

A Study of Performance & Stress Management of People during & after COVID-19 lockdown with reference to Sahaja Yoga Meditation Technique.

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INTRODUCTION

The world has witnessed different viral and other epidemics in a timeline like severe acute respiratory syndrome coronavirus in 2002 to 2003, H1N1 influenza in 2009, Middle East. The outbreak of coronavirus (SARS-CoV-2) started in the city of Wuhan of China in December 2019, suddenly turned into pandemic leading to a world health emergency, declared by WHO on January 30, 2020. Until now it has infected around 3,767,744 individuals and triggered 259,593 deaths globally (Data as received by WHO from national authorities by May 8, 2020). But in India the number of such infected patients are relatively less about 39, 834 and 1981 individual were deceased as of now [1]. The number is alarming and is rising day by day. Due to COVID-19 pandemic partial or complete lockdown has been enforced in most of the parts of India. Individuals working from home, attending meetings and completing their daily target work without even stepping out from home since weeks have created a chaotic environment and hampered a balanced family life.

According to WHO, "Health is mental, physical & social happiness and not just a nonappearance of disease or enormity". Important inspirations among the optimistic thinking foreshadowing good health are positive emotions, life satisfaction and optimism [2, 3, 4]. Pandemic in COVID 19 time was never imagined by any occupation & the unanticipated changes occurred in complete routine of population. All changes have several permutation & combinations which turns into positive & negative impacts.

Some positive effects are: Emissions reduced, Social needs or relations fulfilled, Environment's healing, Responsibilities towards society and knowing ourselves.

Some negative effects are: Threat to mental & physical health, Stress, depression, fear crisis, Migration, Social distancing and Economic slowdown.

To convert major negative effects into positive, one should need self-inspiration, motivation so that it can achieve complete peace with patience. In this negative phase, people are finding immunity and resistance power inside, it means that they are taking self-care in micro level. This micro level inculcates purest hidden desire from a long time which is expressed by different means. It includes quality, skills improvement, dance, music & most important Yoga & meditation. In this paper we are going to focus on one of the best meditation practices i.e. Sahaja Yoga Meditation. People found all extrinsic qualities everywhere but in this lockdown or in this Corona, Meditation in other words "Light of Thoughtlessness" can achieve but to reach this state one should connect with divine energy which runs & operates within. Once this light of subtlest energy awakens, human being can be released from stress, depression and anxiety. This can overcome mental & physical stress, stress & depression. There would social distance but without discrimination in heart which would be cleaned up by meditation practice.

When stress takes hold, the brain is bathed in chemicals; these changes would make sense if we were running for our lives or rescuing our child from fire. As it is not possible to change the pace of our current life, we need to realize appropriate devices to manage with daily stress. Mental stress plays a significant role in the causation of essential hypertension, which is a most important health problem in developed and developing countries. In recent studies, it has been reported that emotional stress and anxiety can precipitate overt ischemic heart disease and cause sudden death. Modulation of stress can in turn lead to development in many life style illnesses such as diabetes, hypertension, heart disease and host of other mental diseases, the proof of which already exists in scientific literature. [7]

SAHAJAYOGA MEDITATION

Since ages, Yoga and Meditation are an integral part of Indian cultural heritage; it is believed to confer physical health benefits, mental peace and spiritual accent. Meditation is a useful form of intervention and practice or technique to increase mental health. It is becoming a emphasis of scientific attention nowadays. We can say, Meditation is technique which aimed at calming the mind. In the late sixties, Eastern attitudes and meditation became known to the general public, in particular Transcendental Meditation (TM) and Herbert Benson's TM derivative Relaxation Response. Postural yoga practice and breathing exercises, this combination became popular through forms of Yoga such as Hatha, Iyengar, Kundalini, Bikram, Kriya etc. Modern postural yoga has become a

substitute for yoga; to improve health and fitness, rather than a meditation form that is aimed at attaining a progressive state of awareness.

