



# PRADNYA

LET THERE BE LIGHT

**2005-2006**

# Guru Jyotirmayananda



31 July 1922-19 March 2004

प्रणम्य करुणामूर्तिम् आत्मज्ञान प्रदीपकम् ।  
योगक्षेत्रे नियुक्तोऽहम् ध्यात्वा ज्योतिर्मुखं गुरोः ॥

*!! Pranamya Karunyamoortim aatmdnyan pradeepakam  
Yogaksheme niyuktoham dhyatwa jyotirmukham guroh !!*

Meaning :

Having made reverential salutation to my Guru, who is the embodiment of Benevolence and who kindles The Light of Self-knowledge, meditating upon his lustrous and radiant face, I engage myself with dedication in service to humanity.



Brahma Vidya Sadhak Sangh

## Teachers' Introduction



### Dr. Mrs. Amita Bhelose

Educational Qualification : P.hd. (Chem.)  
Conducts Basic Course at Vashi in English.  
Phone : 27550021

---



### Shri Prasad Dalvi

Educational Qualification : I.I.T. (Kharagpur)  
Conducts Basic Course at Dadar & Tarapur in English & Marathi.  
Phone : 25644739

---



### Shri. Jayant Divekar ( Chief Trustee)

Educational Qualification : B.tech.- I.I.T. Delhi, M.B.A.,I.I.M. Banglore  
Working as Assit. Vice President at Grasim.  
Conducts Basic Course, Advance Course, & Pradeepak in English & Marathi.  
Phone : 2688182

---



### Shri. Purushottam Divekar ( Treasurer)

Educational Qualification :B.Com., Tax Consultant  
Conducts Basic Course at Thane.  
Phone : 9323790804

---



### Shri Vasudeo Gadre

Educational Qualification : B.Com., C.A.I.I.B.  
Voluntary retirement from Nationalised bank as a Manager.  
Conducts Basic Course at Ratnagiri.  
Phone : 02352 226129

---



### Smt. Shalaka Gole

Educational Qualification : B.Com., Business  
Conducts Basic Course at Thane & Kalyan.  
Phone : 25632260

\* Names have been arranged in alphabetical order



**Shri. Gore Jayant (Trustee-Secretary, Incharge of Children's Course)**

Educational Qualification : B.A., N.C.T.V.T.

Voluntary Retirement from Voltas Company as a Trainer

Conducts Basic Course, Advance Course & Children' Course at Bhandup, Mulund, Borivli, Vile Parle

Contact : 25686303

---



**Shri. Gupte Shyamsundar (In-charge of Residential Camps)**

Educational Qualification : B.Com., C.A.I.I.B.

Voluntary Retirement from Nationalised Bank. Worked as a Editor of Pradnya from beginning to 2002. Conducts Basic Course at Kalwa & Thane.

Contact : 25436793

---



**Mrs. Jadhav Dipti**

Educational Qualification : B.Com., L.L.B.

Voluntary retirement as a Lawyer (Legal Practitioner)

Conducts Children's Course and Basic Course at Dadar and Parle.

Contact : 9821365988

---



**Mrs. Jog Swati (Trustee)**

Educational Qualification : M. Com., D.H.E.

Lecturer at Kelkar college, Mulund.

Conducts Basic Course at Thane and Mulund in English.

Contact : 25476818

---



**Shri. Joshi S. M.**

Working with Central Railway.

Conducts Basic Course at Kalyan.

Contact : 95251-2213784

---



**Mrs. Inamdar Shubhada**

Educational Qualification : B.Com.,

Conducts Basic Course at Mulund.

Planning to Start Basic Course at Chinchwad and Pune.

Contact : 25632260



**Mrs. Koppar Sunanda**

Educational Qualification : M.Sc. ( Micro Biology), Nutrition Consultant  
Conducts Basic Course at Andheri (W) in English and Children's Course at  
Andhere ( East & West )  
Contact : 26333694



**Mrs. Kulkarni Shalini**

Educational Qualification : B.A. ( Philosophy)  
Retired from Camlin company.  
Conducts Basic Course at Thane in Marathi and English & guides some  
Brahma Vidya Study Groups as well.  
Contact : 25422678



**Shri. Kumbhare Manohar**

Educational Qualification : F.Y.B.Com.,  
Working as Superintendent - Foreign Postal Centre, Mumbai.  
Conducts Basic Course at Grant Road, Dadar, Borivli and Andheri.  
Contact : 25927650



**Shri. Lagu Hemant**

Educational Qualification : M.Com.  
Working with A.T.C. Shipping company.  
Conducts Basic Course at Dombivli.  
Contact : 95251-2881491



**Mrs. Lagu Meena**

Educational Qualification : B.A.,B.Ed.,  
Working as a Primary Teacher in Municipal School, Dombivli.  
Conducts Basic Course at Dombivli (E&W)  
Contact : 95251-2881491



**Mrs. Nadkarni Kanta**

Educational Qualification : B.Sc.,  
Voluntary Retirement from State Bank of India.  
Conducts Basic Course at Thane and Mulund (W).  
Contact : 25333602



**Shri. Nemade Hemchandra**

Educational Qualification : Inter Science, Hindi (Pragya)  
Voluntary retirement from Central Railway.  
Conducts Basic Course & Children's course at Bhandup.  
Contact : 25633764 / 25637704 / 25900583

---



**Shri. Paranjpe Shankar ( Trustee )**

Educational Qualification : B.Sc.  
Retired Dy. Commercial Manager ( IDPL )  
Contact : 25677457

---



**Mrs. Purohit Alka**

Educational Qualification : M.A. (Social Science), D.H.E.  
Conducts Basic Course at Panvel & Girgaon.  
Contact : 25334431

---



**Shri. Phadke Vikas ( Trustee )**

Educational Qualification : B.A.  
Last 36 years he owns Institute of typewriting & shorthand at Thane  
Conducts Basic Course and Advance Course at Thane, Vile Parle &  
Goregaon and guides some Brahma Vidya Study Groups as well.  
Contacts : 9870208218

---



**Mrs. Railkar Kalpana**

Educational Qualification : B.A., Diploma in Naturopathy  
Voluntary retirement from Sangli Bank.  
Conducts Basic & Advance course at Girgaon and Pune  
Contact : Thane : 9522-25363858, Pune : 9520-25448839

---



**Mrs. Railkar Sunita**

Educational Qualification : B.Sc., B.Ed.,  
Working at Sarvodaya Vidyalaya, Ghatkopar (East)  
Conducts Basic Course & Children's Course at Dadar and Chembur.  
Contact : 25305565



**Mr. Sathe Sanjay (Trustee & President)**

Educational Qualification : M.Com. / Voluntary retirement from shipping company for doing full time work for Brahma Vidya

Conducts Basic Course in English & Advance course at Pune, Dombivli & Borivali

Contact : Dombivli : 95251-2885453, Pune : 9520-24470530

---



**Mrs. Sule Savita (Trustee)**

Educational Qualification : SSC

Voluntary retirement from Central Railway

Conducts Basic & Advance course at Thane and Dadar

Contact : 25887741

---



**Dr. Shevde Nitanta**

Educational Qualification : B.H.M.S.

Conducts Children's course at Vile Parle (E) and Basic course at Vile Parle (W) in English

Contact : 26148245

---



**Shri. Sule Sudhakar**

Educational Qualification : B.A. (Member - Pradnya Mandal)

Conducts Basic course at Thane and Badlapur.

Contact : 25887741

---



**Shri. Surve Rajaram**

Educational Qualification : B.Com., C.A.I.I.B.

