



"Discovering the Hidden Motivations of Raja Yoga Meditation at Brahma Kumaris World Headquarters, Mount Abu"

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Abstract: *This mixed-methods study aimed to explore the motivating factors behind practising Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters based on ten key demographic factors. The study will use a self-administered questionnaire and semi-structured interviews to collect both quantitative and qualitative data from 500 dedicated Raj Yogis aged 20–45 who practise Raja Yoga meditation regularly. The study aims to investigate the relationship between daily 4 AM (Amrit vela) meditation practise time and self-reported experiences during meditation, the duration of daily Godly service at Mount Abu, the stress levels of respondents at BK World Head Quarters, the sleeping patterns of devotees at Mount Abu, the mental health of Raja Yogis at Mount Abu, the attendance of morning 7 AM spiritual (Murali) class, and the training, lectures, and seminar participation by Raja Yoga practitioners. The objectives of the study met the criteria of being specific, measurable, achievable, relevant, and time-bound. The 5 pattern combinations developed for the study from the 10 demographic factors are to explore the relationship between the time of day individuals practise Raja Yoga meditation and their self-reported experiences during meditation, the use of advanced technology for spiritual service, the stress level of respondents at BK World Head Quarters, the sleeping patterns of devotees at Mount Abu, the mental health of Raja Yogis at Mount Abu, the attending of the morning 7 AM spiritual (Murali) class, and the training, lectures, and seminars participation by Raja Yoga practitioners. The study applies Chi-square statistical analysis to evaluate the influence of various demographic factors. The study will also identify the demographic factors that motivate people to practise Raja Yoga meditation, helping to develop effective strategies for promoting meditation and providing information on the factors driving participation in this form of meditation. The research has the potential to provide valuable insights to practitioners and policymakers, promoting meditation and improving individual well-being.*

Key Words: *Raja Yoga meditation, Brahma Kumaris, motivating factors, mixed-methods study, demographic factors.*

1. INTRODUCTION :

The Brahma Kumaris are a spiritual organisation that emphasises the practise of Raja Yoga meditation and a balanced diet for the purpose of self-realisation and spiritual growth. They have various sister institutions with specific objectives, but their overall goal is to attain spiritual enlightenment through Raja Yoga meditation. Raja Yoga meditation, which is the primary focus of the organisation, requires the individual to study spiritual knowledge and practise self-mastery. The organisation offers courses for those who want to experience and learn more about Raja Yoga meditation. With centres in over 142 countries, the organisation offers various courses, events, and resources for spiritual development, and regular practise of Raja Yoga meditation can lead to reduced stress and anxiety, better concentration and focus, heightened self-awareness, and an enhanced sense of purpose and fulfilment in life. But what motivates individuals to



practise Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters? A study is currently being conducted to explore this question, using ten key demographic factors as a basis for analysis.

Picture 1.1: The Supreme Soul: The Point of Concentration



Visitors to the main auditorium in Madhuban, called Om Shanti Bhawan, number more than 8,000 daily, while the kitchen can prepare meals for up to 4,000 people at a time. Additional kitchens produce sweets and savoury foods like toli and tea. The organisation's modern village-style complex, Gyan Sarovar, built in 1991 near their headquarters in Mount Abu, Rajasthan, features the Universal Harmony Hall, the International Spiritual Art Gallery, and the International Centre for Higher Learning

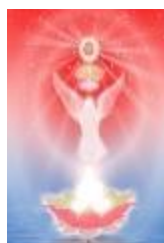
Picture 1.2: Brahma Kumaris World Head Quarters



The Brahma Kumaris community has also built the Shantivan complex, a space dedicated to spiritual activities and events. Shantivan's main attraction is the Diamond Hall, an elegant structure commemorating the institution's 60th anniversary that can accommodate about 20,000 people. And for those seeking a peaceful and beautiful natural environment, the Brahma Kumaris Peace Park features a rock garden with a wide variety of succulents, an orchard, a citrus corner, and floral displays. Playground areas, picnic spots, swings, and walking trails offer additional recreation options.

