

RELATIONSHIP BETWEEN DYNAMIC PSYCHO NEUROBICS & RAJYOGA MEDITATION

Meena Shah¹, Dr Chandra Shekhar²

1. Research Scholar of Yoga Samskrutham University, Florida, USA

2. Yoga Samskrutham University, Florida, USA

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Abstract

In spite of the fact that in western culture yoga is, for the most part, viewed as a type of activity, numerous types of yoga are simply mental or profound practices. Raja Yoga includes both body and psyche, however, the accentuation is on mental and profound advancement. Its motivation, as per its forebear, the Indian sage Patanjali, is to join the professional with the higher self. Among their own positions, experts of Raja Yoga view themselves as "saints of mind preparing." In Sanskrit, the word raja signifies "ruler," or one who has accomplished self-authority, while the word yoga itself signifies "association" or "association." Having started as ahead of schedule as 300 B.C., it was polished by real lords, most remarkably the eleventh century King Bhoja, who composed a broad and persuasive discourse on it. The human body utilizes the sustenance we eat to give adequate vitality so as to play out a wide range of work. Essentially, vitality implies the ability to do work. Work is one of the types of vitality, regularly called mechanical vitality. Vitality exists in an assortment of different structures in nature, for example, the light vitality of the sun, atomic vitality in uranium, electrical vitality in lightning storms, warm vitality in flames, and substance vitality in oil.

Introduction

Psycho neurobics

The six types of energy are compatible as indicated by the law of thermodynamics, mechanical, substance, warm, electrical, light, and atomic energies can be traded. The astounding human body exploits these laws consistently. However, simply think which energy is expected to keep the human body alive?

SELF and Supreme SELF

The life is an extremely unobtrusive purpose of light. The idea of life is an unpredictable wonder past the extent of

current science and most likely will remain a riddle for future moreover. We call this purpose of light "Atma or Self (Spiritual Energy in Light Form)". As we are SELF (Spiritual Energy in light Form) and GOD is the Source of that Spiritual Energy. We nearly turned out to be confounded at the season of characterizing Spiritual Energy. Otherworldly energy is totally not the same as some other energy like enormous energy. Vast energies are generally planetary and physical which originates from physical substances like Sun, Moon, Stars, Planets and so on.

Otherworldly energy originates from the God Himself. As electrical flow is called electrical energy so profound flow is likewise called otherworldly energy. What is the contrast between a living body and a dead body? It is just the nearness and nonattendance of that otherworldly energy.

Because of the nonappearance of profound energy, the appendages of a dead body can't work. Every one of the organs of the body fills in as a machine. The cerebrum resembles a PC, heart like a water siphon, stomach like a blender processor and every single other organ work similarly as well. Every one of these machines requires energy. There is no outer fitting or attachment in the human body to gather the required energy.

The energy, which runs every one of these machines, is available in the soul of our body. The total nonattendance of this energy implies passing. So physical energy can do just physical and mechanical works whereas otherworldly energy can do all physical alongside mental works. Physical energy can't perform mental work. PCs and Robots can't think since they have no otherworldly energy. This is the fundamental contrast between physical and profound energy.

Energy Flow from SUPREME SELF to SELF

We can't expect the presence of any energy without sources. So the wellspring of this profound energy is constantly inside and outside. Inside us, we have a profound focus, at the focal point of our awareness, unadulterated otherworldly energy called Soul or Self. This is truly what we are. Outside of us, we have the Supreme Soul, the Source, the Supreme Being or Supreme Spiritual Energy.

Exchange of Spiritual Energy from Soul to Mind

The soul is the wellspring of otherworldly energy in charge of the natural elements of the human body and Soul utilizes the mind as an instrument in this entire procedure. By temperance of this component of association, the soul can draw

and gather essential otherworldly energy from the Supreme Source of Spiritual Energy for the aggregate (physical, mental and passionate) development of being.

Transformation of Spiritual Energy by Mind to Mental Energy (Thoughts and Emotions)

Soul gets otherworldly energy from Supreme Source and sends it to Mind for further dispersion. Psyche is given the obligation of changing the energy into thoughts and emotions and dispersing these to the cerebrum and body. As we as a whole know, energy is neither made nor demolished, it is constantly changed. Similarly, as electrical energy is changed by the fan into the type of mechanical energy and the equivalent electrical energy is changed by the electrical knob into light energy. In a similar procedure, profound energy is changed to mental energy in the brain.

Thoughts as Potential and Emotions as Kinetic Form of Human Energy

Mental energy comprises of thoughts and emotions. As any energy have its two structures these are potential and dynamic energy. Essentially mental energy has two structures. Thoughts are potential energy and emotions are dynamic energy. Our bodies, organs, and frameworks get energy from our thoughts, emotions, and otherworldly energy fields of profound selves.

Exchange of Mental Energy (Thoughts and Emotions) to Brain

No one says that thoughts and emotions come in the soul. Everyone says that thoughts and emotions continue coming in the brain. The brain is one of the greatest supporters of energy levels through mental energy. The psyche has an immense effect over mind in energy supply. The manner in which we think has an amazing impact on our cerebrum. Thoughts and emotions are bioelectrical flows which are being sent by psyche into cerebrum and body.

