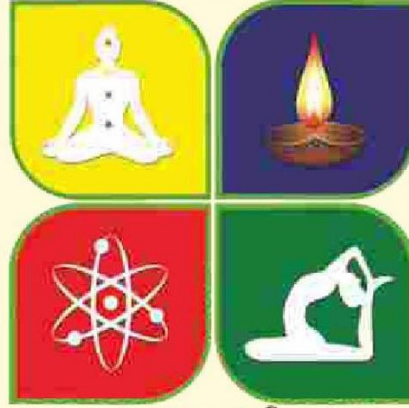


JEEVAN VIGYAN

(SCIENCE OF LIVING)

in the Prayer Assembly

जीवन विज्ञान



स्वस्थ समाज की संरचना

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Jeevan Vigyan in The Prayer Assembly

Prayer is an expression of creative thoughts of a person. It is not merely a ritual but the determination of awakened mind. Since prayer fulfils that determination, it has become customary in the schools to become the work after offering the prayer.

Our mind has three parts, first is conscious mind, second is subconscious mind and the third is unconscious. Child uses his conscious mind when he studies. Mind wanders due to lack of concentration and its preoccupation. At that point of time, BHAVKRIYA is broken. During the state of Bhavkriya, mind gets absorbed in that action. Study is not possible when mind is absorbed in dreams and imagination. Concentration and the absorption in to that is essential for the studies. The state of Bhavkriya occurs when the student remains conscious and performs everything knowingly.

Steps for Concentration and Mindfulness –

- | | |
|----------------------------------|------------------------------|
| 1. Prayer | 2. Asana (Posture) |
| 3. Mahaprana dhwani | 4. Kayotsarg i.e. relaxation |
| 5. Perception of long breath | 6. Perception of gyan kendra |
| 7. Determination or Resoluteness | 8. Obeisance of truth |

1. PRAYER : In the prayer assembly, stand in line. Each child should maintain a distance of one foot on all the four sides. Three students should stand on a higher platform in front of the other students and sing Jeevan Vigyan or Anuvrat song first. Rest of the students should sing in the tune in repetition. After some practice all the children can sing together. Anuvrat song is sung as follows. It has number of learning points..



Anuvrat Song

Sanyam maya jeevan ho.
Naitikta ki sur sarita mein jan jan man pawan ho.
Sanyam maya jeevan ho.

Apne se Apna Anushasan, Anuvrat ki Paribhasha.
Varn Jati ya sampradaya se mukt Dharam ki Bhasha.
Chhote-chhote sankalpon se manas parivartan ho.(1)

Sanyam maya jeevan Ho.

Maitri Bhav hamara sabse pratidin Badhta Jaye.
Samta, saha-Astitva, samanvaya, Neeti safaltapaye.
Suddh Sadhya ke liye Niyojit matra suddha Sadhan ho. (2)

Sanyam maya jeevan Ho.
Vidyarthi ya shikshak ho majdoor aur vyapari.
Nar Ho Nari Bane Neetimay Jeevancharya saari.
Kathni karni ki samanta mein gatisheel charan ho. (3)

Sanyam maya jeevan Ho.

Prabhu bankar ke hi hum
Proobhu ki pooja kar sakte hain.
Pramanik bankar hi sankat sagar tar sakte hain.
Shaurya virya balvati Ahimsa Hi Jeevan Darshan Ho. (4)

Sanyam maya Jeevan Ho.

Sudhare vyakti, samaj vyakti se,
Rashtra savyam sudharega
Tulsi Anuvrat sinh-nada sare Jag main prasarega.
"Manviya Achar Sanhita mein arpit tan man ho.(5)
Sanyam maya jeevan Ho.

2. ASANAS

A healthy mind dwells in a healthy body. A healthy body creates interest in studies. Through Asanas we can improve our health and can also bring about a change in the hormones secreted by endocrine glands. The Asanas are chosen according to the health and for memory development.

Sampadasan

Method :

- (1) Stand straight with both feet together.
- (2) Keep the legs, back-bone and neck straight.
- (3) Keep the vision in front focusing any one point without blinking the eyes.
- (4) Keep the palms close to the body.
Have normal breathing.



Benefits:

- (1) Eye sight is improved.
- (2) Improves mental concentration.
- (3) Blood circulation is regularized
- (4) Removes tiredness.

