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Spreading the Light of Yoga: Swami Rajarshi Muniji Contribution to Global Yoga Awareness

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Abstract: ***On February 11, 1931, Rajarshi Muniji Swamiji was born in Porbandar into a Kshatriya household. After completing his education at the Rajput Boarding in Limbdi, he went on to study for his BA at Shamaldas College in Bhavnagar and his MA at Pune University. On his birthday in 1971, Swamiji gave up his house and accepted diksha from Swami Kripalvanand in 1970. He later participated in "yogsadhana." He devoted his life to the development and popularisation of yoga. Swamiji founded ashrams in the United States, Haridwar, and Gujarat. In addition, he wrote a number of works in Gujarati, Hindi, Marathi, and English. Additionally, he received the Prime Minister's Yoga Award in 2019 for his exceptional efforts to advance and grow yoga. His legacy as a spiritual leader who brought traditional yogic wisdom into contact with the contemporary global community is reflected in this paper.***

I. INTRODUCTION

Devisinhji Samatsinhji Jadeja, who was then the Aide de Camp to the Maharaja of the then-princely State of Porbandar in Saurashtra, had a baby in his home on February 11, 1931. In the renowned family of Jadejas of Shapar family, who were descended from Khengarji the First Katchh's younger brother, the Legendary Sahibji and his mother name was Monghiba. He graduated from Deccan College in 1953 of the University of Bombay with a Masters degree selected for service in the Government of Saurashtra in 1954. He served the State Government as an Officer during the period 1954-1962.During his job time, he met his friend who told about his guru Swami Kripalu anandji and gave him the book Asana and Mudra. In his young days rajarshi muniji already was doing yoga practices and spiritual practices but he was waiting for the right person to guide him and become his guru . He already know many spiritual guru but was searching someone who can help him, guide him and give proper practice for his spiritual journey. After reading asana and Mudra he thought that kripalavanandji was the one who can be his guru. But was thinking whether he will accept him as his disciple.

Kripalavanandji was the disciple of Lord Lakulish the 28th incarnation of lord shiva. He accepted rajarshi muniji as his disciple. On June 26, 1969, Swami Kripalvanandji gave Muniji his mantra initiation. He was asked to practice for months by the latter. Muniji began pursuing this sadhana on a regular basis in the middle of July 1969. Muniji finished the mandatory fifteen-month sadhana at the middle of October 1970. Two the world on Dhan Teras Day. On the day of Divali, he went to Malav, where Swami Kripalvanand told him that Bhagwan had told him to come to the ashram and world. Swami Kripalvanand gave Muniji shaktipat diksha during a group shibir that was held in 1970. After spending a few days there, he and Swami Kripalvanand traveled to Kayavarohan. Swami Kripalvanand gave him his new name and introduced him into sannyas on February 19, which was his birthday according to the Indian calendar. "This body of yours shall now be called Rajarshi Muni, son. A real yogi will not be content with any spiritual achievement that falls short of the Divine Body.

II. ESTABLISHMENT OF YOGA INSTITUTE

For the next task, Swami Kripalvanand set the foundation. He informed Muniji. "Son, we haven't finished our voyage yet. Resting is not an option. We now need to open a yoga institution as soon as possible. We ought to use it to provide society with a methodical yoga education program.

This will be our primary cultural revitalization effort. Muniji created the comprehensive blueprints for a yoga institution that included an exhibition space, a library, and wings for instruction and research. Along with designing the courses, syllabi, curricula, evaluation standards, and every other aspect, he also offered to personally educate the first group of teachers who would take over the institute's training wing. The institute was formally opened on November 13, 1976. The Institute's first yoga lesson was held just after the inauguration.

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III. WORK ON SHAKTIPAT, TEACHING AND WRITING HIS YOGA EXPERIENCES :

Muniji as also started khechari Mudra. Muniji was inexorably drawn to other pursuits and obligations in addition to his sadhana. In total, Swami Kripalvanand led five dhyan shibirs. Following the final one, he publicly declared that members of all the shibirs who needed any clarifications or more direction should contact Muniji. This meant that Muniji had to spend some time writing to these sadhaks. Later, he began writing articles for the Kayavarohan Teertha Seva Samaj's mouthpiece, Urja, and Shri Kripalu Vak Sudha, to save labor. He published "My Yoga Experiences" in 1972 at the request of Swami Kripalvanand, and "Yoga Experiences Part 2" followed in 1975.Swami Kripalvanand announced at the 1972 Gurupurnima ceremony in Ahmedabad that he would no longer teach any initiation classes, but Muniji might if he so desired as a service to humanity. Swami Kripalvanand urged Muniji to edit and gather his writings on yoga and meditation into a book during his yearly visit to Malav in 1972 so that sadhaks could benefit from it. Consequently, Dhyan Vijnan, a lovely volume, was compiled and published. The construction of the new temple at Kayavarohan was halfway complete at this point. Muniji was summoned to Kayavarohan by Swami Kripalvanand, who asked him to assume full responsibility for the temple's completion.

