

TIME MANAGEMENT THROUGH 'A³' BY RAJYOGA

Abstract

The record in sequence with months, days and date called as Calendar while article to record the flow of months, days and date is called a Clock. The measurement unit of Clock is the hours, minutes & seconds while for months, days and date, it's the climate, weather & refraction. As a result of the phenomena of movement of earth and atmospheric refraction, effect of bending of light rays entering into the earth at a particular angle creates the eternal moment. This shallow angle created till two hours before sunrise from the last two hours of dusk, which is the time from 3:00 am to 5:00 am being considered as a very special and important time when soul rejoins with its original nature of eternal peace & silence, when nature is also in its original eternal form giving out cool & soothing breeze, the waves with mystical sounds making the surrounding divine. This time is the basis to concrete transcendentalism. This transition period of atmospheric refraction is ornated with different names in religious literatures. In Hinduism, it is Brahma mahurat, in Sikhism it is Amrut-vela, in Islam, it is Fajr, in Christianity, it is Dawn.

In the Vedas', it is described as a time when one can in "Amrut-vela be in his own self - respect and feel the atmosphere with purity and goodness". In the theory of Ayurveda, "Sanjeevni Shakti is transmitted in the body at a rapid speed which is like nectar". In the scientific research, it is proved, "in bham muhurat the atmosphere is pollution free and environment is generating a positive energy, trees breathing out high percentage of pure oxygen, which fills the mind and brain with cleanliness". People who wake up at such a pious time are reported to be wiser and more enthusiastic, healthy and successful and energetic and

Authors

Daxa Gajjar *

UGC Approved
Research Scholar
Centre for Academic Research (CARE)
Manipur International University
Imphal, Manipur, India.
d.b.gajjar05@gmail.com

Avinash Shrikrishna Raut.

UGC Approved
Research Scholar
Centre for Academic Research (CARE)
Manipur International University
Imphal, Manipur, India.
Faristhaavinash@gmail.com

Chetana Chaturvedi

UGC Approved
Research Scholar
Centre for Academic Research (CARE)
Manipur International University
Imphal, Manipur, India.
faristhachetna@gmail.com

Falguni Kaila

UGC Approved
Research Scholar
Centre for Academic Research (CARE)
Manipur International University,
Imphal, Manipur, India.
healthoption39@gmail.com

glorious. Amrut-vela has mythological significance. There is natural importance and there is also spiritual importance. The third eye of inside knowledge is to attain one's spiritual progress and the external life style becomes complimentary and helpful.

The main goal of this research is to find the secret of managing time most efficiently and effectively with a return gift of eternal energy of happiness & strength with stress free, tension free, confinement free and disease-free life. The research revealed, for a healthy and always successful life is attained only with a long-time practice of bringing back the spiritual treasures of the soul, mind & body along with coming close to nature. The experiments revealed better understanding of Mind Management, Time Management & Responsibilities (Karma) Management. Hence, the acronym 'A³' is coined and kept open for further researchers. 'A³' stands for 1. Amrit-vela (Time), 2. A stands for Atma (Mind), 3. A stands for Avinashi (Karma). The methodology used is simple practical questionnaire method recorded during the regular daily habits and its effects like wake-up pattern, sleep pattern, food intake pattern, seating & walking pattern, etc. The results showed there was a drastic change in one's self management who were regularly doing Rajyoga leading to a happier, healthier and contented life. It's a lottery to become a Rajyogi practitioner for deepening of self's true identity and consciousness.

Keywords: Time means - time, period, time, moment, moment, minute. Management means - administration, operation. Amrit-vela means pious dawn hours, Karma means activities done by physical or mental health, Atma, Avinashi.

I. INTRODUCTION

The Clock says, 'I am the time, I have no beginning and no end, I wait for no one. I go on continuously without stopping. I am also known by the name moment, clock, period, minute. I am born with the creation of the universe. I was yesterday, I am today and will be tomorrow (Past, Present and Future). Nothing can block my flow. He who walks with me - gets yesterday's success, today's victory and tomorrow's success. Everyone is the master of time but only when he is ready to change with me. That is why it is said, know, think, understand and act. I have seen the battle to rule the earth for eternity. I am time a spinning wheel, flowing water'.

