



Effectiveness of Raja Yoga Meditation on Emotional Intelligence: A Catalyst for Self-Transformation and Global Harmony

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Abstract

Purpose: This review article explores the Effectiveness of Raja Yoga Meditation on Emotional Intelligence (EI), evaluating its potential as a Catalyst for Self-transformation and Global Harmony. Moving beyond traditional cognitive restructuring, this study highlights how Raja Yoga Meditation addresses core spiritual identity (that of soul-consciousness) to cultivate profound inner peace, emotional stability, and psychological resilience, ultimately fostering harmony in wider society.

Significance: The importance of this study lies in bridging individual mental-emotional stability with macro-level global harmony. By demonstrating how Raja Yoga meditation enhances key Emotional Intelligence competencies - such as self-awareness, meta-cognitive regulation, empathy, and interpersonal effectiveness - this research illustrates how personal peace serves as a non-pharmacological, scalable intervention to reduce social conflicts and promote collective well-being.

Methodology: This study adopted a systematic secondary data analysis approach, aggregating and synthesizing existing scholarly literature, empirical research, and institutional reports. Relevant data were gathered from established academic databases, specifically Google Scholar, ResearchGate, and Shodhganga. To ensure data integrity and analytical rigor, strict selection protocols were applied, focusing entirely on peer-reviewed, publicly available literature without direct human participant involvement. The synthesized review highlights the neuro-biological, energetic, and psychological mechanisms through which self-transformation via Raja Yoga acts as a foundational driver for global peace, harmony.

Keywords: Raja Yoga Meditation, Emotional Intelligence, Self-transformation, Global Harmony.

1. Introduction

In the contemporary era, humanity has reached the pinnacle of material and technological advancement. Science has crossed boundaries, enabling us to conquer outer space, while digital connectivity and social media platforms have reduced geographical miles into mere clicks. However, this paradox of progress reveals a grim reality: despite unprecedented comfort, luxury, and virtual closeness, the modern human is experiencing an acute deficit of genuine inner peace. Material achievements offer only transient, superficial satisfaction, leaving the core of human consciousness restless. Paradoxically, while technology has bridged physical distances, it has deepened psychological and emotional divides. Today, individuals are profoundly isolated within their digital world; even within the micro-ecosystem of a family, members sit side by side yet remain worlds apart, engrossed in their screens. This pervasive digital addiction and the subsequent decline of authentic communication is eroding the fabric of human relationships. The chaos we witness in the world today - ranging from wars, geopolitical dominance, and economic inequality to religious extremism, systemic racism, climate crises, and the erosion of mental health - is merely the outer reflection of a restless and fragmented human mind. This true unrest stems from Body-Consciousness, which feeds the five vices of ego, greed, lust, anger, and attachment. When nations and individuals operate solely from the ego, they naturally seek to dominate, control, and disrespect others. The ultimate cure for this global crisis lies in Raja Yoga Meditation, which systematically shifts our awareness from the transient body to the eternal soul. By practicing Soul-Consciousness, we realign with our innate nature of peace, purity, and love. Global harmony cannot be engineered through political treaties or external diplomacy; it can only be realized when individuals transform their

inner consciousness. Ultimately, self-transformation is the only catalyst for Global harmony and world transformation. When we practice Raja Yoga Meditation, the very first lesson we learn is how the soul, acting as a sovereign ruler (the 'Raja'), can properly govern the mind, intellect, and impressions. Raja Yoga Meditation also helps us to realize that this entire universe is composed of energy. Whatever our mind and intellect connect with, energy either flows toward it or is received from it. Current scientific principles state that energy always flows from a higher state to a lower state. This is precisely why in Raja Yoga Meditation, we are guided to connect our mind and intellect with the Divine - because the Divine is the Supreme Energy, the ultimate source of power. When we anchor our mind and intellect there, we receive that pure strength. Conversely, when we connect our mind and intellect to worldly matters, our energy is drained and depleted. Often, when we entangle our mind with sorrow, distress, difficult situations, or negative individuals, our energy levels begin to decline quickly, leaving us feeling helpless, melancholic, and powerless. Thus, the greatest realization that emerges from Raja Yoga Meditation is self-awareness – understanding ‘Who am I’? Coincidentally, the core principle of Emotional Intelligence (EI) is also to understand oneself and others, build harmonious relationships, and nurture empathy within. This understanding recognizes that every individual is uniquely distinct and special. Embracing and respecting that individuality marks a profound bridge and connection between Raja Yoga Meditation and Emotional Intelligence. As we practice Raja Yoga Meditation and begin to embody its true form, our level of Emotional Intelligence naturally begins to elevate. We set out to bridge the distances, but somehow, we ended up drifting away from our own selves. In our search for peace, tranquillity, love, and happiness, we kept building and settling this world. Yet, along the way, we grew distant from the true essence of our inner self. Today, if we can reconnect with ourselves once again, sit in that quiet moment of peace, and align our minds with the Divine - only then will peace find a home in every single heart, and ultimately, across the entire world. “Raja yoga meditation is regarded as the supreme mental discipline and spiritual practice in the world”. This is because Raja Yoga Meditation teaches us complete mental, emotional, and physical mastery. It is not just a method to be practiced while sitting down; rather, we can practice it continuously at every moment in life with open eyes. Raja Yoga Meditation is the foundational teaching of the world-renowned Brahma Kumaris World Spiritual University. Under the study of Raja Yoga Meditation, soul-consciousness, God-consciousness, and the journey of 'Self-transformation to World transformation', World Cycle are considered the primary subjects here.

2. Review of literature

The Core Teaching of Raja Yoga Meditation aims to enhance individual Emotional Intelligence to achieve Global Harmony

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2.1. Soul consciousness

Raja Yoga Meditation teaches us soul consciousness. This is actually a complete process of identity shifting from body to soul. Modern neuroscience (Self-Referencing System) says, the brain constantly asks “Who am I?”. According to that identity, it builds emotions, reactions, fears, desires, priorities. If this identity is based on body consciousness, it creates fear, ego, comparison. If the identity is based on role consciousness, it creates insecurity, if status-based, it creates anxiety, if based on soul consciousness, it creates stability. Raja Yoga developed Meta-Identity Consciousness. That means “I am not the body”. I am a conscious observer using the body. I am a divine point of light. As a soul I am imperishable but my body is perishable. This understanding creates - emotional distance from suffering, reduced ego, jealousy, hatred, reactivity, improved self-regulation, developed greater cognitive clarity. Soul consciousness activates Observer Consciousness and Metacognitive Awareness.

A Raja Yoga Meditation Practice: How Soul Consciousness Activates Observer Consciousness

- **The Detached Observer**

In Raja Yoga Meditation, a core practice is becoming the detached observer of our own thoughts, actions, and the world drama. This is the exact spiritual equivalent of psychological Observer Consciousness. When we sit in meditation and remind ourselves, ‘I am a peaceful soul’, distinct from this physical body, we immediately create psychological distance from our immediate emotions. Instead of saying “I am angry”, soul consciousness teaches us to see anger as a temporary vibration passing through the mind.

- **Neutrality and Non-Judgment**

Raja Yoga Meditation teaches that the soul's original nature is peace, purity, love, power and bliss. By anchoring ourselves in this “original state,” we can watch our current chaotic thoughts or negative habits pass by without judging ourselves or reacting to them. We become the quiet centre of the storm.

- **Cognitive Diffusion**

This is the psychological term for detaching ourselves from our thoughts. Instead of thinking, “I am an anxious person,” observer consciousness says, “I notice a feeling of anxiety arising in my body right now.”

