

A Brief Summary on “An Analytical Study of Sahaja Yoga Impact on Development and Evolution in Human Beings”

Introduction

The origin of creation is supposed to have happened due to an explosion of energy defined as Big bang. Resultant creation is made of visible and invisible, living and non-living and other seen-unseen elements. In the creation all these exist at four main levels known as Physical, subtle, causal and super-causal levels of existence. These levels are also the expression of divinity in the creation.

A human being is a living system made of visible and invisible elements and is considered a replica of universe. Thus a human being also has four levels of bodies known as physical body, subtle body, causal body and super-causal body. All these bodies have their elements and the divine forces behind the elements which contribute to working and behaviour of a human being in daily life.

Some of the major elements of four bodies are,

- a. **Physical Body.** Body, Body Parts, Organs, Systems. All that makes physical body work as a living system and perform physical actions.
- b. **Subtle Body.** Mana (Mind), Buddhi (Intellect), SukshamIndriya (Subtle Senses). Controls working of physical body and human being as a living being.
- c. **Causal Body.** Chitta (Attention), Ahankar (Ego), SukshmaPran (Subtle Life Force). Controls working of subtle body and through subtle physical body actions.
- d. **Supercausal Body.** Atma (Soul), Pramatma (God), Prakarti (Nature). Controls working of causal body and through causal body working of subtle and physical body.

Working of Human Being and Behaviour

A human being as a living beings works under the control of brain-mind system. Brain is an element and part of physical body and Mind, an element of subtle body. But brain and mind are also effected by the state of causal and super-causal body elements like chitta, life force, prakarti, atma etc.

Behaviour of a human being is the result of various internal factors and is observed as impression and expression caused by the impact of actions like words, dealings, reactions etc. on other livings and non-livings in general but human beings in particular. In a human being behaviour is the ultimate result of all the elements of various bodies and their impact on physical body elements which exhibit as behaviour.

Human behavior is also effected by some invisible factors like anger, fear, lust, greed, tension, anxiety etc. which are the result of actions and reactions of various body elements and exhibit as behaviour at physical and subtle levels. These are all drivers of behavior in a human being. By controlling these drivers and their impact on the elements of bodies behaviour can be controlled.

Yoga and meditation work at elements of various bodies and hence control items of behaviour.

Role of Yoga in Human Behaviour

Yoga means union of individual living with creator or Atma with Paramatma. Meditation is the process of creating this union. In practical terms meditation and yoga mean bringing peaceful integration in elements of four bodies i.e. body, mind, attention and soul etc. and achieve the goal of yoga i.e. union of atma with paramatma which reflects as joy and peace, happy mind and thoughts and ailment free health.

Meditation and Yoga as tools of human development have been accepted world over. Sahaja yoga, though an old system, has been revived and taught in recent times. Sahaja Yoga works using kundalini awakening as the source of achieving yoga.

Kundalini is the divine energy resident in every human being and imparts life and balance and flows through Nervous System (Nadis) and Plexuses (Chakras) in the physical body. Problems in a human being are caused by imbalance in the flow of energy which when balanced removes the problems .