Once it goes out of hand, it does not come in hand the second time. Time is a vehicle with no brakes to stop it, and no gear to go back. There is no fixed classical definition of time management. Time management is choosing the right time to do the right thing. The amount of time is always limited. Therefore, proper use of time is time management. Using time efficiently brings more benefits. Time management means a planned technique of using time properly. As easy as this thing sounds, it is difficult to follow that technique and implement it. This is also the right management of time, whoever learns it becomes successful in life. In that itself, the quality of work, stress, liberation and productivity increase. Together it helps in making better decisions. It also increases the motivation level. It is said that one who cannot manage time cannot do anything in life. Time management is essential to achieve goals in all areas of life. Time is money. Time is valuable, precious, as well as a salve. This cannot be compared with anyone or anything. Time is a great teacher; time is also the wisest advisor.

II. NEED & SCOPE OF THE STUDY

Here, the researcher, takes new dimension, which is the deep secret of spiritual knowledge & Kalachakra because time is also called Kaal. Change is the rule of nature. Holocaust doesn't happen, but time is changing. It is said the time, that is very powerful, no one's strength works in front of time. one who adapt to the time always triumphs. If one understands the cycle of time in another sense, then it is the cycle of creation, it is the cycle of time. There are many complicated things in life, mysteries of life which are unsolved. One can understand the movement of wheel of time, then these unsolved mysteries of life will become crystal clear. Knowing and understanding the secret of the same thing may change the way of living.

III. IMPORTANCE / SIGNIFICANCE AND SCOPE OF THE STUDY

The duration of Kalachakra¹ is 5000 years. This is a secret told by God. It is a Divine Revolution. There is no proof for the mystery which is narrated by God. One has to accept the fact about time. To explain the complicated things in life, it is very important to understand its importance because it has a deep connection with our own life. This secret of revolution of 5000 years has been said in one form or the other in every religion.

1. According to Hindu religion, the war of Mahabharata took place 5000 years ago. If one looks to the past, at this time, then again, the same period of Mahabharata, the era of unrighteousness has come. There is a lot of defamation of religion. Papa-Char², the era of tyranny, corruption has come. The Mahabharata war did not take place in the Copper

Age. If this war had taken place in Dwapar Yug, then Kalyug would have come after Dwapar Yug. If given the knowledge of the Gita, then the true religion should have begun. Only then will unrighteousness be destroyed and true religion will be re-established. So, this period is indicating 5000 years.

2. In the religion of Islam - It has also been said in the religion of Islam, that after every 5000 years, the time of kayamat³ comes. When all the graves will be opened and all the accounts will be taken and he will be punished accordingly. According to this religion, this time is coming again. It is clear and many predictions are telling that those 5000 years are going to be re-started now.
3. Similarly, according to the Christian religion, there was Paradise on earth 3000 years before Christ. It was heaven, and it has been two thousand years since the establishment of Christianity, so, account of total of 5000 years has passed.
4. Nostradamus has said, Golden Dawn is going to come after the third world war, which means, golden time is coming again. It has been said in many forms in every religion that 5000 years has its own significance.

This revolution has been created by God which is eternal and immortal. The duration of the world cycle is 5000 years and it has four phases. Satyug⁴, Tretayug⁵, Dwaparyug⁶ and Kaliyug⁷. It is also called a revolutionary wheel or moving cycle. From Satyug to Kalyug & again revolve from Kalyug to Satyug. At the end of KaliYuga, there is also a fifth small and secret Yuga, this is the sacred SandhiYuga⁸ of two phases of time called Sangamyug⁹. In the Sangamyug, everything is secret and quiet. Silent means - sound is not used and being hidden means - cannot see much with these naked eyes but can be experienced only.