A Raja Yoga Meditation Practice: How Soul Consciousness Activates "Metacognitive Awareness"

- **Metacognitive Awareness ("thinking about thinking")**

Metacognitive Awareness is our ability to step back and actively monitor, evaluate, and regulate our own cognitive processes. It is the mental mechanism that allows us to judge how well we understand something or notice when our attention is drifting. While sitting in Raja Yoga Meditation observer consciousness allows us to see the thoughts. Raja Yoga Meditation heavily relies on intellectual governance to regulate the mind. In the philosophy of Raja Yoga Meditation, the soul has two primary faculties. The mind which generates thoughts, and the intellect which discerns, judges, and decides. Activating soul consciousness is essentially a profound exercise in strengthening the intellect - which is the ultimate engine of Metacognitive Awareness.

- **Monitoring**

During Raja Yoga Meditation, we don't just let our mind wander endlessly. We actively monitor the quality of your thoughts. We categorize them. Are these thoughts necessary, wasteful, negative, or positive?

- **Regulation (Cognitive Control)**

Once the intellect (metacognition) notices the mind generating wasteful or negative thoughts, it steps in to regulate them. We deliberately change the track of our thoughts, steering them toward elevated, peaceful, or spiritual themes (connecting with the Supreme Soul).

Both skills work beautifully together. Metacognitive awareness helps us optimize our intellectual and analytical strategies, while Observer Consciousness provides the psychological distance needed to stay calm, grounded, and emotionally balanced under pressure. In Raja Yoga Meditation, the transition from body consciousness (identifying with our physical form, role,

and titles) to soul consciousness (identifying as an eternal, spiritual point of light) is the foundational shift. When we practice soul consciousness, we are essentially training our mind to step into a heightened state of both Observer Consciousness and Metacognitive Awareness.

Table.1. The Spiritual-Psychological Process of Raja Yoga Meditation

Step-1	Soul Consciousness	Awareness of the true self; shifting identification from physical/material identity to inner peace and spirituality.
Step-2	Observer Consciousness	We step back as the detached observer and observe our thoughts without getting swept away.
Step-3	Metacognitive Awareness	our Intellect evaluates the thoughts and actively guides the mind back to peace.
Step-4	Deep Meditation	Attaining a sustained state of quietness, emotional equilibrium, and self-transformation.

What is Emotional Intelligence (EI)?

Emotional Intelligence (EI) is simply the ability to understand and manage our own feelings, while also recognizing and responding well to the feelings of others. Instead of letting our emotions control us, EI helps us use our emotions as a guide to think clearly, stay calm under pressure, and build strong, happy relationships with the people around us. The term Emotional Intelligence was introduced by Mayer and Salovey (1990) in their attempt to develop a scientific measure for knowing the differences between people's ability in the area of emotions. However, the credit for popularizing the concept of Emotional Intelligence went to Daniel Goleman (1995). Emotional Intelligence also known as Emotional Quotient (EQ) is the ability to perceive, use, understand and manage emotions of oneself and others. EI is viewed as a skill that can be developed and improved over time through training, motivation, self-awareness and practice. EI is more important for navigating the complexities of the modern workplace such as team work, communication and discussion making.

Mayer and Salovey: The Ability Model of Emotional Intelligence (1990)

Perceiving Emotions – Recognizing emotions in oneself and others through facial expressions, tone of voice, and body language.

Using Emotions – Harnessing emotions to facilitate thinking, problem-solving, and decision-making.

Understanding Emotions – Comprehending emotional meanings, causes, and how emotions change over time.

Managing Emotions – Regulating emotions in oneself and influencing emotions in others appropriately.

Daniel Goleman's Mixed Model of Emotional Intelligence (1995)

Self-Awareness – Recognizing one's own emotions and their effects.

Self-Regulation – Managing emotions and controlling impulses.

Motivation – Using emotions to achieve goals and maintain persistence.

Empathy – Understanding and sharing the feelings of others.

Social Skills – Building positive relationships and communicating effectively.

A Raja Yoga Meditation Practice: How Soul Consciousness enhances Emotional Intelligence

To understand how Soul-Consciousness improves our Emotional life, we first have to understand the two different ways we can look at ourselves. Raja Yoga Meditation teachings explain that most of our emotional pain comes from body consciousness - which means thinking, "I am this body, I am this gender, I am this profession, or I am this age." When we tie our identity to these temporary things, we naturally feel insecure, scared of losing control, and easily hurt by what others say. Soul-consciousness means shifting our focus. It is the deep, quiet practice of realizing: "I am a tiny point of spiritual light". I am a peaceful soul living inside this body, using it to play my role in the world. According to the core philosophy of Raja Yoga Meditation, the soul is a living point of light. The innate nature of the soul is peace, love, bliss, and purity. We look for love and peace outside, forgetting that they are the very core of our being. When we sit in meditation and remember this truth, our Emotional Intelligence (EI) changes completely.

Practice Visualization: Shift focus from body-consciousness to soul-consciousness. Imagine our mind is like a vast, deep ocean, and our everyday problems are just stormy waves (Body-Consciousness: Worries, Stress, Ego, Arguments) on the surface. Raja Yoga Meditation allows us to dive deep in the Ocean - Complete Silence (Soul-Consciousness: Peace, Purity, Stable mind). By practicing daily, we learn to live deep in the ocean where it is always peaceful, even

when the surface of life is incredibly noisy.

Enhancing Self-Awareness (The Shift in Identity):

In psychology, Self-Awareness means recognizing our emotional states. In Raja Yoga Meditation, soul-consciousness takes this a step deeper. When we practice seeing ourselves as a soul separate from the physical body. We create a healthy mental space between the self and the emotion. Raja Yoga Meditation teaches that we are souls, a quiet observer inside - rather than just our body or our passing thoughts. When we practice this, we stop being angry or stressed and become the person watching it, which naturally boosts our self-awareness, the first major step of Emotional Intelligence. This shift creates a calm inner distance that lets us see our emotional triggers clearly without judging ourselves. Because our mind is anchored in a steady, peaceful identity rather than a roller coaster of feelings, we can easily understand our inner world and choose to respond with wisdom instead of just reacting.

Strengthening Self-Regulation (The Power of Response over Reaction):

Managing impulses depends entirely on the gap between a stimulus and our reaction. Soul-consciousness maximizes this gap in two ways.

- **Becoming aware of Core Virtues:** Raja Yoga Meditation teaches that the soul's original state consists of seven innate qualities: peace, purity, love, joy, bliss, power, and knowledge. By regularly meditating on these qualities, we rely less on external validation for happiness.
- **Conservation of Mental Energy:** Shifting our awareness reduces wasteful and negative thoughts. When the mind is not exhausted by chronic overthinking or defensiveness, we maintain the cognitive reserves needed to regulate intense emotional surges.

Empathy and Social Awareness (The Universal Vision):

Empathy requires stepping out of our own perspective to truly understand another person's feelings. Soul-Consciousness facilitates this through a profound shift in vision.

- **Brotherhood of Souls (Vasudhaiva Kutumbakam):** When we look past physical labels - such as age, nationality, or socio-economic status and view others as sibling souls, superficial barriers drop away.

- **Compassion Free from Attachment:** Seeing others through a soul-conscious lens allows us to understand their negative behaviours as expressions of emotional pain or past conditioning, rather than personal attacks. This enables deep empathy and genuine compassion without absorbing their emotional distress.

Improving Relationship Management (The Practice of Subha Bhavana):

The highest test of Emotional Intelligence is navigating complex human interactions smoothly. Raja Yoga Meditation anchors this through intentional energy work.