Muniji gave in to Nanubhai Amin's pressure in 1978 to execute all of the asans that had appeared in his sadhana because the over 800 asans that spontaneously appeared were not an unusual occurrence. Since there was no prior documentation of such an extraordina, It was carried out in the first half of 1978. After that, in addition to his sadhana, Muniji spent time writing an exceptional work on yoga that eventually amounted to over 1400 pages of well-organized and handwritten text. This was completed between mid-1978 and 1981.

The book covers every aspect of the age-old discipline of yoga, including its philosophy, metaphysics, theory, content, technique, and practice. The knowledge of the ancient masters was reaffirmed by his own unwavering pursuit of yoga as a spiritual discipline, to which he had dedicated himself since his initiation. This was not just a matter of theorizing or recounting the information that had been gathered. This enormous work is composed of distinct, well-organized components that make up a whole. They were:

The metaphysics, psychology, philosophy, and history of yoga. The principles that a yoga practitioner should follow in order to have a spiritual existence. The elements of the eight-fold yoga path. Methods and Applications of Traditional Hatha Yoga.

First released in 1994 under the title "Awakening of the Life Force," the first was reprinted in 2001 under the title "Yoga: The Ultimate Spiritual Path" by Llewellyn, St. Paul, Minnesota, U.S.A. Since then, Russian and Indian editions have also been released. The National Institute of Naturopathy named the piece the best yoga work of 1997. Parts three and four of the work were released together as "Classical Hatha Yoga" in January 2007, while the second part was published in 2007.

IV. KHECHARI MUDRA

Muniji started living in complete isolation on November 1, 1979, after Swami Kripalvanand left for America. This situation persisted until 1981, when Swami Kripalvanand returned home in a very ill state and subsequently died. On October 1, 1981, Swami Kripalvanand made his way back to India. His death occurred on December 29. Muniji now assumed the role of kulguru of the parampara. 1981–1993. With 1993 acting as the watershed year, the ensuing years 1981–2007 must be split into two sections. Muniji is a Complete Path traveler, just like Bapuji. "Be a true yogi and do not be satisfied with any spiritual attainment less than the Divine Body," Bapuji had advised him as he bestowed yoga diksha onto him.A real yogi will not be content with any spiritual achievement that falls short of the Divine Body. And this is what Muniji really resorted to in a sadhana practice that lasted for at least ten hours every day for all the years.

It follows that Muniji and his activities between 1979 and 1993 were hardly visible. However, behind the silent walls of the sadhana room, events of the utmost significance were occurring that were invisible to ordinary mortals. These events turned Muniji into an extraordinary immortal who, within three days of starting sadhana following shaktipat initiation, had awakened Kundalini, had begun entry into the Khechari Mudra within four months, and had completed the same within four years. Muniji accomplished something in his fourth year of sadhana that no yogi has claimed to have accomplished in millennia, and most definitely not in the present era.

V. SPREADING LAKULISH PRABODHAN ABHIYAN

According to the Indian calendar, Muniji was born on February 15th, 1993. Additionally, it was Mahashivratri. Muniji received darshan from Bhagwan Lakulish that evening at 11:20, the time of his birth, and the two spoke for forty minutes. On February 19, Mahashivratri, Muniji made the issue public in a speech in Kayavarohan. On July 3, 1993, he gave a public address on Gurupurnima in Ashi Village. He finally provided the blueprint of a completely developed prabodhan abhiyan, which has since been printed as "Lakulish Prabodhan Abhiyan," after two years of meticulous planning and essential preparation.

As a result, Muniji emerged from his solitude to carry out this divinely mandated task. Those who have been in his continuous service since he emerged from seclusion attest that, aside from the time allotted to the body's basic requirements, he has never since spent a moment of his time on anything other than sadhana or pursuits that advance his recently discovered life's purpose. In 1993, he established the Enlightenment Mission [Life Mission] of the Lakulish International Fellowship and subsequently registered it as a Public Charitable Trust. The construction of a permanent Mission Headquarters, to be known as "Rajrajeshwadham," was planned and initiated, and it was put into service in January 2007.