This is also called auspicious Religious, enlightens, pious, awakening era called Purushottam¹⁰ Sangam Yug. As the night is passing and morning is about to come, this time is considered sacred and eternal time. It is a leap era, when the old transforms into the new. It is in this age that spiritual awakening spreads all around. This time is also a time of congratulations as well as farewell. We bid farewell to old thinking, ways and habits while congratulate new initiatives, enthusiasm and pure thoughts. It is only in the Confluence Age that the sweet union of the soul and the Supreme Soul takes place. This knowledge, is a new dimensional knowledge. One will experience wonder in this spiritual journey of oneself. This is the time of renaissance of souls. God Himself descends and opens the third eye of knowledge. He gives divine intelligence. God also gives his virtues and powers to make man a deity so that the soul can create a wonderful future for themselves. Just like the phoenix¹¹ that rises again from its own ashes.

The knowledge given by God is called the teaching of Sahaj Rajyoga¹². The teachings of Rajyoga were given by the Supreme Soul earlier also 5000 years ago, but with the passage of time, many other methods came to the fore and the method of establishing a spiritual relationship with the divine was forgotten. Now it has become easy and natural to bring about a complete metamorphosis through spirituality through your thought power.

IV. UNDERSTAND NEW DIMENSION OF TIME – SPIRITUALITY

Spirituality is an approach to experiencing divine inspiration, as distinct from religion. It is a thinking force, it is a philosophy, it is a lost heritage of culture, it is the essence of the thoughts as described by saint and saga. There is an attempt to solve each and every riddle of the soul, the divine, the birth and death, the creation and destruction. Spirituality is directly related to the inner life of man. It is from his inner journey. If the powers are taken by taking the support of the soul, then it is called spiritual power. In which our inner consciousness has to be known, believed, understood and peace.

As per the holy book Bhagwat Gita, the soul can achieve progress by keeping itself in the sense of 'Self', removing it from the dominance of Maya. Spirituality means study of soul. Spiritual is an adjective word. For one who knows himself, nothing remains to be known. Before knowing Rajyoga, it is very important to know spirituality.

V. THE KINGDOM PATH OF RAJYOGA

There are many forms of yoga like Rajyoga, Hatha Yoga, Karma Yoga, Bhakti Yoga, Mantra Yoga. Yoga has been limited by most people to physical postures and yogic asanas. There is also a separate description in the literature for the path of devotion and the path of spiritual knowledge. It is a combination of two words, Raj & Yoga, the words themselves are telling the meaning. It is the King of all yoga. In Rajyoga Sadhana¹³, one has to look inward on oneself, find oneself, like a self-possessed phoenix. Sadhana means quiet contemplation away from the hustle and bustle of daily life. To concentrate your personality in solitude, your existence at one center. Solitude means being at the end of the One. Stay ahead in the One. At present, there is no awareness of its existence, it is scattered all around. Then there is the feeling of tension. Physical, mental, and emotional life has become chaotic and unbalanced. At the same time everything can be achieved only by practicing Rajyoga. People of all background may it be any religion, any caste, creed, sex, social, economic classes can be a practitioner of this sadhana. Age does not matter for this sadhana, the child, the adolescent, the youth, the adult, the nonagenarian, the octogenarian, the septuagenarian, the sexagenarian, the quinquagenarian, the women anyone can do it. There is no mantra, tantra, ritual, ritual, chanting, penance, worship, worship in this meditation. This meditation is practiced keeping open eyes. Raj means king and yoga means to connect/add/union. There is no physical exercise or asanas' in Rajyoga, but it is a mental exercise relaxing the mind and body at the same time. One can connect the mind with the infinite existence and create a creation of experiences for one self. Let's add one word in front of Rajyoga. "Sahaj" means Sahaj Rajyoga. The eight powers are attained through easy Rajyoga (1) Power to tolerate (2) Power to accept (3) Power to judge (4) Power to decide (5) Power to resist (6) Power to cooperate (7) Power to narrow expansion (8) Power to compress

In Bhakti, Shiv Shakti have been described as having eight arms and Ravana has been shown with ten heads. The arms symbolize the helper. Ravana's head represents arrogance. This ego is the root of all problems. Divine powers are needed to eliminate this ego, evils, and weaknesses. In fact, the Almighty God is the source of the best qualities and powers. Rajyoga enables one to experience three dimensions in life – ones' self, in relationships, in situations and problems. Only on the basis of these powers, we can overcome difficult and adverse situations, understanding the time. This link of Rajyoga is also added to the importance of time management.

