

Original Article

Meditation beyond Mindfulness: The Role of Brahma Kumaris Raj yoga in Psychological Wellness

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Manuscript ID: **Abstract**

JRD -2025-170561

ISSN: 2230-9578

Volume 17

Issue 5(I)

Pp. 257-260

May 2025

Submitted: 18 Apr. 2025

Revised: 28 Apr. 2025

Accepted: 19 May. 2025

Published: 31 May. 2025

This review paper is an attempt to explore the connectivity between the theoretical frame work of Brahma Kumaris Rajyoga Meditation and that of Psychological wellness, analyzing objectives, type of research, research design, population nature, sample size, sample type, data collection tools, findings, theories, research gaps, strength, weakness, future study Topics validity, reliability and key contribution of recent research articles and other related works. These research articles are of different research types such as empirical studies, experimental studies, descriptivestudies and cross sectional studies on Brahma Kumaris Rajyoga Meditation and Psychological Wellness. As among the research articles identified and analyzed, only a few have employed empirical research studies and many of the studies are descriptive in nature, it has become challenging to find key common technical elements among them. Though many research experts and scholars have concentrated on improving mental well-being and conducted research studies, adopting various types of meditation methods, only a few original research works through Brahma Kumaris Rajyoga Meditation have been contributed to the existing body of knowledge. This review highlights the findings, suggestions and future directions drawn by the research articles related to Brahma Kumaris Rajyoga Meditation and Psychological well-being analyzed and consider the research gaps and limitations of the research study conducted. Cross sectional investigations longitudinal research study on Brahma Kumaris Rajyoga Meditation and Psychological wellness have been recommended through the Review Paper for future studies.

Keywords: Brahma Kumaris Rajayoga Meditation, Psychological well-being, mental well-being, mindfulness, soul consciousness

Introduction

As a global concern, global organizations such United Nations and W.H.O advise upcoming research scholars and established research experts to concentrate on psychological well-being for achieving global objectives such as world peace, welfare states and ideal world. To achieve the global objectives, improvement of mental well-being among various populations around the world is crucial. A number of research attempts has been made to achieve improvement of psychological well-being through various types of meditation practices at regional level, national level and global level. Research studies on Brahma Kumaris Rajyoga Meditation to improve psychological well-being among various population are a few in number. Brahma Kumaris Rajyoga Meditation is more effective than many other meditational practices to achieve desired research goals such as, 1. Emotional Well-being, 2. Psychological Resilience, 3. Self-Acceptance and Self-Esteem, 4. Autonomy and independence, 5. Purpose and meaning, 6. Interpersonal Relationships, 7. Personal Growth and Development, 8. Environmental Mastery, 9. Optimism and Positive Outlook and 10. Mindfulness and Presence. This review paper is an attempt to analyze 11 articles (Research articles and Review articles) in terms of, 1. Objectives, 2. Type of research, 3. Research design, 4. Population nature, 5. Sample size, 6. Sample type, 7. Data collection Tools, 8. Findings, 9. Theories, 10. Research gaps,

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How to cite this article:

Vaduguri Madhavi., S. S. (2025). Meditation beyond Mindfulness: The Role of Brahma Kumaris Raj yoga in Psychological Wellness. *Journal of Research and Development*, 257-260.



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11. Strength, 12. weakness, 13. Future Study Topics, 14. Validity and 15. Reliability as well as to critically evaluate the components of Brahma Kumaris Rajyoga Meditation and the elements of psychological wellness in terms of theoretical and operational frame works.

Theoretical Frame work of Brahma Kumaris Rajyoga Meditation

Of Theoretical frame work of Brahma Kumaris Rajyoga Meditation is constituted by the theories such as the following

1. Theory of Soul Consciousness
2. Theory of direct connection with Supreme soul
3. Theory of Law of Karma
4. Theory Eternal Drama

Theory of Soul Consciousness

A central tenet of Rajyoga is the distinction between the **soul** and the **body**. According to Brahma Kumaris philosophy, the soul is an eternal, conscious point of spiritual light, the true identity of the self. In contrast, body consciousness—the identification with physical form, roles, and material possessions—is seen as the root cause of emotional suffering, ego, and negative behavior patterns. By shifting to a **soul-conscious perspective**, practitioners are believed to access qualities inherent to the soul: peace, purity, love, and strength.

Theory of direct connection with Supreme soul

Rajyoga emphasizes a personal and experiential connection with the **Supreme Soul**, referred to as **Shiv Baba**. This being is described as the eternal source of spiritual powers and virtues.

Theory of Law of Karma

The theory of Law of Karma is derived from two principles;

- A . Positive thoughts and actions lead the soul better destiny
- b. Negative thoughts and actions lead the soul worst destiny

Theory of Eternal Drama

The Eternal Drama refers to eternally repeated cyclic nature of 4 yugas and soul's journey through different phases.

Difference between Brahma Kumaris Rajyoga and other meditation practices

Even though there are similarities at surface level, between Brahma Kumaris Raj yoga Meditation and other types of meditation in terms of mindfulness, Vipasana, and transcendental experience, Brahma Kumaris Rajyoga mediation unlike other types of meditation, is constituted with **metaphysical identity of the self and direct divine connection**. The approach of this meditation is religion-free, non ritualistic and accessible to people from various backgrounds. Brahma Kumaris Rajyoga Meditation is supported by theory that advocates to live according to spiritual values and practices such as purity, honesty, discipline, saatwik food and early morning meditation.

