

A STUDY ON RELATIONSHIP MANAGEMENT WITH THE HELP OF BRAHMAKUMARIS RAJYOGA MEDITATION

Abstract

The aim of this study is to examine the role of Brahmakumaris (BK) Rajyoga meditation in relationship management. The study was conducted on 200 BK Rajyoga practitioners practicing Rajyoga from three month time span up to 8 years. One to one, one to many, many to one and many to many relationships were examined in this study. The reasons behind the differences in opinions, causes and reasons of stress in relationships are explored in this study. Various relationships like parent-child relationship, husband-wife relationship, teacher-student relationship, employee-employer relationship, relationship between two friends, between two families is overviewed in this study. How these relationships can be changed into a better and healthy direction with the help of Brahmakumaris Rajyoga meditation is the main focus of this study. Brahmakumaris Rajyoga meditation includes Amritvela meditation (early morning meditation), regular study of 'Murli' (spiritual literature) at the Brahmakumaris center, observing 'traffic control' (checking and changing the quality of thoughts) at a regular interval, 'dharna' (imbibing divine virtues) in personal life, 'Numa sham Yog' (evening meditation), writing letter to God (writing chart of spiritual activities) daily and 'Mansa, Vacha and Karmana Seva' (service through mind, words and deeds) to make the vicious world into the viceless world. The results found were surprising; there was a paradigm shift in the management of relationships. It is made possible through Brahmakumaris Rajyoga meditation because of the shift from vertical pressure in the relationships to horizontal distribution of

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caring, loving and sharing i.e., shifting of the mindset from role consciousness to soul consciousness.

Keywords: Brahmakumaris, Rajyoga meditation, relationship management, Amritvela meditation, Murli.

I. INTRODUCTION

We being Social creatures, Relationships are the most important influencer in our lives. To live life completely, one needs to make one's relationship count. One single bead cannot make a complete garland. That is the reason why relationship is most important in our lives. A healthy and active relationship makes a person's life enjoyable, happy and live (energetic). A stagnant relationship, on the contrary, makes life like hell (cessation). Healthy relationship makes every person to excel in his life. A stressful relationship is another name towards end of lively life. Relationship can be defined as a pair of one to one, one to many or many to one and can be described in mainly following types: parent-child (one to one), teacher-student (many to one), employer-employee (many to many), husband-wife(one to one), between friends, master-disciple, businessperson-customers or between states and between countries etc. We need to take care of all these relationships to make our lives vibrant and live. In the present-day scenario, everyone in this planet is unhappy in their relationship management. All are seeking bodily pleasure to live life happily but role and status consciousness is the root cause of all our desires, sorrow, and pain. In this study on understanding relationship management, a sample study was done on 200 Brahmakumaris (BK) Rajyoga practitioners & it has shown a drastic scenario change within the relationship among any two persons at any given situation after learning and practicing BK Rajyoga meditation. From this study it can be proved that only three C's are the basic of any relationships. The three C's can be changed and linked as per the requirement of relationship between the two. For e.g. relationship between customer and seller it is Customer retention, Component of profit and Common loyalty. In the case of relation between couple the three Cs are Commitment, Compromise and Communication etc.

II. BRAHMAKUMARIS RAJYOGA MEDITATION

Brahmakumaris Rajyoga meditation is such a holistic lifestyle that enables people to implement purity in thoughts, words and deeds in their practical life. The practice of high principles in practical day to day relations makes one's life more beautiful and satisfied. Brahmakumaris practice includes gyan, yog, dharna and seva i.e. rajyoga meditation, daily spiritual knowledge, imbibing the spiritual knowledge and divine qualities in practical life and doing service to make the world heaven by words, deeds and thoughts.

The daily spiritual knowledge is called murli which is the collection of literatures of Brahmakumaris. It is motivating and spreads positivity in one's life at every centre of Brahmakumaris throughout world in the morning and evening at the same time. Before getting familiar to daily murli the students are offered seven days basic Rajyoga meditation course at free of cost. This course is designed for all age, sex, caste, religion, educational background, cultural, economic background or ethnicity.

