

# What is Raja Yoga meditation or RajYog

Raja means 'a King' and Yog or Yoga means 'a connection, a relationship'. Raja Yog is the Supreme Yoga through which the Soul becomes master (a Raja /King) of all its senses (organs, mind, intellect) by simply remembrance of the Supreme Soul. There are two inter-connected steps to learn and master the Rajyoga meditation.

**1. Self realisation** - One have to practice the soul consciousness. This is a matter of effort making (purusharth) as we are now have become body conscious. We have forgotten that we are a tiny metaphysical Soul. This is the true introspection.

**2. God realisation** - As we put soul consciousness into practice and it becomes a natural stage of consciousness, we now recognise our spiritual God father who lives in the soul world, away from this material world. He is the ocean of all virtues and powers. We now remember him. Just as I remember the father of my body, so as I remember the father of me the soul.

'RajYog' is a direct connection or relationship with the *Ocean* of Peace, Purity and all Powers (God, the Supreme Soul). In RajYog, we remember (visualize) first the Self as a Soul and then remember (visualize) the Supreme Soul, keeping in mind his virtues (Peaceful, Pure, loving, Blissful and Powerful). Parallel to this, we experience deep connection with our own nature (i.e. peace,love..)

The word yoga means connection. In Rajyoga meditation, the soul experiences a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity.

The process of going within, experiencing oneself as a spiritual being or soul, which is a luminous, sentient point of energy, and then connecting with the Supreme Source of energy and virtues, empowers the self in a long lasting way.

This process of self-empowerment is entirely voluntary and involves no element of suppression of the mind. It is in fact freedom from all limitations of mind that we drawn. It

is also about aligning one's thoughts, feelings, words and actions with the soul's original qualities of peace, love, bliss and truth. This is our Self transformation by all means.

Through this easy RajYoga or meditation, we Souls experience true Peace, Purity, Love and Happiness and receive Powers from the Almighty. The main purpose that God teaches us this RajYog in this time called the Confluence Age (Sangam Yug), is that through remembrance of (Supreme Soul), we Souls are purified from all our past sins of past births. We are taking a birth when we enter a body, and when we leave body, it is called as death (of the body, not of the Soul). Soul is eternal. There is a beautiful relationship of us with God, as our Father (creator), Teacher (gives us knowledge) and Guide (takes us back Home).. Learn RajYoga and experience it yourself, what is experienced by millions of Souls today. Om Shanti (I am a Peaceful Soul)