Tadasan

Method: Stand straight. Join the feet. Interlock or entangling the fingers of both the hands, turn the palms and keep the hands below the navel.

- (1) Stretch the arms above the head,



- while inhaling (upper arms touching the ears).
- (2) Stand on the toes. Stretch the body while exhaling.
 - (3) Bring heels down while inhaling.
 - (4) Bring hands down while exhaling and relax the whole body.

Benefits:

- (1) Lethargy disappears.
- (2) Increases height.
- (3) Removes constipation
- (4) Removes fatigue.

Konasan

Method: Stand straight. Join the feet and keep the hands close to the body.

- (1) Take Left arm up slowly while inhaling till it touches the ear.

- (2) While exhaling, bend waist, shoulders and neck towards the right. Arm will also bend straight towards right. Do not bend legs and knees.

- (3) While inhaling straighten the back, shoulders and neck.

- (4) While exhaling, bring your hand down slowly.

The same process is to be followed for the right arm.



Benefits:

- (a) Face glows.
- (b) Waist becomes flexible.
- (c) Strengthens the lungs.
- (d) Removes pain from hands and shoulders.

Padahastasan

Method: Stand straight. Join the feet together. Keep hands close to the body.

- (1) Breathing in, raise your hands straight above your head keeping the palms skyward.
- (2) Slowly breathing out bend forward. Touch the right foot with the right hand and the left foot with the left hand. Try to touch the knees with the nose or head.
- (3) Slowly breathing in raise up and straighten your waist, chest and neck and take your hands upward again keeping close to ears looking towards the sky.
- (4) Breathing out bring your hands down. Vision to be kept in front. Do it twice.
(You can keep your palms down on the earth next to feet)



Benefits

- (1) Spine becomes flexible.
- (2) Improves digestive system.
- (3) Reduces over weight.
- (4) Anger subsides and memory increases.

NOTE

Padahastasan should be performed only 40 minutes after meals, otherwise do yogic exercises of neck.