Voluntary retirement from Nationalised Bank as a Manager

Conducts Basic Course at Vashi and Airoli in Marathi & English

Editor of Pradnya

Contact : 25446630

---



**Shri. Sharma Satyanarayan**

Educational Qualification : M. Pharma

Working with FDA ( Govt. of Maharashtra )

Conducts Basic Course at Thane (E) and Bandra

Contact : 25603580



**Shri. Tillu Milind**

Conducts Basic Course at Borivali and Goregaon  
and guides some Brahma Vidya Study Groups  
Contact : 25364284

---



**Mrs. Ukidve Sarita**

Educational Qualification : SSC  
Retired from Zilla Parishad, Thane  
Conducts Basic Course at Thane & Panvel

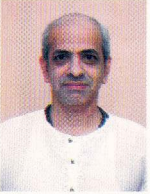
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**Mrs. Vaidya Sheela**

Educational Qualification : M A  
Resigned as Lecturer  
Conducts Basic Course at Andheri.  
Contact : 26823105

---



**Shri. Wakankar Chandrashekhar**

Educational Qualification : B.Com. (Hon), C.A. I.C.W.A., C.I.S.A  
Executive Vice-President ( Corporate Audit and Assurance)-  
Godrej Industries Ltd., Vikhroli.  
Conduct Basic Course at Vikhroli & Thane in Marathi & English.  
Contact : 25403310

---



**Smt. Warik Manisha**

Educational Qualification : SSC  
Voluntary retirement from Central Railway  
Conduct Basic Course at Thane  
Contact : 25429119 Mobile No: 9820825661

---





## Trustees

Shri. Jayant Divekar

Vikas Phadke

Sanjay Sathe

Jayant Gore

Swati Jog

Shankar Paranjape

Savita Sule

## Executive Committee

President : Sanjay Sathe  
Secretary : Jayant Gore  
Treasurer : Purushottam Divekar

## Pradnya Mandal

Guidance : Jayant Divekar  
Advisor : Vikas Phadke, Shyamsundar Gupte  
Editor : Rajaram Surve  
Executive Editor : Sugandha Indulkar  
Cover Page : Ajit Parwatkar  
Distributors : Ramesh Patil, Vijay Bhirange

## Office Staff

Laxmikant Bhagare

Bhagwan Lonkar

Sachin Vedak, Vivek Ghodekar

## Address

Jagnath Co-operative Housing Society, Ground Floor,  
Block No. 1, Near Shivsena Branch, Charai,  
Anaji Sundar Marg, Thane (West)-400601.  
Telephone: 25339977, 25347788.

**Time: Monday to Saturday, 10 a. m. to 6 p. m.**

## Disclaimer

*Thousands of students have reported improvement in their health by practising Brahmavidya methods of breathing exercises and meditation. Many have reported remarkable recovery from various ailments. In spite of this Brahmavidya Sadhak Sangh advises students undergoing medical treatment that they should not discontinue their medication without consulting their doctors.*



## Editorial

### *Brahmavidya is a holistic science*

The present issue of Pradnya is packed with experiences contributed by persons of all ages, who have felt and experienced the fruits of diligent practice of Brahmavidya. The science comprises of 22 lessons in the Basic course, which teach the *Sadbaka* eight spiritual breathing exercises and meditation. Each lesson is a discourse on life and the art and science of right living. These lessons hold the key to holistic growth and success, and therefore need to be preserved and followed with deepest reverence. They establish the sincere student in an unbroken triangle of joy, gratitude and reverence and thereby surely lead him to attain the highest goal in his life.

In addition, we have bits of contemplation shared by teachers, whom we can refer to as senior *sadbakas*. These are persons who have lived the truths and meditated on them, in totality. Meditation, as one adage says, is total surrender to the Divine or the Supreme reality within, where He speaks and the student merely listens. All of those articles under the header 'Contemplation,' are therefore, none other than 'notes' of such meditation noted or compiled from data which they found resembling their experiences.

Brahmavidya Sadhak Sangh is expanding rapidly and so are its responsibilities. The Sangh needs dedicated followers and more senior *sadbakas* who will inspire later ones into the 'light.' Brahmavidya is a way of life, a science of living and not merely that of lecturing, studying, or intellectual understanding. Truths documented in our lessons have to be brought into reality by consistent practice. It is then that their fruits too are allowed to manifest into reality. It is a wonderful experience as one makes a sincere effort to practice correctly, each one realizes the difference. It is something that is best left unsaid and allowed to manifest by itself into a never-ending reality.

Brahmavidya truly holds the key to holistic growth of every man – irrespective of caste, creed, religion and gender. Pradnya documents some experiences by children who have completed their Children's Course, which comprises of eight lessons, teaching the eight breathing exercises and right prayer. Each day a new child who sincerely practices



Brahmavidya feels 'heightened' from within. All that he or she had felt impossible earlier is brought up as a sure possibility and some even have managed to achieve their goals with the help of Brahmavidya. Most of them have shared their experiences with this holistic science in appropriate words, which have an unmistakable ring of their sincerity.

My sincere thanks and reverence to Great Guru Shri Jayant Divekar Sir, without whose constant support and blessings all this would not have been possible. Mr Ajit Parvatkar deserves special mention here as he personally supervised the designing of Pradnya and aided its finalization. Worth mention are all members of Pradnya Mandal, DTP operators, proof readers and printers whose help has been vital in the process. A big 'Thank You' to our advertisers and page donors.

Pradnya is our beacon, which inspires new seekers to take the path of Brahmavidya. We all need to make best use of this platform and acquaint ourselves with rest of the Brahmavidya *sadbakas*, note down our views and experiences of this amazing science and share them with rest of the Brahmavidya family. Therefore we need contributors, in terms of editorial support, advertisers and page donors. It is our publication, which we bring out 'together,' therefore we hereby invite all of those who would want to be associated with it to contact the Editor or the Office at once.

***May the Highest One guide us and lead us, one and all into the Light!***

*Rajaram Surve*



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## Practice, Practice and Again Practice!

*Brahmavidya is a science that has to be lived. In the following article, the great Guru reiterates in very convincing words the importance of consistent practice*



□ Jayant Divekar

In Brahmavidya 'practice' is the catchword and only practice can take us to that road which leads to more and more victorious living. My Guruji – Jyotirmayananda was a man of few words and when anyone asked him for advice he would simply say, "Practice!"

In this article I would like to touch upon the most common problems faced by our students and the ways to overcome them. So, what are the most common problems?

### 1. I have no time!

We all have the same time i.e. 24 hours every day and we cannot blame God of impartiality in this regard. Hence all that I can say is that we must find time. We must manage our other affairs so that we get sufficient time for our practice. I can only point out some of the sinks that drain our time. These are: reading newspapers, watching TV, futile chatting and gossip.

### 2. I am not able to do!

This difficulty is very normal in practice of Meditation and is rarely observed in practice of Breathing Exercises. The only solution is to continue with the practice and difficulties will soon vanish. In our daily life we are constantly active and rarely learn to relax consciously. This is the root of all difficulties in Meditation. The practice of Meditation is made very simple in Brahmavidya and anyone who diligently sticks to it will quickly overcome the initial hurdles that are faced by all aspirants.

Having touched upon the two most common problems, now I would like indicate

important aspects of Practice which are helpful to attain rapid success.

### A. Regularity

Once you decide the time for practice of both Breathing Exercises (minimum 20 minutes) and Meditation (minimum 20 minutes) endeavour to stick to your schedule; do not miss for a single day. This strict discipline has to be kept up till Brahmavidya practice becomes an integral part of your life.