- **Pure Wishes and Good Feelings:** In Soul-Consciousness, we actively transmit peaceful and loving vibrations to others, even during conflict. This ends the bad cycle of returning negativity with negativity.
- **Drawing from the Source:** By connecting the individual soul to the Supreme Soul, we draw clean, unconditioned spiritual energy. This fills our inner reservoir, allowing us to give love, respect, and forgiveness to others without demanding anything in return.

The Role of Observer-Consciousness in enhancing EI Through Raja Yoga Meditation

In Raja Yoga Meditation, Observer Consciousness is achieved by anchoring oneself in soul consciousness – the deep awareness that we are peaceful souls (the observer) separate from the physical body, thoughts, and roles (the observed). When we practice Raja Yoga, this soul-conscious observer perspective systematically upgrades the four core pillars of Emotional Intelligence (EI).

Self-Awareness: Moving from “I am angry” to “I am the watcher”

In Raja Yoga Meditation, we learn that thoughts are just creations of the mind, not our identity. By sitting as the “detached observer”, we notice negative or chaotic thoughts the moment they emerge. We realize, “I am the peaceful soul experiencing a turbulent thought”, rather than being consumed by it. This creates deep, unbiased emotional clarity.

Self-Regulation: The Master of the Seat

When we identify as the soul, we realize our innate nature is peace and purity, while external triggers are temporary. When a stressful situation occurs, soul consciousness acts as an emergency brake. Because we are detached as an observer, we don't instantly absorb the chaos. We choose to respond from our internal storehouse of peace rather than reacting blindly.

Empathy: Soul-to-Soul Vision

When we look at others through a purely physical lens, we judge their behaviour, age, gender, or status. Soul Consciousness shifts our vision. We begin to see others also as souls playing a role, struggling with their own deep-seated habits. This detached, spiritual perspective removes personal bias, allowing us to deeply understand their pain or behaviour without getting hurt or defensive.

Relationship Management: Switching from "Expecting" to "Giving"

Most relationship friction comes from a place of emotional lack - wanting respect, validation, or love from others. In Raja Yoga Meditation, the soul-conscious observer connects with the Supreme Soul, feeling inherently full and secure. Because our Soul is full, we stop demanding things from people. Our relationships shift from a transactional struggle to an offering of stable cooperation, patience, and clean wishes.

The role of Metacognitive Awareness in enhancing EI through Raja Yoga Meditation

In psychology, Metacognitive Awareness is simply “thinking about thinking” - the ability to step outside our mind and evaluate our own thoughts, emotions, and mental habits. In Raja Yoga Meditation, this psychological concept perfectly aligns with the function of the intellect. The soul uses the clear intellect to observe and guide the mind. Metacognition is the tool the soul uses to ensure the mind is creating the right quality of thoughts. Here is how Metacognitive Awareness, powered by soul consciousness, develops the four pillars of Emotional Intelligence.

Self-Awareness: The Intellect Checking the Mind

- **The Process:** Instead of just feeling an emotion, metacognition asks: “Why is my mind producing this thought right now?”
- **The Soul’s Role:** As a soul, we realize we are the creator of our thoughts. When jealousy or fear arises, our metacognitive awareness acts like an inner auditor. We gently catch the mind in the act: I see my mind is creating insecure thoughts because my ego feels threatened. But as a soul, I am already complete. We identify the root cause without self-criticism.

Self-Regulation: The Power to Brake

- **The Process:** Metacognition allows us to evaluate the usefulness of a thought before acting on it.
- **The Soul's Role:** The mind produces a reactive urge: I should also shout. Metacognitive awareness pauses and evaluates: "Will this thought drain my spiritual energy or elevate it?" Because we are seated in soul consciousness, our intellect has the power to apply the brake. We consciously choose to discard the wasteful thought and generate a powerful, peaceful thought instead. We regulate the emotion by changing the underlying thought pattern.

Empathy: Deconstructing the Other's Narrative

- **The Process:** Understanding that just as our thoughts are shaped by past conditioning, so are theirs.
- **The Soul's Role:** When someone behaves badly, metacognitive awareness stops us from taking it personally. We analyse the situation: "They are not inherently bad; their mind is just caught in a toxic thought-loop of pain or fear". By viewing them as a pure soul temporarily influenced by a turbulent mind, our empathy deepens. We feel compassion for their internal struggle rather than anger at their outward behaviour.

Relationship Management: Conscious Energetic Exchange

- **The Process:** Monitoring our own intentions and communication style in real-time during an interaction.
- **The Soul's Role:** Before we speak, metacognition prompts a quick internal check: "Is this my ego trying to win an argument, or is this my soul trying to find harmony?" In soul consciousness, we manage relationships by actively curating the "vibrations" we send out. We consciously choose words and actions that elevate the other person's state of mind, gently guiding the interaction toward mutual respect and peace.

2.2. "Remember the Point of Light" (Supreme Soul-God)

God is also seen as a point of light, eternal and incorporeal, known as Shiva (the Benefactor). He is considered the Supreme Father, Mother, Teacher, Guide and Judge. By remembering God as the Ocean of Peace, Purity and Love, the soul connects himself with God to receive God's power and spiritual light. This practice required more attention. In cognitive psychology and

neuroscience, this practice acts as a highly deliberate "hack" of the human attentional system. It shifts the brain from a state of scattered processing to a state of profound integration.

Focusing on the Supreme Soul: The Neuro-Psychology of Divine Attention in Raja Yoga Meditation

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In neuroscience, attention works in two main ways:

- **Bottom-Up (Reactive) Attention:** Automatically triggered by external surroundings, like a buzzing phone or an unexpected noise.
- **Top-Down (Goal-Directed) Attention:** Consciously guided, where the mind actively chooses where to direct its focus.

When we focus on a point of light representing God, we activate maximum top-down control. We instruct our prefrontal cortex (the brain's executive centre) to filter out all unnecessary sensory input. Since a single point of light has minimal visual complexity, it leaves the brain with zero external details to process. Attention science shows that when we quiet external sensory clutter, the brain stops looking outward and naturally turns inward. In this way, focusing on the point of light becomes a psychological vacuum cleaner, sweeping away intrusive thoughts until only pure awareness of God, peace, and stillness remains.

From Mind-Wandering to Self-Regulation: Deactivating the Brain's Default Mode Network Through Raja Yoga Meditation

When an individual withdraws their attention from the external world and turns inward, the brain's Default Mode Network (DMN) automatically activates, triggering mind-wandering, daydreaming, and anxiety-inducing self-referential thoughts about past regrets or future uncertainties. However, Raja Yoga Meditation serves as a conscious intervention. By disengaging from external stimuli and establishing soul-consciousness, visualizing the self as a point of light in the centre of the forehead, the practitioner intentionally redirects their mental energy. By meditating on the innate virtues of the soul and connecting with the Supreme Soul (A point of light), the practitioner channels their thoughts into a single, constructive direction. This intentional focus effectively quiets the hyperactive Default Mode Network. This is profoundly beneficial for adolescents, whose DMN is naturally unstable and prone to emotional turmoil during periods of inactivity, such as a gap between school lectures. By training adolescents to constructively regulate their inner world when external engagement stops, Raja Yoga Meditation systematically enhances the core components of Emotional Intelligence: Self-

Awareness, Self-Regulation, Empathy, and Relationship Management. It teaches them to draw lessons from the past, optimize the present, and naturally secure a stable future, ultimately leading to a significant enhancement in their global Emotional Intelligence.