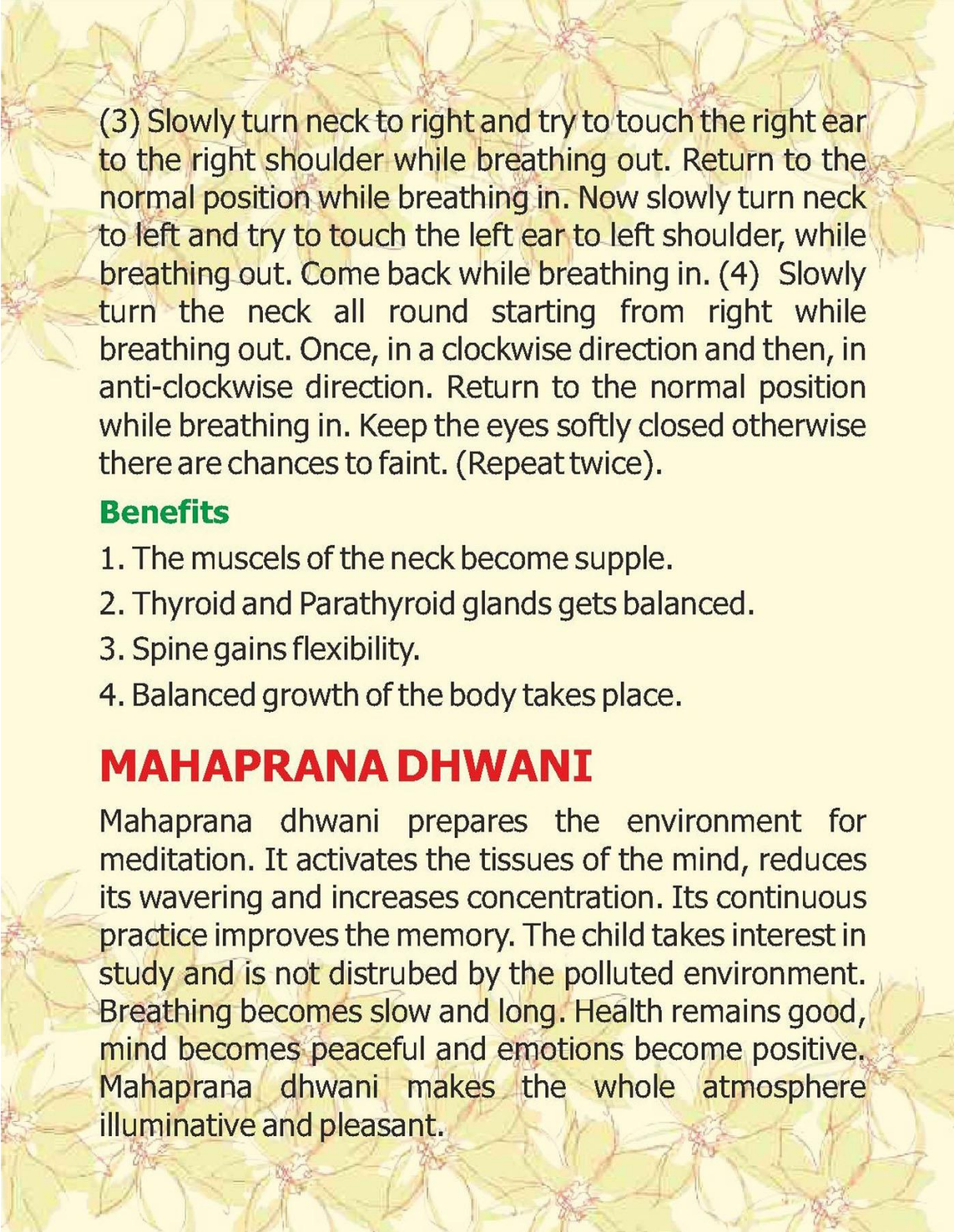
Yogic exercises of neck

Method : Stand in Sampadasana.

(1) Take the head backward breathing in and look above towards the sky. While breathing out bring the head downward. Try to touch the chin to the sound box (Kanthkoop) and look towards the chest while breathing out. Repeat twice.

(2) Turn the neck to right and look towards back while breathing out. Come back while breathing in. Turn the neck to left and look towards back, while breathing out. Return to normal position while breathing in. Repeat twice.





(3) Slowly turn neck to right and try to touch the right ear to the right shoulder while breathing out. Return to the normal position while breathing in. Now slowly turn neck to left and try to touch the left ear to left shoulder, while breathing out. Come back while breathing in. (4) Slowly turn the neck all round starting from right while breathing out. Once, in a clockwise direction and then, in anti-clockwise direction. Return to the normal position while breathing in. Keep the eyes softly closed otherwise there are chances to faint. (Repeat twice).

Benefits

1. The muscles of the neck become supple.
2. Thyroid and Parathyroid glands get balanced.
3. Spine gains flexibility.
4. Balanced growth of the body takes place.

MAHAPRANA DHWANI

Mahaprana dhwani prepares the environment for meditation. It activates the tissues of the mind, reduces its wavering and increases concentration. Its continuous practice improves the memory. The child takes interest in study and is not disturbed by the polluted environment. Breathing becomes slow and long. Health remains good, mind becomes peaceful and emotions become positive. Mahaprana dhwani makes the whole atmosphere illuminative and pleasant.

Method : Stand in Sampadasana or sit in Sukhasana. Keep your body still and relaxed. Breathe in for six seconds slowly through the nostrils. Concentrate on your sound box and vocal chord. Now create a sound mm...mm...mm for twelve seconds from your vocal chord and nose, feel the vibration for two seconds in your mind. The sound is like the humming of a bee. In Mahaprana dhvani, the air inside comes out slowly on its own. Breathe in again for the same dhvani. Imagine that there are vibrations through mahaprana dhvani around your body like a shed. Sound the mahaprana dhvani three times.

Benefits of Mahaprana Dhvani:

- (a) Concentration increases.
- (b) Confidence increases.
- (c) Emotional balance is attained.
- (d) Discipline is developed.
- (e) Pronunciation is improved.
- (f) Voice becomes sweeter.



KAYOTSARG

Kayotsarg means stillness of the body, relaxation in the body along with awareness of the body. It is an exercise for 5 minutes for Prayer Assembly and so it is termed as "Short Kayotsarg" also.



