



Imagine a corporate office working with such enlightened individuals and what wonders can be achieved by such a business. They will be a responsible, progressive, enthusiastic, tireless, a happy and healthy family creating wealth in a responsible manner. Such a spiritual corporate will earn both wealth and blessings of people creating loads of goodwill and trust in its way

How Meditation Relieves Stress in Business

■ **Rajyogi Brahmakumar Nikunj**



What is Stress: Stress is a state of being in which a person is uncomfortable with a situation and is unable to rectify it, feeling insecurity and loss of control over matters in hand. There is an element of uncertainty, anxiety, fear and nervousness in this state. Mind usually starts complaining about everything and goes on a fault-finding mission digging mistakes of everybody it chooses to blame for its problems. A person finds it difficult to pay attention to anything, which badly affects business decisions and relations. This is called fight or flight response. In his aggression, a person actively believes and blames others for the problem being out of his control. In depression, the person blames his own weakness and develops an inferiority complex. During this process, it becomes extremely difficult for the person to see the silver lining in a situation or goodness in the people around. A person tends to worry for an extended period of time, wasting and pumping excessive adrenalin into the blood, which poisons the lymphatic systems lowering white blood cell production. This process is called auto-immuno-suppression. A person who is under constant stress naturally develops psychosomatic diseases like heart attack and diabetes raising the medical bills of corporate and insurance companies. Stress

is the biggest cause of unaccounted financial and other losses in business.

Causes of Stress: Weakness or disease of soul manifests in the form of stress and worry. A man has a good night's sleep and waking up refreshed in the morning faces a problem better than one who comes home after a full day of busy meetings. The stress created is the result of tired mind/soul. If a person has any weakness for the opposite sex (lust), money (greed), temper (anger), favouritism (attachment), ego, jealousy, laziness, etc these are called symptoms/impurities of a diseased soul. We all know what can be the causes of stress and affect business. In short, the capacity of a person to overcome the situation decides his stress level. If the soul is stronger with greater control over mind and emotions, he will be peaceful. If the soul is weaker and not able to face the situation, stress manifests.

What is Meditation: Rajyoga meditation practised by Brahma Kumaris is an easy way of training our mind to empower and heal the soul. It is a state of being where we are at peace because of the consciously created mental connection with the Supreme Soul/God/Shiva/ Allah: the Almighty. We learn to maintain this connection, which is nothing but a process of having a loving relationship with our Supreme Father, which constantly heals and empowers the soul. This connection can be anything, from a simple conversation with God to deep intimate blissful experiences. Practising peaceful soul consciousness even for 1 minute every hour can do wonders in your life.

Result: This state of soul consciousness and sweet-loving God Consciousness activates all the potentials of soul. It makes a person peaceful, loving, understanding, happy and content, internally. Such a person is able to give love and happiness to others.

Spiritually each individual is striving to achieve peace from anger and love, from

Natural Medicine for Blocked Arteries

Take

- 1 Cup Garlic (grind)
- 1 Cup Ginger (Grind)
- 1 Cup Lime Juice
- 1 Cup Apple Cider Vinegar

Then

- Mix it and boil at low heat, until 3 cups are left
- Take it out from the heat and wait until it gets cold
- When it is cold, add 3 Cups of honey
- Mix it thoroughly.
- Have one table spoon of the mixture in the morning before breakfast.

It works wonder.

Keep the bottle in the refrigerator for use the next day.



■ BE Bureau

possessiveness and jealousy. In meditation, when we look inside and find the source satisfying our deepest needs, we become content and progressive. We are not hindered by the loss of control over self and become more constructive and capable of giving peace, love and happiness to others. We find a new meaning in life with a whole new angle of perceptions where love and happiness rule with enthusiasm in our work instead of greed and anger. Our concentration, willpower, passion, enthusiasm and motivation arise from inside and cannot be disrupted by external situations. Persons become tolerant, accepting, with sharp perception and intuitive understanding of good and bad. With practice we attain a state of stitapragya as explained in the Gita.

Conclusion: Imagine a corporate office working with such enlightened individuals and what wonders can be achieved by such a business. They will be a responsible, progressive, enthusiastic, tireless, happy and a healthy family creating wealth in a

responsible manner. Such a spiritual corporate will earn both wealth and blessings of people creating loads of goodwill and trust in its way. It will find solutions to every problem and never be a part of problems like global warming and pollution. It will grow creating health, wealth and happiness around them. And imagine a country with such enlightened politicians and government officials. Only that spiritual nation will be able to eradicate poverty and be the best business destination worldwide. The youth of such a country will invoke peace and prosperity as compared to the present condition of violence and addiction prone wastage due to problems of corruption, unemployment and poverty. This is how meditation can contribute to your life, business, society and nation. ■

— The writer is an MBA and a holistic management specialist whose lectures have been sought by national and international corporate houses.



Without the spiritual world the material world is a disheartening enigma.

— Joseph Joubert