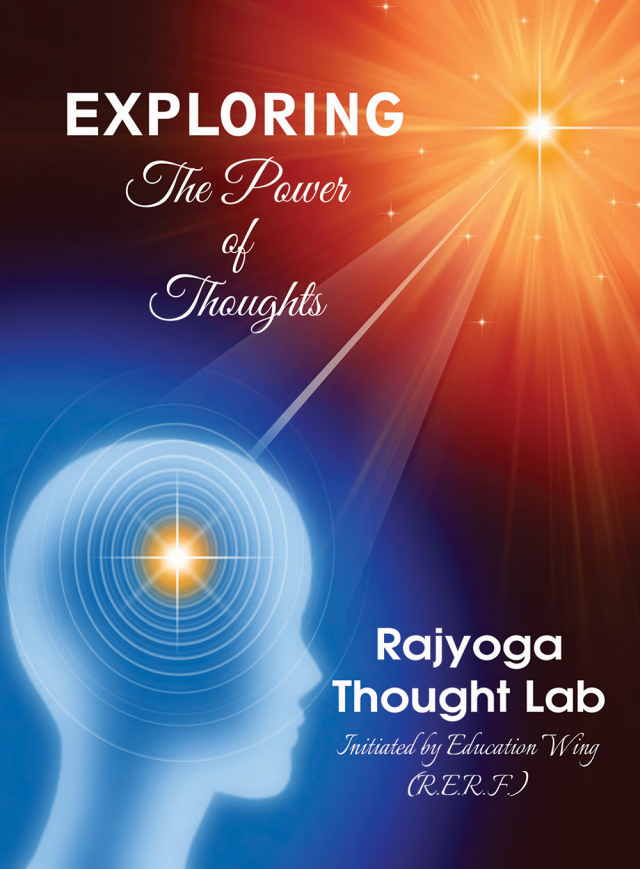


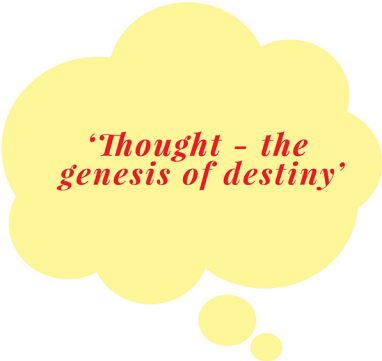


EXPLORING

*The Power
of
Thoughts*

**Rajyoga
Thought Lab**

*Initiated by Education Wing
(R.E.R.F.)*



*‘Thought - the
genesis of destiny’*

Preface

The nature of thought, qualitative as well as quantitative, hugely impacts our thinking and our behavioral patterns and ultimately our personality development and traits. With every passing day, the environmental negativities are growing by leaps and bounds. This made me seriously ponder as to how I can take the challenge of addressing the core issue, that of changing the thinking pattern itself. This reminds me of the golden words of world renowned scientist Albert Einstein - "The world we have created is a product of our thinking, it cannot be changed without changing our thinking."

These words sounded truly prophetic, timeless and inspiring to me and acted as a catalyst for exploring the wonders of thought process. I was convinced in my belief that the years of experience as educationist and meditation practitioner with a holistic understanding of principles of spirituality could be effectively used for evolving a novel concept of creating a Rajyoga Thought Lab.

The broad aim and objective of such a unique lab was to make students understand key aspects of thought process and create a conducive environment to help generate pure, positive, purposeful and powerful thoughts. The thoughts so created then need to be effectively channelized to harness the hidden and untapped potential of our mind. The process involves going deep within oneself in the laboratory of the mind experimenting with the inner world of thoughts, emotions and fighting the demons of negativities and vicious tendencies that lie within.

