

Murli and Meditation As Determinants of the health of Brahmakumars and Brahmakumaries (BK)

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Abstract

A sample of 90 BK (45 males, 45 females) age ranges of 25-55 years was examined on health, stress and emotional maturity. The objective of the study was the analysis of the effect of Murli (ethical teachings) and Meditation on the volunteers (BK) in their specific physical and psycho-spiritual environment of Shanti-van, Mount Abu. The sample was selected randomly at Ishwariya Vishwa Vidyalaya, Mount Abu Rajasthan. The sample was divided into two groups on the basis of gender-- male (N=45) and female (N=45). Both were further divided into three conditions—(1) BK(Brahmakumars/Brahmakumaries) having experience of devotion of 5 years (2) BK(Brahmakumars/Brahmakumaries) having experience of devotion more than 10 years (3) recently joined BK (Brahmakumars/Brahmakumaries) having no experience of devotion. In each condition there were 15 BKs who were tested on Health, Stress and Emotional Maturity. Health was tested by PGI Health Questionnaire by Verma, Wig and Pershad, Stress by stress- scale constructed by Purna Puri, Tejinder and Mehta and Emotional Maturity was measured by Emotional Maturity Scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava. The difference between male and female sample, difference between condition(1) and condition(2), condition(1) and condition(3) and condition(2) and condition(3) were analyzed by t-test. The following results were found--- (1) no significant difference was found between male and female on health, stress and emotional maturity in all conditions. (2) Significant difference was found between condition 2nd and 3rd, condition 1st and 3rd on health, stress and emotional maturity at .01 level. (3) no significant difference was found between 1st and 2nd condition on health, stress and emotional maturity. Results concluded that Murli and Meditation had great effect on health by decreasing stress and increasing emotional maturity among BK with the passage of time (experience). The findings revealed the importance of our great Indian culture of Meditation and Murli (teachings of moral values) on health.

Key words: Murli, Meditation, Health, Stress and Emotional-Maturity

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