SahajaYoga is one of the meditation techniques that has been training people of all age group across 150+ countries since years for their complete mental, emotional and physical development through inner transformation by the awakening of inner energy resident within every human being since their birth (Figure 1). You would be happy to know not even a single SahajaYoga Practitioner across the globe has been infected by COVID-19 till date even though we have thousands of practitioners across Wuhan district of China, Italy, Spain, US, France and other hotspots.[5]

SahajaYoga meditation activates and nourishes the parasympathetic nervous system which relaxes both body functions and the brain by reducing thinking functions. Thus, regular meditation everyday cleanses the subtle system, relaxes body and mind, and gradually one starts experiencing physical, mental and emotional benefits also, apart from gaining stress relief [6]. It covers physical, mental, social, economic & spiritual growth of a person. In current operation of COVID-19, (Active Agents) Doctors, Nurses, Police department, government administrative staff all are well motivated & obedient for their responsibilities but they all need innate motivation which gives strength, stable mentality, stress free health, security, peacefulness etc. All these real operation avengers need to stabilize their psychological behavior so that they can be great to themselves in present & best to their coming future.

SahajaYoga is a unique form of meditation technique developed by Dr Nirmala Devi Srivastava, (Hon PhD in Cognitive Science from Romania University), popularly known as Shri Mataji Nirmala Devi in the year 1970. Through this process, an inner transformation takes place by which one becomes energized and de- stressed. It offers a practical method of understanding your own energy system and tapping into this powerful force. Scientific studies have proved beyond doubt that SYM (sahajayoga meditation) acts by reducing sympathetic activity (Stress) and promoting parasympathetic activity (Relaxation). This 3.5 coil energy destroys the thing which is not important; it may be anything like living habits, behavioral, eating etc. [7]

Now those who are staying in home (Passive agents), SahajaYoga Meditation is that technique of thoughtlessness which removes all kinds of tension, stress, anxiety, depression in human psychology.

For both active & passive agents, changes carry by SahajaYoga meditation in psychological behavior:

- a. **Mentality/Perception (thought process)** Example: A farmer who works in farm & used to put sugar in his tea in such a way so that spoon can stand still in cup but there is no problem of Diabetes In modern world or in urban area, people eats very less sugar but they are suffering with such diseases. So removal of unnecessary thoughts can be achieved by SahajaYoga Meditation by connecting with real nature divine powers.
- b. **Reactions into responses** Example: While riding bike or driving a car, if someone blows horn then people used to react immediately so how to response for keeping ourselves calm, can be achieved by SahajaYoga Meditation.
- c. **Ethical behavior** Example: While performing professional & social duties what responsibility & principles one should carry is innately taught by SahajaYoga Meditation.
- d. **Anger or stress management** Example: In this pandemic condition, it is obvious to lose patience & become stressed so SahajaYoga meditation can make one relax.
- e. **Stability in behavior** Example: Usually people used to have mood swings which differs personality traits overall, so SahajaYoga meditation can give stability in person's behavior.
- f. **Wisdom/decision making power.** Example: What, Why, When, Where & how all these questions used to come in everyone's mind so to make it best SahajaYoga Meditation can help innately.
- g. **Love & affection** Example: A sign of compassionate & mature person, one should love overall for making secured & safe life which can be achieved by SahajaYoga Meditation.
- h. **Pure attention/concentration.** Example: Continuous thoughts can break the immunity & connection between heart & mind which can be stabilize by SahajaYoga Meditation.
- i. **Forgiveness** Example: Anger & stress can be reducing by forgiving or forgetting the unnecessary thoughts which can achieve by SahajaYoga Meditation.
- j. **Peaceful nature/divine bliss.** Example: Connecting with divine powers is best stage of Human Psychology to achieve complete stat of peace & joy through SahajaYoga meditation.

Figure1.1: Chakras/Plexus knowledge of human subtle system devised in SahajaYoga Meditation. Here is how SahajaYoga Meditation (SYM) addresses various stress related problems: Systematic investigations since decades unravel the modulation of brain structure and neural network associated with SahajaYoga Meditation rendering beneficial effects on emotional balance along with improved cognitive performance. Various studies of SYM indicate that not only healthy individuals, even the patients suffering from chronic illnesses for instance stress anxiety and depressed mood, hypertension. SahajaYoga Meditation helps us develop cognitive shifts that reorganize our outlook on life, which improves our ability to appraise more situations as challenges rather than threats, and facilitates positive coping. But these changes are more than just managing policies.