Method

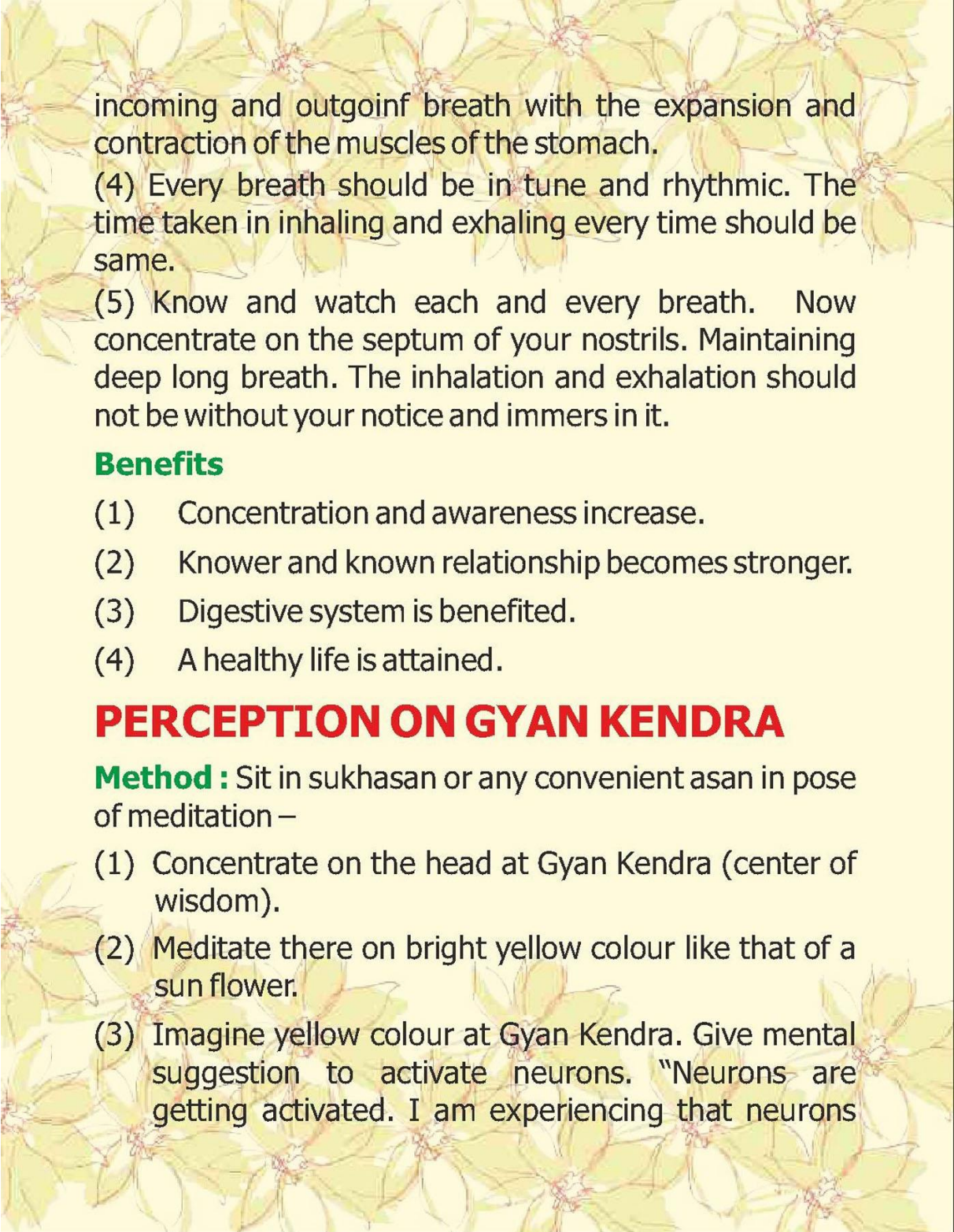
- (1) Keep the body steady, relaxed and tension free. Keep your spine and neck straight. Relax the muscles and loosen the grip of your body.
- (2) Keep the body still like a statue.
- (3) Concentrate on each and every part of the body starting from the feet till head systematically.
- (4) Suggest your body to relax. Relax each and every muscle, as well as each and every nerve.
- (5) Experience each and every part of your body is relaxing. Each and every part of your body is felt light. Foot to head – the whole of your body is relaxed. Practice inner silence.

Benefits

- (1) Tiredness and tension are removed.
- (2) Increases awareness.
- (3) Attains complete consciousness.
- (4) Internal resistance towards diseases (immune system) is developed. Tolerance and courage is increased.

