

Raja Yoga in the present Age

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Perhaps the most important feature that distinguishes the present era from all the preceding eras is that, in this Age, there is tension all over in the atmosphere. The great hub-hub in the ever-growing cities, the noise because of motor vehicles, factories and jostling crowds in the busy market place—all this tells badly on man's nerves and causes him irritation. Never before were the cities so big, vehicles and factories so many or noise-pollution so much as today.



Again, the ways of living and earning one's livelihood have rapidly and enormously changed too. Science has made so many things of comfort, convenience and enjoyment available to man that man's dependence on them and the number of his needs has greatly multiplied too. Thus, modern man needs more gadgets, his life has become more mechanical, he is in more hurry and his worries have alarmingly increased. As such, man, today, is placed in a situation of constant stress and strain. He takes most of the decisions in this state of tension and hurry and, thus, involves himself into further trouble. This is as true of nations as of individuals.

In such a situation, a little practice of Raja Yoga gives to man inner tranquility. It gives him mental relaxation and thus enhances his capacity to judge things calmly and dispassionately. It enables man to live in peace and to let others live in peace. This state of mind contributes greatly towards the betterment of the society which is heading towards lawless law and which currently thinks in terms of having more hospitals and doctors rather than having people who are practically healthy, and which thinks of more law-books, law colleges, lawyers and law courts rather than have people who, by their nature, are law-abiding or righteous. Raja Yoga Meditation brings about a society which is based on mutual love and regard, and where strife of all kinds is unknown and everyone enjoys the fruits of Nature. It brings about a society in which people, by their very nature, are peaceful, loveful and lawful. They are holy, happy and healthy. They are active and effective, alert and efficient and elastic and accommodating. It improves human relations, increases man's stamina, frees him from worries, saves him from wastage of Thought Power and brings about an atmosphere of good will. In other words, it brings about Golden Age or the world of deities or the divine sovereignty.