Raja Yoga meditation is a transcendent and holistic approach to self-cognition and inner harmony that cultivates lucidity and divine interconnection. This practise requires no specific dogma or verbal formulas and is accessible at all times and in all places, facilitating engagement with the inherent mysteries of existence.

Picture 1.3: Stages in Raja Yoga Meditation



The Brahma Kumaris, proponents of reincarnation and karma, uphold a belief in a singular, omnipotent, and benevolent deity and stress the crucial importance of food quality and awareness in sustaining physical and spiritual well-being.



Practitioners who engage in consistent meditation and spiritual dedication may forge a profound bond with the divine. Furthermore, the transformative power of forgiveness can liberate one from negative emotions and transform interpersonal relationships. Raja Yoga meditation represents an unmissable opportunity for self-awareness, inner peace, and transcendental communion, and the study mentioned will use both qualitative and quantitative research methods to identify the key aspects of Raja Yoga meditation and assess the influence of demographic factors."

A sample size of 500 dedicated Raj Yogis aged 20–45 years will be randomly selected for the study, and statistical software will be used to analyse the data. The location of the study, Brahma Kumaris Mount Abu World Headquarters, creates a gap in knowledge, but this research aims to fill that gap and contribute to the growing body of literature on meditation. A pilot study was conducted to ensure the feasibility of the research, and participants were assured of confidentiality. This research is important as it has the potential to provide valuable insights to practitioners and policymakers, promoting meditation and improving individual well-being. The study will identify the demographic factors that motivate people to practise Raja Yoga meditation, helping to develop effective strategies for promoting meditation. It will also provide information on the factors driving participation in this form of meditation, specifically at Brahma Kumaris Mount Abu World Headquarters.

1.1 AIM: The top 10 demographic parameters that influence Raja Yoga meditation at the Brahma Kumaris Mount Abu World Headquarters will be identified, according to the study's objectives.

1.2 OBJECTIVES:-

- To investigate the relationship between daily 4 AM (Amrit vela) meditation practise time and self-reported experiences during meditation.
- To examine whether the duration of daily godly service at Mount Abu is related to the use of advanced technology for spiritual service.
- To investigate the relationship between the stress levels of respondents at Brahma Kumaris Mount Abu World Headquarters and their sleeping patterns.
- To explore whether there is a relationship between the mental health of Raja Yogis at Mount Abu and their substance usage background.
- To examine whether attending morning spiritual (murali) classes is related to self-experiences in meditation.

These objectives are based on the 5 patterns that emerged from the 10 demographic factors, namely substance usage background, daily 4 AM meditation practise time, use of advanced technology for spiritual service, mental health, stress level, self-experiences in meditation, daily Godly service duration at Mount Abu, sleeping pattern, attending morning 7 AM spiritual (Murali) class, and training, lectures, and seminar participation by Raja Yoga practitioners. The objectives of the study need to meet the criteria of being specific, measurable, achievable, relevant, and time-bound, and this framework is a useful tool to ensure that the objectives are well-defined and achievable.

Five pattern combinations were developed for the study from the 10 demographic factors:

- 1) Daily 4 AM (Amrit vela) meditation practise time vs. self-experiences in meditation: This pattern will help to explore the relationship between the time of day individuals practise Raja Yoga meditation and their self-reported experiences during meditation.
- 2) Daily Godly Service Duration at Mount Abu vs. Use of Advanced Technology (i.e. Internet, Social Media, etc.) for Spiritual Service: This pattern will examine whether the duration of daily godly service at Mount Abu is related to the use of advanced technology for spiritual service.
- 3) The stress level of respondents at BK World Head Quarters vs. the sleeping pattern of devotees at Mount Abu: This pattern will investigate the relationship between the stress levels of respondents at Brahma Kumaris Mount Abu World Headquarters and their sleeping patterns.
- 4) The mental health of Raja Yogis at Mount Abu vs. Substance Usage Background of Raja Yogi Respondents: This pattern will explore whether there is a relationship between the mental health of Raja Yogis at Mount Abu and their substance use background.