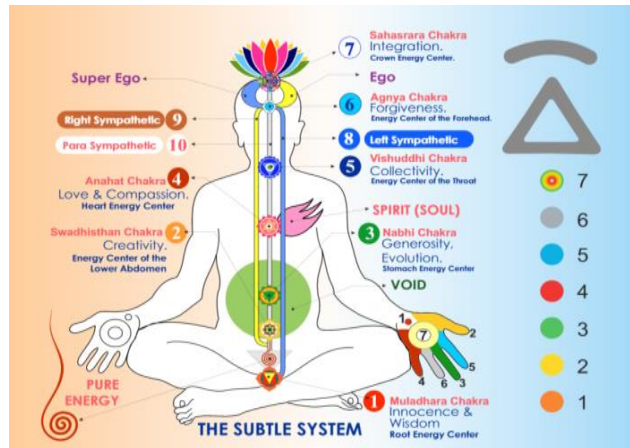


Fig 1.1: Subtle System

Mental thriving includes a wide range of positive assessments, like appreciation of life, self-growth, self-confidence and self-esteem, a sense of empowerment. It is a state of lower stress stimulation, more efficient reactivity, earlier retrieval, and metabolic working after stress.

Let us take some details of it.

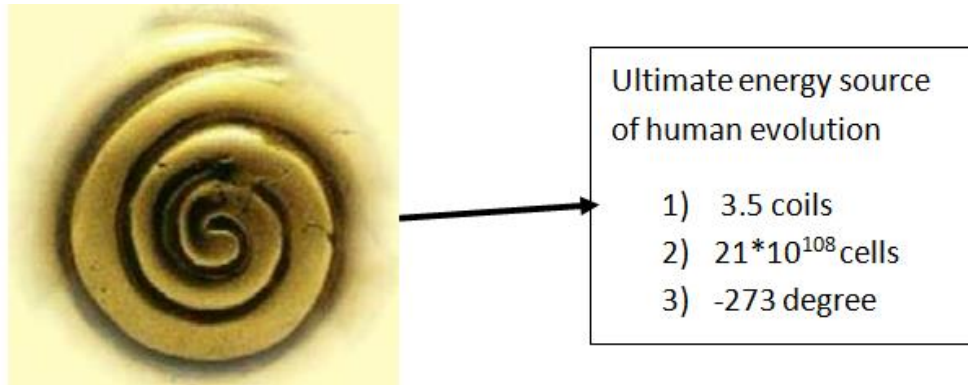
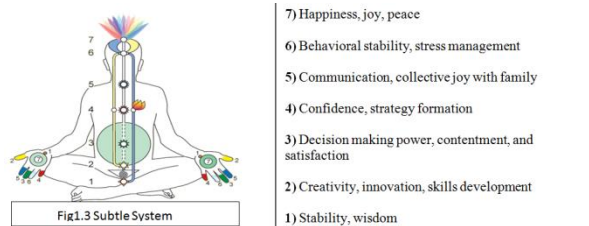


Fig 1.2: Spiral Coil or Kundilini Energy

Meditation practitioners used to do guide meditations often express variable in meditation experience, with different understandings of Hindu spiritual practices. The central Hindi terminology used in SahajaYoga are ‘chakra’ and ‘kundalini’—etymologically traced back to Vedic Sanskrit hymns that were compiled during the third millennium BCE (Saraswati 1984, 35). During her first time practice, a young woman offered knowledge of the chakras, which are often thought of as “centers of energy located vertically along the spine” (Best 1981, 12), where the kundalini takes its course [8]

In above fig 1.2, the arrow indicate the subtle energy source which is called 3.5 coils Kundalini or spiral coils which is placed in sacrum bone of spinal cord. This energy is responsible for evolution. Human beings spend more time in achieving social, physiological, security, esteem needs. But the last stage i.e. self-actualization or self-motivation which is a last stage of evolution in this state, human beings unite with purest form of energy. This energy gives joy, happiness of life. It penetrates in all the managerial and functional levels which makes human being automatically stable or gives best results in it. [9]



This meditation brings you all the levels of innate excellence in human being as stated above by rising 3.5 coils. Continuous practice of this meditation gives empowerment in skills, knowledge, and attitude. In this we don’t have need to give up anything like eating habits, drinking or living habits.