On Thursday, December 3, 1998, a day of particular auspiciousness in the Indian spiritual calendar as Dattatraya Purnima, Swami Rajarshi Muni conducted the soil-breaking ceremonies at the location with the help of two of his initiated followers. On the day of the Spring Solstice, January 22, 1999, the Indian spring festival, the foundation stone laying rituals for the hospital, administration building, spiritual center, and Divyayatan were held with appropriate solemnity. The three saints, Swami Rajarshi Muniji, Swami Ishwaranandgiriji of Samvit Sadhanayan, Sant Sarovar, Mount Abu, and Swami Sampoornanandji of Wadhwan, laid the foundation stones for the spiritual center. The Thakore Saheb of Limbdi and Shri Kiritsinh Rana, who was a minister in the State Government at the time, laid the foundation stones for the hospital and administrative building.

He started going place to place to establish sanskar kendra. He also started bhakti yoga, ashtanga Yoga, gyan yoga and karma yoga sibir which was attended not only by local but also foreigners. He also started some courses of cultural and yoga, teacher training course for foreign students. All the courses were free of cost. Because the mission was not commercial but spreading yoga that too free of cost.

Courses conducted by the Institute

First Level Certificate Course – 25 Days, First Yoga Seminar, Second Yoga Seminar, Third Yoga Seminar, Fourth Yoga Seminar, Second Level Certificate Course – 35 Days, Fifth Yoga Seminar, Sixth Yoga Seminar, Diploma Course – 45 Days, Jnana, Bhakti, Karma Yoga Course – 2 Weeks, Yoga – Ayurved Combined Course – 14 Days, Daily Rituals Course Nitya karma Course – 7 Days, Preliminary Yoga Course – 7 Days, Kishor Yoga Course – 2 Days, Kids' Yoga Seminar – 1 Day. Many medals in the level of yoga was achieved by Lakulish Yoga institute students.

He gave mantra diksha to many followers. He also gave shaktipat diksha. He gave sanyas diksha to few of their disciple. He not only spread the Yoga to gujarat but also various states of India and various foreign countries. Many foreigner were deeply touched by the yogic science and muniji practices that drew them to their ashram staying and learning various types of yoga. He established ashram in jakhan, asha, bhela and Haridwar ashram.

VI. VARIOUS BOOKS BY RAJARSHI MUNIJI

Classical Hatha Yoga, Divine body through Yoga, Infinite grace, yoga experience, Nitya Karma, Yoga Darshika. Part 1 to 6, Chinese Mahayana Buddhism, Let us be a little Yogi, Sree Guru Govind Pujan, Sanatan culture of India, Shaktipat, introduction to karma Gyan and Bhakti Yoga,Siddhant trayi for Sadak. Purusharth. Chatushtay , Mari guru parampara, Yoga key to health. One yoga many name, yoga for good health, Yoga a Synthesis of psychology and metaphysics, Sudha Bindu 1,2,3 and 4, Karma Yoga, Bhakti yoga, Gyan yoga, Navdha bhakti, View of human life. Sanatan Dharma and the way of God, Gautam Buddha, Jainism an introduction, Spirituality and material Science, Tibet's great Yogi and poet Mila Repa, Spirituality and material science, Sage Vishwamitra, Dan Dharam, How to be a good disciple, whose qualified to be a guru, Gorakshanath, Across the 7 seas, Selected stories from Purans. Awakening the life force. Yoga as ultimate spiritual path, Yoga the ultimate attachment and his last book but not least Yoga for spontaneous meditation was a remarkable work in the field of yoga.

VII. LAKULISH YOGA UNIVERSITY

It was the dream of brahmalin kripalavanandji swami to establish Yoga University in future that was fullfied by Swami Rajarshi Muniji. Lakulish Yoga University is a private university situated across from Nirma University in Chharodi, Gujarat, India, close to Ahmedabad. The Gujarat Private Universities (Amendment) Act of 2013 allowed the Lakulish International Fellowship's Enlightenment Mission (LIFE Mission) to build the university. It offers yoga courses for higher education and is said to be the only private institution in India offering yoga instruction. Narendra Modi was present at the ceremony when its founder, Swami Rajarshi Muni, launched it in 2013.

VIII. AWARDS

Swami Rajarshi Muni of Life Mission, Gujarat, Ms. Antonietta Rozzi of Italy, Bihar School of Yoga, Munger and Japan Yoga Niketan, Japan are the recipients of the Prime Minister's Award for outstanding contribution for promotion and development of Yoga for the year 2019. So his contribution was remarkable and also helped many people changing their life.