- 5) Attending morning at 7 a.m. Spiritual (Murali) class vs. experiences in meditation: This pattern will examine whether attending morning spiritual classes is related to self-experiences in meditation.

1.3. HYPOTHESIS:

A hypothesis is a statement about a population parameter that is assumed to be true until proven otherwise. Hypothesis testing is a statistical method used to determine whether a hypothesis is true or false by analysing data. In hypothesis testing, there are two opposing hypotheses: the null hypothesis (H₀) and the alternative hypothesis (H_a). The null hypothesis assumes that there is no association or difference between the variables being tested, while the alternative hypothesis suggests that there is a significant association or difference. To test these hypotheses, data would be collected and analysed using statistical tests. The results of the tests would then be used to either reject or fail to reject the null hypothesis. The goal of hypothesis testing is to better understand the associations between various variables and make inferences about the population based on sample data. The following five hypotheses have been formulated for the study:

- 1) Null hypothesis (H₀): There is no association between daily 4 AM meditation practise time and self-experiences in meditation.
Alternative hypothesis: There is an association between daily 4 AM meditation practise time and self-experiences in meditation.
- 2) Null hypothesis (H₀): There is no association between daily Godly service duration at Mount Abu and the use of advanced technology for spiritual service.
Alternative hypothesis: There is an association between daily Godly service duration at Mount Abu and the use of advanced technology for spiritual service.
- 3) Null Hypothesis (H₀): There is no association between stress level and sleeping pattern.
Alternative hypothesis: There is an association between stress levels and sleeping patterns.
- 4) Null hypothesis (H₀): There is no association between "Substance Usage Background of Participants" and "The Mental Health of Raja Yogis at Mount Abu."
Alternative hypothesis: There is an association between "Substance Usage Background of Participants" and "The Mental Health of Raja Yogis at Mount Abu."
- 5) Null Hypothesis (H₀): There is no association between attending the morning 7 AM spiritual class (Murali) and self-experiences in meditation.
Alternative Hypothesis: There is an association between attending the morning 7 AM spiritual class (Murali) and self-experiences in meditation.

The goal of the research study is to better understand the driving forces behind the acceptance of Raja Yoga meditation at the Mount Abu World Headquarters of the Brahma Kumaris by examining these motivational variables. The study might also give the organisation ideas on how to enhance its services and programmes to better cater to the demands of its members.

2. MATERIALS AND METHODS :

The materials and methods used:

- The study will employ a mixed-approach strategy that combines qualitative and quantitative research methods. To give a thorough grasp of the study question, it will be undertaken in two stages. In the first stage, a qualitative study will be conducted to identify fundamental aspects of Raja Yoga meditation. The second stage will involve an empirical study using a quantitative research paradigm.
- Data will be collected through questionnaires, semi-structured interviews, and personal observations. A sample size of 500 dedicated Raj Yogis aged between 20 and 45 years will be randomly selected for the study. Data sources will include secondary data from books, journals, and research articles, as well as primary data from questionnaire responses and personal observations.
- Questionnaires: A self-administered questionnaire tool will be used to collect demographic data on participants, such as substance usage background, daily 4 AM meditation practise time, use of advanced technology for spiritual service, mental health, stress level, self-experiences in meditation, daily Godly service duration at Mount Abu, sleeping pattern, attending morning 7 AM spiritual (Murali) class, and training, lectures, and seminar participation by Raja Yoga meditation practitioners. This questionnaire will take approximately 30-45 minutes to complete.