### B. Accuracy

It is said, 'Practice makes Perfect', but **imperfect practice makes imperfect**. Hence one must observe carefully and periodically refer to the instructions given in lessons to remove all the shortcomings in practice. Accurate practice gives better results more quickly.

### C. Study the lessons

Keep in touch with the lessons by reading some portion at least once a week. Regular reading of lessons gives us inspiration to achieve more in our daily life and also helps in clarifying the deeper aspects of LIFE.

### D. Stay within the triangle – JOY, GRATITUDE & REVERENCE

Throughout the day whenever you remember practise any or all of these three great principles. Practice of these sublime principles helps us to keep out of all troubles.

In conclusion, I would say that with Right Practice a profound subject like Brahmavidya becomes interesting and absorbing. My hope and prayer is that, all who read this article would be inspired to practice.

With gratitude from Mrs. Subhadra S. Nair



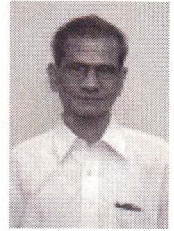
## Thought Power

*In Brahmavidya we know the two important factors without which human life is impossible. These are: breath and thought.*

*During Brahmavidya course we learn techniques of correct breathing and by various methods of Meditation we develop right thinking, whereby we learn to channelise our thought power.*

*Let us learn more about our power of thoughts*

□ *Rajaram Surve*



While light travels at the rate of 186,000 miles per second thought travels virtually in no time at all. The velocity of thought generation, process and transmission is beyond imagination. Mind is like a wireless set sending and receiving thoughts. For example a saint with peace, poise, harmony and spiritual vibrations, sends out thoughts of harmony and peace. Those thoughts travel with lightning speed in all directions, enter the minds of people everywhere and produce in them similar thoughts of harmony and peace. A worldly man, on the other hand, whose mind is full of jealousy, revenge, and hatred, sends out discordant thoughts, which enter the minds of thousands and stir in them similar thoughts of hatred and discord.

### Medium for movements of thoughts

Thoughts as forces need a special kind of subtle matter as medium for their movement. What is the medium through which thoughts travel from one mind to another? The best possible explanation is that of: *Chitta* or 'Mind Substance.' It fills all space, and serves as a vehicle for thoughts. As an individual's mind is an integral part of the Universal Mind, simply because in moments of keen meditation and when the intuitive faculties of the

mind are opened, it draws thoughts from this Universal Mind Substance and therefore it must be the medium which facilitates movement of thoughts.

***Thought is a subtle force. This force is supplied to us through food. If food is pure then thought also becomes pure. He who has pure thoughts speaks forcefully and produces a deep impression in the minds of his listeners. He influences thousands of people through his pure thoughts***

**Thoughts can be recorded** The powerful thoughts of great sages and *rishis* of yore are still recorded in the *Akasha* (space). We are all surrounded by an ocean of thought. We are floating in the ocean of thought. We are absorbing certain thoughts and repelling others in the thought-world.

**Thoughts are 'alive'** A thought is as solid as a block of stone. We may cease to be, but our thoughts never die. Thought is focused and is given a particular direction.

**Thoughts are subtle forces** Thought is a subtle force. This force is supplied to us through food. If the food is pure then thought also becomes pure. He

who has pure thoughts speaks forcefully and produces a deep impression in the minds listeners. He influences thousands of people through his pure thoughts.

**Thoughts as wireless messages** Those who harbour thoughts of hatred jealousy, revenge and malice are very dangerous. They cause unrest and ill-will among people. Their thoughts and feelings are like wireless messages floating in the



ether, and are received by those, whose minds respond to such vibrations. Thoughts move with great velocity. Those who entertain sublime thoughts help others who are nearby or even far away.

**Power of thoughts** Thought has tremendous power. It is a dynamic force caused by the vibrations of psychic *prana* or the mind substance. It is a force like gravitation attraction, or repulsion. Thought can heal diseases. It can transform the mentality of people.

**Thought waves** What is this world after all? It is nothing but the materialization of the thought-forms of God. We have waves of heat and electricity in science. Similarly there are thought-waves. The great spiritual masters are known to send and receive messages through telepathy and thought-transference. Telepathy was the first radio-telegraph and telephone service ever known to the world.

**Marvels of thought- vibrations** Every thought that we send out is a vibration which never perishes. It goes on vibrating and forms minute particles in the universe. If our thoughts are noble, holy and forceful, they set every sympathetic mind vibrating in the same way. People who are like ourselves unconsciously receive the thoughts that we have projected and, according to their capacity, send out similar thoughts. The result is that, without our knowing the consequences of our thought, we set in motion great forces which work together and destroy the numerous mean thoughts generated by selfish and wicked persons.

**Diversity of thought-vibrations** Every person has his own mental world, his own mode of thinking way of understanding things and way of acting. Just as the face and voice of one man differs from that of another, the mode of thinking and understanding also differs.

**Conservation of thought-energy.** Mental energy, which is dissipated and misdirected through various useless worldly thoughts should be directed through proper spiritual channels. Let us not store useless information in our brain. Let us learn to "unmind" the mind. Let us not learn

what is not useful to us. By this process we can gain new mental strength. Meditation in Brahmavidya teaches simple and effective methods to fill our minds with only right thoughts and erase useless thoughts. We will gain new mental strength because previously dissipated mental rays will now be collected and properly channeled.

**The cell theory and thoughts** A cell is a mass of protoplasm with a nucleus. It is endowed with consciousness. Every impulse in the mind, every thought, is conveyed to the cells. They are greatly influenced by the varying conditions or states of the mind. If confusion, depression and other negative emotions and such thoughts are present in the mind, they are transmitted through the nerves to every cell in the body. The soldier cells become weak and panic-stricken. They are unable to perform their functions efficiently. And being in such states of paranoia for long disrupts the whole system of a human being.

**Conclusion :** "The captain of a ship who has the mariner's compass and knowledge of the sea, its routes and oceanic currents can sail smoothly. Otherwise his ship will drift along aimlessly and be wrecked by striking against iceberg and rocks. Likewise a wise sailor in the ocean of this life, who has a detailed knowledge of the laws of thoughts and nature can sail and reach the goal of his life quickly," quotes Swami Shivananda.

(A Compilation)



*Sadhakas in meditation*

With gratitude from Shri. Venkateswaram Venkata Raman



## Brahmavidya, an inimitable 'spiritual' science

□ B R Tendulkar

*The present article is based on the experiences and contemplation undertaken by a sadhaka and exemplifies what each exercise and following affirmation means. His words are filled with a conviction, which could only result from his consistent study and practice of Brahmavidya*

Every human being or in fact every living and non-living object is a manifestation of the Almighty. This spiritual concept is supported by the scientific approach of astronomy and Molecular The ory.

The question therefore is: If everybody of us is having a part of the power within us, why do we sometimes find ourselves helpless? The reason is: We have to realise the power within us on the basis of our experience and wisdom during our life time gradually. We come face to face with it. But those who have encountered some difficult situations before realising their potential find themselves helpless and try to seek help from outside. I was fortunate enough to come across the beautiful teachings of Brahmavidya. For me it helped to revive my lost faith in the existence of God.

The classic affirmations of Brahmavidya removed all obstacles of doubt and laid open the hidden paths within. The breathing exercises followed by the affirmations provide a perfect blend of instructions for body as well as mind.

The first exercise provides movement to the head and spinal column and energy to the brain and spinal cord. Its affirmation helps in removing all misconceptions and doubts from the mind and stirs a new realisation within.

The second exercise teaches us how to breathe when the body is still. The following affirmation makes us conscious of the Truth that we are nothing but a part of the Omnipotent.