Sakar murli is called the God's own version which was uttered by incorporeal Supreme Soul- Shivbaba through his sakar medium Brahmababa before Jan 18, 1969. Avyakt murlis are the collection of Godly versions after the demise of Brahmababa's mortal coil on Jan 18,1969.Murlis are purely positive words and teachings of Supreme father Shiva and are meant for the better understanding of life and its relationships. Murlis are compiled at the Brahmakumaris headquarters at Mount Abu and sent to all the centers all over the world to study and reflect upon the spiritual teachings and covers various topics on self-transformation

and meditation as well as guidance to lead a practical spiritual life. These teachings are rich sources to help managing relationships in our daily life.

Brahmakumaris spiritual lifestyle includes Amritvela and Numasham yog, murli, traffic control, satvik diet etc. Amritvela yog is the meditation at the early morning, normally between 4 am to 4.45 am. Amritvela yog is very essential for all BK followers. Numasham yog is the evening meditation between 6.30 pm to 7.30 pm. The BK practitioners take a break for one minute in every one hour and check the quality of their thoughts- it is called traffic control. The BK practitioners accept completely pure Satvik vegetarian diet only. The food should be very high vibrational and prepared and consumed in the remembrance of Shivbaba.

III.METHODOLOGY

The methodology used was based on the monthly chart submitted by the BK students at four BK study centers located in Howrah and Hooghly districts in West Bengal. The centers are Haripal sub center under Konnagar main center, Tarakeshwar Brahmakumari Pathshala (BKP) and Shantipur BKP of Hooghly district and Shibaniipur BKP of Howrah district in West Bengal, India. This study was qualitative in nature. In depth interview and survey for data collection was done to undergo the study. Random sampling method was used among husband-wife, child-parent, employee-employers, teacher-student and between groups of friends. Confidentiality and anonymity were strictly maintained as per ethical practice during the whole process.

Table 1: Data of Four BK Centers

BK Centers	Haripal Sub Center	Shibaniipur BKP	Tarakeshwar BKP	Shantipur BKP
No of Male students	16	19	3	3
No of female students	84	31	22	22
Age group				
Below 18 years	10	5	2	1
18-45 years	29	14	11	7
46-60 years	45	22	8	12
Above 60 years	16	9	4	5
No of risk initially	94	43	19	22
Risk overcome & now no. of risk in relationship management	88	39	17	19

Table 2: Data of Risk in Relationships

Risk in Relationships	One to one	One to many	Many to one	Many to many	Risk in multiple relationships
Haripal Sub Center	76	27	8	5	78
Shibaniipur BKP	39	16	2	2	34
Tarakeshwar BKP	14	3	5	4	13
Shantipur BKP	19	7	3	2	17

IV. DATA ANALYSIS

In this study total 200 BK Rajyoga practitioners were nominated, among those 100 from Haripal sub center, 50 from Shibaniipur BKP, 25 each from Tarakeshwar BKP and Shantipur BKP. The BK practitioners who have been practicing meditation for minimum 3 months and upto 8 years are taken for this purpose. The age of the meditators is between 12 years to 80 years. The Rajyoga meditation offered in the four BK centers have some wonderful finding in the management of self and in the relationships the practitioners maintain in their day to day lives. When they were asked about the outcome of Rajyoga meditation, most of the BK practitioners were overwhelmed about BK lifestyle. All of the BK practitioners have noticed a mammoth change in their own lives and their relationships also have changed into a better direction as compared to their earlier lifestyle. The facts come into forefront are the self-realization, God realization, connection with the Supreme Soul and the knowledge of Karma and eternal drama of the world stage. They call it 'ABCD'- 'A' for Atma or soul, 'B' for Baba or the Supreme Father of all the souls, 'C' for Connection of soul and Supreme soul and 'D' for Drama. The study shows that among the BK practitioners 20.5% only are brothers whether 79.5% are sisters. 9% meditators are below 18 years old, 30.5% are above 18years old but below 45 years old, 43.5% are above 45 years but below 60 years. 17% of the Rajyogis are above 60 years old.

