma Kumaris are an effective remedy for spiritual happiness.

**Keywords:** The Brahma Kumaris' teachings offer a holistic approach to educating young people, Aiming to Promote Spiritual Happiness, Inner Peace, An ethical Lifestyle, and Personal Growth. Raja Yoga also Teaches Meditation, Self-awareness, Positive Thinking, Social Service, Harmony in Relationships, and A Balanced Life.

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## 1. Introduction

Current materialistic education and technological knowledge have rapidly transformed young people into ultra-modern, career advancements. However, problems like mental stress, depression, and dissatisfaction are constantly increasing. A lack of inner peace and happiness is emerging as a major cause of this imbalance. Young people are at a loss as to what to do. The only solution we have is spirituality. Spirituality means experiencing purity, inner peace, happiness, and joy.

Although some institutions have been imparting spiritual knowledge, the teachings based on Raja Yoga and Self-knowledge by Brahma Kumaris inspire the youth in particular and the entire world in general towards self-reflection and positive thinking. This organization works to awaken everyone spiritually to purity, morality, and life values. The teachings of the Brahma Kumaris are a shining example of empowering youth not only from a spiritual perspective but also from a scientific and psychological perspective, and are deeply influencing today's youth.

Today's educated youth are more concerned with their careers and the future of their families. Due to their heightened awareness and logical thinking about their spiritual practices, they do not readily accept spirituality, but rather seek to understand it through experience and analysis. Currently, the Brahma Kumaris' Raja Yoga meditation and lifestyle are being seen as the only tools available to help people develop mental peace, self-confidence, and a balanced outlook on life.

This research will analyze the impact of the Brahma Kumaris' Raja Yoga teachings and spiritual style on educated youth and their level of spiritual happiness. Spiritual happiness is such an inner feeling that once a person experiences it, they are no longer attracted to any external, material happiness and do not consider abandoning their inner happiness under any circumstances. The main objective of this research is to find out whether and to what extent the experience of happiness develops in the youth associated with the teachings of Brahma Kumaris.

This study will also evaluate the impact of Raja Yoga, self-realization, and ethical values, as well as elements such as social service and service to nature. This research is based on the idea that material achievements alone cannot provide complete satisfaction to young people. For true satisfaction and a balanced life, the development of Raja Yoga, spiritual awareness, and inner values is essential.

The role of organizations like the Brahma Kumaris becomes crucial to this awareness. This research will attempt to uncover the impact of these spiritual teachings on the mindset and lifestyle of today's educated youth.

## **2. Objectives**

The main objectives of this study are:

1. To study the extent to which educated youth from different states of India have been following a Raj yogic lifestyle.
2. To assess the level of spiritual happiness among educated youth practicing the Raj yogic lifestyle.
3. To examine the relationship between Raj yogic lifestyle practices and spiritual happiness.
4. To analyse the influence of specific dimensions of the Rajyogic lifestyle— Connection with Higher Self, Gratitude and Contentment, Compassion and Empathy, Rajyoga Meditation and Awareness, Inner Harmony, Connection with Others, Purpose and Meaning, Transcendence and Surrender—on the level of spiritual happiness.
5. To analyze how the teachings of Raja Yoga meditation, self-knowledge, and moral values affect the spiritual happiness of youth.
6. To understand how educated youth approach the teachings of the Brahma Kumaris – religious, scientific, or psychological.

7. To study the impact of these teachings on various dimensions of spiritual happiness (such as peace, contentment, positive thinking, self-control).
8. To determine the difference in the level of spiritual happiness between youth associated with and those not associated with the Brahma Kumaris.

### 3. Literature Review

The available literature on meditation and its effects on stress management is extensive, and numerous studies have proven its effectiveness. Although there is relatively little research on Raja Yoga meditation, its principles have been discussed in various spiritual practices and mental health contexts.