BREATH PERCEPTION

- (1) Concentrate your mind at naval.
- (2) Take slow but long breath.
- (3) While breathing in, muscles of stomach expand and while breathing out they contract. Experience the



incoming and outgoing breath with the expansion and contraction of the muscles of the stomach.

(4) Every breath should be in tune and rhythmic. The time taken in inhaling and exhaling every time should be same.

(5) Know and watch each and every breath. Now concentrate on the septum of your nostrils. Maintaining deep long breath. The inhalation and exhalation should not be without your notice and immerse in it.

Benefits

- (1) Concentration and awareness increase.
- (2) Knower and known relationship becomes stronger.
- (3) Digestive system is benefited.
- (4) A healthy life is attained.

PERCEPTION ON GYAN KENDRA

Method : Sit in sukhasan or any convenient asan in pose of meditation –

- (1) Concentrate on the head at Gyan Kendra (center of wisdom).
- (2) Meditate there on bright yellow colour like that of a sun flower.
- (3) Imagine yellow colour at Gyan Kendra. Give mental suggestion to activate neurons. "Neurons are getting activated. I am experiencing that neurons

are activated." My memory is improving. I am experiencing that my memory is improving.

- (4) My memory is improved. I am experiencing that my memory has improved.
- (5) Recite or Chant "Namo Nanassa" (salutations to knowledge). Mentally recite this mantra 21 times.



