

IMPORTANCE OF TIME MANAGEMENT OF 3 A's BY RAJYOGA

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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 bhram 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 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 3 A's is coined and kept open for further researchers. 3 A's stand 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.