

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

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ABSTRACT

The aim of this study is to examine the role of Brahmakumaris Rajyoga meditation on relationship management. The study was conducted on 200 Brahmakumaris Rajyoga practitioners over 5 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 are overviewed in this study. How these relationships can be changed into a better 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, 'numasham Yog' (evening meditation), 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 paradigm shift in relationships is made possible through Brahmakumaris Rajyoga meditation because of the shift from vertical pressure in the relationships to horizontal distribution i.e. shifting of the mindset from role consciousness to soul consciousness.

Keywords: Brahmakumaris, Rajyoga meditation, relationship management, Amritvela meditation, Murli, traffic control, dharna, Mansa ,Vacha and Karmana Seva, role consciousness, soul consciousness.