I strongly feel that the rapidly dwindling values, enormous rise in conflicts and the discernible lack of harmony in society deserve to be swiftly addressed. I kept visualizing how the concept of Rajyoga Thought Lab could be effectively used to

transform the students by ushering innovative ways to change thinking patterns leading to positive transformation. The vision so created has led to blissful feelings within me and an inner satisfaction of becoming a potential instrument in bringing happiness, calmness and harmony in relationships and ushering a stress-free life in the society.

I am highly thankful to God Shiva, the Ocean of Knowledge, who manifested this dream project. I am very grateful for the blessings of Dadi Janki, Administrative Head of the Brahmakumaris who has been accorded the honor of having 'One of the most stable minds in the world'. I express my sincere thanks to Brother Mruthyunjaya, Chairman of Education Wing of Brahmakumaris for believing in my dream project. I am also very grateful to Sister Urmil, Incharge, Palam Vihar Centre for her valuable guidance. I owe special thanks to the Pro-Chancellor, Vice Chancellor and related Faculty of North Cap University, Gurugram for their unflinching support, encouragement and administrative help in creating the necessary infrastructure and serene ambience towards establishing Rajyoga Thought Lab on their premises. This Lab is already functional for more than a year and has been running a 15 week certificate course for the students nominated by NCU. I also take this opportunity to thank the Faculty and the technical team of the Palam Vihar Rajyoga Centre for successfully and effectively conducting the course and bringing about positive changes in the students.

Sister Sudesh,
Director, Palam Vihar Centre
Brahmakumaris, Gurugram, India
Regional Co-ordinator,
Rajyoga Thought Lab



RAJYOGA THOUGHT LAB

Aim

Helps in creating positive and powerful thoughts

Guiding human mind

Helps in building bright future

Mastering your mind

To help overcome hurdles of life
(stress, anger, anxiety, etc.)

Who is the substrate here?

Your mind is a garden,
Your thoughts are the seeds.
You can grow flowers here,
Or you can grow weeds.
The choice is yours!



Aim of Rajyoga Thought Lab

Rajyoga Thought Lab is a quality control hub to nourish the consciousness so that the mind creates positive thought even in adverse situations. In current times, it is easy for weak consciousness to have negative thoughts. The moment a negative thought arises in our mind, a chain reaction starts automatically. This hub aims to reprogramme our mind by checking its state and by creating pure, positive, purposeful and powerful thoughts through visualisation and meditation exercises.

With meditation, we convert our weak consciousness into a positive and strong one by imbibing energy from the highest consciousness.

Therefore, in Rajyoga Thought Lab, we work on our mind as a substrate to experiment and understand the following:

1

Who am I and what is my hidden potential?

2

Mind and its capacity to generate thoughts

3

Types of thoughts we generate

4

Is there a way we can empower our mind?

5

Understanding Meditation

6

Harnessing its power to empower our life

7

An empowered mind is capable of creating a great future



The intent is to achieve a complete mastery on our mind by channelising negative thoughts into positive thoughts which will help us to overcome negative feelings like stress, anger and anxiety. We know that our mind is a garden and our thoughts are the seeds; it is completely our choice to grow flowers or weeds. Ultimately the aim of Thought Lab is to bring the awareness and share the importance of our thoughts that are very useful in handling situations in our daily life.

RAJYOGA THOUGHT LAB

Components of Thought Lab



Reception



Stress Test



High Energy Room



Counselling Area
& Photo Gallery



Audio Visual Room
& Activity Corner



Spiritual
Library & Research Lab

In Rajyoga Thought Lab,
we focus on:
Inner Being (Consciousness)
which is INVISIBLE

Components of Thought Lab

Reception

It is the place where the attendance of the students is recorded. Any other person who visits Thought Lab is required to record their details in the visitors' register. Additionally, an opinion book is also kept here to record the views or experience of the dignitaries visiting Rajyoga Thought Lab from time-to-time.

Audio-visual Room

This section of the lab is used for presentation purposes where the students get to understand the day-to-day situations they come across. Audio-visual aids and other integrated technologies used in this classroom help the students to easily relate and experience situations virtually. It helps the students to remember the concepts for a much longer period of time. After the sessions, students record their responses in relation to the thought process on a proforma. Discussion on inspirational / motivational video clips forms another activity in audio-visual room.

