



# Eight Ways to Practice Rajyoga Meditation Based on Your Intelligence Type: A Murli-Based Guide to Self-Realization

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DoI: <https://doi.org/10.5281/zenodo.19015171>

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Citation:

Dr. Rajesh Arora(2026). Eight Ways to Practice Rajyoga Meditation Based on Your Intelligence Type: A Murli-Based Guide to Self-Realization. International Journal of Multidisciplinary Research Transactions, 8(3), 05–10. <https://doi.org/10.5281/zenodo.19015171>

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Accepted: 23 February 2026

Available online: 14 March 2026

## Abstract

This paper explores how Howard Gardner's theory of Multiple Intelligences connects with the eight unique types of Rajyoga meditations taught by the Brahma Kumaris Spiritual University. Based on the Murli literature — the core spiritual teachings of the Brahma Kumaris — this study identifies specific meditative practices that align with Gardner's model of cognitive, emotional, and spiritual faculties. This approach creates a spiritual-educational framework that respects the variety of human consciousness while reaffirming that inner transformation is accessible to everyone. The analysis shows that personalized Murli-based Rajyoga meditation enhances the internalization of spiritual knowledge, moral reasoning, emotional balance, and social harmony and ultimately self realization.

**Keywords:** Multiple Intelligences, Rajyoga Meditation, Brahma Kumaris, Murli, Spiritual Education, Holistic Development, Self-Realization

## 1. Introduction

In recent years, models of education and consciousness development have highlighted the connection between cognitive science and spiritual psychology. Howard Gardner's theory of

Multiple Intelligences (1983) changed educational thinking by suggesting that intelligence is not just not one thing but many. Similarly, the Brahma Kumaris teach that spiritual realization is not a single path but a multidimensional experience involving the self, God, and the world. This research aims to match the eight types of Gardner's intelligences with the eight distinct approaches to Rajyoga meditation found in the Murlis. This not only adds depth to the understanding of meditation but also offers personalized spiritual practices based on an individual's natural intelligences.

## **2. Theoretical Framework**

### **2.1. Multiple Intelligences Theory**

Gardner identifies eight core intelligences:

1. Linguistic
2. Logical-Mathematical
3. Spatial
4. Bodily-Kinesthetic
5. Musical
6. Interpersonal
7. Intrapersonal
8. Naturalistic

Each intelligence represents a different way of engaging with the world and solving problems.

### **2.2. Murli-Based Rajyoga Meditation**

The Murli — daily spiritual teachings believed to be direct versions (Shrimat) from God (Shiv Baba) through Prajapita Brahma, form the foundation of Rajyoga meditation. These teachings focus on soul consciousness, connection with the Supreme, to realize self as peaceful, loveful, blissful being, cultivating divine virtues, and transforming the world. The Murlis encourage each person to meditate in a way that best fits their spiritual stage, innate traits.

## **3. Methodology**

This study uses a qualitative hermeneutical approach to analyze selected Murlis from 1969 to 2024 and connect their teachings with Gardner's typology. The process included:

- Thematic coding of Murli points

- Categorization under eight intelligence domains
- Mapping meditation techniques practiced in Brahma Kumaris with each intelligence

#### 4. Integration of Multiple Intelligences and Rajyoga Meditation

##### 4.1. Linguistic Intelligence → Knowledge Based Rajyoga (Gyan Yoga)

*Description:* Individuals with strong linguistic intelligence connect deeply with words, concepts, and philosophical discussions.

*Rajyoga Correspondence:* Gyan Yogis are drawn to the wisdom of the Murli. They meditate on points of spiritual knowledge and form internal narratives of the soul's journey.

*Murli Reference:*

"Children, the more knowledge you churn, the more powerful your intellect becomes." (Murli, July 12, 2022)

*Meditative Practice:* Churning knowledge (Manthan), journaling insights, and engaging in spiritual dialogues.

##### 4.2. Logical-Mathematical Intelligence → Analytic Rajyoga (Dharna Yoga)

*Description:* These individuals like to analyze systems and patterns.

*Rajyoga Correspondence:* They focus on the four subjects — Gyan, Yog, Dharna, and Seva — as systems of spiritual law and karma.

*Murli Reference:*

"Children, understand the karmic account clearly, for only when you settle your accounts will you become karmateet." (Murli, Jan 5, 2021)

*Meditative Practice:* Reflecting on the laws of karma, 84 births, and the world cycle (Kalpa Tree).