89% of the BK Rajyogis had joined the meditation course with risk in relationships. 83.14% suffered from one to one relationship, 29.77 % suffered from many to one relationship, 10.11 % suffered from one to many relationship, 7.3 % suffered from many to many relationship and an astonishing 79.77% of them were suffering from the risk of multiple relationships i.e. most of the meditators were suffering from more than one relationship issues.

After practicing meditation for more than three months there were drastically change in their relationship in almost all the meditators life. Most of the Rajyogis realize improvement in all the relationships. 163 out of 178 BK Rajyogis are very happy in their relationships after practicing meditation for more than three months but 15 BK practitioners are still in the process to improve their relationships. It makes 8.42% of the total practitioners who were at risk in relationship issues.

V. FINDINGS

1. Few Important Reasons in difference of Opinion in Parent Child Relationship

- The gap of age is the primary reason. Both do not understand others thought process. They argue over various topic just to prove- who is right and who is wrong
- Children want explore each activity in different ways, while parent find it insecure and hence it is wrong.
- Parent advices their children in the way they think right. Those advices may be obsolete to the children at the present age scenario.
- Parent are not interested in digital media platforms while children find these truly interesting & fascinating.

- Parent want to rear up their children as their own replicas. The wants and needs of the parents may be different from the children.
- The dream & desire of parents are imposed as the child's own dream & desire

2. Few Important Reasons in difference of opinion in Husband-Wife Relationship

- Male ego of superiority & inhabitant nature to dominate over his counterpart.
- Today's women are more self-dependent, educated and financially independent. Now, they are not feeling insecure & hence want to be self-dependent rather than under control of their relationship.
- Stress at workplaces entered relationship at homes.
- Power to take responsibility in relationships has gone down among couples.
- Bonding and affection in relationship has weakened.
- Material things have taken their places as source of happiness rather than unconditional acceptance between husband and wife.
- Extra marital affairs are very common and one of the most threatening forms of damage in husband-wife relationship.

3. Few Important Reasons in difference of opinion in Teacher-Students Relationship

- Expectation from the teacher sometimes is very high from the students, which may result in difference of opinion.
- The belief systems and thought process of both the teacher and student are different. When they come to interact, they build conflict of different culture and communication styles
- The age and experience gap between teacher and student may bring difference in opinion.
- The teaching styles in the classroom and the environment of the class also has mostly been changed from the earlier days. It can be a major issue in difference of opinion between the two.

4. Few Important Reasons in difference of opinion in between Two or More Friends' Relationship

- Not spending enough time or a prolonged gap between two interactions of the friends may erode the relationship.
- Childhood or schooldays friendship can weaken for different higher education career interest and after marriage of the friends.
- Another friendship or relationship with other can spoil relationship between two friends.
- Communication gap and misunderstanding often creates different in opinion between friends.

5. Few Important Reasons in difference of opinion in Employer Employee Relationship

- Less number of manpower is one of the biggest issues. the workload and target in workplaces are a huge source of difference in good relationship in offices expecting multitasking contributes to stress among relationship in offices as well as at homes
- The hypothetical targets set employer many leads to a stressor in relationship.
- Employees are denied leave and appropriate time to take rest and inadequate remuneration.
- Recognition and rewards, promotions are not given to deserving employees.
- No meeting targets in time by employees.
- Knowledge gap unwillingness to learn new things and new technologies by the employees.