Meditation Room

It is a high energy room with an aura of serenity, silence and conducive environment for an inner explorative journey. Here, situation related or theme-based commentaries are played for the students for a guided experience. Wonders start happening with positive thinking and meditation which is a way to immunise ourselves against negativity.

Counselling Area

The faculty comes forward for the students who seek personal counselling based on their exposure, observation or experience of sessions in the Rajyoga Thought Lab to give them more clarity and understanding.

Library-cum-research Room

Rajyoga Thought Lab is a novel concept of teaching students the art of thought management where they are taught how to use the knowledge practically in the situations they face. Periodic checking of their stress level patterns is done along with filling of progress charts reflecting the changes in their thought, feeling, attitude, behavior and habits observed on self-evaluation. All these, along with feedback from the students, go for compilation and analysis in Library-cum-Research room. Spiritual literature and motivational books are stocked here for reference and study purposes.

Activities Corner

This is a multi-utility space which is primarily used for stress level analysis with a scientific device. However, it is also used for group discussions and participative working to find out different viable options for overcoming problematic situations.

Photo Gallery

This gallery brings out a crisp synopsis of the understanding of aims and key aspects of Thought Lab. It also brings out a holistic interpretation of values and virtues that one can awaken, build and sustain for positive transformation in personality. The guiding principles and the related spiritual analogy can be represented in a simple, easy and effective way.

WHO AM I?

We Call Ourselves

HUMAN + BEINGS

Human:



MADE OF 5 ELEMENTS

Earth • Water • Air • Space • Fire

Being/ Soul/ Psyche/Consciousness: 3 Powers



MIND:

Thinks, Desires, Feels, Imagines, Experiences

INTELLECT:



Judges, Understands, Reasons, Discriminates, Visualizes

RESOLVES:

Habits, Temperament, Attitude, Talent, Memory

Mind

Intellect

Resolves



Who Am I

Have you
ever asked yourself,

"Who am I?"

Am I a father, a brother, a son, a husband, a friend or a doctor? The truth is that you are a father to a son, a doctor to a patient and a brother to a sister. So, all your identities, everything you believe yourself to be, are all dependent on something or the other. But you still exist and hence the bigger question still remains

"Who am I?"

Not knowing the answer to the question may consequently lead you to go away from your true self. All the sufferings in life are because of not knowing your true identity. Until you realise your true self, you will remain in stress; hence let's have a peek into it:

We know and we call ourselves Human Beings. The term 'human being' is made up of 2 words:

Human

Humus / Body



Being

(Soul / Energy / Psyche / Light / Aatma).

Understanding the components

The human body is made up of 5 elements - Earth, Water, Space, Air and Fire while the being is the energy within, the consciousness, the light or the life within the costume (human body). We are this **immortal** conscious energy and the labels simply describe the roles we play. This consciousness or the soul is like a tiny star which lives in the body. It is seated in the brain between the hypothalamus and pituitary gland where it is connected to the nervous and endocrinal system. The soul operates through three subtle faculties - Mind, Intellect and Resolves (Sanskars).

Mind

It is the faculty of the soul that has the power or ability to create thoughts. Thinking is an act of soul, which produces desires, emotions and visualisation on the 'screen' of mind. The mind is fed by stimuli that come from the external world via the 5 sense organs of touch, sight, hearing, smell and taste. Stimuli also reach the mind from the subconscious, which is also called impressions on the soul from the past actions. There are 6 types of thoughts that our mind can generate - Toxic, Negative, Waste, Essential, Positive & Elevated.

Intellect

It is the faculty of the soul which is responsible for all the understanding, reasoning and judgement power, discernment and decision-making.