- Semi-structured interviews: These will be conducted to gather qualitative data on the fundamental aspects of Raja Yoga meditation. The interviews will be conducted with dedicated Raj Yogis aged between 20 and 45 years who have been randomly selected from a sample size of 500.
- Personal observations: The researchers will personally observe the participants during the study to collect data on their daily meditation practise and other related behaviours.
- Secondary data: The researchers will also gather secondary data from websites, books, journals, and research articles related to Raja Yoga meditation and Brahma Kumaris.
- Statistical analysis: The collected data will be analysed using cutting-edge statistical analysis software, SPSS, to detect intricate patterns and interconnections between the diverse demographic factors and the practise of Raja Yoga meditation. A chi-squared statistical analysis will be applied to evaluate the influence of various demographic factors.
- The statistical tool of chi-square analysis is employed to investigate whether there is a significant association between two categorical variables. In addition to detecting patterns within the data, chi-square analysis also serves to test the hypothesis that the two variables are independent. This method is extensively applied in fields such as the social sciences and biology, where data is collected using nominal or ordinal scales.
- The process of performing chi-square analysis consists of several crucial steps. These include formulating both null and alternative hypotheses, collecting and organising the relevant data, computing the expected frequencies using the formula $E = (\text{row total} \times \text{column total}) / \text{grand}$, determining the chi-square statistic using the formula $X^2 = (O - E)^2 / E$, where O refers to the observed frequency and E represents the expected frequency; calculating the degrees of freedom as $(r - 1) \times (c - 1)$, where r denotes the number of rows and c refers to the number of columns in the contingency table; finding the critical value at the predetermined significance level of 0.05; and finally, comparing the calculated and critical values to draw an appropriate conclusion. Overall, chi-square analysis is a powerful technique that facilitates valuable insights into the relationships between different variables, allowing for informed decision-making and an improved understanding of the underlying data.
- To collect demographic data on participants, a self-administered questionnaire tool will be used. The questionnaire will include questions on substance usage background, daily 4 AM meditation practise time, use of advanced technology for spiritual service, mental health, stress level, self-experiences in meditation, daily Godly service duration at Mount Abu, sleeping pattern, attending morning 7 AM spiritual (Murali) class, and training, lectures, and seminar participation by Raja Yoga practitioners at Brahma Kumaris World Head Quarters Mount Abu, The validity of the content of the questionnaire will be determined by experts in the field of meditation.

3. RESULTS:-

Table 3.1: Basic Data on 10 Demographic Factors

S NO	Demographic Factors	Frequency	Percentage (%)
1.	Substance Usage Background of Participants		
	Alcohol	22	4.4
	Smoking	7	1.4
	Drugs	1	0.2
	Pan Masalas	12	2.4
	No addiction	458	91.6
	Total	500	100
2.	Daily 4 AM(Amrit vela)mediation practice By Respondents		
	Yes	484	96.80
	No	16	3.20
	Total	500	100
3.	Use of Advanced technology i.e. Internet, Social media etc. for Spiritual service		
	Yes	437	87.40
	No	63	12.60
	Total	500	100



4. The Mental health of Raja Yogis at Mount Abu			
	Anger	20	4
	Anxiety	1	0.2
	Insult	4	0.8
	Mood Change	6	1.2
	Fear	5	1
	Tension	6	1.2
	Other	2	0.4
	Good Health	456	91.2
	Total	500	100
5. Stress level of respondents at BK World Head Quarters			
	Very High	3	0.6
	High	1	0.2
	Moderate	14	2.8
	Low	17	3.4
	Very Low	55	11
	No stress	410	82
	Total	500	100
6. Self-Experiences in Meditation			
	Seed	46	9.2
	Angel	47	9.4
	Churning	12	2.4
	Chit chat	29	5.8
	All	366	73.2
	Total	500	100
7. Daily Godly service duration at Mount Abu			
	Less than 2hours	2	0.4
	2-6 hours	101	20.2
	6-10 hours	313	62.6
	10-14 hours	67	13.4
	More than 14 hours	17	3.4
	Total	500	100
8. Sleeping pattern of Devotees at Mount Abu			
	Less than 2 hours	2	0.4
	2-4 hours	65	13
	4-6 hours	272	54.4
	6-8 hours	158	31.6
	More than 8 hours	3	0.6
	Total	500	100
9. Attending morning 7 AM Spiritual (Murali) class			
	Yes	476	95.20
	No	24	4.80
	Total	500	100



