

16. Inculcation of divine virtues

Rajyoga means realizing oneself to be the soul and contemplate about the immeasurable knowledge, unlimited powers and divine qualities of supreme soul as well as the cycle of His creation while walking-moving, rising-sitting, eating-drinking, doing every action to become the king of all senses as well as continuous practice of self-transformation leading to world transformation. Since experience is important in Rajyoga, we have to learn by practicing yoga. The four bases of Rajyoga include the company of supreme soul, the inculcation of divine qualities, pure food and the relationship with Him.

The second basis of Rajyog is the inculcation of divine virtues i.e. to bring those virtues into the practical life. Deity or angel are perfect and complete with 36 types of divine qualities and 16 celestial arts. Therefore the praise of them is full of all virtues and full of sixteen celestial arts. The food offered to them is of 36 varieties which is also memorial of the same. Out of these 36 virtues, there are mainly 8 virtues, which are shown in the picture in the form of bouquet of flowers.

1. Purity: Purity means clear and clean. Clear means whatever inside or within is same as outside meaning "thoughts, words and deeds same". If thoughts, words and deeds are different then the loss to the self is first than others. Thus the soul feels shock and self loses its power. There is also a saying "cleanliness is the abode of supreme soul". Therefore, it is the responsibility of all of us to keep our body, street, town, country and world clean. Therefore, it is very important for every human being to have purity. The remembrance of supreme soul while considering self as soul while doing any action increases purity.

2. Introversion: There is a saying "introvert person is always happy." Human soul power is wasted more in negative and waste thoughts, words and deeds. It is said "Go within" because the soul is the embodiment of happiness, peace, bliss, power and love. What we find outside in the world or in individuals is within us. The remembrance of supreme soul enhances this quality.

3. Patience: If any work is done in a hurry and in worry, the result is not as expected. Therefore saying is that the fruit of patience is sweet. This quality makes a human being calm, stable, cool, immovable and unshakable, which is shown in the Mahabharat scriptures as character

of Yudhisthir, meaning stable even in war. Rajyoga is very useful in enhancing this quality.

DIVINE VIRTUES

1. ACCURACY
2. APPRECIATION
3. BENEVOLENCE
4. CAREFREE
5. CHEERFULNESS
6. CLEANLINESS
7. CONTENTMENT
8. CO-OPERATION
9. COURAGE
10. DETACHMENT
11. DETERMINATION
12. DISCIPLINE
13. EASINESS
14. EGOLESSNESS
15. ENERGETIC
16. FARSIGHTEDNESS
17. FEARLESS
18. GENEROCITY

1. GOOD WISHES
2. HONESTY
3. HUMILITY
4. INTROSPECTION
5. LIGHTNESS
6. MATURITY
7. MERCY
8. OBEDIENCE
9. ORDERLINESS
10. PATIENCE
11. POLITENESS
12. PURITY
13. ROYALTY
14. SELF CONFIDENCE
15. SIMPLICITY
16. SWEETNESS
17. TIRELESSNESS
18. TOLERANCE



4. Fearlessness: The human mind produces fear from negative and waste thoughts. For example, a person may be in fear of losing his job. This reduces his productivity and leads to dismissal. So it is not reasonable to fear a situation which is not under our control. While working, consider supreme soul as your companion which will increase the fearlessness.

5. Sweetness: Everyone likes a sweet person. Supreme soul says "Speak little, speak softly, and speak sweetly". Our language is the part of our behaviour. Its effect is profound on the nature of the soul. With sweet talk, sweet thoughts are also necessary. All souls are brothers as children of supreme soul. Keep the feelings always sweet. Connecting with supreme soul increases the quality of sweetness.

6. Humility: Humility is the primary virtue for human beings. Stay away from the four C's for the sake of humility. First C stands for comparison meaning do not compare with anyone. The sansakars or habits of each soul are unique. Second C stands for competition. Do not compete in unhealthy way because each soul has its own journey. If you go ahead with downing someone, you have to suffer the fruits of that action. Third

C stands for criticism. Don't criticize anyone because it is negativity so loss of our energy and damages to the self. Fourth C stands for complaint. Do not complain because loss of remembrance of supreme soul. Say whatever you have to say with love and have good feelings. Maintaining a constant balance of action and remembrance of Him in life increases the virtue of humility.

7. Cheerfulness: This is not an external or fake thing but a feeling of satisfaction towards everybody and everything. Cheerfulness can be maintained if satisfaction is maintained in every situation, with all human beings, with any problems, obstacles and challenges. All are being the children of supreme soul; one should have good wishes and pure feelings towards each other, which is the basis of cheerfulness. It is the remembrance of Him that enhances this quality.

8. Tolerance: Tolerance is to respond rather than to react in any situation. Everyone considers themselves right from their point of view, so it is important to understand it. It is better to settle or take legal action than to fight at the time of an accident. Tolerance is enhanced with the help of practice of Rajyoga.

The 36 divine qualities of the deities or angles include the above 8 main qualities. Hence all the 36 divine qualities are as follows: accuracy, appreciation, benevolence, carefree, cheerfulness, cleanliness, contentment, cooperation, courage, detachment, determination, discipline, easiness, egolessness, energetic, farsightedness, fearless, generosity, good wishes, honesty, humility, introspection, lightness, maturity, mercy, obedience, orderliness, patience, politeness, purity, royalty, self-confidence, simplicity, sweetness, tirelessness, and tolerance.

The deities are 16 celestial degrees full, which are art of living pure, powerful, peaceful and happy life, which are as follows: the art of learning and teaching, the art of dealing and pleasing, the art of remaining carefree and relaxation, the art of living, the art of transformation, the art of winning friends, the art of remaining healthy, the art of speech and writing, the art of publicity, the art of entertainment, the art of leadership, the art of sustenance, the art of accommodation, the art of making waste into best, the art of thinking and creating, and the art of social service.

Any human soul can make his life full of peace, power, purity and happiness by acquiring 36 virtues and 16 celestial arts in himself through daily practice of knowledge and remembrance of supreme soul through Rajyoga meditation.

Let us practise rajyoga meditation. We are the source of unlimited light, point of light. We are the children of supreme soul and the master ocean of His knowledge, powers and virtues. He does not have His own body so His way of working is unique. We understand ourselves as souls and connect with Him with determined thoughts that are remembrance. If we connect our mind and intellect for the solution of any situation, people, challenges, problems, obstacles in our life, then He will definitely help. Having all our relationship with Him, He awakens our intellect, solves through His versions or helps us by making any person or thing His tool. Every day he teaches us all the divine qualities and the art of living. Since He is the ocean of all powers and virtues, we experience through His company or remembrance. Thus our life becomes stable, calm, cool, unshakable and immovable, which is the goal of our life. Our lives become full of purity, power, peace, and happiness under His canopy.