VI. DEFINITION & UNDERSTANDING OF A³

‘A³ = A x A x A = Amritvela (Time), Soul (mind), Indestructible (Karma).

1st A – Amritvela- It is the time gap between deep dusk to early dawn. It is the symbolic time between the kaliyug and Satyug, it is also the time which shows the downfall of negative energy and rising of positive energy, it is the untiring and never-ending cycle of life. As the name, so is the importance. The name itself proves the importance of time. The literal meaning of Amritvela is also called as Kaal, Time, Hour, Amrit Vela = Amrit + Vela, which means pious time. The dose of life, given by God. One who drinks the nectar, attains immortality. And Vela means - time, watch, time, moment. This divine clock (moment) is of great importance. In Hinduism it is called Brahma Muhurta. In Sikhism it is called Amritvela. In Islam it is called Fajr prayer. In Christianity, it is called prayer. There is an old song which says, ‘A clock, half a clock, puni half in half, Tulsi Sangat Sadhu's. Table of Time can be understood by: 1 day = 24 hours, day & night = 2 Bela, 3 hours = 1 Prahar, 8 prahar = 1 day, 30 Muhurta = 1 night day. Such a cycle of time goes on with days, months, years pass by. Two moments before sunrise in the morning or the period of the last hour of the night (fourth hour) from 3:00 to 5:00 am is important. This time is the basis of concrete transcendence. This is the time of amrit vela. It is said in the Vedas - Amritvela fills the mind and atmosphere with purity and goodness. It has been said in Ayurveda that - Sanjivani Shakti is transmitted rapidly in the body which is like nectar. It has also been said in scientific research - the environment in Brahma Muhurta is pollution free and full of oxygen, which fills the mind and brain with cleanliness. Those who wake up in such difficult times are wise and enthusiastic, healthy and successful, energetic and proud. Amritvela has mythological significance. It has natural importance as well as spiritual importance. Insight (the third eye of wisdom) is achieved in spiritual progress and the outer lifestyle becomes complementary and supportive. Yoga is the bridge of knowledge and realization. It is more than practicing, it is an experience, far more than attainment, far more than a goal, a difference is the journey. When one woke up after 7:00 am it is Maharogi (ill health), after 6:00 am, it is Bhogi (materialistic enjoyer), after 5:00 am, it is devotee, after 4:00 am, it is Yogi, after 3:00 am, it is Mahayogi, after 2:00 am, it is the one and only one called the Rajyogi.

1. Benefits of waking up at Amrit Vela

- Gods and Goddesses roam in this creation in the morning.
- The environment is peaceful and pure.
- There is a hundred predominance of qualities.
- According to the scriptures, the doors of the major temples are opened and the God's makeup and worship is done. One gets beauty, strength, knowledge and health.
- This time is considered best for the creation of texts.
- At this time sleep is the destroyer of virtue.
- Long life, healthy life, happiness, success and happiness is happiness.
- Only human beings and sattvic powers are awakened. There is a union of the spiritual masters and the invisible supreme power.
- Send any message to the universe, then the universe reaches the hero and is definitely accepted.
- The morning to enjoy solitude. As the soul is with you when you are alone, it becomes a golden time to talk to God.

- Miracle Morning - If the wonderful beginning is with meditation, then the words and thoughts of the morning become miracles. If 'A' is removed from Amrit Vela, then Dead Vela remains.

2. Experiencing real worth for waking up in Amrit Vela

- Worship, meditation, prayer, study
- Reading, writing, some exercise, best suggestion, blessing, gives experience of being energetic
- Do not argue, talk, do not have sex, do not have a nap or sleep, no have negative thoughts
- Eating, traveling, reciting aloud are to be avoided to focus the mind in silence

Second A – Atma. Atma is also called as Soul, which is the most important part of consciousness. The soul conscious person will always practice the sentence, "I am a soul". Any other identity, one has is only to play the part & to perform the act. Whatever part is to be played; it is ultimately the soul. It is the conscious spiritual being. It is the star of light, the happiness of consciousness, & body is just a garment. The first step in the practice of yoga is to determine oneself as a soul, a living star. To travel to the inner world, it is necessary to know the soul accurately. The knowledge that the Supreme Soul has given us about the name, form, abode, virtues and duty of the soul is very easy to understand and imbibe. Even an ordinary person can understand it. The soul is a point of light. She is a resident of the supreme abode. It is the soul that wears the clothes of the body and performs its lesson on the stage. That is, she does work and suffers its fruits in the form of happiness and sorrow. The soul never attains eternal salvation because the soul is a participant in this eternal and indestructible drama. This rational knowledge about the soul is neither in the prevalent Gita nor in the religious scriptures of any other religion.