The third exercise vitalizes the body and

the affirmation expresses thankfulness to the Provider for providing us the most capable instrument- the body.

The fourth exercise teaches us the awareness of keeping the body healthy. The fifth exercise prepares the mind for taking charge of each cell of the body and motivating it. The sixth exercise and its affirmation bind the body with the system of the Creator.

The seventh exercise ensures us of the regenerative power of mind and body. The eighth exercise is a lesson of how to live the most fulfilling and peaceful life.

Regular practice of these exercises makes one energetic and lively. Now, life is no more a hazard but an interesting mystery for both body and mind.

What followed in the next 22 weeks, was simply an amazing and an enriching experience, the breathing techniques the spiritual meditations, physical exercises and meaningful affirmations, have not only changed my thinking, my perceptions but it has transformed my life! I've always seen an optimist with a positive attitude, always looking at the brighter side of life. I generally don't feel low easily.

Brahmavidya has taught me to know myself better, to realise many truths in life which I was unaware of. It has brought me not only closer to God but also made me realise that all of us are an integral part of this wonderful Universe and the Universal Force runs through each one of us, endowing us with equal potential at the physical, mental and spiritual levels. Brahmavidya shows us this glorious path to lend us to the ultimate truth that God is within us. ❖

With gratitude from K. Mukundan Nair





## Psychosomatic responses of the body

□ Dr. Rajendra Pusalkar

*A lot of research is being conducted on the mind-body connection, the effect of thought (conscious or otherwise) on the body and resulting health conditions. This article is indeed worth reading as it surprises us with many miraculous effects of 'thought' on the human body*

In medical parlance a common and often the most widely misunderstood and misinterpreted phenomenon is 'the Placebo Response.' It is simply the ability of the mind to work with the body to heal, and it apparently works.

Dr Howard Brody, a British, general practitioner and author of the book 'The Placebo Response' conducted an experiment in this regard. What he did was, when half his patients came in his consulting room with mild, self-limited problems he simply said, "I know exactly what's wrong with you, and it's definitely going to get better." And for the other half of his patients he said, "I just don't know what's the matter with you. I really can't figure it out, but go home and it'll probably be all right." The one that he was positive with got better at twice the rate. This means that when someone (especially an authoritative voice) says that we are going to get better, our mind believes in his words and body follows up with this firm belief. But we don't necessarily need someone else to tell us we would be O.K. We can tell it to ourself.

A lot of diseases result from the feeling that one is in ill health. Most healthy persons experience perfect physical health because of their right mental attitude. The Placebo Response cannot be used as a cure, but it can surely work complementary to the curing process, by changing the belief systems of a patient. If patients are taught to believe that they can get well, they will. But if

one keeps on asserting that their condition is incurable, it will be difficult for them to alleviate the disease. Even in case of (seemingly) perennial illnesses like diabetes, heart trouble, arthritis, asthma, etc by changing their beliefs and building in them a will to live a happier, healthier life, many patients have been able to reverse these diseases.

Therefore The Placebo Response does work, though it should be used thoughtfully.

Experimental data currently support two general theories about the placebo response: expectancy and conditioning. The first proposes that bodily changes occur to the extent that the subject expects them to; the second, that bodily changes occur when the subject is exposed to a stimulus that has been linked in the past to active processes that produce the change.

The complete answer to the neuro-anatomy and biochemistry of the placebo response is unknown. Research on this front will classify the responses and strengthen the mind-body connectivity. The Placebo Response can then be utilized with more conviction. But even today, as we know of this phenomenon we can use it to our benefit by practicing regularly the meditation as taught in Brahmagyana. It will work, irrespective of the fact whether we fully comprehend the theoretical details of the phenomenon. Proof of the pudding is in the eating!





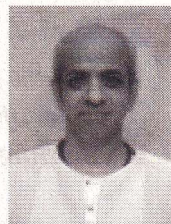
## Power of 'Creative Breath'

***Creative Breath signifies integration of breathing and thinking in a focused manner by combining principles of visualisation and affirmation through the process of meditation.***

***If followed with deep reverence and conviction, it can certainly give astonishing results.***

***The following article illustrates how well it works...***

□ ***C.D. Wakankar***



I have been teaching Creative Breath in the Basic Course of Brahmavidya for the last two to three years, but I had no particular occasion to practice it for myself, until recently. I would like to share my personal experience, in the matter:

On July 26, 2005, when my colleague and I left our Vikhroli Office (my normal work place), for attending an important meeting at our Fort Office, I hardly had any inkling of the experience that I would have to go through in the following two days.

When we left our Fort Office at around three in the afternoon, we had heard about the heavy rains. It had been pouring in North Mumbai, and we knew that this usually lead to water logging in low lying areas of the city.

We reached King Circle by 6.15 pm in the evening and were stranded there till midnight.

We spent the whole night in the car on the Sion flyover. Early next morning, we left the vehicle where it was, walked down the flyover and sought refuge in a nearby temple.

As I was observing devotees visiting the temple as a part of their routine, the thought of 'Meditation' and 'Creative Breath' suddenly flashed through my mind. It also struck me that it

was not just a question of my personal inconvenience but also of thousands of people who were caught in the traffic jam for hours together. Immediately, I sat in the temple in front of Lord Vithoba and Rukmini and performed

meditation and Creative Breath. Although I did it in the morning at around nine, I wanted to be realistic. Therefore, in the process of visualisation during the Creative Breath, I imagined the time to be around 4.30 pm of the same day - I drew up the whole picture. I saw myself and my colleague 'moving' slowly and then reaching our office, late in the evening and thereafter reaching my house safely and describing the whole experience to my family members late that night. I also imagined that along with me other people on the road were feeling relieved, now that the traffic had started moving, though a bit slowly.

Despite spending a night confined in a car on the road, fortunately, we did not face any difficulties. We had morning tea and breakfast and later even had lunch at the house of a colleague who stayed nearby. Believe it or not, we left his house at around five in the evening and boarded our car on the Sion flyover. The very next minute

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***As I was observing devotees visiting the temple as a part of their routine, the thought of 'Meditation' and 'Creative Breath' suddenly flashed through my mind. Immediately, I sat in the temple in front of Lord Vithoba and Rukmini and performed meditation and Creative Breath***

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the traffic started moving, as if it was just waiting for us to get into the car. Eventually, we reached our office by 9.30 pm at Vikhroli. I reached my residence, at Thane, around 10.15 p.m. I was really thrilled with this experience since whatever I had imagined in my meditation and creative breath had virtually come true, more or less fitting into the pattern and timing. Here are some more experiences of Creative Breath, as quoted by three of my students:

One student (Mr Anant Sawant) had reported his concern for an amount of Rs. 5,000 that he had misplaced. He was not able to recollect where he had kept the money. During the practice of Creative Breath, he imagined that he had been able to retrieve the money. It so happened that on the very next day he found the cash.

Another student (Mr. Kirti Vasa) reported that he had paid a token amount of Rs. 25,000 for booking a flat in Borivili. Since there were some delays and change of plans, eventually he gave that up and bought a flat in Thane. His follow-up with the estate agent to recover the money did not yield any results for over two years. He learnt about the Creative Breath while doing Basic Course of Brahmavidya and decided to use it for getting his money back. To his surprise, he was able to get the contact number of the builder through his estate agent and also the refund cheque within a week.

Another student (Mr A G Nair) was a camera-man, who wanted to get a contract for doing shooting for the famous tele-serial 'Kaun Banega Carodpati' (KBC). When he contacted the concerned person, he was told that the requirement of camera men was over. He did Creative Breath, imagining himself to be a member of the crew shooting for KBC. Within three or four days of this practice, he got a telephone call from the concerned contractor. The contractor informed him that one more cameraman was required and asked whether he could join the shoot - which he did.