1. Koenig et al. (2012) reported that spirituality helps improve a person's overall well-being and health. They found that spiritual practices reduce stress, increase mental strength, and provide a sense of purpose in life. The study also found that spirituality positively influences mental and physical health. Religious and spiritual activities promote social support and good relationships. Overall, this study supports a positive link between spirituality and health.
2. Park and George (2013) suggest that spirituality can be an important means of achieving well-being during reflective stages of life, especially in middle age. According to them, spiritual practices help individuals cope with life's changes and existential questions. The study also found that spirituality promotes a sense of purpose, inner peace, and mental toughness. They also acknowledged that the effects of spirituality depend on a person's personal and cultural circumstances. Overall, the study shows a positive relationship between spirituality and life satisfaction.
3. The study conducted by Ramesh M.G. (2013) involved a comparative analysis of individuals who practice Rajyoga meditation versus those who do not. This research was carried out at the Brahma Kumaris Rajyoga Meditation Centers located in Manipal and Udupi, Karnataka. The study comprised a total of 50 participants, consisting of 25 regular meditators and 25 non-meditators. The average age of the participants was 42.95 years, with a standard deviation of 15.29 years. Through the application of descriptive statistics and hypothesis testing, the study analyzed the relationship between the duration and frequency of meditation and the levels of happiness and self-satisfaction.

4. George and Ellison (2014) reviewed various studies related to religious involvement and mental well-being. According to the studies, regular spiritual practices foster emotional support, social connectedness, and inner peace. Participation in religious activities was observed to lead to a reduction in stress and anxiety, as well as an increase in life satisfaction. The research also indicated that religious communities and social networks provide individuals with emotional stability. Overall, religious engagement exerts a positive influence on mental and emotional well-being.
5. Johnson (2017) reviewed research conducted regarding the relationship between various spiritual practices and happiness. According to the study, traditional religious rituals provide many individuals with a sense of connection and a purpose in life. Meanwhile, non-religious spiritual activities—such as mindfulness—were also found to be helpful in enhancing inner peace and mental balance. The review indicated that both religious and non-religious forms of spiritual practices contribute to psychological well-being. Ultimately, true happiness is derived from those spiritual practices that align with an individual's values and needs.
6. A study by Smith and co-authors (2018) found that regular prayer and meditation positively influence mental health and life satisfaction. This effect was observed to be particularly pronounced among middle-aged individuals. According to the study, spiritual practices reduce stress and promote emotional well-being. Regular prayer and meditation enhance one's capacity to cope with life's challenges, as well as their mental resilience. Overall, the study concluded that spiritual practices are instrumental in strengthening mental health and life satisfaction.
7. Raval & Sharma et al. (2018): Raval, Sharma, and their co-authors conducted a randomized controlled trial in 2018 and found that participants practicing the Brahma Kumaris' Raja Yoga meditation experienced a significant increase in happiness levels compared to the control group. The study also revealed that regular meditation led to improvements in subjective well-being and life satisfaction. The researchers observed that the Brahma Kumaris' Raja Yoga meditation also fosters improvements in positive emotions and overall mental health.
8. Prakash and Deo (2019) analyzed the effects of Raja Yoga meditation in a long-term study. The study found that the continuous practice of Raja Yoga meditation enhances long-term happiness and life satisfaction. Regular meditation fosters emotional balance and self-contentment, alongside immediate mental well-being. The research specifically highlighted that consistency in meditation is essential for realizing these benefits. Overall,

the study concluded that Raja Yoga meditation significantly improves quality of life over time.

9. Jones and Brown (2019) reviewed the literature regarding spiritual practices and life satisfaction. The study found that incorporating spiritual practices into one's daily routine leads to a reduction in stress and an increase in satisfaction. This effect was observed to be particularly pronounced among middle-aged individuals. Regular spiritual engagement fosters emotional resilience and mental peace. Overall, the study concluded that spirituality is instrumental in reducing stress and enhancing life satisfaction during middle adulthood.

#### **4. Concept of Rajyoga Lifestyle**

The Rajyoga lifestyle is a spiritual way of life grounded in meditation, positive thinking, purity, and self-discipline. In this lifestyle, the connection between the soul and the Supreme Soul is experienced through "open-eye meditation." Emphasis is placed on \*Amritvela\* meditation, a \*sattvic\* vegetarian diet, emotional balance, spiritual study, and service to humanity. It inspires one to adopt a balanced daily routine while abstaining from intoxicants and negative habits. The Rajyoga lifestyle is regarded as instrumental in attaining mental peace, self-realization, happiness, and spiritual bliss.