Resolves

These are the impressions that a soul carries. All our learned habits, talent and memory reside here. Resolves are responsible for our attitude and temperament, while every action that we do creates an impact on our resolves. Based on our actions, our habits, temperament and attitude are forever changing.

Any negative memory of the past can affect our responses in present situations.

Types of Thoughts



STUDIES ON HUMAN
THOUGHT PATTERNS SHOW:

90% of the thoughts generated by us are either waste or negative

5% are necessary thoughts

5% are positive thoughts



This pattern is common in both adults and children.

Types of Thoughts

Every thought
that we generate
consumes our
energy. The more
thoughts we create,
the more energy
gets consumed.

**A human mind
generates
approximately
30,000 to 70,000
thoughts
in a day!**

Toxic Thoughts

Toxic thoughts give rise to negative thought patterns that work internally for long time and deplete energy rapidly. If we don't take care of our thoughts, toxic thoughts absolutely paralyse us keeping us away from living a happy and healthy life. It can even lead to psychological disorders if not taken care of timely. Thoughts related to anger, jealousy, fear, hatred and so on are the most dangerous types of thoughts.

Negative Thoughts

Negative thoughts are those which are associated with negative or heavy feelings. A negative person looks at the darker side of any situation, e.g.- "How will I clear my exams?"

Waste Thoughts

Thinking about the past or worrying about the future is a waste of time. We can neither change the past nor can alter the future, so the waste thoughts only deplete our mental energy and do not solve anything.

Essential Thoughts

These are the thoughts about organising daily life or to carry out everyday activities.

Positive Thoughts

Positive thoughts bring a feeling of peace, calm, motivation and happiness. A person with positive thoughts looks at the brighter side of situations and focusses on solutions rather than problems.

Elevated Thoughts

These are the most powerful and pure thoughts that empower us. These thoughts contain the innate qualities of the soul (consciousness) like compassion, peace, unconditional love, etc.

RAJYOGA
THOUGHT
LAB

YOU

are the **MASTER** of your own destiny!

How?



STOP BLAMING | TAKE CONTROL | MAKE EFFORTS

Thought Process

We are the creators of our own destiny. Positive thoughts lead to positive attitude which further leads to positive action and vice-versa. When our habits change for the better, it reflects in our personality - it will be brighter, more pleasant and positive. When our personality improves, our outlook towards life improves and we attract positive situations which help in changing our destiny.

Below are the two different thought processes to handle an identical situation:

Situation: A Class teacher handling a class of naughty and indisciplined students .

Thought Process (Negative)

Thought: Anger is the only way to discipline the class. If I talk to the students sweetly and lovingly, they will never listen to me and take undue advantage of my good behaviour.

Feeling: Not feeling good while looking at the students and during the course of teaching.

Attitude: They will never change and will always disrespect their elders.

Action: I shout at the students when they are not disciplined.

Habit: Over a period, habit of getting angry and to get work done using anger is developed not only in classroom but also at home.

Personality: Slowly and gradually getting angry becomes a part of my personality. Students and teachers also identify me through this personality and it is also highlighted in their informal discussions.

Destiny: By handling the class in such a manner, I am writing a destiny of pain and suffering for myself which will sooner or later affect my physical health and relationships.

Thought Process (Positive)

Thought: Anger is never a solution to any problem. If I scold students or shout at them, they might keep quiet for a while but they will never respect me as a teacher. I must try to be patient and make them understand sweetly.

Feeling: Feeling positive and motivated.

Attitude: Students understand the language of love not anger. They must always be treated patiently and gently.

Action: Talk nicely to the students. Understand their problems and be a teacher-cum-friend to them.

Habit: Talking nicely and patiently to students. The same habit is reflected at home as well.

Personality: Students identify me as compassionate and cool natured teacher. My colleagues and family members also appreciate my calm nature.

Destiny: By handling the situation in this manner, I can succeed and excel in my career, thus filling my life with happiness, good health and healthy relationships.