Inadequacy of Research studies on Brahma Kumaris Rajyoga Meditation

In spite of the existence of many research studies on the subject in modern times, only a few among them are empirical and experimental in nature. Many of them are still preliminary or region specific or lacking research rigor due to the quality of research objectives and the types of research employed in the research studies.

A few among Research works and related works (research articles and books) that have been identified and reviewed are furnished below.

1. Dr. Nagesh N.V., (2023), *Brahma Kumaris Raja Yoga Meditation in modern times: Addressing the current issues and Applications* . *Journal of Emerging Technologies and Innovative Research (JETIR)*, 10(6), b65-b77
2. Shweta Choudary., (2020), *Effectiveness of Raj yoga Meditation in Education, Teaching and Life, US-China Education Review*, 10(2), 84-93

3. Theoretical frame work of Psychological wellness

Theoretical frame work of psychological wellness is constituted by the following notions and principles.

Domains and foundation pillars of research on Psychological well-being

The review critically evaluates Psychological wellbeing based on the following domains.

1. Methodological limitations
2. A novel frame work for understanding mental health contexts.
3. The categorization of of evaluation and intervention

The following are the fundamental foundation pillars of research on Psychological well being.

1. Clinical application
2. Public policy
3. methodological consistency and
4. The gold-standard measure

The few among the research works and related works that have been identified and reviewed in relation to psychological wellness are given below.

1. Chengti S., (2018), *Understanding Mental health and Well-being* , *International Journal of Indian Psychology*, 6(5)
2. Dr. Dhanabhakym M., (2023), *Psychological Wellbeing: A Systematic Literature Review* , *International Journal of Advanced Research in Science , Communication and Technology (IJARSCT)*, 3(1), 603-607

4. Synthesis of Rajyoga Meditation and Psychological well-being

One of the outcomes of the critical review is synthesis of Brahma Kumaris Rajyoga meditation and psychological well-being. The following are the dimensions of the synthesis.

Brahma Kumaris Rajyoga Mediation and lower level of stress, anxiety and depression

Numerous studies report that regular Rajyoga practitioners experience **significantly lower levels of stress, anxiety, and depression** compared to non-practitioners. For example:

- A study by Kumar & Tiwari (2014) found that individuals practicing Rajyoga for over six months showed reduced symptoms of anxiety and depression on standard psychometric scales (e.g., DASS-21).
- Rajyoga-based interventions have been effective in **workplace stress management programs**, especially in healthcare and teaching professions, with reported improvements in job satisfaction and emotional stability.

Brahma Kumaris Rajyoga meditation and greater spiritual well-being

Rajyoga is also linked to **enhanced positive affect, resilience, and life satisfaction**:

- A study by Gupta et al. (2012) observed a significant increase in self-reported peace of mind, optimism, and emotional resilience in Rajyoga practitioners compared to control groups.
- Participants in long-term practice often report **greater spiritual well-being**, an internal sense of security, and the ability to cope with adversity using inner resources.

5. Limitations of Current Research

The limitations of current research conducted are due to lack of research rigor and lack of resources required for the research.

Types of limitations

The following are the types of limitation found in the research articles reviewed.

- Many studies are **cross-sectional**, lacking rigorous longitudinal data.
 - Research often uses **self-reported measures** without control groups or randomization.
 - There is a **geographical concentration** of studies in India, with limited global representation or cultural variation.
- Despite these limitations, the available evidence supports the role of Rajyoga Meditation as a **complementary practice for mental well-being**, warranting further exploration with stronger research designs.

Research gaps identified

The review paper acknowledges the need for continued scholarly inquiry, particularly in the form of rigorous empirical studies with the following factors.

1. Larger Sample sizes
2. Longitudinal research designs and
3. Longer and more reinforced intervention.

The findings reached by the research studies can be further substantiated and the full spectrum of Brahma Kumaris Rajyoga potential benefits explored to transform the world into the Golden Age.

Conclusion

Brahma Kumaris Rajyoga Meditation offers a distinctive, spiritually integrated approach to enhancing mental well-being. Empirical evidence—though still developing—suggests significant benefits in reducing stress, anxiety, and depression, while enhancing emotional regulation, optimism, and life satisfaction.

The outcome of the review throws light on the following areas.

1. Interdisciplinary and multi-disciplinary studies

The outcome of the review strongly recommends that interdisciplinary and multi disciplinary research studies to be conducted with Brahma Kumaris Rajyoga Meditation as independent variable.

2. Contribution to the global objective to transform the world into ideal world

The result of the review advocates to conduct future research studies with larger sample size, various populations, accurate data collection tools and employment of empirical and experimental research design.

Future research should focus on:

- Conducting rigorous, longitudinal, and multi-site studies to validate its outcomes
- Exploring neurobiological and physiological mechanisms through imaging and biomarker analysis
- Developing inclusive and culturally adaptive modules that preserve the essence of Rajyoga while broadening its accessibility
- Fostering collaboration between spiritual institutions, mental health professionals, and academic researchers

In an era marked by psychological distress, existential uncertainty, and social fragmentation, Brahma Kumaris Rajyoga Meditation holds promise as a **holistic and empowering approach** to mental well-being.



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