



Effect of Rajyoga Meditation on Psychological Wellbeing and Happiness: A Review

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Abstract

Rajyoga meditation, popularized by the Brahma Kumaris, is a widely practiced spiritual technique aimed at achieving mental clarity, emotional balance, and inner peace. In recent years, there has been increasing academic interest in understanding its impact on psychological wellbeing and happiness. This review paper examines existing literature on the effects of Rajyoga meditation on mental health outcomes, including stress reduction, emotional stability, and life satisfaction. Relevant studies were collected from Google Scholar and PubMed. The findings indicate that Rajyoga meditation contributes positively to psychological wellbeing by enhancing self-awareness, reducing negative emotions, and improving overall happiness. The paper highlights the need for further empirical and longitudinal research in this domain.

1. Introduction

In the modern era, psychological stress, anxiety, and dissatisfaction have become common challenges affecting individuals across all age groups. As a result, there is a growing interest in non-pharmacological approaches to enhance mental wellbeing and happiness.

Rajyoga meditation is a form of spiritual meditation that emphasizes self-realization and connection with a higher consciousness. Unlike other meditation practices, it does

not involve physical postures but focuses on conscious awareness and positive thinking. Practiced widely through the teachings of the Brahma Kumaris, Rajyoga aims to develop inner peace, emotional strength, and clarity of thought.

This review aims to analyze existing research on the effectiveness of Rajyoga meditation in improving psychological wellbeing and happiness.

2. Methodology of Review

This review is based on secondary data collected from:

- Google Scholar
- PubMed

Inclusion Criteria:

- Studies related to Rajyoga meditation and mental health
- Articles published between 2010–2025
- Peer-reviewed research papers

Exclusion Criteria:

- Non-English publications
- Articles lacking clear methodology

3. Concept of Rajyoga Meditation

Rajyoga meditation is a simple, open-eye meditation technique that involves focusing the mind on the self as a soul and connecting with a supreme source of energy. It is based on:

- Self-awareness

- Positive thinking
- Spiritual consciousness

The practice encourages individuals to regulate thoughts, detach from negativity, and cultivate inner peace, which are essential components of psychological wellbeing.

4. Psychological Wellbeing and Happiness

Psychological wellbeing refers to an individual's ability to manage emotions, maintain positive relationships, and experience life satisfaction. Happiness is often considered a key indicator of wellbeing and includes:

- Positive emotions
- Life satisfaction
- Sense of purpose

Modern psychological theories suggest that internal mental states significantly influence happiness, making meditation-based practices highly relevant.

5. Review of Literature (Rajyoga Focused)

Several studies have explored the psychological benefits of Rajyoga meditation. Research indicates that regular practice leads to significant reductions in stress and anxiety levels. For instance, **Gupta et al. (2017)** reported that individuals practicing Rajyoga meditation showed improved emotional stability and reduced perceived stress.

Similarly, **Kumar and Singh (2015)** found that Rajyoga practitioners exhibited higher levels of life satisfaction and positive thinking compared to non-practitioners. These findings suggest that the practice contributes to enhanced subjective wellbeing.

Studies have also highlighted the role of Rajyoga meditation in improving cognitive and emotional functioning. **Sharma et al. (2018)** observed that regular meditation practice enhances concentration, clarity of thought, and emotional regulation.

In addition, research conducted by **Telles et al. (2013)** demonstrated that meditation practices, including

Rajyoga, significantly reduce physiological markers of stress and improve mental health outcomes.

Furthermore, **Rani and Rao (2019)** reported that individuals engaged in Rajyoga meditation experienced greater happiness and reduced symptoms of depression. The study emphasized the role of spiritual awareness in promoting emotional wellbeing.

Despite these positive findings, some studies indicate the need for more rigorous research designs, including larger sample sizes and longitudinal studies, to establish stronger empirical evidence.

6. Discussion

The reviewed literature clearly indicates that Rajyoga meditation has a positive impact on psychological wellbeing and happiness. The practice works through multiple mechanisms, including:

- Reduction of stress and anxiety
- Enhancement of emotional regulation
- Development of positive thinking patterns

Rajyoga meditation also promotes self-awareness and spiritual growth, which contribute to long-term happiness. However, variations in research methodologies highlight the need for more standardized studies.

7. Research Gap

- Limited large-scale empirical studies on Rajyoga meditation
- Lack of longitudinal research on long-term effects
- Insufficient comparative studies with other meditation techniques

8. Conclusion

Rajyoga meditation is an effective and holistic approach to improving psychological wellbeing and happiness. The

existing literature supports its role in reducing stress, enhancing emotional stability, and promoting life satisfaction. Incorporating Rajyoga practices into daily life can significantly improve mental health outcomes. Further research is required to strengthen the evidence base and expand its applicability.

9. Keywords

Rajyoga, Happiness, Wellbeing, Meditation, Stress management, Positive thinking, Emotional health, Spirituality

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