Creative Breath signifies integration of Breathing and Thinking in a focused manner by

combining the principles of Visualisation and Affirmation through the process of Meditation. It followed with deep reverence and conviction, it can certainly give astonishing results. One can realise the truth of these words with sincere practice.

#### **Brahmavidya in Godrej**

For the last couple of years, I have been conducting Brahmavidya Basic Course, both in Marathi and English at Godrej Industries Ltd., Vikhroli, along with my routine work. Some of our colleagues in Foods Division at Wadala requested me to conduct such classes for them as well.

Since frequent travel to Wadala was not possible I often club it with my office work. And we thought of taking three lessons at a time, once in a month, for three-and-a-half hours and one or two extra sessions for practice of Spiritual Breathing Exercises and Meditation.

I am glad to mention that about twenty aspirants have joined the Basic Course. They include workers, managers and Executive Director & President Mr. M P Pusalkar. All participants were quite enthusiastic and sincere. The participants reported of benefiting of fronts like control of acidity, tension, diabetes, breathlessness, arthritis, snoring, etc.

Brahmavidya is a holistic science, which works wonders with sincere practice. The results are seen and felt by all those who practice it regularly. I have been fortunate that I could come to learn this beautiful science and feel gratified that I am able to teach it to others as well. The Science is so full-proof, that results are seen within no time and by one and all, irrespective of caste, creed, religion and gender. The only parameters which are accounted for are 'sincerity' and consistency of practice. As our Guruji Shri Divekar Sir rightly asserts, "It is the quality of practice that makes the difference and not the quantity." If one is able to find time for consistent practice, just a minimum of 20 minutes for breathing exercise and 20 minutes for meditation, even then there are many who have been benefitted by it.

With gratitude from Prakash Murlidharan.



## My journey towards Truth has begun !

□ Sadanand Patil

*In the present article a sincere sadhaka has worded his experience with Brahmavidya in great detail. He enumerates the varied subtle forces that have started showing their positive effects in his life on physical, mental and spiritual planes of existence*

Brahmavidya, I was totally unaware of what this science is all about. In fact, I had fiery arguments with some of my friends who had already completed this course. Earlier I used to do *Trikal Sandhya*, read *Gita*, hear narrations on *Upanishads*. Those practices have had a great influence on me. However, realisation or if I may say any eventful experience appeared far from being real.

I find it irresistible to mention here my experiences after having seen those demonstrations from our Guru Shri Wakankar during the introductory sessions. I still remember how, in the past, I used to throw myself onto the bed and stay there for half an hour after reaching home from the office. I wouldn't even talk to a guest or bear being disturbed by anything. I used to feel totally exhausted, lethargic and unresponsive. After having commenced Brahmavidya exercises and by doing Pranayama with widened throat, from the very first day a host of positive changes started manifesting within me. Somewhere inside me I felt as if the doors of power or energy had opened up. I have been experiencing a strong force of *prana* within me. I started feeling very energetic in everything I did. The pain and breathlessness that I used experience after climbing three storeys seems to have vanished.

I experience sweet and blissful feeling after doing Memory Developing Exercise. Never

in my life have I ever experienced such peace. Quite amazingly I realized that tremendous power and energy lurks inside what we call peace. Having read, comprehended the lessons and practised as much as I could, I feel, I have successfully embarked on the journey towards knowledge of Self. Somewhere inside me the thought provoking process has unveiled itself.

Speaking about physical benefits, I have not seen a doctor since the past two years. When I play with 20-25 year old young men in my colony, despite being 50 years old, I do not feel exhaustion or fatigue. I seem to have undergone psychological changes too. I am more determined than before. At the same time I am less vehement and aggressive in my expressions. I dare not say that it is renunciation but somehow I get a feeling that I can resist some worldly temptations with ease. Decisiveness is gradually replacing the perpetual state of bewilderment that I used to experience in the past. Whenever, somebody asks me about beautiful happenings in my life, I at once say that it is simply due to my association with Brahmavidya. Until I joined Brahmavidya class, I trudging along aimlessly. But now I can emphatically say, "Yes, I have found that diagonal path to reach goal. Now, I will not have to take that long tiring route to understand the meaning of life." I firmly believe that my Journey towards Truth has begun!



## Brahmavidya reduces depression

□ *Indrani Raja*

*In this candid article, the writer explains how she could ward off depression with the help of Brahmavidya. She believes that perfect practice of physical exercises, meditation and the essence of the noble eight-fold path, will automatically enable us to advance along the Spiritual path, irrespective of previous spiritual inclination*

I was reeling under severe depression and was full of negative thoughts. It became very difficult for me to cope up with my daily routine. I was striving to come out of this, but did not know the way. I thought of visiting a psychiatrist to get some amount of relief.

Meanwhile, I came to know about Brahmavidya. Even though I am not well-versed with Marathi language, I joined the Marathi Course and got some mental relief. I was happy joining Gupte Sir's class, who taught very nicely. However I wanted to understand more deeply the essence of Brahmavidya and therefore I again joined the English class and re-learned the lessons under the able guidance of Guru Shri Wakankar. Truly, after I joined the class and understood the essence of

these teachings in greater depth, I can now control my stress and anger to a considerable extent. I am calm in a stressful situation. I often tell myself that I am a Brahmavidya student, hence no negative thoughts can affect me.

I practice breathing exercises at least for half-an-hour daily in the morning with affirmation. I practice meditation as and when time permits. I am doing everything slowly but steadily. I now know that bringing about a transformation in myself may be difficult, but it is not impossible. Only right effort can lead us

to success.

I am very happy that Brahmavidya gives importance first to physical health, then to mental health and spirituality. A person who attempts to improve himself with mind power alone, neglecting the body is miserably mistaken. Indeed, mind power can do almost anything, but it must be given necessary instrument and material to work with. If the instrument itself is not perfect, how can receptivity be perfect? Hence, first, importance has to be given to the physical side.

Along with meditation, the noble eight-fold path and mental exercises lead us from darkness to light. I feel if we perfectly follow the Physical exercises, Meditation and essence of the eight-fold path, we will

automatically be carried towards the Spiritual path, irrespective of our spiritual inclination. This faith gives me strength and enables me to look upon life with renewed vitality. It is indeed a blessing that I came across this wonderful 'life-giving' science. I feel indebted to the Sangh for filling the lives of so many stressed-out individuals with the light of Brahmavidya.

Brahmavidya is an amazing science. It encompasses all needs of a human being and seeks to maximize his welfare.

***A person who attempts to improve himself with mind power alone, neglecting the body is miserably mistaken. Indeed, mind power can do almost anything, but it must be given necessary instrument and material to work with. If the instrument itself is not perfect, how can receptivity be good? Therefore, one should never overlook enhancement of health***



## Thank you Brahma Vidya

*Brahma Vidya is a wonderful science and benefits those who follow it sincerely. These emphatic words of a girl who could better herself with the help of Brahma Vidya are indeed inspiring*



□ *Shruti Rao*

Practice of Brahma Vidya has been instrumental in evolving a better person within me. As a student, meditation has helped me to face examinations more confidently and has given me remarkable success too. It has enabled me to see the brighter side of situations and people. The teacher guides us through different practical tips to perform to our potential. Students must attend this course in order to excel in their respective fields of study with zeal, enthusiasm and creativity.