Table 1: Distinction between Soul and Body

SOUL	BODY
There is a being	the body is a thing
There is light	there is a great audience
Death is immortal	It is mortal
The self is aware	It is unaware
It is eternal	It is eternal, is temporary
It is un born	It is born by Man & woman
It is imperishable	It is perishable
It is non-flammable	It is flammable
It is invisible	It is invisible
It is weightless	It is indefinite weight
It affects the body	It affects the soul
It is very subtle	It is of fixed size
It is bodiless	It has a body
Adi is without end	It is according to time
It is sensitive	It is insensitive
It is the pious deed of the soul	It is the vehicle of the day

It holds the body	It is my body
It is the soul consciousness	It is the body consciousness

The difference between soul and body has been clarified in the table presented, so that we can clearly identify ourselves as soul. The soul is immortal and imperishable. This body like clothing is perishable. The soul is the form of Sachchidananda. The mind is accompanied by the intellect and sanskar. When the soul desires, thinks, resolves, then it is the mind. When the soul takes a decision, it is called the intellect. And when the soul is imprinted with deeds, it is called Sanskar in spiritual language. Mind, intellect, culture are not different from the soul. All three are the inner power of the soul. The mind always goes on thinking. Thinking is a very subtle action. It is the part of human consciousness that creates mental images, self-talk, feelings, etc. Its activities include imagination, reaction, action or response to sensory organs and sensation to sound, smell, touch, taste.

There are four types of thoughts arising in the mind. 1. Positive thoughts 2. Necessary thoughts 3. Negative thoughts 4. Unnecessary thoughts. Yoga practice is a kind of disciplined process, which motivates the mind to generate positive thoughts. Wake up to Achieve the goal & be successful to achieve the destination.

Third A – Avinashi Karma alias Indestructible (Karma) - Karma literally means "work" or "action". Karma is not destiny. It is considered as cause and effect of action and reaction. The principle of karma is - what one does, one will get, what one do, one will get, one will get as much as one does. At present, one are passing through the era of change. The Supreme Soul, the Ocean of Knowledge, is teaching us Rajyoga at this time. As per the deeds done by the man, so the man will get the result. The Lord says in the Bhagwad Gita, "O Vats, the movement of Karma, Akarma and Vikram is very secret. No one knows it. Therefore, get the knowledge of this secret movement from Me". This creation is a world drama based on karma and fruit. Karma is the prime factor in this. That's why it is very important to know the rules and regulations of Karma. Only the one who knows all the rules and regulations is capable of doing the best work. As a result of which he gets the best result. The secret of the deep movement of actions is explained by God himself very clearly and with discretion, every act of the world based on cause and effect Walks here is bound in karma and fruit. That is, there is no single action that does not have a reason. Science also believes that shock and shock are opposite and equal. The scriptures said that one has to be born in the same vagina in order to get the fruits of one's actions. Then sometimes due to the same unknown fear many people do not want to understand the secret movement of Karma. They think - keep doing it, whatever happens will be seen. As soon as the camel bird (ostrich) sees a storm, it buries its head in the sand, and believes that there is no storm, it is not sensible. Yes, one thing is true here that the human soul takes birth only in the human form and the result of its deeds is devotion in this form only because man acts by being subservient to the qualities of nature (satvik, rajasic, tamasic). The reward of happiness and sorrow goes on in the life of a human being on the basis of karma. That is, one suffer the consequences of the deeds we do in the form of happiness or sorrow. Happiness and sorrow are related to karma. Karma cannot be called luck. Some say that God has made luck, but It has been said that the soul is its own enemy and its own friend. The main goal and focal point of the search for spiritual truth is the real identity of the self and the depth of consciousness. In fact, yoga is more than just a technique. It is more important to know, believe, and hold the secret of this better

time. This is the empirical research formula to be always healthy and always successful. Since long time the spiritual treasures of the soul had disappeared from the body and mind. The key is Amrit Vela. There are some rules of nature - sleeping - getting up, sitting - walking, eating - drinking.... these have to be followed. Very easy and simple tips. are presented through this research. This is told by God himself from time to time.