Energy exchange from Brain to Spinal Cord and after that to Body Parts

The cerebrum is the focal sensory system. Through the mind, there is a long wire till coccyx district which is known as the spinal line. Spinal rope dependably brings the present which is transmitted through cerebrum like a transformer. There is major passionate energy focus alongside spinal string called chakras. All these seven energy focuses work like electric posts from which there are numerous nerves like electric wires interfacing diverse framework and organs of the body to exchange profound and enthusiastic flow in the human body.

The mind persistently continues exchanging the energy to the sensory system. The energy unexpectedly makes a trip out to the spinal line. When it can never again create this energy it is designated "mind demise".

Glad and Healthy Life by Practicing Psycho Neurobics

In this way, Psycho Neurobics is the activities of moving Spiritual Energy in neuro cells by interfacing Psyche (Mind) to the supreme wellspring of Spiritual Energy (God). It is the best approach to control your brain so as to use mind control for inventive work, to mend your body and to keep body and mind solid. A trident approach with strong respiratory activities, sound vibrations, and perception of various shades of light makes Neurobics very successful to guarantee a fix from different sicknesses.

Rajyoga Meditation

Raja Yoga meditation is a method referenced in the Bhagavad Gita, advanced by Swami Vivekananda in the nineteenth century. The meditation is named 'Raja' in light of the fact that the training means to confer lords like characteristics of certainty, mindfulness, and freedom

Raja Yoga includes both body and psyche, however, the accentuation is on mental and profound improvement. Its motivation, as indicated by its ancestor, the Indian sage Patanjali, is to join the professional with the higher self.



.Raja Yoga Meditation Technique

Raja Yoga meditation is a method referenced in the Bhagavad Gita, advanced by Swami Vivekananda in the nineteenth century. From that point forward, it has picked up notoriety and is broadly educated the world over to keep up mind dependability and mental soundness. The meditation is named 'Raja' in light of the fact that the training intends to grant a ruler like characteristics of certainty, mindfulness, and freedom.

This system is an otherworldly procedure to realize yourself better, and it utilizes the intensity of the brain to control the body. It stirs the positive characteristics covered inside you, empowering better execution, and shows the significance of quietness and reflection.

Raja yoga meditation can without much of a stretch fit in your day by day routine. Normal routine with regards to this meditation discharges useless stresses and thoughts from the brain. Look down to discover how it is finished.

The Raja Yoga Meditation Technique

1. Find A Calm Place

Locate a serene spot in your home or go outside into the greenery to locate a reasonable place to ruminate. Early mornings are the best since there is lesser clamor. Likewise, thinking toward the beginning of the day sets your state of mind well for whatever remains of the day. To get you into an intelligent mode, you can play some delicate music out of sight. There is some music structured explicitly to enable you to get into the meditation zone better in the underlying phases of learning. You

should feel great and loose in the place you picked.

2. Sit Comfortably



Take a seat serenely or on a seat on the off chance that you can't take a seat. In a perfect world, the lotus position functions admirably. Indeed, even the Vajrasana is fine. In the event that the seating position makes you uneasy, you can move to a progressively agreeable position. Ensure you feel stable in the seating position. Hold your shoulders down, open up your chest, and keep your back normally straight. Tenderly place your palms on your knees.

3. Be in the Present



Keep your eyes open and delicately take a gander at a specific point in the room. Ensure you don't pressure the eyes by gazing. Another choice is to light a flame, put it before you and focus on the light. Gradually, pull back from everything around you and spotlight on either the point in the room the fire of the fire or your common relaxing.

As you do this, your mind will have a scope of thoughts going through it. Try not to attempt to stay away from them – tenderly acknowledge them and endeavor to come back to the present minute by returning to the point of your core interest. Try not to give the idea a chance to get to you, take a gander at it in an unbiased way

and let it pass. Be patient and manage every one of the thoughts that barrage your head and dependably return to your core interest.

4. Concentrate on a Thought



When the flow of negative thoughts diminish in your mind and you feel quiet, shape a positive idea in your mind that will help you through the meditation work out. Through the familiarity with that idea, picture being calm and still. The idea ought to be on the lines of "I am tranquil."

As you focus on this thought, it will gradually change over into an inclination, invigorating your being. You comprehend the idea better, and it will lead you to encounter a significant feeling of acknowledgment. Entertain in progressively positive thoughts and emotions that will spring from that one positive idea. Different thoughts and recollections will come to irritate you, yet don't give them a chance to occupy you. Watch them go by and come back to your positive view.

Benefits of Raja Yoga Meditation

- Raja Yoga meditation gives you genuine feelings of serenity and loosens up your body
- It causes you to build up an uplifting demeanor and react better to circumstances
- This meditation creates positive connections
- It enhances focus and builds clearness
- An expansive feeling of self-worth is produced
- You discover reason throughout everyday life and work towards it
- You feel substance and stable

- You will encounter harmony, and there will be an enhancement in your wellbeing

Conclusion

A feeling of quietness lights up your being as you feel the positive idea in your mind. Endeavor to clutch the inward harmony you instill amid meditation and convey it for the duration of the day, making your experience of the day better. On the off chance that you feel the harmony is disappearing or you are overpowered by something, set aside some opportunity to reflect and return to your quiet.

At first, practice the meditation for 10-20 minutes or even a couple of minutes on the off chance that you are grinding away or outside. As you continue rehearsing, you will understand the constructive outcome it has on your general prosperity, expanding

your mindfulness and focus. In this way, make some time in your bustling calendar, and practice this meditation to increase better command over your psyche and for a general stillness.

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