VI. OBSERVATIONS

Relationships are lifeline to live life meaningfully. The values and importance given in any relationship hold the key. The difference of opinion in any relationship has been examined and some of the observations are like following:

1. The belief systems of two different human beings are the root cause of difference in opinions. Both of them have different sets of beliefs. Their thought patterns also follow the same path and different set of actions emerge.
2. People have very weak emotional immunity. The power to accept others Sanskar is very low. Hence difference in opinion automatically emerges.
3. People have also become less tolerant and tend to react very easily.
4. Single family contributes to loneliness and person from this family is more vulnerable to non-acceptance to others' opinions.
5. The more urbanization and migration from rural areas to urban cities is also a big factor. Faster life in cities makes a person a less-thinker or non-thinker and a quick action taker.
6. People have become more indifferent to others' emotions.
7. More financial independence and self-dependence also may be a decisive factor in difference of opinion.
8. Use of more technology and digital products takes away quality time in relationships.

VII. SOLUTION

Rajyoga meditation enables two entities to shift their identity from role consciousness to sole consciousness. It is paradigm shift from vertical to horizontal relationship management. It teaches that a person is not the role or body but a soul playing the role of an actor and he is the metaphysical energy. He has taken the body as a loan to play his role just like a driver drives the car. Everyone is soul not the role. This is the total shift from the body consciousness to soul consciousness. Every soul is my brother, playing the role of wife or parent or child. This consciousness of soul makes all the relationships easy. It looks like all are acting in a drama. All are players playing their roles perfectly. The sense of detachment in relationship makes it more beautiful. This way the earlier vertical pressure in the relationship is converted in Horizontal distribution of that pressure. The sense of universal brotherhood is established in the relationship management with the help of BK Rajyoga lifestyle.

The BK Rajyoga teaches that relationships are nothing but exchange of energies. The quality of a relationship is decided by the quality of thoughts we create about others. The simple thing learnt at BK center is that, if we want to change the quality of relationship with a person, we need to change our thoughts about that person.

BK Rajyoga meditation encourages the Rajyogis to change their waste and negative thoughts and create only positive and high vibrational thoughts. It preaches to inculcate divine qualities in the BK practitioners lives. BK Rajyoga has a beautiful motto that ‘when you change the world changes’ i.e. world transformation through self-transformation. These learning automatically bring positive changes in all the relationships of the BK practitioners.

VIII. CONCLUSION

In the study about relationship management with the help of Brahmakumaris Rajyoga meditation, an astonishing finding revealed that practicing BK rajyog meditation over three months can change the vibration of any relationship. The study is an eye opener that 91.58 % of relationships have been improved after adopting BK lifestyle for at least three months. It shows that difference between the needs and wants, choices & expectation, over conservativeness and over independent are very crucial reasons in killing this beautiful bridge of relationship. The study in depth on, relationship management with the help of Rajyoga meditation, revealed an ‘old but gold’ myth that all the difference has the single root cause - body consciousness or dwelling with the five vices – lust, anger, greed, attachment and ego. These vices are crowned and termed as “Maya”. These five forms of ‘maya’ have killed all the beautiful relationships. The one & only biggest and the foremost vice is ‘body consciousness. All the difference of opinions is examined and the root cause of all analysis, concluded to be in the same boat. The root cause of difference in husband wife relationship is lust & expectation. If lust is not fulfilled there is anger. Raj yoga meditation has replaced the word lust with love. The root cause of difference in opinion in parent child relationship is attachment. If the relationship is driven by ‘detached but loving mode’ the difference in opinion would not have been there. In the same way, greed and ego are the root cause of difference in employee employer relationships.

We need a pause and take a break from the chain of weak and negative thoughts. A deep thought to the self will reveal a beautiful answer to all the differences in opinions i.e. soul consciousness. This wisdom automatically takes care of managing all the relationships. All the relations will bloom and be beautiful when we start living the relationships in soul consciousness state. I am a soul and playing the role of father, a husband, an employee or a friend.

Practice of Rajyoga meditation at the Brahmakumaris change the vibrations in any relationship. Expectations in relationship will be converted into acceptance and this is the game changing thought. This study has a further scope of in depth research on relationship management with the help of BK Rajyoga meditation in a larger demographic area in India and overseas in the near future.

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