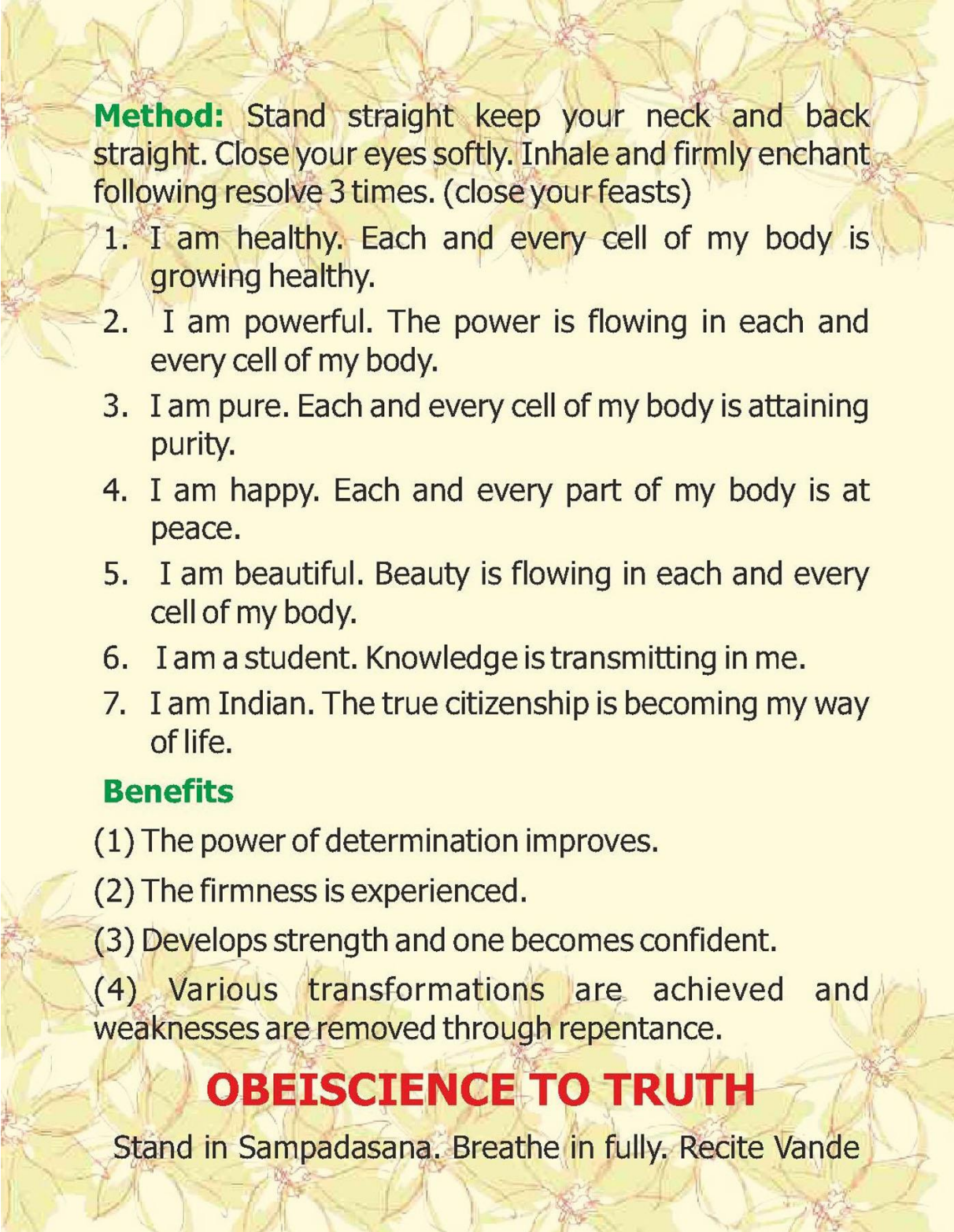
Benefits of Perception of Gyan Kendra

- (1) Memory sharpens.
- (2) Learning becomes easier and improves the capacity to learn.
- (3) Mental concentration improves.
- (4) Positivity increases.

PRACTISE FOR DETERMINATION (RESOLUTENESS)

- (1) Still your body and mind. Close your eyes softly. Fold your hands in Namaskar mudra and place them at Anand kendra. Firmly enchain following determinations "I am blissful. I am peaceful and powerful. An ocean of bliss, ultimate peace and power is flowing within me. The goal of my life is to realize the same." (1 min)

Another Method for Determination



Method: Stand straight keep your neck and back straight. Close your eyes softly. Inhale and firmly enchain following resolve 3 times. (close your feasts)

1. I am healthy. Each and every cell of my body is growing healthy.
2. I am powerful. The power is flowing in each and every cell of my body.
3. I am pure. Each and every cell of my body is attaining purity.
4. I am happy. Each and every part of my body is at peace.
5. I am beautiful. Beauty is flowing in each and every cell of my body.
6. I am a student. Knowledge is transmitting in me.
7. I am Indian. The true citizenship is becoming my way of life.

Benefits

- (1) The power of determination improves.
- (2) The firmness is experienced.
- (3) Develops strength and one becomes confident.
- (4) Various transformations are achieved and weaknesses are removed through repentance.

OBEISCIENCE TO TRUTH

Stand in Sampadasana. Breathe in fully. Recite Vande



Sachham as follows :

The teacher says "One" Students shall speak "Vande"!

The teacher says "Two" Students will breathe out and bend forward at 90 degree speaking "Sachham"

The teacher says "three" Students inhale and stand straight.

Repeat this twice. At the end say "Kritgyosmi" It is a Sanskrit word meaning 'I am grateful to you'.

Jeevan Vigyan Song

Vidya ke prangan main ab vyapak Jeevan Vigyan ho,
Shiksha ka Nav abhiyan ho.

Baudhikta ke samarangan mein bhavon ka samman ho.

Sarvangeen vikas vyakti ka vidhyarjan ka dhyey bane, Sharirik bal
aur budhibal manas bal aadey bane.

Bhavatmak bal per aadharit sanskriti ka sandhan ho (1)

Shikshaka Ka...

Keval pustakiya shiksha hi jeevan me paryapt nahi,
Aasevan ke dwara wah ho aacharno me vyapt sahi,
Saidhantik, prayogik dono ka sanykt sangan ho (2)

Shiksha ka....

Shiksha ke sankaya bahut hain, par aadhyatmik aay nahi,
Vartman pidhi ka bhavi-pidhi ke prati nyayanahi.

'Sa vidhya ya bhavati muktaye' ka mukh - mukh aahvan ho (3)

Shiksha ka....

Pramanikta, kshama, samanvaya loktantra ke tran hai
Karuna, sah- astitva, santulan manvata ke pran hai.
Mulyaparak shiksha ke dwara jan-j an ka nirman ho(4)

Shiksha ka....

Anuvrat ki aachar-sanhita manjil hai, aadarsh hai,
Preksha dhyan- sadhana se ho jata usaka sparsh hai.
Rashtratantra ki rugn dasa ka 'Tulsi' sahi nidan ho (5)

Shiksha ka....

Note :- Jeevan Vigyan in Prayer Assembly Calender available in Hindi & English

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