Following are the some managerial benefits: -

- The emotional and very energetic sides are brought into balance which results into a person achieving balance in life.
- Stability, Wisdom,
- Self-inspiration,
- Maturity or presence of mind,
- Good habits,
- Security, confidence,
- Communication,
- Forgiveness, removal of anger,
- Self-actualization,

METHODOLOGY

The simple technique of SahajaYoga can be learnt free from internet also. For learning SahajaYoga Meditation or for any more information visit site -www.freemeditation.com, or write to doctorsandeeprai@gmail.com[7] The present environment in the country has created panic and anxiety amongst most of the people like mental illness, anxiety, stress of occupation, fear of losing job, frustration, Taking note of the situation, the SahajaYoga meditation has introduced toll free or help line number 1800 30 700 800 for people who might face such mental distress of imbalances due to the ongoing situation in the country [11]. Program is all about knowledge & skills of meditation which covers awakening of Kundlini Power within & its experience of self-realisation. All the seekers used to get different experiences like:

- Cool breeze on hands & on top of head.
- Stress free,
- Relax or peace within,
- Thoughtless state,
- Power within by means of only meditation.

Now on practical basis, lot of questions among common people for instance during the lockdown period;

- Are we safe?
- What would be impact on our future if countrywide lockdown continues?
- How long will the lockdown last? Last and foremost question when are we going to have cure for all such disease?
- How we will be relaxed in such pandemic condition?

Following chart will show the comparative behavior of one seeker before & after doing Sahaja Yoga. People with different mind-set earlier to lockdown & after joining so many people got relief from daily elements of stress.

Table No. 1: Human Behavior in Pandemic condition & its changes in Sahaja Yoga Meditation

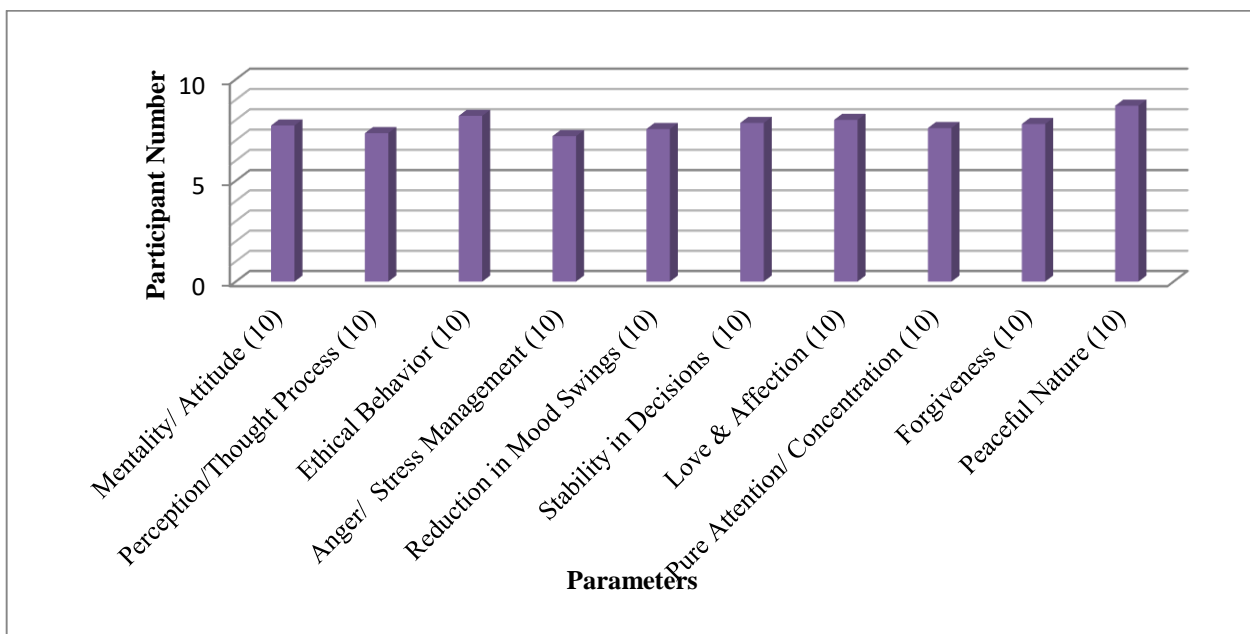
Sr. No	Aspects	Human behavior	SahajaYoga Meditation
1	Psychology	Behavior of an individual.	a) Cognition b) Affection c) Conation
2	Personality	Sum total of One's experiences with several influences.	360 ⁰ development of personality.
3	Interest	Likes & dislikes dimensions.	Integrates into pure desire.
4	Attitude	Influence by values, positive, negative.	Reflection of oneness with divine motivation.
5	Emotions	Psychological reactions & swings.	Define stability & clear objectives.
6	Wishes	Future orientation in achievements.	Decision making power in present for securing future.
7	Prejudice	Pre-Judgment	Discretion for clarification.
8	Stereotype	Fixed images & perceptions.	Thoughtlessness & wisdom