##### **4.1.Spiritual Happiness among Educated Youth**

Spiritual happiness signifies inner peace, contentment, emotional balance, and a sense of meaning in life. Rather than relying on material pleasures, it offers a lasting and profound sense of joy. Today's educated youth face challenges such as academic pressure, career insecurity, relationship stress, digital addiction, and mental instability. These issues can exacerbate anxiety, loneliness, and depression. Rajyoga meditation fosters the development of self-confidence, concentration, positive thinking, and emotional resilience among young people. Various studies have found that regular practitioners of Rajyoga experience higher levels of happiness, better mental health, and a greater sense of meaning in life.

##### **4.2. Biological Clock and Rajyoga Lifestyle**

The biological clock, or circadian rhythm, is the body's internal timekeeping system, which regulates sleep, digestion, hormones, and mental alertness. An irregular lifestyle can disrupt this biological balance, leading to stress, fatigue, insomnia, and emotional instability. The

Rajyoga lifestyle is grounded in a regular daily routine and discipline, which helps maintain the balance of the biological clock. It places special emphasis on timely sleep and waking, meditation, and a \*sattvic\* diet. Thus, the Rajyoga lifestyle contributes to improving physical, mental, and emotional well-being.

### **4.3. Early Rising and Amritvela Meditation**

At the Brahma Kumaris, special emphasis is placed on meditation and self-reflection during "Amrit Vela"—the early hours around 4:00 AM. In Indian tradition as well, the "Brahma Muhurta" is considered the most auspicious time for mental peace and meditation. Morning meditation calms the mind, thereby enhancing concentration, positivity, and hormonal balance. It aids in reducing stress, promoting sound sleep, and maintaining the balance of the biological clock (circadian rhythm).

### **4.4. Neurophysiological Effects of Rajyoga Meditation**

Scientific studies indicate that Raja Yoga meditation has a positive impact on the brain and mental health. Research has found that regular practitioners of Raja Yoga exhibit higher levels of happiness, and structural changes have been observed in positive regions of their brains. Neuroimaging studies have also demonstrated a correlation between positive thoughts and an increase in gray matter. Raja Yoga meditation aids in reducing stress, fostering emotional balance, and enhancing concentration and positive thinking. Various meta-analysis studies have further confirmed significant improvements in brain functioning attributed to meditation.

### **4.5. Rajyoga Lifestyle and Emotional Self-Regulation**

Raja Yoga meditation teaches individuals awareness of their thoughts and emotional self-control. It emphasizes transforming negative thoughts into positive and spiritual ones. Studies have found that young people who practice Raja Yoga demonstrate improvements in self-esteem, stress management, mindfulness, and emotional balance. These qualities assist educated youth in navigating social and emotional challenges.

### **4.6. Satvik Diet and Holistic Health**

In the Rajyoga lifestyle, special emphasis is placed on \*Sattvic\* vegetarian food prepared with a calm mind, as food exerts a direct influence on the mind and emotions. A balanced diet, regular sleep, and meditation enhance digestion, immunity, mental clarity, and emotional

stability. The disciplined daily routine of Rajyoga also aids in maintaining the balance of the biological clock (circadian rhythm).

#### **4.7. Critical Review of Literature**

Most studies have found that Rajyoga meditation has positive effects on mental health, emotional stability, and happiness. Nevertheless, research in this area faces limitations such as limited sample sizes, a scarcity of long-term studies, and a lack of research focused specifically on youth. Combined studies exploring the interplay between spirituality and circadian biology also remain scarce. In public discourse, while some describe the Brahma Kumaris' meditation practice as a source of peace and a transformative experience, others raise questions regarding its strict discipline and beliefs.

#### **5. Conclusion**

Conclusion When mind and spirit harmonize, Peace is born. Each day, by sitting quietly, all thoughts are like dusts when the wind blows. A calm morning sets rhythm; actions follow naturally instead of rushing ahead. Light nourishment is a key point; a steady energy through hours is gained by eating light plants. Earlier rest, activity at sunrise is optimal. These practices reduce stress, improve concentration and increase happiness, according to research. Youth today are under pressure, noise from all directions is distracting young minds. However, even the stillness that was done daily produced strength within, without coercion. Silence welcomed, often, clarity grows.

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#### **Conflict of Interest/Competing Interests**

No conflict of interest.

#### **Data Availability**

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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