Thank you Brahma Vidya! Thank you Dear Teacher! Brahma Vidya class is a divine station, where we get the knowledge of right living. Breathing exercises and meditation are like high yielding seeds sown and when watered with practise and good intention, will surely yield a bumper crop of 'success' and 'wellbeing.' Right speech, conduct and resolution make one confident and pure. Backed by noble ideas and action you evolve into an 'Ideal You.' ❖

## Brahma Vidya, must for all

□ *V Venkatraman*

I had heard about Brahma Vidya a few years ago. But due to excessive work pressure, other activities and a negative approach, I never bothered to go through the details or join the course.

At last through my friend Mr. Prabhu, a Brahma Vidya student, I came to know the importance of joining Brahma Vidya Basic Course. When I attended the introductory lecture on 8<sup>th</sup> January 2005, I felt sorry for not having joined the course earlier.

These 22 weeks of Basic Course were indeed a boon to me. Since childhood, I used to suffer from severe attacks of cough and cold. Despite taking medicines, these attacks used to alleviate very slowly. With regular practice of

Brahma Vidya breathing exercises, I have been able to keep such attacks at bay. My blood pressure has come to normal. Brahma Vidya has enabled me to change my mental attitude as well.

Lessons in Brahma Vidya are indeed comprehensive and state nothing but the whole truth, brought to us in simple words. The eight spiritual breathing exercises are very helpful and cater to the holistic healing of an individual. It is therefore

important for us to practice these exercises regularly to derive full benefits. Consistent practice can enable a student to derive full benefits of the course. Brahma Vidya, very rightly said is a 'complete' Science, which aims to empower an individual on physical, mental and spiritual level.

*The eight spiritual breathing exercises are very helpful and cater to the holistic healing of an individual*



## Brahmavidya and I

*'When something appears to be difficult, I simply affirm that I can do it and I am able to do it most of the time,' asserts the writer in this article which brings forth the multitudinous ways in which grace of Brahmavidya flows into the lives of all sincere followers*



□ Susan Lal

Brahmavidya is indeed the greatest teaching accessible to man. Over the years, I had evolved from a person who used to converse every morning and night with God (which I think, in retrospect, was a form of meditation) as a result of Christian influences; to a person who began to reject the existence of God by of reasoning and academics. I concluded that if all of creation can ultimately be reduced to vibrating particles of energy, where does God figure in such a scenario? I stopped communicating with Him and immersed myself wholly into a worldly existence, in which I had no place and time for Him... until I was introduced to Brahmavidya.

What initially attracted me to Brahmavidya was its claim that I could have physical wellbeing through its practices. Instead Brahmavidya introduced me to life changing concepts. Being conditioned right from birth that I am human and mortal and governed by some pre-ordained destiny, it was incredible to be told that I and the Creator are one and that I can live as long as I desire and achieve whatever I wish and that I am the master of my own destiny. This required a complete revamping of years of misdirected conditioning of mind. It appeared to be a Herculean task but Brahmavidya assured me that through the techniques of right breathing and right thinking it can be achieved. What needed was my time, will and effort as I

***Brahmavidya teaches that negation is a mental concept, this thought empowers the thinking of an individual***

alone can control my breath and my thought.

With this assurance, I have been practising Brahmavidya now for the last four years. It has re-energised me physically. Colds and coughs are now a thing of the past. Even on the rare occasion that I do catch a cold, I am able to overcome it in a day or two, not with medicines but with breathing techniques and positive thinking of Brahmavidya. My outlook has also changed. I try not to be judgmental and to be tolerant of the shortcomings of others.

Brahmavidya teaches that death and all negation are mental concepts. This has led to a positive thinking on my part. When something appears to be difficult to overcome I simply affirm that I can do it and I am able to do it most of the time! The affirmation that "I am whole, perfect, etc." is slowly becoming a conviction and manifesting itself in various aspects of my life. Despite actual my financial status at a given point of time. I am now convinced that 'I am rich' and have access to all the riches of the universe. I have benefited so much from Brahmavidya that I plan to enroll for a refresher course to fine tune the techniques. I also hope to teach Brahmavidya in future, as and when I become competent to do so. I feel special and chosen by God to have had this knowledge (albeit the tip of the iceberg) revealed to me. Thank you God.

With Best Compliments from Energy Centre ( Anand Tendolkar & Meena Kotak )



## Practise makes man perfect

*'Brahmavidya is a unique blend of modern science, religious beliefs, the philosophical, logical, and spiritual. It enhances values of mankind and culture,' opines a Sadhak who in the forthcoming article vows to live life the Brahmavidya way and spread its teachings to as many persons, he can*



□ K. Raman

I Joined Basic Course of Brahmavidya in January 2005. I came to know of the course through a newspaper pamphlet. The teaching of Yoga combined with affirmation is good. Our teacher Ms Swati Jog taught us well. I feel that unless Brahmavidya is practised regularly by an individual throughout his or her life, mere attending the classes and studying the course material superficially is not enough. Whatever we learn must be practised only then can we derive the benefits.

Brahmavidya is a blend of modern science, religious philosophy, logic, and spirituality. It enhances values of mankind and culture. The creator has given us a mind to think. We forget the creator and pray to him only when we are in need. We destroy Nature for our small benefits not realising the destruction it will bring to our future generation.

Due to regular practise during the last 6 months, I have realised that it has very good impact on one's body and mind. You need not go to the doctor at regular intervals because your body is in good shape and mind is in positive frame. Due to regular practise my left swollen shoulder has good relief. Now I am able to raise my left shoulder to full height without any difficulty. Earlier I used to take some oil massage, homeopathy medicines but to little avail. The present relief is due to my regular practise of breathing exercises combined with affirmation. From the teachings of Brahmavidya I realised that man is always young. With mere visualisation and strong belief in youth, one can become and feel

younger. As is taught in Brahmavidya nothing is new, everything that we are inventing is already there in the universe.

Brahmavidya teachings give us the vision of our body like an x-ray. The present modern science is based on our *vedas* and *upanishads*. The word Brahmavidya itself signifies the meaning i.e. teachings of the creator, the Brahma. Whatever may be the religion we follow, the teachings are the same. The idols and names created are for concentration and meditation to attain peace and good health. In the earlier days such practices were taught by *Sandhyavandanam* to be practised three times a day by way of Pranayam. As *Sandhyavandanams* were not taught in the right manner, it was being practised by a few of spiritual people, mostly without realising its 'higher' purpose.

The benefits of practice of Brahmavidya should be spread to each one by well planned propaganda. As a General Secretary of Peoples' Power of India, an N.G.O. it will be my aim to spread the benefits of Brahmavidya to the people of Maharashtra and also throughout India. This vision may take some time to realise, but I resolve to try my best.

Everyone should realise that at least 20 minutes a day should be given for Brahmavidya and Pranayam out of 24 hours available to us. If there is determination there is a way.

I thank Guru Jyotiramayananda, trustees, teachers and everyone associated with Brahmavidya Sadhak Sangh for spreading the teachings of Brahmavidya.



In memory of Late Mr. S. Gopalkrishnan and Mrs. Meena Gopalkrishnan  
from Mr. G. Chandra Shekar





## Brahmavidya: A life-giving science

□ Dr (Mrs) Vijaya Ramkrishna

*The present article beautifully brings forth, how an ailing heart patient could overcome a rare heart defect and regain a happier, peaceful and zealous life. Her endearing words are sure to strike a chord in the heart of every reader...*

Bowing to Brahmavidya and my Guruji I narrate, for the benefit of one and all, how Brahmavidya has helped me. I am a 58 year old Medical practitioner. I have a very complicated and rare heart defect from birth. But I was not aware of it earlier as I used to be a healthy student in the class during my school and college days. I secured MD degree in Anaesthesia and began working in a reputed Medical College Hospital in Bombay.