Empowering The Mind

To Think Positive +



Traffic Control

- Watch the screen of your mind
- Stand Back. Observe. Steer.

Let Go & Travel Light

- The Past • The Waste • The Negative

All this creates a blockage and consumes our energy.

Rajyoga Meditation

‘Meditation’ has been derived from a Latin word *mederi*, meaning ‘to heal’.

- To heal or to empower the consciousness
- Meditation is a loveful and an intellectual communion with supreme consciousness
- Energy flows from the higher consciousness to the lower consciousness

Empowering Our Mind

We need to empower our mind in times when negativity is all around us. There are various ways using which we can think positive.

Traffic Control

We watch the screen of our mind.
Apply SOS -Stand Back, Observe & Steer

Stand Back (Stop What you are Doing)

Stop for 1 minute (use an alarm initially) or as per food cycle - 8 times water and 4 times food.

Observe (Check the state of current thoughts)

What are they about? What is the feeling associated with those thoughts? Am I feeling light or heavy? Are they positive or necessary thoughts? If not, then do not continue with these thoughts.

Steer (Change the Thought Direction)

Give a positive thought to replace the negative thought.
For example:

Replace "I am busy" with "I am Easy"

Replace "I am getting Late" with "I will be on Time"

Take a notebook and make a daily chart.

Let Go and Travel Light

Let go of the past, waste and negative because all this creates blockage and consumes our energy. Our each thought is creating our destiny, so instead of focusing on past mistakes let's put efforts in present time to shape our better future. Put a full stop to thinking about past as we have no control over it. On using this technique we can conserve a lot of energy which can be used for productive work.

Meditation

We can calm our mind and heal ourselves through meditation which helps us to get to know ourselves and consciously have control on the thoughts and feelings we create.

By being aware of myself as a soul and focussing my thoughts to connect with the Supreme Soul, we help in empowering our batteries and enhancing our Virtues and Powers.

Meditation gives us consistent mastery over mind and intellect.

Let's Learn MEDITATION



'Meditation' has been derived from the Latin word 'Mederi' which means to heal. Practising meditation heals and calms our mind and also empowers our consciousness, thus meditation is like medicine for the soul.

With meditation, we are aware of our thoughts and feelings and we consciously take charge of it. By being aware of myself as a soul and focussing my thoughts to connect with the Supreme Soul empowers us and helps us in enhancing our virtues and powers.

Education is a mental process and most of the problems we face in our daily lives are also at mental level. Rajyoga Meditation is also a yoga for the mind. On practising it on daily basis, we increase our mental strength to face these situations. It keeps the mind calm and peaceful, thereby releasing stress. It also benefits our body as regular practise of Rajyoga Meditation releases hormones which have good effect on our nervous system, heart, brain and other body organs.

Meditation involves concentrating on spiritual thoughts which gives rise to higher feelings. This awakens our highest potential and good character.

Meditation Commentary

Let us Practise:

Visualise yourself as a tiny point of light, shining in the centre of the forehead. Feel that all eight powers from the ocean of powers - the Supreme Father, are reaching you and empowering you.

Now you are full of these eight powers and you are radiating these vibrations in all directions.

BENEFITS OF MEDITATION



Reduces pain & strengthens our body's immune system



Reduces feelings of depression, anxiety, anger and confusion



Increases blood flow and slows the heart rate



Provides a sense of calm, peace and balance



Helps to reverse heart diseases



Reduces stress



Increases energy



Helps to control our thoughts

Benefits of Meditation On Our Body

Meditation
gives us
consistent
mastery over
our mind and
intellect. It
has numerous
benefits as
enlisted
alongside:

Reduces pain in the body and strengthens the immune system - Constant stress keeps our immune system in constant high alert, thus reducing its ability to protect us from outside risks. Meditation relaxes our mind, slows our thoughts and enables us to generate positive thoughts and attitude, while also increasing our energy. This further helps us in successfully fighting various ailments which we may encounter.

