

Steps to Meditate



Enroll for Rajyoga Meditation Course

At the heart of the Brahma Kumaris teachings is The Foundation Course in Raja Yoga Meditation. This course provides a logical and practical understanding of the relationship between spirit and matter, as well as an understanding of the interplay between souls, God and the material world. The series of classes in this course will facilitate your inward journey in an efficient and effective way. Anyone can enroll for same at any of the 9200+ centers across 140 countries. Look in the space below for your nearest center or scan the QR code to reach our center finder web page.

CH#192	CH#192	CH#686	CH#171	CH#766* (from:7:30 pm-10pm)	CH#497*

Contact US

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Center Near You



INTERNATIONAL YOGA DAY



Practice RAJYOGA MEDITATION

for Enhancing the 7 Virtues

Purity	Love	Peace	Power	Knowledge	Happiness	Bliss

Organizer: Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

www.brahmakumaris.com





What is Rajyoga Meditation

Yoga is an ancient world known technique and its craze reached its Pinnacle when United Nations declared 21st June as International Yoga Day favouring request from Indian Prime Minister Hon'ble Narendra Modi. During this time along with many others Brahma Kumaris were also invited to participate and contribute to transformation through Yoga. Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. It is a meditation without rituals or mantras and can be practised anywhere at any time. Raja Yoga makes meditation versatile, simple and easy to practice.

Meditation is about making my thoughts peaceful and stable

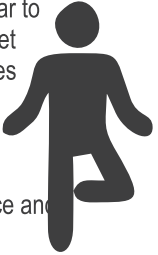
Raja Yoga releases the power to respond with love.



Who Should Meditate

Anyone and everyone who wants to can use, and benefit from, Raja Yoga meditation. Some choose to come to a Brahma Kumaris centre once a year to confirm a connection, others incorporate meditation into their daily lives, yet others add meditation to their other spiritual practice. It all works and it all enriches the lives of those who choose it.

Rajyoga is **not about physical Asanas** but to **connect with the real self** and the supreme father. Yoga in hindi translates to Union, and Rajyoga focuses on the union of self with the Supreme father hence helping to be in the state of peace and bliss



When to Meditate

Morning is the best time	At mealtimes	Throughout the day	Just before Sleep



Where Should I Meditate

Outside or inside	Quiet among crowds	Alone or in company
The whole world offers itself to you to select your own special place to connect with yourself and the One. On a sunlit beach, a serene riverbank or a dentist's waiting room, a bench in a city square or a patch of grass somewhere. Everywhere is a fine place to become still and silent.	Here you learn how to create a quiet room within yourself. You'll find that you can slip into it at any time. When there are people around you, or when the world is noisy or challenging, step into the quietest place on the planet – the silent space of the soul	Elevated and most beautiful experiences of meditation can occur when you're just on your own, only in the company of the One. There are also places where you can choose to meditate with others. All around the world there are Brahma Kumaris centres where anyone can visit to share moments of calm.
At Home	In your workplace	While travelling
You don't need a special room or allocated space, any quiet corner or comfortable chair will do. Soon you'll find a particular place where the vibrations of your own stillness and reflective practice create a little place of peace.	Our workplaces can be really interesting if we find a place for meditation. A little creative thought can suggest. While listening to the silence within, or walking down a corridor with a file can give you a few minutes of peacefulness away from your desk.	Good amount of time you spend going from one place to another, on foot, travelling by bus or train can be used to visit your internal space of stillness. The open-eyed method of Raja Yoga meditation makes this inner journey possible and practical.



Benefits of Rajyoga Meditation

 Unconditional Happiness	 Stress Free Life	 Peace of Mind	 Healthy Life
 Faster Healing	 Better and Sound Sleep	 Increased Work Efficiency	 Harmony in Relationships
 Reverses Heart Problems	 Better Control on Thoughts	 Increased Attention Span	 Slowed Ageing

Experiencing Meditation

If you have not meditated or tried to connect to the Source before, go to a Brahma Kumaris center near you whose details are provided on next page. All the courses and guidance are free of charge and one-on-one guidance is often possible. If the center addresses featured below are not nearby please scan the QR code to reach our website and contact us for more details