10. Training, lectures & Seminar participation by Raja yoga Practitioners			
	Once in Month	120	24
	Once in 6 Months	129	25.8
	Once in Year	170	34
	Once in 5 Years	19	3.8
	Don't attend	62	12.4
	Total	500	100

Source: Primary Data

4. FINDINGS AND ANALYSIS:

Table: 4.1-The contingency table for the Daily 4 AM (Amrit vela) meditation practice time and Self-Experiences in Meditation

Stage of Meditation / 4 AM Meditation	Daily 4 AM Meditation	No Daily 4 AM Meditation	Total
Seed	14	32	46
Angel	20	27	47
Churning	3	9	12
Chit chat	9	20	29
All	269	97	366
Total	484	16	500

Table: 4.2-The cross tabulation between Daily Godly service duration at Mount Abu and the Use of Advanced technology i.e. Internet, Social media, etc. for Spiritual service is presented below.

Godly service/ Use Of Technology	Less than 2hrs	2-6hrs	6-10hrs	10-14hrs	More than 14hrs	Total
Use of Advanced technology						
Yes	1	97	303	65	13	479
No	1	4	10	2	4	21
Total	2	101	313	67	17	500

Table: 4.3-Contingency table for the stress level of respondents at BK World Head Quarters and the sleeping pattern of Devotees at Mount Abu variables:

Stress Level/ Sleeping Pattern	Very High	High	Moderate	Low	Very Low	No Stress	Total
Less than 2 hours	0	0	0	1	0	1	2
2-4 hours	1	0	9	25	23	7	65
4-6 hours	1	0	5	64	127	75	272
6-8 hours	1	0	0	4	4	149	158
More than 8 hours	0	1	0	1	1	0	3
Total	3	1	14	95	155	232	500

Table: 4.4-Contingency table for the two variables "Substance Usage Background of Participants" and "The Mental Health of Raja Yogis at Mount Abu

Substance Usage / Mental Health	Alcohol	Smoking	Drugs	Pan Masalas	No addiction	Total
Anger	2	0	0	1	17	20
Anxiety	0	0	0	0	1	1
Insult	2	0	0	0	2	4
Mood Change	0	0	0	1	5	6



Fear	0	1	0	1	3	5
Tension	3	0	0	1	2	6
Other	0	0	0	1	1	2
Good Health	15	6	1	6	428	456
Total	22	7	1	12	458	500

Note: The rows of the table show the levels of "The Mental Health of Raja Yogis at Mount Abu", while the columns represent the levels of "Substance Usage Background of Participants". The cells in the table represent the frequency of participants falling into each combination of categories.

Table: 4.5-The contingency table for "Attending morning 7 AM Spiritual (Murali) Class" versus "Self-Experiences in Meditation"

Morning 7AM Murali/ Self Experiences	Seed	Angel	Churning	Chit chat	All
Yes (Attending Murali)	28	37	8	18	391
No (Not attending)	18	10	4	11	109
Total	46	47	12	29	500

Table: 4.6-Summary Table of Chi-square Static:

Pattern No	Details of pattern Combinations	Contingency Table No	Chi-square statistic	Degrees of freedom	Level of significance	Critical value	p-value	Result
1	Daily 4 AM(Amrit vela) meditation Vs Self-Experiences in Meditation	4.1	288.28	3	0.05	7.815	<0.001	Reject Null Hypothesis, Significant Association
2	Daily Godly service duration Vs Use of Advanced technology	4.2	98.63	4	0.05	9.488	<0.001	Reject Null Hypothesis, Significant Association
3	The stress level of respondents Vs Sleeping Pattern of Devotees	4.3	92.08	4	0.05	9.488	<0.001	Reject Null Hypothesis, Significant Association
4	The mental health of Raja Yogis Vs Substance Usage Background	4.4	76.44	24	0.05	36.415	<0.0001	Reject the null hypothesis, as there is a statistically significant association
5	Attending morning 7 AM Murali class Vs Experiences in Meditation	4.5	6.273	4	0.05	9.488	<0.05	Reject Null Hypothesis; significant association found



4.1 ANALYSIS:-

The chi-square analysis result table provides information about the statistical significance of associations between two categorical variables. The table includes the chi-square statistic, degrees of freedom, level of significance, critical value, p-value, and result for each pattern combination analysed.