Helps to reduce or eliminate feelings of depression, anxiety, anger and confusion- Meditation heals and calms our mind. By practising it, we start to see situations with a positive outlook which helps in removing negative feelings.

Meditation helps to **improve the blood flow** and slows the heart rate. The deep breathing in meditation helps to release large amounts of CO₂ thus effectively cleaning blood and pumping more oxygen.

Meditation brings **balance in our mind and intellect**. It helps us to achieve inner peace and provides a sense of calm and balance which further develops positive thinking and attitude.

Helps to reverse heart diseases- Meditation helps to improve our blood circulation and slows down the heart rate. It helps us to get rid of heart diseases which are mainly caused due to impaired blood flow.

Reduces stress- Meditation reduces the number of our thoughts and improves their quality as well. It reduces our tendency to overthink in situations and gives the control back to us. It helps in removing negative thinking from our life.

With meditation, we eliminate waste and negative thoughts that ultimately helps us to **increase our energy level**.

With meditation, we can have **better control on our mind and thoughts**. It improves our power to deal with negative situations in a positive way which helps us to act rather than react in every situation.

MEDITATION

A Remedy To All Your Problems

Sleeplessness or Insomnia?

Brain becomes relaxed

Suicidal Tendencies?

Increases positivity
and one gets a fresh
outlook towards
situations
and people

Stressed?

Frees from
mental tiredness
and blockages

Loss of Memory?

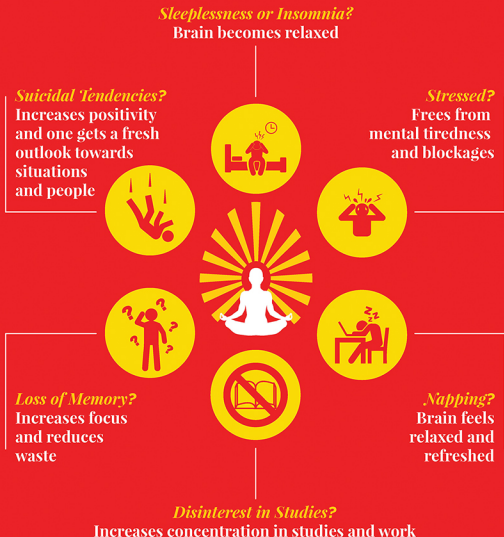
Increases focus
and reduces
waste

Napping?

Brain feels
relaxed and
refreshed

Disinterest in Studies?

Increases concentration in studies and work



Meditation As A Remedy To All Your Problems

Sleeplessness

Various activities which we do during the day produce Lactic Acid in the body, due to which we feel tired, irritated and intolerant. Biological process behind it is that the Glycogen that resides in the cells of liver and skeletal muscles combines with oxygen and produces energy. This process also releases CO₂ and Lactic Acid as bi-products. When the body is relaxed, the amount of lactic acid is reduced and the sleep centre in the Hypothalamus gland gets activated. On practising Rajyoga Meditation, the thoughts generated in our mind per minute reduce and the mind slows down, which in turn activates the sleep centre and we sleep peacefully. The improvement in the quality of thoughts reduces the levels of blood lactates. Also, deep breathing during meditation releases large amount of CO₂ from our body, which makes our body refreshed as if it has taken rest.

Stress

Due to negative thinking and attitude towards stimuli, blockages are created in the mind that cause stress. Through Rajyoga Meditation, when we start generating positive and elevated thoughts, we become free from mental tiredness and re-establish our mental harmony.

Napping

It is generally caused due to poor sleep at night which makes it difficult to maintain wakefulness during the day. Rajyoga Meditation teaches us absorption in purposeful consciousness through positive and elevated thoughts. Hence, we feel refreshed and active throughout the day.

Disinterest in Studies

Generally, 20% students score less marks due to disinterest in studies. Through Rajyoga Meditation, one becomes more self-aware and attentive towards oneself. We can easily identify useful thoughts and remove waste thoughts which helps us in increasing concentration and focus in studies.