In the current times, people waste more time in useless activities. But managing time is more important than managing money because it is the only base to climb the pinnacle of success. That is why time has to be systematically divided between the specific activities of life. Laziness and carelessness are considered the enemies of time management, due to which the planned plan collapses. Make proper use of time.

VII. TIME Efficiently, Effectively and Energetically

Time Management is important for everyone, any professional, non-professional, be it a student, a teacher, a worker or an officer, a company owner a housewife or a saint, a preacher.

- Making a time table Write a time table for all your daily, weekly and monthly tasks.
- Make use of free time also.
- Sleeping early at night and getting up early in the morning.
- Avoiding the waste of social media.
- Evaluate yourself in time management.
- There is a need to learn to do the right thing instead of getting everything done
- Don't leave your work for tomorrow, complete it today
- Apart from spending leisure time in pleasure, it should also be done meaningfully.
- Prioritize work by focusing on important work.
- Creating time audit also makes many tasks easier.
- Fix a time limit for each task and complete the task within time.
- Work smartly along with hard work.
- The true respect of time is that we work smartly along with our hard work.
- Be careful! Time management is the best way to take advantage of time.

Life without discipline or say without Rajyoga:

- Not following the daily routine according to God's shrimat.
- Not paying attention to thoughts, words and deeds.
- Don't contemplate on knowledge.
- Not abstaining from food.
- 5. Don't become regular in Gyan Yoga.
- Not walking together with the divine organization.
- Hesitating to give Baba's introduction.
- Wasting time in the world by being in fault with company.
- Not making a time table for mind and intellect.
- 1o.get more familiarity.
- Being attracted to one or the other juice of the senses.
- Being unaware of the attainments that come from yoga.

- Different methods of yoga are not used to do.
- Running in the desire of name and fame.
- Forgotten by the memory of the treasures received from God stay.
- Watching TV unnecessarily.
- Spending unnecessary time on the Internet for a long time.
- Missing Amrutvela, Murli and Numa evening yoga.
- Living in lazy and carefree water.
- Habit of seeing the demerits of others.
- Spending more time in grooming yourself.
- Habit of thinking too much and in vain.
- Not having a simple nature.
- Arguing in small things.
- Removing each other's demerits.
- Negligence in services.
- Having more desires than necessary.
- Violating the divine norms.
- Forgetting the importance of Purushottam Sangam Yug.
- To be more interested in news here and there.

VIII. METHODOLOGY

1. **Sample:** It may not be possible to study the entire population in any research work. If the sample is selected methodically, then valid and reliable results can be drawn from it and conclusions can be drawn about the population.
2. **Pattern of Sample:** The researcher has selected 20 Raja Yogi seekers from Rajjipla's center for his research study.
3. **Study Method:** "The method of study is the path by which truth can be discovered."

In the presented research work, survey method has been used for survey by general conversation with Raj Yogis and monthly chart. **Yog – Prayog**. The questionnaire consists of 20 items. In which – Personal - 2, Amritvela - 6, Atmic - 6, Indestructible - 6 qualities. There are 12 women and 8 men in a group of 20 Raja Yogi practitioners.

4. **Instruments:** In order to give a scientific form to the research work, it is necessary to select and manufacture some instruments. The effectiveness and importance of the study depends on the appropriateness of the instruments.

To fulfill the nature and purpose of the research, the instrument of a self-made questionnaire has been used to know the yoga status of the Raja Yogi seekers of the center.