Salience Network: How Raja Yoga Flags the Divine as Our Top Priority

Thousands of stimuli surround us constantly, but our brain does not assign equal importance to everything. The specific neural network responsible for determining what is the most critical or urgent matter for us at this exact moment is known as the Salience Network. When a person connects their mind with the Supreme Soul or God, the ultimate symbol of peace and security, during Raja Yoga Meditation, the brain flags this Divine connection as a top priority.

The Neurochemical Flow: How Raja Yoga Triggers Dopamine and Serotonin

Upon the activation of the salience network during Raja Yoga Meditation, the brain immediately releases two crucial neurotransmitters, often called "feel-good" chemicals dopamine and serotonin. Dopamine elicits a sense of spiritual joy, fulfilment, and a neurological reward response as the mind aligns with the Divine. Simultaneously, serotonin stabilizes mood, promotes deep emotional calmness, and establishes a profound sense of psychological security and inner peace.

2.3. Self-transformation: A Catalyst for Global Harmony

In Raja yoga Meditation, we understand very well that when we make efforts for self-transformation, it is crucial to first know three things.

First: “Who am I?” meaning, what is my true identity?

Second: “Who is mine?” meaning, with whom do I share my true, authentic relationship?

Third: “What is my true purpose in life?”

Stage: 1-Who am I? – Cultivating Self-Awareness

When we begin to understand these three things, we gain a clear direction in life. In response to the question “Who am I?”, Raja Yoga Meditation first teaches that we are not this body, but a soul—a very subtle, pure consciousness that is a living, metaphysical energy. The soul has both light and power. Moreover, the true essence of the soul is peace, love, bliss, purity, and wisdom. After learning this, the first step is understanding and next is realization. I am the conscious

power that drives this body, seated in the centre of the forehead, governing it through the brain. After this realization comes experiencing it repeatedly - feeling that Yes, I am an extremely subtle soul. This body and I are separate. This body belongs to me, but I, the soul, have a distinct identity. I am a very unique, very special, individual self. Following this, a complete awareness dawn within us. If I am a soul and not the body, then everything connected to the body - such as religion, physical relationships, the roles we play through the body, the faiths we follow, our physical appearance, and various sects, paths, or ideologies is entirely based on the body. It is not the true innate religion of the soul. The soul's true nature and religion are peace, love, purity. We had forgotten our true selves. By considering ourselves as the body, we were dividing ourselves into limited boundaries like religion, language, caste, community and country. When the body-consciousness fades away and only the soul is perceived, all these boundaries begin to dissolve within the mind, and we start living in a state of unbounded consciousness. Just as I am a pure, holy consciousness - a soul - similarly, every human being before me is also a pure, conscious soul. When we begin to see others in this true form, all boundaries start to disappear. Consequently, our minds become deeply peaceful and balanced, and a sense of divine love, filled with respect and purity, naturally emerges within the heart for everyone.

Building upon this Self-Awareness, Raja Yoga Meditation serves as a vital intervention tool to enhance our Emotional Intelligence. It elevates emotional awareness by helping us cultivate an Observer Consciousness-the ability to witness our thoughts, emotions, strengths, and weaknesses without judgment. Since emotional mastery cannot happen overnight, Raja Yoga Meditation provides the continuous inner support needed to process triggered emotions constructively, guiding us from Self-Awareness to true Self-Transformation.

Stage:2-Who is mine? -Cultivating Emotional Attachment Security

The Universal truth is that GOD, the Supreme soul, is the Father of all souls. This is the only eternal and unconditional relationship. God is called the Truth, the Almighty (All-Powerful) and the Omniscient (All-Knowing). This is because only God knows the beginning, middle, and end of this world cycle. He resides beyond this physical world, in the Supreme Abode. The true form of God is a point of light. As subtle as He is, He is equally powerful. God is also called the Supreme Teacher, Supreme Judge, Supreme Friend, and Beloved. We can remember God through all relationships and connect our mind and intellect with Him. Based on these relationships, God is also called the Liberator because He liberates humans from vices. Human souls, under the influence of vices, stray from the true path of their lives and therefore suffer

immensely. Today, whatever sorrow, suffering, and peacelessness exist in the world, the hidden vices within humans are the primary reason behind it. God is the Liberator because when He arrives, He gives light to all humans in the form of knowledge. He gives Supreme Power - so that all souls can return to their original religion. We also call God the Ocean of all virtues and powers (Ocean of Peace, the Ocean of Love, the Ocean of Purity, and the Ocean of Bliss). Why do we connect our mind and intellect with God for self-transformation? It is because when we become weak, vices begin to enter into us. In such a state, the soul can conquer its weaknesses and vices only by drawing power from the Supreme Soul. Because God is Ever-Pure, the power of purity within Him allows the soul to reclaim its own lost purity. It is the absence of this very purity that initially caused all vices, weaknesses, and impurities to enter the soul in the first place.

By recognizing God as the Supreme Soul and the universal Parent of all souls, Raja Yoga Meditation provides a profound foundation for Emotional Attachment Security. According to psychological attachment theory, a person requires a "secure base" to achieve emotional stability. In human relationships, external dependencies often lead to attachment anxiety or fear of loss. However, anchoring our emotions in an eternal, non-judgmental, and unconditionally loving source (the Supreme Soul) fulfills our core psychological need for emotional safety. This spiritual connection elevates our Emotional Intelligence by stabilizing our inner ecosystem - reducing emotional reactivity, fostering resilience, and allowing us to respond to life's challenges from a place of secure inner strength rather than emotional dependency.

Stage:3-What is my true purpose in life? – Fostering Intrinsic Motivation and Self-Actualization

Raja Yoga Meditation teaches us that we must constantly make spiritual efforts for self-upliftment. First comes self-transformation and self-welfare, followed by world welfare - this is the highest form of action. According to the Law of Karma, we receive exactly what we give to others. Thus, the ultimate purpose of life should be holistic self-upliftment. Every individual should seek to understand true knowledge, science, and spirituality, for without them, life remains incomplete. Thus, we must constantly strive to absorb as much of this wisdom as possible throughout our journey. This self-upliftment is only possible only when we perceive everything through the lens of truth and reject false knowledge. True knowledge awakens virtues within us and builds an elevated character, which ultimately inspires us to serve others.

True living also means being deeply happy, sharing that joy, and cultivating an ecosystem of giving and receiving happiness.

Beyond physical achievements, discovering one's true purpose requires deep alignment with internal values rather than external validation. Raja Yoga Meditation bridges this path by shifting our focus from extrinsic drivers to Intrinsic Motivation, which is a core component of high Emotional Intelligence. As we connect with our innate qualities of wisdom and peace, Raja Yoga Meditation guides us toward Self-Actualization - helping us realize our highest potential and express it through purposeful action. In this way, Raja Yoga Meditation serves as a transformative catalyst, enabling us to manage purpose-driven stress, stay emotionally resilient, and live a life aligned with our true, intrinsic worth.

Stage:4- From Thought to Creation (Sankalp se Srishti): Cultivating Cognitive Self-Efficacy

We receive this teaching from Raja Yoga Meditation that we make our own destiny. We are truly creating our own world through our thoughts. If we look at this from a scientific perspective, the thoughts arising from our mind radiate outwards as energy and vibrations. Through the Law of Attraction, they attract the exact same energy back to us, attracting corresponding events and relationships into our lives. Therefore, Raja Yoga Meditation helps us understand that we are the creators of our own thoughts. The mind is the creator of thoughts. The intellect holds the power of judgment to discern whether a thought is right or wrong, and the actions we perform consequently shape our impressions. Raja Yoga Meditation teaches us that if a negative thought ever arises in our mind, whether due to external circumstances or internal weakness, the moment we realize that this thought is not good for us, we can redirect it toward positivity. In this way, we can guide our lives toward a highly elevated direction. One of the most beautiful lessons Raja Yoga Meditation teaches us is that if an unwanted thought arises, we shouldn't fight or suppress it. Simply observe it. Recognize that it isn't permanent - it has only come to pass. Instead of clinging to it, just watch it as a detached observer without any judgment. Once it fades away, we can consciously choose to introduce the thoughts we truly desire.