For example, in pattern -1, which compares daily 4 AM meditation to self-experiences in meditation, the chi-square statistic is 288.28 with 3 degrees of freedom, a level of significance of 0.05, a critical value of 7.815, a p-value of less than 0.001, and the null hypothesis is rejected, indicating a significant association between the variables.

Similarly, pattern 2, which compares daily Godly service duration to the use of advanced technology, has a chi-square statistic of 98.63 with 4 degrees of freedom, a level of significance of 0.05, a critical value of 9.488, a p-value of less than 0.001, and the null hypothesis is rejected, indicating a significant association between the variables.

Pattern 3 compares the stress level of respondents to the sleeping patterns of devotees, with a chi-square statistic of 92.08, 4 degrees of freedom, a level of significance of 0.05, a critical value of 9.488, a p-value of less than 0.001, and the null hypothesis being rejected, indicating a significant association between the variables.

Pattern-4 compares the mental health of Raja Yogis to their substance usage background, with a chi-square statistic of 76.44, 24 degrees of freedom, a level of significance of 0.05, a critical value of 36.415, a p-value of less than 0.0001, and the null hypothesis being rejected, indicating a statistically significant association.

Lastly, pattern combination-5 compares attending the morning 7 AM Murali class to experiences in meditation, with a chi-square statistic of 6.273, 4 degrees of freedom, a level of significance of 0.05, a critical value of 9.488, a p-value of less than 0.05, and the null hypothesis being rejected, indicating a significant association between the variables.

In conclusion, the chi-square static result table provides useful information about the statistical significance of associations between categorical variables. The results help researchers interpret the relationship between variables and can inform further analysis or decision-making.

Hypothesis Testing: Based on the estimation of the chi-square analyses conducted for five different tests, it appears that, in all five tests, the null hypothesis was rejected and a significant association was found between the variables being analysed.

5. CONCLUSION:-

The study aimed to explore the demographic factors that motivate people to practise Raja Yoga meditation and identify the key aspects of the meditation practise. It used both qualitative and quantitative research methods to assess the influence of demographic factors and contribute to the growing body of literature on meditation. The five pattern combinations were daily 4 AM meditation practise time versus self-experiences in meditation, daily Godly service duration at Mount Abu versus the use of advanced technology, stress level of respondents at Brahma Kumaris world headquarters versus sleeping patterns of devotees at Mount Abu, mental health of Raja Yogis at Mount Abu versus substance usage background of Raja Yogi respondents, and attending the morning 7 AM spiritual (Murali) class versus self-experiences in meditation. The objectives of the study were specific, measurable, achievable, relevant, and time-bound.

This study analysed ten demographic variables to reveal the main motivators behind Raja Yoga meditation adoption at the Brahma Kumaris Mount Abu World Headquarters. The complex interplay between participants' spiritual proclivities and personal backgrounds is characterised by unpredictable surges and declines of interest, adding a multifaceted and nuanced dimension to the overall trend.

It provided insights into the importance of daily 4 AM meditation practise time, self-experiences in meditation, daily Godly service duration at Mount Abu, and the use of advanced technology for The study aimed to explore the motivating factors behind practising Raja Yoga meditation at Brahma Kumaris Mount Abu World Headquarters using both



qualitative and quantitative research methods. The results showed specific associations between different demographic factors and aspects of Raja Yoga meditation. The findings can help to develop effective strategies for promoting meditation and could be useful for individuals, organisations, and policymakers who are interested in promoting the practise of meditation. Future research should be conducted to explore the association between demographic factors and practising Raja Yoga meditation further. Overall, the study highlights the importance of considering demographic factors when studying meditation practises and provides valuable insights into the motivating factors behind practising Raja Yoga meditation. It can contribute to the development of more effective strategies for promoting meditation as a means of improving mental and physical health.