- **Pre Test**

No.	Through 'A ³ ' by Raj yoga	F (12)		M (8)		Total (20)	
		0 - 5 marks	6-15 marks	5 marks	6-15 marks	5 marks	6 -15 marks
1	Amrit vela Yoga	11	1	6	2	17	3

2	Spiritual Yoga	10	2	7	1	17	3
3	Karmayoga	12	-	7	1	19	1

- **Pre Test Score**
Amritvela Yoga - 85% did not feel yoga.
Spiritual Yoga - 85% did not feel yoga.
Karmayoga - 90% did not have yoga

- **Post Test**

No.	Through 'A ³ ' by Raj yoga	F (12)		M (8)		Total (20)	
		0 - 5 marks	6-15 marks	5 marks	6-15marks	0 - 5 marks	5 - 15 marks
1	Amritvela Yoga	1	10	1	10	1	18
2	Spiritual Yoga	-	12	1	12	1	19
3	Karma yoga	1	11	-	11	1	19

- **Post Test Score**
Amrit vela Yoga - 10% did not feel yoga.
Spiritual Yoga - 5% did not feel yoga.
Karma yoga - 5% did not feel yoga.

5. Problem Delineation: Every researcher has to edit his work keeping in mind the time, power, available resources and limitations in the research work, so it becomes necessary for them to delimit the problem. Anusandhitsu has also delimited his research work due to the ease and lack of time in the study as follows :

- The area of the presented research work has been done only at Brahmakumari Local Center.
- Only Rajyogi practitioners have been selected.
- The study of the presented problem is divided into two main dimensions –
 - Woman
 - Man

IX. OBJECTIVE

Objectives of the research problem. Therefore, the researcher has determined the following objectives of the presented research

Problem Statement - "Time Management through A³ by Rajyoga."

Concept of research work – Whether there is correlation in Time Management by Rajyoga through 'A³'.

1. Purpose of knowing the powers gained from Rajyoga practice.
2. Purpose of understanding the definition of soul (mind).
3. The purpose of knowing the secret movement of imperishable karma.
4. The aim is to make yoga easy through small methods.
5. Purpose of Time Management through A³ by Rajyoga.

X. CONCLUSION

Studying the research work done related to the problem of Rajyogi in the present research, the researcher has to think about the subject matter, its direction and field of work in his research context, analysis of principles, hypothesis and formulation of appropriate methods, selection of tools. For analysis, comparative information has been obtained and understanding has been generated.

Adapt simple practice to discipline one's life as a routine, use the following tips:

- While waking up in the morning - Good morning Shiv Baba.
- Amritvela Yoga - I am Shiva Shakti Combined Swaroop.
- While coming and going from home to service center - I am a light house angel.
- While listening to Murli - I am a Godly student.
- While preparing food - I am the most pure soul.
- Going to work outside home - Baba is with me
- While doing work – remember, I, the soul, am the master of this body, I am the Karankaravanhar,
- I am getting the work done by these workers.
- At the time of illness - I, the soul, am the master of the whole healthy body.
- While eating food - Bholanath's Bhandara is full, let all the troubles go away.

To improve your Spiritual condition

- I am the shining divine star.
- I am sitting on the Bhrukuti throne.
- I am completely virtuous.
- I am the child of Almighty.
- Kohinoor diamond.
- I am a resident of the supreme abode.

For Indestructible (Karma) –

- I am a double light angel.
- I am the master almighty.
- I am the master sun of knowledge.
- I am a master spiritual surgeon.

Such small drops together make an ocean!

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- [1] Gita Gyan and Gita Gyan Daata - (Spark, Gyan Sarovar, Abu Parvat, Rajasthan)
- [2] The Spiritual Secret of Gita Knowledge - (Om Shanti Media, Brahmakumari, Shantivan, Abu Road)
- [3] Karma, the pen to write destiny - (Om Shanti Press, Gyanamrit Bhavan, Shantivan, Abu Road)
- [4] Victory over obstacles - (Spark, Gyan Sarovar, Mount Abu, Rajasthan)
- [5] Divine Manifestation - (Spark, Gyan Sarovar, Mount Abu, Rajasthan)
- [6] Amritvela - (Om Shanti Media, Brahmakumari, Shantivan, Abu Road).
- [7] Sources of Yoga and Rajyoga - (Annamalai Uni Distance Education)
- [8] Spirituality in Yoga Divine Knowledge Course - (SPARK, Gyan Sarovar, Mount Abu, Rajasthan)