The principle of "Sankalp se Srishti" highlights that every creation begins with a single thought. Raja Yoga Meditation plays a pivotal role here by fostering Cognitive Self-Efficacy - the belief in the capacity to consciously choose and direct one's own thought patterns. Within Emotional

Intelligence, controlling the narrative of our thoughts is essential for emotional regulation. Raja Yoga Meditation acts as a powerful intervention that trains the mind to filter out negative or reactive thoughts, replacing them with positive, purposeful intentions. By strengthening this cognitive control, individuals enhance their Self-Efficacy, ensuring that their internal creations lead to constructive, Emotionally Intelligent actions in the physical world.

Stage:5-"I belong to Supreme Father, He belongs to me" -The Power of Relationship Fostering Emotional Stability

The greatest beauty of Raja Yoga Meditation is that it is not a path of renunciation; rather, it is Karma Yoga - where we keep our eyes open, move around, fulfil our daily responsibilities, and simultaneously keep our mind connected to the Supreme. The moment we accept someone as our own, no special effort or technique is required. A child doesn't need to close their eyes or sit in a specific posture to remember their mother; the connection is natural. When the intellect firmly holds onto the awareness that "I belong to the Supreme Father and He belongs to me," a direct heart-to-heart connection is established. This feeling of belonging and love instantly fills the soul with peace and strength.

The profound spiritual realization, "I belong to the Supreme Father, and He belongs to me," forms the ultimate anchor for Emotional Stability. In psychology, stable and safe relationships are essential for regulating emotions and reducing vulnerability to stress. When we deeply internalize this unconditional bond through Raja Yoga Meditation, it eliminates inner loneliness and insecurity. Raja Yoga Meditation utilizes the power of this divine relationship as an intervention tool to elevate Emotional Intelligence - teaching us to base our self-worth on an unwavering spiritual connection rather than changing external circumstances. This deep sense of belongingness stabilizes the mind, transforming emotional reactivity into profound inner peace and resilience.

Stage:6-The Practice of Thankfulness (Gratitude): The Power of Soul-Conscious Appreciation for Emotional Resilience

Gratitude is a beautiful and highly practical aspect of Raja Yoga Meditation.

- ***Towards the Supreme:*** We feel gratitude for His constant canopy of protection, powers, and subtle help.

- **Towards Human Beings:** Holding a vibration of blessings and thanks for anyone who helps us, even for a moment. This sweetens our daily relationships.
- **Towards Nature:** Respecting and thanking the elements - light, air, water, earth and food - that sustain our physical existence. Sending positive vibrations to nature makes our surroundings harmonious for us.

In Emotional Intelligence, gratitude is directly linked to Emotional Resilience and Positive Affect Regulation - the ability to shift our focus from scarcity, resentment, and complaint toward value, abundance, and optimism. Raja Yoga Meditation elevates this by introducing the spiritual practice of Divine Gratitude. When we experience our eternal identity as a soul and connect with the Supreme, we recognize every test as a lesson and every virtue as a gift. Instead of reacting with entitlement or comparison, soul-conscious thankfulness stabilizes the mind in deep contentment, neutralizing toxic emotional loops and building unbreakable emotional strength.

Stage:7-Forgive and Forget: The Power of Compassionate Release for Emotional Freedom

This practice liberates the soul from the heavy baggage of the past. In Emotional Intelligence, the ability to "forgive and forget" directly aligns with Emotional Self-Regulation, Self-Compassion, and Empathy. True emotional healing requires releasing resentment, guilt, and grudges - heavy emotional baggage that drains cognitive energy and impairs mental clarity. Raja Yoga Meditation elevates these emotional competencies into a spiritual practice of Compassionate Release.

- **Self-Compassion:** If we make a mistake, instead of carrying guilt, we sincerely ask for forgiveness from God, the person involved, or nature. Most importantly, we take the lesson from that mistake and move forward.
- **Being Merciful:** If someone hurts us, Raja Yoga Meditation teaches us to understand that the other soul is currently under the influence of their own weaknesses. Instead of holding

anger, we hold an attitude of mercy and let it go. This is essential for our own emotional healing.

Raja Yoga Meditation is not just a temporary practice, but a lifestyle. When meditation becomes this natural and integrated into every action, it rapidly enhances emotional stability, mental clarity, and inner peace. Page | 77

Stage:8-"Conquer the Mind, Conquer the World": The Power of Self-Mastery for Executive Emotional Control

Throughout the day, we practice this exercise or drill (five forms) in Raja Yoga Meditation for at least 1 to 5 minutes.

- ***The Seed Stage (Seed Form)***

Reminding ourselves that just as a whole tree is merged within a tiny seed, the eternal virtues (original) of peace, love, and purity are inherently merged within the soul.

- ***The Divine Form (The Giver)***

Reminding ourselves of our divine nature - a benefactor who constantly gives to everyone and helps those in need. In this form, non-violence is the supreme religion.

- ***The Worshipped Form***

Reminding ourselves that due to elevated actions and character, the entire world remembers and reveres the soul. Therefore, we sustain this form through noble deeds and character.

- ***The Student Form***

Reminding ourselves of the form of a lifelong student who elevates themselves every moment by absorbing spiritual wisdom.

- ***The Angelic Form***

Reminding ourselves that we are an angel or messenger of God. Whatever we have received, we must share unconditionally with everyone.

In this practice, I, the soul perceive myself as the king, while the mind and intellect follow and obey my commands. In this way we can direct our mind and intellect wherever we want, because “He who conquers the mind, conquers the world.”

In Emotional Intelligence, conquering the mind corresponds to Self-Mastery and Executive Emotional Control-the capacity to consciously direct focus, regulate cognitive states, and maintain dynamic balance under stress.

Stage:9-From Mind Mastery to Emotional Competence: The 'Stop, Check, and Change' Exercise

In Raja Yoga Meditation, we practice the 'Stop, Check, and Change' exercise, which is essential for emotional and mind mastery. It is often described as 'applying a full stop in a single second.' With consistent practice, we develop the ability to instantly halt our thoughts the moment we command our mind to stop. Once we apply this full stop, the next step is to Check. If the thought is positive and correct, we guide it forward. However, if it is negative, wasteful, or unwanted, we must change it. While the initial trigger takes only a second, the complete exercise usually takes anywhere from 30 seconds to 2 minutes. This is crucial because during times of mental turmoil, taking a minute to step back as a detached observer allows us to bypass the thoughts rather than holding onto them. As a result, those thoughts lose their power over us, making it incredibly easy to change our state of mind.