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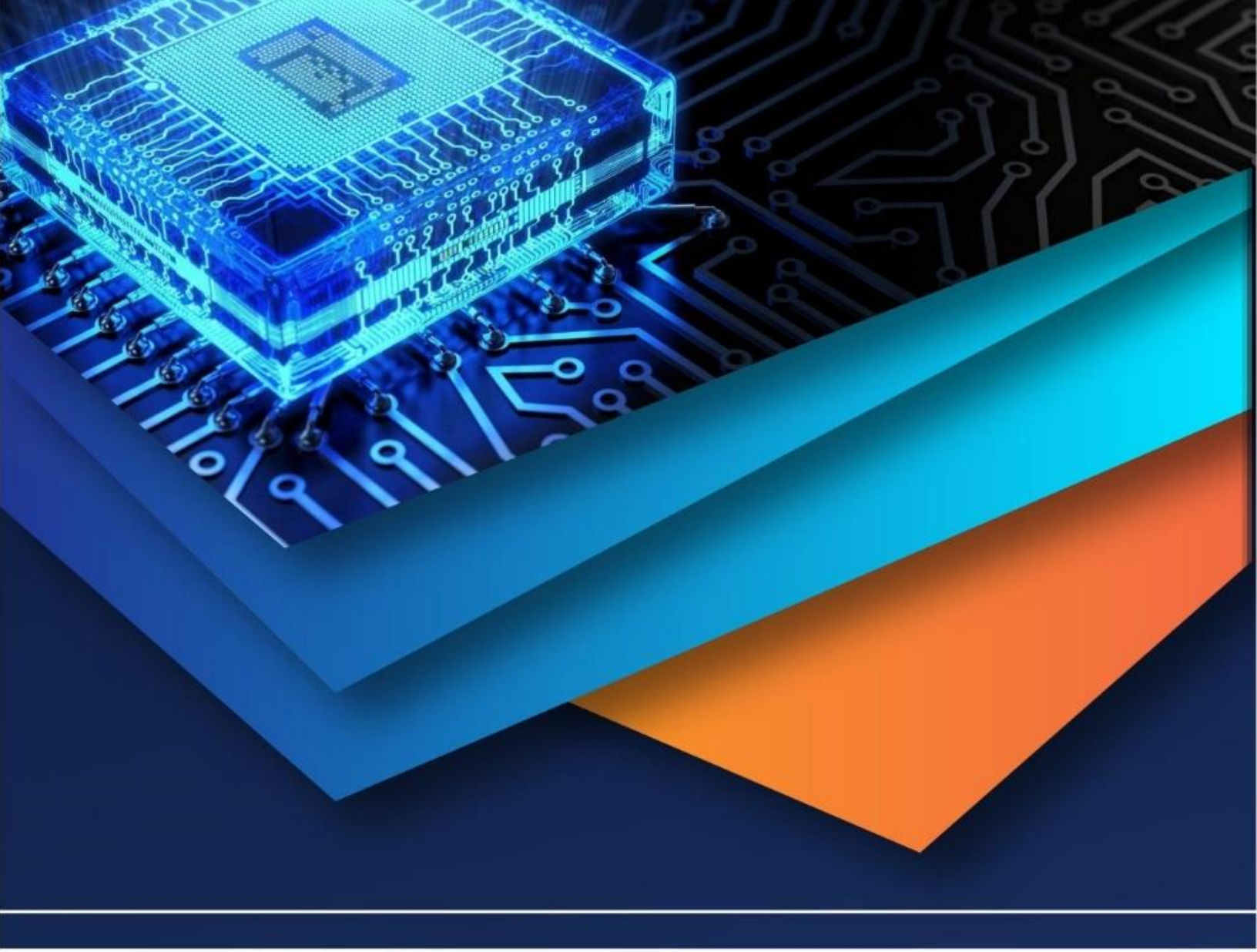
IX. CONCLUSION

Rajarshi muniji established life mission, Divyayatan magazine monthly, with the help of sadhana he did khechari mudra. In this period no other yogi has done mudra. He has established sanskar kendra in various cities. Highest Seminar on Yoga and propagate done by muniji not only to India but also various part of the world. Even foreigners took sanyas diksha under him. He established ashram and temple in jakhan, asha and bhela. Giving mantra diksha and saktipat diksha. Also maharaja of rajkot and his family took saktipat diksha from him. His various students received gold medal, silver medal in yoga from Lakulish Yoga institute and University as well. He has many short term certificate course on Yoga, cultural, Karma Yoga, gyan yoga, ashtang, research, ashtanga Yoga for kids, trikal sandhya. He stirkly follow the scriptures and perform mitahara in his whole life which help him to gain fast result in his sadhana. He used to do sadhana for more than 10 hours in a day. In the book classical hatha yoga all the asana are performed by him that too spontaneously in his sadhana where he wrote each asana physical, subtle, spiritual benefits and also written which particular prana is strengthening . He has performed more than 700 asana. His contribution to the scripture, literature and yoga is phenomenal.

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