9	Thinking reasoning &	Thinking & its implementation of solving problem.	Pure knowledge for perfect decisions.
10	Frustration adjustment &	Unattainable goals, negative approach, aggression, show off.	Positivity & peace
11	Deviant Behavior	Past & future thoughts, conservative behavior.	Present state thoughts & social behavior.

After “Janta Curfew” on 22nd March 2020, on 24th March nationwide lockdown had been announced by Respected Prime Minister of India Mr Narendra Modiji. From that day to till date around 1,30,000 people got self-realization, out of it 4500 are on what’s app for regular communication, 6000 people are doing it on regular basis. Daily around 8000 to 9000 people joined online live meditation at 5 pm. SahajaYoga meditation is having telecast on several channels like News 1 India, Zee 24 tass etc. Other online channels YouTube, Mixlr radio station. Those who are practicing SahajaYoga from long time, they can attend meditation at 5 am & 7 pm daily. [11]

Table No.2: People from different fields shared their feedbacks & experiences during their practice of doing SahajaYoga Meditation.

Attributes	Mean
Mentality/ Attitude (10)	7.725
Perception/Thought Process (10)	7.35
Ethical Behavior (10)	8.2
Anger/Stress Management(10)	7.2
Reduction in Mood Swings(10)	7.55
Stability in Decisions (10)	7.85
Love & Affection (10)	8
Pure Attention/ Concentration(10)	7.6
Forgiveness (10)	7.8
Peaceful Nature (10)	8.7



Graph No. 1: Shows different fields’ people shared their feedbacks & experiences during their practice of doing SahajaYoga Meditation.

CONCLUSION

As a researcher, I always try to understand meditation better. "Sahaja Yoga meditation" program is helpful in managing the stress during pandemic. Sahaja Yoga meditation technique is a general term that describes many different types of spectacles. A need of writing this article during lockdown period arose which was having purpose to support dialogue around Sahaja Yoga meditation technique. It covers understanding, implementing, and distinctive findings in research on SahajaYoga meditation technique. This article addresses a need and starts a discussion for more rigorousness in describing and qualifying Sahaja Yoga meditation technique. If researchers regularly apply Sahaja Yoga meditation technique, individual analyses will be able to consider the potential influence of all of the workings.

We hope that application of the SAHAJA YOGA meditation framework from different perspectives will lead to refinements of the research framework. The impact of SahajaYoga meditation technique within a lockdown period has marked its practice as much more important, continuing the learned practice will give consistency on general life performance. Our result conveys the importance of meditation practice among people and also recommends teaching SahajaYoga meditation technique to all people to maximize productivity & reduces stress, anxieties. Practicing SahajaYoga meditation technique also reduces stress among practitioners so it helps people to regulate them towards their goal. Further research on this concept with larger sample will help us to generalize the meditation practice to all. Applicability of this meditation practice in various segments will also unveil many beneficial things. Herewith it is concluded that apart from culture and religious difference the goodness of any practice will remain same with all of us.

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