Table.2. 'Stop, Check, Pause & Change': A Raja Yoga Meditation Practice to Stop Mental and Emotional Turbulence

Steps	Raja Yoga Meditation Practice	Emotional Intelligence impact
Stop and Check	Instantly stop and become a Detach Observer	Self-Awareness
Pause	Maintain a 2-Minute Silent Pause (Non-judgemental Awareness)	Self-Regulation
Change	Transform waste thoughts into elevated, positive thoughts.	Cognitive Reframing
Final Outcome	Mind and Emotional Mastery	Self-Sovereignty and Resilience

Stage:10- Realizing that we are the masters of unlimited, infinite treasures: Fostering Psychological Empowerment

Another important practice of Raja yoga Meditation is realizing that we are the masters of unlimited, infinite treasures. Here, 'unlimited treasures' indicates the abundant knowledge, virtues, powers, happiness, and purity that reside within the soul. In reality, the soul itself is an incredibly powerful and completely fulfilled conscious energy. When the virtues and powers within the soul are emerged (brought to the surface), we experience profound happiness. Through the practice of soul-consciousness in Raja yoga, we actively emerge all these inner virtues and powers of the soul. Sometimes, if these inner powers become merged (dormant) or fade from our awareness, when we forget our true nature, we might perceive ourselves as weak. Raja Yoga Meditation teaches us that in such moments, we must remember the Supreme Soul (God/the Supreme Father). If we sense a deficiency within ourselves, we can draw those exact attributes from the Supreme Father to recharge ourselves. Because He is the Father, and I am His child. He is the Almighty Authority, and therefore, I am a Master Almighty Authority. By right of inheritance, I can reclaim all those virtues and powers that the Father has already bestowed upon me as my birthright, simply by aligning my mind and intellect with the Supreme Being. When we guide our mind with this perspective, an inner void never creates itself. Our internal treasures remain so full that external attractions, greed, or negative tendencies like aggression never arise within our mind and intellect.

Psychological Empowerment is the realization of one's innate capacity for Self-Governance, grounded in the Emotional Intelligence competencies of Self-Efficacy and an Internal Locus of Control. In Raja Yoga Meditation, this empowerment stems from recognizing that true wealth is internal - comprising the infinite treasures of Knowledge, Happiness, and Purity. For instance, knowledge is a massive treasure because it acts like light, bringing crystal clear clarity to complex situations. Similarly, Happiness is the most precious thing in life. Whatever we do, whether we work, build relationships, or even decorate our home and invite people over, the ultimate goal is to experience joy and share it with others. Hence, happiness is vital for life. Furthermore, we must also possess the treasure of Purity. Just as happiness is a treasure, purity is equally a treasure. Most psychological ailments today stem from mental impurity, because we clutter our minds with emotional pain, heavy burdens, and criticism. Purity is such a profound treasure that it thoroughly cleanses our mind and purifies our intellect. By reclaiming these internal treasures, individuals shift from feeling victimized by external stressors to

mastering their inner states, activating the highest level of Emotional Self-Efficacy and Resilience.

Stage:11-To be content with whatever we receive: Overcoming Hedonic Adaptation

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Often in life, we make a mistake. Instead of feeling happy with what we have achieved, we begin to focus on what we didn't get. What happens then? It creates a void, a sense of emptiness within our mind, along with a constant desire to attain it. Because of this, we overlook the value of what we have achieved - how much joy it brings, and how essential it actually is in our life. Often, we forget to view things from that perspective. In psychology, this psychological trap is known as Hedonic Adaptation, the tendency of humans to quickly take their blessings for granted and return to a baseline level of desire. Science states that every individual has a "Happiness Set-Point", a baseline level of happiness largely determined by genetics and personality traits. When something wonderful happens (e.g., getting a promotion, buying a luxury car, or achieving a major milestone), our happiness spikes dramatically. This peak is temporary. Within weeks or months, our brain becomes habituated (adapts) to this new reality. The new car or achievement becomes our new "normal," and our emotional state drifts right back down to our baseline set-point. It is called a treadmill because we keep running (chasing the next desire) but we ultimately stay in the exact same emotional place. As soon as one desire is fulfilled, a psychological "void" reappears, pushing us to chase the next external variable.

When we accept whatever, we receive as a beautiful return for our own good deeds and feel happy with it, our outlook changes. As for what we haven't received, we should think that if we put in the effort, we might achieve it in the future. In life, some things are received immediately, some require immense hard work, and sometimes, despite all the effort, we still might not get them. That is why we must possess the power of acceptance, so that our mind and intellect do not become miserable or distressed chasing after endless desires.

Sometimes, looking at what others have achieved, we think, look, they got something better; I wish I had achieved that. This comparison often gives rise to jealousy. But we must understand that our achievements belong to us, and every achievement is invaluable to that specific individual. It is good that others have achieved something, and if we achieve it too someday, that is good as well. But we should never look down upon ourselves or think of ourselves as lesser. Doing so is merely the result of negative thoughts and misperceptions created by our own minds. In reality, we must respect ourselves and value what we have achieved. If we respect

our own blessings, someone else's achievements will never overwhelm us. And if we truly desire something, we can perform the right actions (focused effort), and we can attain that achievement too.

Table.3. A Practice of Raja Yoga Meditation: Overcoming Hedonic Adaptation

Raja Yoga Meditation Stages	EI - Dimension	Practical Application
Internal Nature	Self-Awareness	Happiness and peace are inherent qualities of the soul. It is not dependent on external stimuli.
Awareness of the Trap of Desires	Self-Management and Goal Setting	Body-consciousness and Role-consciousness creates endless desires. Desires naturally breed discontentment.
Contentment and Acceptance	Emotional Resilience and Social-Awareness	Believing What I have received is a beautiful return of my karma. One respects the achievement without becoming its slave.
Soul-Consciousness	Self-Actualization and Empathy	Connecting with the Supreme Soul brings an absolute, unchanging inner saturation. External objects are used, not depended upon.

Stage:12- shifting from problem to solution: Fostering Cognitive Flexibility, Adaptability, and Proactive Self-Management

A very important practice in Raja Yoga Meditation is transforming the cause into a solution. Often, when faced with difficult situations, distress, or problems, our immediate reaction is to look for the cause. Sometimes we blame ourselves, and other times we point to external circumstances, other people, or a lack of financial resources as the cause. Consequently, our mind gets trapped in a loop of a single question: Why did this happen only to me? What do I do now? The mind becomes entangled in these repetitive questions.

However, in Raja Yoga Meditation, we practice navigating this beautifully. We anchor ourselves in the awareness, I am a soul, stability is my nature, and I possess an intellect. I can reflect and observe. Whatever the cause may be, what do I need to do? I must use my intellect

to find the solution. In Raja Yoga Meditation, we practice channelizing our energy entirely toward finding the solution. We proactively instruct our mind and intellect when a situation arises that our primary focus must be the solution.

Of course, sometimes understanding the cause is also necessary. Knowing the cause helps us prevent the situation from reoccurring, allowing us to understand how to avoid that cause or ensure it does not repeat in our life. But once our mind directs its focus toward the solution, we let go of questions like 'why' and 'what'. And when we attain the solution, regardless of what the cause was, our inner consciousness and the depths of our heart naturally experience immense peace and tranquillity.

In Emotional Intelligence, this mental transition directly integrates Cognitive Flexibility, Adaptability, and Proactive Self-Management. Cognitive flexibility breaks repetitive thought loops, allowing the mind to adapt smoothly to unexpected realities rather than resisting them. Consequently, Proactive Self-Management redirects mental energy from passive reaction to constructive problem-solving. By prioritizing solution-seeking over problem-analysis, individuals regain inner stability, strengthen their Adaptability, and restore their Emotional Resilience.

Stage:13- Self-introspection: Enhancing Deep Self-Awareness and Intrapersonal Intelligence

In Raja Yoga Meditation, we engage in a special practice which we call identifying who our true friend is and who our true enemy is. Often, when we sit in a calm state of mind or in solitude to analyse our life, we realize that in reality, our true enemy is our own weakness. Inside us, lust, intense desires to possess things, the greed that stems from it, and the jealousy, hatred, and resentment that arise when we fail to get them - along with excessive attachment and boundless ego and anger that burn and destroy all relationships - these are the real enemies of every soul. It is these very traits that have turned this world from heaven into hell; they are the soul's true enemies.