6. IMPLICATIONS :

- The study will identify the demographic factors that motivate people to practise Raja Yoga meditation, which could have broader implications for the field of spiritual development. For instance, the results could be used to develop more effective strategies for promoting meditation in other contexts and settings.
- The study will assess the influence of demographic factors such as daily 4 AM (Amrit vela) meditation practise time, duration of daily Godly service, stress levels of respondents at Brahma Kumaris world headquarters, sleeping patterns of devotees at Mount Abu, mental health of Raja Yogis at Mount Abu, attending morning 7 AM spiritual (Murali) class, and training, lectures, and seminar participation by Raja Yoga practitioners.
- The implications of the study can include the development of effective meditation strategies and policies, the improvement of individual well-being, and insights into the motivating factors behind Raja Yoga meditation practises at the Brahma Kumaris Mount Abu World Headquarters. The study can also contribute to the field of meditation research by providing a better understanding of the demographic factors influencing meditation practises.
- The study on the implications of Raja Yoga meditation practise has the potential to significantly contribute to the field of spiritual development, inform policymakers and practitioners, and inspire future research. Its findings could help promote meditation and improve individual well-being while identifying the factors that motivate people to practise meditation and how to promote it effectively.
- The study on the implications of Raja Yoga meditation practise has the potential to significantly contribute to the field of spiritual development, inform policymakers and practitioners, and inspire future research. Its findings could help promote meditation and improve individual well-being while identifying the factors that motivate people to practise meditation and how to promote it effectively.

7. RECOMMENDATIONS :

- The study could provide effective strategies for promoting Raja Yoga meditation by targeting specific demographic groups based on their stress levels.
- The study could also help the organisation tailor its spiritual services to the needs of its members based on the factors that motivate them to practise Raja Yoga meditation, such as the duration of the daily Godly service at Mount Abu.
- Additionally, the study could identify opportunities for the organisation to leverage technology to promote Raja Yoga meditation.
- Moreover, personalised meditation programmes for individuals could be developed based on their demographic factors, such as age, gender, and educational background.
- The study could also contribute to future research in the field of spiritual development by providing a better understanding of the relationship between demographic factors and meditation practise.

8. LIMITATIONS :

One limitation of the study is the potential for sampling bias since the sample size of 500 participants is randomly selected from dedicated Raj Yogis aged 20–45 years. The study results may not be generalizable to the broader population of Raja Yoga practitioners or to other age groups. Additionally, the study is conducted at the Mount Abu World Headquarters of the Brahma Kumaris and may not be representative of Raja Yoga practises in other locations. Another limitation is the potential for response bias since participants may respond in a socially desirable manner, potentially inflating positive experiences of meditation or overestimating the duration of Godly service at Mount Abu. Self-administered questionnaires may also have limitations, as participants may not fully understand the questions or may not answer them truthfully. Furthermore, the study may not account for the diverse motivations of Raja Yoga



practitioners or consider other factors that may influence their meditation practise, such as previous meditation experience, personality traits, or external factors like stressors or life events. Finally, while the study uses both qualitative and quantitative research methods, the extent of the data collected may not provide a comprehensive understanding of the factors driving participation in Raja Yoga Meditation.

9. ACKNOWLEDGEMENT :

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10. FINANCIAL AND MATERIAL SUPPORT :

Scientific research's validity and legality are of utmost significance, and the authors of this study were aware of their need to uphold the strictest moral and ethical principles at all times. With steadfast determination and resilience, the researcher relied solely on her own tenacity to conduct this study, refusing any and all forms of financial or material support from external entities. The researcher was able to perform this investigation in complete solitude, free from any encumbrance from outside sources or influences. This level of self-reliance speaks to the researcher's unyielding commitment to the truth and the purity of scientific inquiry.

11. CONFLICTS OF INTRESTS

The author affirms that they do not have any conflicts of interest with any organisations mentioned in the manuscript.

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