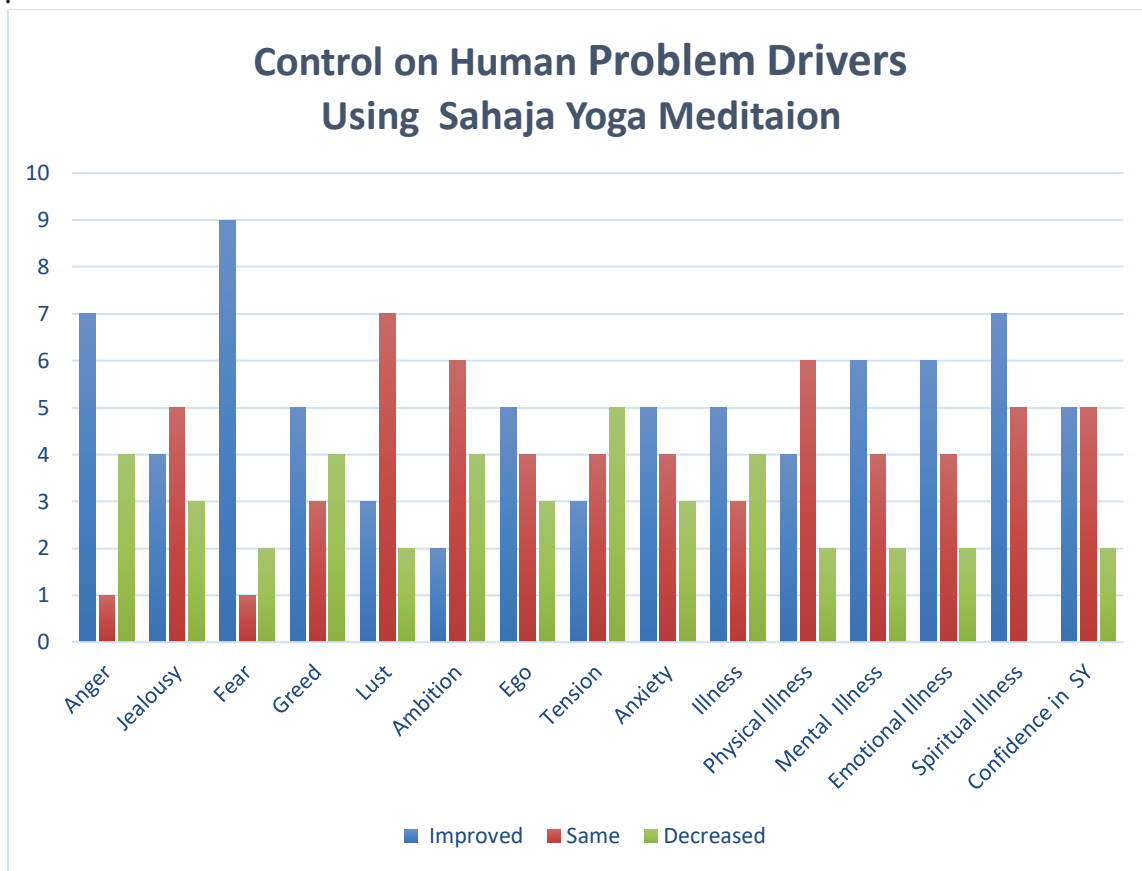
Kundalini normally remains dormant but on being awakened flows through Nadis and Chakras and energises every cell and organ connected through nerves and plexuses. By meditation one can bring balance in this flow in the body and achieve benefits at physical (Body and Organs),

subtle (Mind, Intellect) and even causal (Ego, Consciousness) bodies which are cause of anger, tension and all other weaknesses.

This also imparts an awareness of higher level known as self realisation.

Impact of Sahaja Yoga

Overall impact of sahaja yoga meditation after short duration of twelve weeks on control of Problem drivers in human beings can be shown as in the Graph



Control is expected to improve after longer periods of SYM practice.

Meditation and Yoga have been suggested as tools of improving health, managing stress and hence behaviour. Sahaja Yoga meditation is a special type of meditation based on kundalini

power. Kundalini is the source of life and working of autonomous nervous system (ANS). ANS is the key to strengthening physical, mental, emotional and spiritual levels in a human being.