During my first pregnancy I became aware of my problem. But did not pay much attention to it as with the limited investigation facilities available then, we thought it was just small hole in the Atrial Septum of the heart which is perfectly compatible with normal life pattern and expectancy.

In the hospital I used to work for long hours, about eight to ten hours per day and during emergencies sometimes for 36-56 hours at a stretch. Along with that there was some household work as well. Life was beautiful, fast and eventful, both professionally and socially. I had no problem what so ever, till the age of 50. Then as my blood pressure began increasing, I underwent some investigations and realised that I had a very complicated heart defect. I started taking medicines for high blood pressure and could keep it in control. Around that time I shifted to Pune and started practising as private Anesthetist.

After two to three years, the Cardiologist changed my medicines and I happened to be allergic to this new medicine. In hardly two to three days, I suffered from a severe attack of heart failure. It took me two to three weeks to improve. But my heart was considerably damaged with that attack and I started suffering from milder attacks of heart failure almost three to four times a month without any warning signs. My blood pressure would suddenly become so low, that I would not even be able to sit. My professional life came to a standstill,

as I was scared even to venture out of my house.

This went on for four to five years, slowly the attacks minimized with the help of medicines. For the past two years, these attacks have stopped totally, at the cost of 'house arrest' that I had to accept. If I walked a little distance, my feet would show swelling. I was afraid of getting an attack and would not leave home for three to four months at a stretch. A constant fear of heart attack loomed over my mind and I was just not able to get rid of it. I actually wondered whether those creative 25-30

years of my life were just a dream.

Mr. Arun Nachane of Borivali, an old acquaintance, whom I had not met for the past 40 years told me about Brahmavidya. My major problem was how to go out every week to attend the class. But on Mr. Nachane's insistence, I joined

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*The best part of the course is Meditation. As I spent time meditating the way Guruji taught us, I could actually feel the fear inside me melt and disperse, giving way to confidence. Everyday I discovered a new strength creeping up in my mind. I became more and more confident. I once again started believing in my own abilities*

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With gratitude from Dinesh Singh



Guruji's class. During which I realised that here was a ray of hope for me. And with great determination I continued to attend the class, week after week. In three to four weeks time I started sensing a magnetic force drawing me towards Guruji's words of wisdom and encouragement. Every week I would walk to the class about a kilometer from my residence. My heart kept beating in perfect harmony.

As the weeks passed and I went on practising *pranayam* and the spiritual breathing exercises. I could get rid of all negation of my mind. I realised that I am the master of my life and that I can mould it the way I want.

The best part of the course is Meditation. As I spent time meditating the way Guruji taught us, I could actually feel the fear inside me melt and disperse, giving way to confidence. Everyday I discovered a new strength creeping up in my mind. I became more and more confident. I once again started believing in my own abilities. I realised that my defective heart had served me well for 50 years and the thought that it will serve me for 50 more years got firmly rooted in my mind. Whatever may be the task, I would tell myself, I can do it and my mind and body would oblige me. It just worked wonders. I totally stopped

taking the sleeping pills which I had been taking regularly for almost six years.

I believe that the individuals, who have developed high blood pressure or angina due to worries or advanced age, can get rid of it through the practice of Brahmavidya. Chronic asthmatics can also get rid of their asthma.

My son studied in USA and is settled there. I thought I would never be able to visit him. But now I know I can tour the whole world, not just the USA. The zeal and zest of my life has returned. I plan to study the Advance Course of Brahmavidya as well.

What appeals to me the most about Brahmavidya is that it is not the worship of an individual, who claims to be incarnation of some God. All our Gurujis are followers of Brahmavidya and they are just our teachers and do not expect that students should glorify them in any manner. They all work honorary, spending their time and energy towards a noble cause. They help people to get rid of stress, build self esteem, cope up with day-to-day problems in a better way and lead a healthy and happy life. I bow to them and Brahmavidya a hundred times and express my heartfelt gratitude to them for showing me the right path. ❖

### Brahmavidya, the greatest knowledge

□ Chandrakant Bhosale

***Brahmavidya is an effective science that helps bring about a balance in the body, mind and soul of an individual. The following experience of a devoted Sadhaka is indeed worthwhile in this regard...***

I used to suffer from various health ailments for years together. Primary among these were severe cold and headache. I did not have adequate concentration even to read and write well. After joining Brahmavidya class within a few weeks of practice, I was surprised to notice a positive change in my health condition. Now I can read Brahma-vidya lessons without my spectacles! I am practising the breathing exercises regularly along

with the spiritual affirmations.

I do not suffer previous attacks of cold and headache, I am grateful to Brahmavidya for this miraculous recovery. In future, I resolve to help and propagate the knowledge of Brahmavidya to needy and deserving persons in our society. God will definitely give me strength to fulfill my resolutions. I firmly believe Brahmavidya is indeed the greatest knowledge accessible to man. ❖

With gratitude from Mrs. Vibhawari S. Kulkarni.



## Brahmavidya, a complete science

□ T K Balan

*Regular practice of Brahmavidya acts like a boon. The following experience of a devoted aspirant reiterates the 'wholeness' of the science and its holistic healing, which ensures harmony within and without*

I joined Brahmavidya class along with my wife. Soon after beginning with the practice of *Pranayam* and breathing exercises I started feeling the difference in my outlook and perspective. Some of the benefits that I would like to enumerate are as follows:

- My hemoglobin level used to be low, and my blood test had proved that cholesterol levels were on the higher side. The spiritual breathing exercises in a very short span brought tremendous improvement in the former and brought cholesterol under control.

- I found tremendous benefit by practice of memory developing breath. During relaxation I used to feel very light and it helped me to react and think in a positive manner.

- My journey to work used to take around one hour by train daily, during which I used to repeat the 'nine universal positives.' I found the 'feeling' sinking deep within me and thereby allowing my activities to be fully charged with energy and retain my composure throughout the day and during interaction with people.

We were doing practice of Brahmavidya on a regular basis at home, after completion of the course. However, during the last week of

March 2005, I sustained an injury to the right ankle rendering me incapable of continuing the practice in a systematic manner.

I, however, continued with the practice of *Pranayam* and spiritual affirmations when I had to be hospitalized to undergo surgery (which was done in July 2005). The doctor who conducted the surgery was surprised at the rapid healing noticed by him, by virtue of which he permitted my early discharge. This in turn also enabled me reach and remain at home safely

before the deluge which had shaken Mumbai and Thane in July 05. It would have been an arduous task for me to commute with one leg plastered and not permitted to be rested on the ground.

Now, that I have recovered from the injury, I have restarted my practice and enjoy it. Since

both, my wife and I did the course simultaneously, we were not only able to keep a watch on each other, ensuring that we do the exercises more or less on a regular basis but also share our experiences.

Brahmavidya has filled our lives with its grace. I feel the light of Brahmavidya should spread far and wide and enable many aspirants to progress on the spiritual path. ❖



*Sadhakas performing breathing exercises*

In memory of Late Shridhar B. Dhamankar (Father) & Late Asha Shridhar Dhamankar (M  
Mother) from Mrs. Pushpa Avinash Riswadkar.



## Brahmavidya and cardiac trouble

□ Avinash Pandit

*In the following piece of fine analysis a sincere sadhaka has described in detail how Brahmavidya has helped him to cope with his cardiac problems. The results of his regular tests, provide empirical evidence that the spiritual breathing exercises and meditation do help in alleviating ailments. One has to however bear in mind that the Science is not meant to be a panacea it simply aids regular medication and helps maintain good health*

Following a severe myocardial infection in 1996, I was under heavy medication for the last nine years. Restricted physical activities, controlled diet due to heart and diabetic condition generally made me a morose and subdued person.