On the other hand, the soul's true friend is the realization of absolute truth, the self-realization of who I am, what I am capable of, and what my true potential is. My good deeds, my attitude of service toward others, my spirit of cooperation, and the blessings I receive from them are my true friends. Because in times of need, it is these blessings that work. Often, wealth, property,

and sometimes even people cannot help us, but a pure blessing saves us. That is why people say that while we may earn wealth and respect, we must also earn blessings. We need the blessings of God, and the blessings of everyone. It is through this identification that we understand exactly where we need to transform ourselves, and understanding this allows us to take the very first step toward transformation. If we do not understand ourselves, if we do not know where change is needed, what our strengths are, and what our weaknesses are, how can we ever transform ourselves?

In Emotional Intelligence, this introspective process directly maps onto Deep Self-Awareness and Intrapersonal Intelligence. By cultivating non-judgmental self-examination, individuals shift away from external blame and develop an internal locus of appraisal. This heightened self-awareness enables one to audit internal emotional triggers, regulate psychological vulnerabilities (our inner enemies), and consciously leverage core inner strengths (our true friends). Consequently, achieving this level of internal Self-Mastery naturally translates outward-fostering Interpersonal Harmony and building Resilient, Compassionate relationships with others.

Stage:14-'Service through the Angelic Mind: Integrating Global Empathy, Emotional Resilience, and Transcendent Relationship Management

Within the practice of Raja Yoga Meditation, this is considered the highest form of service. We call it Service through the Angelic Mind. This means that a soul, having completely filled itself using the subtle power of its mind, intellect, pure feelings, and elevated wishes for world transformation - sits in a state of absolute peace and stability. It then absorbs divine love, purity and light of the Supreme Soul - a light that contains all powers and also represents ultimate clarity - and radiates it to all souls across the world. When a soul shares this immense purity, it is deemed the highest service because it is a highly subtle service.

Service can be of many kinds, but most are performed at the physical level, such as feeding people or helping them in various physical ways. This particular service, however, is about infusing power directly into souls. Today, it is said that people are wandering in darkness. In reality, this does not refer to physical darkness; it refers to the darkness within the mind, where the mind hides and weeps in the gloom of sorrow and pain. Often, despite being surrounded by people, we feel entirely alone. Why? Because the soul has somehow become empty, and to refill that soul, the power of the Supreme Soul is required.

This is done with immense subtlety by a soul acting as an Angel. An angel is a soul that is inherently light and experiences liberation-in-life; it is free from all bondages. Through its mind and intellect, it has broken every limiting bond. When such a light soul, with a true heart, distributes that light, might, and purity in the form of a radiant glow to all souls, it becomes a monumental service. It extends even to the five elements of nature and to all the animals and birds of the entire world, creating a massive force for world transformation. This is described as the Supreme Power of Yoga because it involves a profound transfer of energy. It is a vast science where a soul absorbs energy from the ultimate source - the Supreme Energy - and radiates that same energy throughout the entire universe. This beautiful process initiates the transformation of creation, gradually establishing that peace, happiness, and purity once again upon this earth.

In Emotional Intelligence, this advanced spiritual practice represents the complete synthesis and transcendence of all four core competencies - evolving into Transcendental EI. It begins with Deep Self-Awareness and Self-Regulation, as one must first attain internal stability, emotional lightness, and freedom from personal distress. It elevates Social Awareness into Compassionate Empathy, expanding altruistic concern to all living beings. Finally, it redefines Relationship Management on a universal scale, grounded in the psychological realization of Global Interconnectedness. By operating as a resilient, empathetic channel of goodwill, the individual transitions from Self-Centred Emotional Management to Altruistic Emotional Stewardship.

Stage:15- Every moment could be the final moment: Integrating Time-Stewardship, Proactive Self-Discipline, and Cognitive-Emotional Closure This means we must make every single moment of our time successful and worthwhile, because no one knows when life might come to an end. Therefore, we must value and uplift every moment. For instance, the practice of Raja Yoga Meditation is not merely a sitting practice for 10, 15, 30 minutes, or an hour. In reality, it is like a journey of life. It is a continuous life-flow that stays with us constantly. This is why when we wake up from sleep, the first practice of Raja Yoga Meditation begins early in the morning at 4:00 AM, which we call Amrit Vela. At that time, we remind ourselves of our true form, connect our intellect with the Supreme Soul, and absorb power from Him. If the mind and intellect are made powerful early in the morning, the entire day becomes powerful. This time serves as the foundation. Following this, the day's routine unfolds, beginning with reading something elevated, which we refer to as Gyan Murli. First, we maintain

the awareness that we are souls and that all human beings in this world are also souls. Through continuous practice, we cultivate a deep feeling that the entire world is our family and that every soul belongs to us, thereby building a divine connection. Consequently, when we perform physical or action-based service, whether working in an office, cooking food, or cleaning - a core question remains constant: Why are we doing this, and for what purpose? First and foremost, we do it for ourselves. Cleanliness is essential. Going to the office is an important duty and our contribution to society and the world. Similarly, cooking food at home is a loving contribution toward every family member. Another highly important practice in Raja Yoga Meditation is Traffic Control. Pausing for 2 to 5 minutes between activities to completely withdraw the mind and intellect from everything and refocus is a highly effective method. It constantly reminds us how to behave with people throughout the day, keeping us grounded in self-awareness, self-regulation, and empathy. When we enter into relationships - whether personal, professional, or social - we can manage them beautifully when we remain in soul-consciousness. During the evening, when we practice meditation, we sincerely channel that divine light of the Supreme Soul to every other soul, spreading that radiant glow across the entire world. Cultivating these pure feelings is an essential part of our evening routine. Then at night, sitting down together with the whole family to have dinner, talk, and share the highlights of the day builds a very strong family bond. Finally, when it is time to go to sleep, we first wish the Supreme Father a good night and then send pure blessings to all the souls of the world - wishing that everyone sleeps peacefully, frees themselves from all mental burdens, feels completely light, and ends their day with ease. We pray that the next day brings goodness for everyone, that they wake up refreshed, and step into a beautiful new beginning. Surrendering everything to the Almighty and feeling absolutely light, we fall asleep. In this way, Raja Yoga Meditation is not just a sitting practice; it becomes a literal journey of life that we live with every breath, in every single moment. Raja Yoga Meditation and our life no longer remain separate; they become one. No matter where we are in life, whatever we are doing, eating, traveling, or working - we are constantly guided by deep positivity and immense zeal and enthusiasm. We remain conscious of what we need to do for ourselves, what we need to contribute to this world, how to maintain our perspective, and how to govern our behaviour. When we live life this way, it becomes an incredibly elevated life. Our standard of living may be simple, but our standard of life becomes exceptionally high. This is how we can make every single moment of our life successful, and this is precisely what we learn from Raja Yoga Meditation.

From an Emotional Intelligence perspective, this practice elevates Self-Regulation into Proactive Self-Discipline and Time-Stewardship. It operationalizes Cognitive-Emotional Closure, allowing individuals to clear unresolved emotional baggage, grudges, and anxieties on a daily basis. By treating time as a finite, valuable resource, the practitioner directs emotional energy exclusively toward constructive Self-Realization, Altruistic service, and Harmonious living.