Loss of Memory

It is generally caused due to overloading. Through positive, elevated and powerful thoughts generated during meditation, there is an increase in the blood flow in the brain that boosts the brain power and enhances memory.

Suicidal Tendencies

This is caused due to continuous negative thoughts that sometimes lead a person to take such a step, eventually. Through meditation, we can see same situations with a positive outlook and get the will power to face it. Inculcating a positive attitude in life removes all toxic, waste and negative thoughts, thus there remains no instance which can lead to committing suicide.

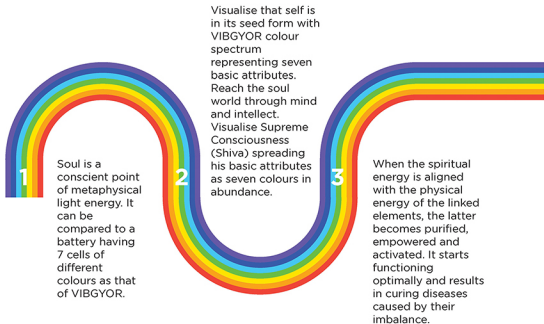
Meditation

It helps to improve blood circulation and slow down the heart rate. It can aid in getting rid of heart diseases as they are mainly caused by impaired blood flow.

Innate Qualities Nourishing Various Body Organs

- 
-  **Innate Quality :** Peace (Blue)
Vice : Anger
Impacts : Lungs
 -  **Innate Quality :** Happiness (Yellow)
Vice : Greed
Impacts : Intestine And Liver
 -  **Innate Quality :** Love (Green)
Vice : Attachment
Impacts : Heart
 -  **Innate Quality :** Purity (Orange)
Vice : Lust
Impacts : Skin, Immunity Power
 -  **Innate Quality :** Knowledge (Indigo)
Vice : Ego
Impacts : Brain
 -  **Innate Quality :** Bliss (Violet)
Vice : Laziness
Impacts : Hormones & Pituitary Gland
 -  **Innate Quality :** Power (Red)
Vice : Fear
Impacts : Muscles & Skeleton

Innate Qualities Nourishing Various Body Organs



Below is the effect of each energy on our body organs:



Focussing on Blue

Energy of Peace regulates the functioning of ear, nose and respiratory passages. It frees us from anger and one feels relaxed.



Focussing on Green

Energy of Love regulates the functioning of heart. It frees us from attachments.



Focussing on Yellow

Energy of Happiness regulates the functioning of intestine and liver. It frees us from greed.



Focussing on Orange

Energy of Purity enhances our immunity and also nourishes our skin.

Opinions by Esteemed Guests

Rajyoga Thought Lab (Laboratory of Thoughts) is a good initiative towards sustenance of Human Values. If we are aware of our thoughts then only we can start a journey of Self Transformation. Pure thoughts give us inner strength.

Sh. Manish Sisodia,
Deputy Chief Minister
& Education Minister of Delhi

Thought Lab is going to help the Staff & Students to understand their own actions & activities. The overall reaction would benefit all the individuals.

Prof. H. B. Raghavendra,
Vice Chancellor, NCU, Gurugram

Rajyoga Thought Lab is a very beautiful laboratory which teaches us how to connect with Supreme Power through meditation & bring about a change in ourselves

B. K. Kuthiala,
Chairperson, Haryana State
Higher Education Council.

I thank
Brahmakumaris organisation for establishing a Thought Lab at the NorthCap University Gurugram for enrichment of values , integrity and positive attitude among our students, staff and faculty. I am happy to note that this is making enormous impact in shaping the values of our students as the thoughts are the very starting point in shaping behaviour and habits. I hope this experiment will be replicated in other Indian universities as well. My best wishes for continued success of this initiative.

Prof Prem Vrat, Pro- Chancellor,
NCU, Gurugram



RAJYOGA THOUGHT LAB

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