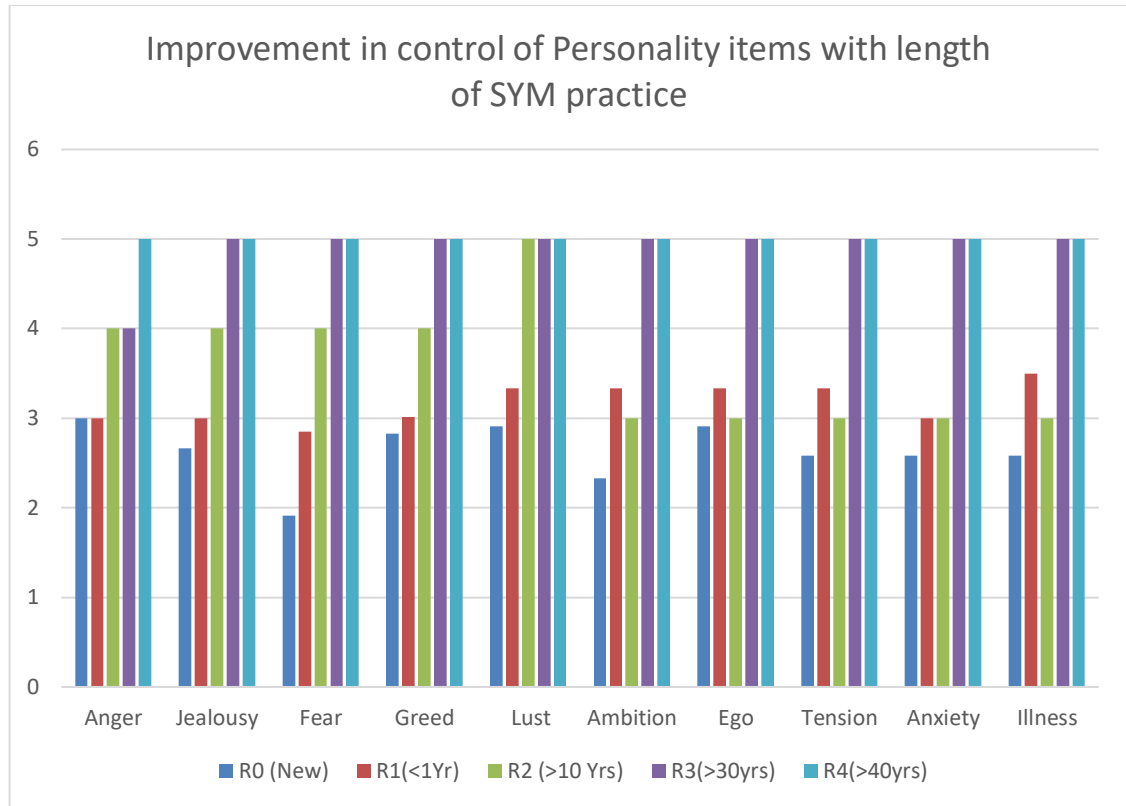
Some of the obstacles in the good health and behaviour in a person are caused by physical, mental, emotional and spiritual health and ailments. These ailments are caused by the imbalance at various levels. Some other major mental and emotional obstacles effecting behaviour are ambition, anger, ego, fear, greed, lust etc.

In a human being behavior is the result of brain-Mind system. The working of brain-Mind system is effected by various physical, mental and other factors in the nature and creation. Sahaja Yoga works by strengthening the elements of Autonomous Nervous System (ANS) which in turn strengthen physical, subtle, causal and super-causal bodies and their elements. To check effectiveness of sahaja yoga in improving health and behaviour of a person, the individual needs to be initiated into sahaja yoga meditation and its practice.

Regular practice of yoga and meditation can improve working of physical and other bodies which can be seen as improvement in physical, mental, emotional and Spiritual health. This improvement becomes stronger with duration and period of practice daily,

Result of Study

Study has examined works on body, mind and health to further extend it to behavior. Experiment has shown positive results and improvement which increased with length of practice as can be seen from comparative analysis shown in the graph.



Conclusion

Sahaja Yoga is a relatively new subject in its current form. Sahaja yoga originated in 1970 but is a highly scientific subject. Researcher has started work in 1982 and published three main books and many books based on sahaja yoga. Resresearcher has also a number of papers on topics like “Sahaja Yoga-A Scientific View”, “Sahaja Yoga and Healthcare”.

Many medical researchers have worked on impact of sahaja yoga on brain, ailments etc and auther chose to work current topic to find its impact in overall development.

The study is expected to help in further work on use of sahaja yoga in other areas like management..

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