Stage:16-Purity is the eternal source of supreme power: Integrating Emotional Integrity, Authentic Self-Realization, and Cognitive Congruence

In the practice of Raja Yoga Meditation, Purity is considered the highest and most supreme. It is believed that the more purity a soul possesses, the more powerful it becomes. This means that an individual whose mind, intellect, impressions, actions, behaviour, and character are pure is inherently closer to the Supreme Soul. And the closer one is, the more they can absorb and sustain the Divine Light and Might within themselves. Because the Almighty is eternally pure, the vessel that holds His powers must also become pure. Purity is truly called the mother of happiness, peace, and love. Within spiritual practices, celibacy is regarded as the highest form of physical purity because the energy of a celibate is a massive reserve of force. If channelized in the right direction, this energy can bring about monumental transformation. However, Raja Yoga goes even deeper. In Raja Yoga Meditation, God teaches that while celibacy is the foundational principle of purity, it is equally essential to bring purity into our vision, our words, our every relationship, our actions, our service, our attitude, and our feelings. Because thoughts are the seeds of creation, purity of thought is absolutely mandatory for self-transformation and world transformation.

From an Emotional Intelligence perspective, purity translates into Emotional Integrity and Cognitive Congruence - a state where one's inner values, thoughts, and outer actions are completely harmonized. The journey begins with Authentic Self-Realization and progresses through conscious Self-Management. Eliminating critical judgments and mental distractions enhances focus and cognitive clarity, preventing the depletion of emotional capital. By maintaining pure intentions, individuals achieve high-level Self-Actualization, Resilience, and unshakeable psychological stability.

Stage: 17- Sattvic Diet: Integrating Mindful Consumption, Emotional Self-Regulation, and Global Empathy

Another highly significant practice in Raja Yoga Meditation is maintaining a Sattvic Diet. In spiritual circles, it is widely said: “As is the food, so is the mind; as is the water, so is the speech.” This implies that the emotions with which we cook and consume food directly impact our state of mind. Even while drinking water, we must be mindful of its inherent positivity and energy. Science has now proven the existence of Food Consciousness - acknowledging that both food and water act as carriers of information.

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The core principle of a Sattvic diet states that financial resources must be earned through completely honest and pure means. It is with that righteous wealth that food should be purchased. It is then dedicated and offered to the Supreme Soul as an offering Bhog. Finally, it is consumed with immense love and gratitude toward God, nature, the farmers who cultivated it, and the family members who cooked it. Dedicating this meal to the well-being of all souls in the world before eating is what makes it truly Sattvic. It is said that through the purification of food, our entire life becomes pure.

From an Emotional Intelligence perspective, this practice operationalizes Mindful Consumption, demonstrating that conscious physical habits directly inform mental clarity and behavioural discipline. Consuming nourishment in a state of peace and spiritual reflection directly enhances Emotional Self-Regulation, calming the nervous system and mitigating emotional volatility, stress, and impulsive reactions. Furthermore, the structured practice of gratitude toward growers, preparers, and the world community cultivates Global Empathy. By treating food as sacred energy, the practitioner connects their inner peace with the well-being of the whole world.

2.4. Understanding the World Cycle in Raja Yoga Meditation

In Brahma Kumaris spiritual philosophy, time is understood as cyclical rather than linear. The World Drama Cycle spans a period of 5,000 years, divided into four equal eras of 1,250 years each: Golden Age, Silver Age, Copper Age, and Iron Age. The cycle concludes and renews through a pivotal transitional phase known as the Confluence Age. Understanding the World Cycle is essential for inner transformation and emotional regulation. When an individual gains clarity about the current era, the Confluence Age - it naturally activates an inner realization of

the urgency to change. Recognizing that humanity is at a turning point makes self-transformation effortless and purposeful. Furthermore, this individual awakening serves as the foundation for Global Harmony. As one transforms their inner perception through Raja Yoga Meditation, their vision towards others shifts from body-consciousness to soul-consciousness. This spiritual unity restores empathy, heals relationships, and creates a positive impact on society - showing that Self-Transformation acts as a catalyst for Global Harmony, ultimately leading to World Transformation.

Table.4. The Shift in Consciousness and Emotional Intelligence Across Eras

Era	Consciousness Level	EI Level	World State
Golden Age	16 Degrees Purity (Complete)	Peak EI & Soul-Mastery: Complete self-regulation, natural harmony, and empathy.	One Religion & Language: Divine unity, absolute peace, perfect harmony with nature.
Silver Age	14 Degrees Purity (High)	High EI Stability: Subtle decrease in latent energy, yet emotional balance remains intact.	Divine Order Maintained: Continuous peace; absence of sorrow or conflict.
Copper Age	Body-Consciousness Begins	EI Seeking & Coping: Rise of ego triggers emotional disturbances; search for inner stability begins.	Onset of Divisions: Emergence of multiple religions, rituals, and dualism.
Iron Age	Spiritual Energy Decay	EI Crisis: Extreme stress, emotional instability, turmoil, and relationship degradation.	Global Suffering: Widespread conflict, chaos, and environmental disharmony.
Confluence Age	Spiritual Awakening	EI Elevation via Raja Yoga: Reactivation and enhancement of core spiritual virtues.	Era of Transformation: Individual self-change leading to global renewal and harmony.

Conclusion: Science and Psychology Behind Raja Yoga Meditation

Raja Yoga Meditation translates core spiritual concepts into profound neuro-biological, energetic, and physiological mechanisms within the human body. The fundamental practice of Soul Consciousness acts as a catalyst for Meta-Cognitive Awareness and Observer

Consciousness, enabling individuals to observe their internal mental states with detached clarity. Focusing on the Point of Light draws directly from Attention Science, enhancing selective neural focus and reducing cognitive clutter. When practitioners anchor the mind in deep Peace and Stillness, it triggers Amygdala Deactivation, significantly lowering stress centre activity, while simultaneously driving Prefrontal Cortex Engagement to boost cognitive function. This peaceful state balances to the endocrine system by lowering Cortisol and Adrenaline, while practices rooted in Benevolence and Altruism release Oxytocin and Endorphins, strengthening social and biological resilience. Furthermore, cultivating Gratitude and Purity shifts the autonomic nervous system into a Parasympathetic State, optimizing the Gut-Brain Axis and supporting serotonin production through mindful living. On a cellular level, pure intentions influence the body's internal environment through Water Memory. Understanding the World Cycle reflects the principles of Energy Science and Vibrational Dynamics - illustrating the natural depletion of spiritual energy across temporal cycles (from soul-conscious purity to body-conscious decay) and its systematic recharging at the Confluence Age by connecting with the Supreme Energy Source. Ultimately, Self-Transformation in Raja Yoga Meditation reflects the principle of Neuroplasticity - rewiring neural pathways through conscious, continuous practice. Finally, maintaining soul-conscious stability and surrendering worries before sleep transitions brainwaves into restorative Alpha and Theta Waves, optimizing Neuro-Cognitive Efficiency and facilitating deep, restorative sleep.

Future Research Directions

Future research should prioritize longitudinal designs to observe the long-term emotional and cognitive effects of Raja Yoga Meditation across diverse demographics. Crucially, future studies should bridge the gap between spiritual practice and modern science by exploring the neurobiological mechanisms underlying Raja Yoga Meditation. Specifically, researchers are encouraged to investigate the scientific connection between regular meditation and neuroplasticity, looking closely at how this practice calms the amygdala (reducing stress and anxiety) and activates the prefrontal cortex (improving decision-making, logical thinking, and mental focus). Linking the subjective experience of inner peace with objective neuroscientific changes will provide a holistic, scientific understanding of how Raja Yoga Meditation reshapes the human mind.

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Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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