##### 4.3. Spatial Intelligence → Trikaladarshi Meditation (Drisya Yoga)

*Description:* This intelligence involves visualization and perspective.

*Rajyoga Correspondence:* Trikaladarshi (knower of the three aspects of time) meditation uses vivid imagery — the soul world, golden age, subtle region.

*Murli Reference:*

"Be a master trikaladarshi and visualize the confluence age's greatness." (Murli, Sept 18, 2020)

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Meditative Practice: Visualizing the self in the soul world, in deity form, or seated with Baba in Paramdham.

#### **4.4. Bodily-Kinesthetic Intelligence → Hands-On Meditation (Karma Yoga)**

*Description:* These learners understand knowledge through physical activity.

*Rajyoga Correspondence:* Karma Yogis view their actions in service as forms of meditation.

*Murli Reference:*

"Let every action be yoga. That is true karma yoga." (Murli, April 10, 2023)

*Meditative Practice:* Maintaining soul-consciousness while cooking, walking, or engaging in seva.

#### **4.5. Musical Intelligence → Musical Meditation (Swaman, Mantra and Songs Yoga)**

*Description:* This intelligence connects with sound, rhythm, and vibration.

*Rajyoga Correspondence:* They use swaman (self-respect affirmations), mantras (e.g., Mera Baba, Pyara Baba, Om Shanti), and meditation songs to elevate consciousness.

*Murli Reference:*

"Let your ears listen to Baba's sweet versions as a divine song." (Murli, March 11, 2020)

*Meditative Practice:* Repeating divine affirmations rhythmically and listening to Murli songs.

#### **4.6. Interpersonal Intelligence → Service-Oriented Meditation (Seva Yoga)**

*Description:* These individuals do well in social and empathetic settings.

*Rajyoga Correspondence:* Engaging in seva serves as meditation and sends out vibrations of peace and love into the world.

*Murli Reference:*

"To serve through the mind is the highest service." (Murli, Nov 14, 2022)

*Meditative Practice:* Sending vibrations of peace, meditating in groups, and connecting with others in the world.

#### **4.7. Intrapersonal Intelligence → Soul Consciousness Meditation (Atma-Swaroop Yoga)**

*Description:* This intelligence features strong self-awareness and inner exploration.

*Rajyoga Correspondence:* Focusing on the self as a bindu (point of light) and practicing detachment.

*Murli Reference:*

"Consider yourself to be a soul, a child of the Supreme Soul. This is true self-respect." (Murli, Dec 25, 2021)

*Meditative Practice:* Silence, reflection on "Who am I?", and observing sanskars.

**4.8. Naturalistic Intelligence → Creation Rajyoga in Nature (Prakirtic Yoga)**

*Description:* Strong connections with natural elements and ecosystems.

*Rajyoga Correspondence:* Meditating with nature as a companion, recognizing the five elements as part of the overall experience.

*Murli Reference:*

"The five elements will also become satopradhan when you become perfect." (Murli, May 10, 2020)

*Meditative Practice:* Walking in forests with soul-consciousness and sending healing vibrations to the environment.

**5. Discussion**

Combining Multiple Intelligences with Rajyoga meditation offers a broad and welcoming approach to spiritual practice. Each meditation type respects the individual's psychological orientation while grounding them in the Brahma Kumaris' core spiritual teachings. This enriches the meditative experience of self as powerful being, knowledgeable and unconditional love of Supreme being and boosts self-awareness, cognitive integration, and emotional regulation.

Moreover, personalizing meditation based on Murli teachings fosters deeper engagement, as students recognize their strengths as valuable tools for spiritual growth.

**6. Spiritual Education**

The Brahma Kumaris' spiritual education, as outlined in the Murlis, accommodates the richness of human consciousness through flexible and tailored Rajyoga practices. Viewed through the lens of Multiple Intelligences, this system highlights its educational value and psychological inclusivity. Future research could explore the effectiveness of intelligence-based meditation prescriptions on cognitive clarity, emotional well-being, and spiritual growth.

### **Acknowledgement**

The authors have no acknowledgements to declare.

### **Funding**

This study has not received any funding from any institution/agency.

### **Conflict of Interest/Competing Interests**

No conflict of interest.

### **Data Availability**

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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