Arteries got choked further, resulting in four operations of coronary artery bypass grafting in March 2004. Breathing problems eased and life became slightly easier. Yet my cerebra-vascular accident in May 2005, once again proved the frailness of my health. High blood pressure would not

breath regularly, with my morning walk (2 km).

Dates refer to blood tests, the levels of Huminsulin dosages were adjusted by doctors. Thus, I felt more and more confident about breathing exercises. In addition I had severe knee pain and could not walk due to less space in L3 and L4 lumbar vertebrae. Now I walk 3-4 km per day, reducing blood sugar levels and weight. Due to 3-4 hours spent in reading Brahmavidya lessons and generally being able to maintain a peaceful mind, I have improved my physical and mental wellbeing.

### After which doctors noted the following change in BP and Huminsulin dose:

Date	BP	Huminsulin/p.d. in units
11.05.05	180/100	28
31.05.05	175/95	24
21.06.05	170/90	20
11.07.05	160/90	12
31.07.05	15/90	2 Glynase tablets
21.08.05	140/80	1.5 Glynase tablets
11.09.05	130/80	1 Glynase tablets

come down. Both cardio and neuro physicians did not give me discharge from hospital for a long time. With children abroad, we two were feeling very restless and disturbed due to the heavy medication. Doctors advised developing new hobbies to keep mind busy and peaceful.

This was the time, I remembered my Brahmavidya Class, which I had left half-way, with the kind help of and permission of Shri Gore I decided to attend the basic course again. I began practicing *Pranayama* and memory developing

Of course there are ups and downs in BP and sugar levels, but on the whole, I am a better person with a sunny disposition. Thanks to Gore Sir and Brahmavidya I have decided to pay my *Guru Dakshina*, by bring at least five new students in Brahmavidya. I also plan to motivate at least 10-15 people to join the Khandala residential camp when I would go to the USA in the near future. I look forward to do the Advance Course of Brahmavidya in the next year.

With gratitude from Mr. Gaurang Puthli.



## Your body is younger

□ *Nicholas Wade*

***The following article appeared in a leading international newspaper and sheds light on the working of the human body. An acclaimed Swedish Biologist explains how cells endure the test of time and renew themselves over the years.***

Whatever your age, your body is many years younger. In fact, even if you are middle-aged, most of you may be just 10 years old or less. This heartening truth, which arises from the fact that most of the body's tissues are under constant renewal has been underlined by a novel method of estimating the age of human cells. Its inventor, Jonas Frisen, believes the average age of all the cells in an adult body may turn out to be as young as 7 to 10 years. But Dr Frisen, a stem cell biologist at the Karolinska Institute in Stockholm, has also discovered a fact that explains

Why people behave as per their birth age, not the physical age of their cell? A few of the body's cell types endure from birth to death without renewal. There was a dispute over whether the cortex ever makes any new cells and that got Dr Frisen looking for a new way of figuring out how old human cells really are.

Existing techniques depend on tagging DNA with chemicals but are far from perfect. Wondering if some natural tag may already be in place, Dr Frisen recalled that the nuclear

weapons tested above ground until 1963 had injected a pulse of radioactive Carbon-14 into the atmosphere. Breathed in by plants worldwide and consumed by animals and people, Carbon-14 incorporates into the DNA of cells each time the cell divides and the DNA is duplicated.

Most molecules in a cell are constantly being replaced but the DNA is not. All the Carbon-14 in a cell's DNA is acquired on the cell's birth date, the day its parent cell divided. Hence the extent of carbon 14 enrichment could be used to figure out the cell's age, Dr Frisen surmised. In practice, the method has to be performed on tissues, not individual cells, because not enough Carbon-14 gets into any single cell to signal its age. Dr Frisen then worked out a scale for converting Carbon-14 enrichment into calendar dates by measuring

the Carbon-14 incorporated into individual tree rings in Swedish pine trees.

Having validated the method with various tests, he and his colleagues have reported in the July 15 issue of Cell the results of their first tests with a few body tissues.

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***Although people may think of their body as a fairly permanent structure, most of it is in a state of constant flux as old cells are discarded and new ones generated in their place. Each kind of tissue has its own turnover time, depending in part on the workload endured by its cells. Consistent renewal is a Law of Nature. How then can an individual grow old?***

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With gratitude from Mr. Suresh L. Nayak.



Cells from the muscles of the ribs, taken from people in their late 30's, have an average age of 15.1 years, they say: The epithelial cells that line the surface of the gut have a rough life and are known by other methods to last only five days. Ignoring these surface cells, the average age of those in the main body of the gut is 15.9 years, Dr Frisen found.

The Karolinska team then turned to the brain, the renewal of whose cells has been a matter of much contention. Prevailing belief, by and large is that the brain does not generate new neurons



*Sadhakas doing Pranayam*

after its structure is complete, except in two specific regions, the olfactory bulb that mediates the sense of smell, and the hippocampus, where initial memories of faces and places are laid down.

Although people may think of their body as a fairly permanent structure, most of it is in a state of constant flux as old cells are discarded and new ones generated in their place. Each kind of tissue has its own turnover time, depending in part on the workload endured by its cells. The cells lining the stomach, as mentioned, last only five days.

The red blood cells bruised and

battered after traveling nearly 1,000 miles through the maze of the body's circulatory system, last only 120 days or so on average before being dispatched to their graveyard in the spleen. The epidermis, or surface layer of the skin, is recycled every two weeks or so.

An adult human liver probably has a turnover time of 300 to 500 days, said Markus

Grompe, an expert on the liver's stem cells at the Oregon Health & Science University. The entire human skeleton 'Is thought to be replaced every 10 years or so in adults, as twin

construction crews of bone-dissolving and bone-rebuilding cells combine to remodel it.

About the only pieces of the body that last a lifetime, on present evidence, seem to be the neurons of the cerebral cortex, the inner lens cells of the eye and perhaps the muscle cells of the heart.

*(The above article was sourced from NYT News Service)*



## Exploring the inner realms with Brahmavidya

*“What lies behind us and what lies before us are little matters as compared to what lies within us,” opined great American thinker and writer Ralph Waldo Emerson. World over ancient Indian scriptures are regarded to hold the key to the riddles of human existence. Brahmavidya is one such technique which can help you overcome all odds and achieve mastery over your mind, body and spirit. Read on to find out more about this wonderful science...*

Success is the only word that works its way through the world like magic. It is one aspect that turns millions in its direction. Believe it or not, success is contagious; one leads to the other, the chain reaction is on. Brahmavidya is a science that makes man successful on the physical, mental and spiritual front. Talking about the science Jayant Divekar, Chief Trustee of the Trust says, “The universe is replete with all that man can ever desire. Here we learn to communicate with it and draw benefits at all levels of human existence. Brahmavidya is a way of life.”

In the past eight years, over 20,000 persons from all over Mumbai have benefited by the practice of Brahmavidya. At the physical level, practice of Brahmavidya increases stamina, vigour, vitality, apart from enhancing the curing process in case of chronic illnesses. The success stories range from curing chronic asthma, lowering high sugar level, high blood pressure, cholesterol levels, apart from rendering a disease-free youthful life to every follower. The mental level benefits range from developed will power,

concentration, enthusiasm and diligence. Whereas the spiritual level attempts to find answers to some basic questions about human existence such as:

Who am I? Why does man become happy and sad? What is the purpose behind all existence? Answers to these apparently simple questions delve into deeper realms of human existence and at a macro level, existence of the entire universe. This knowledge cuts through the veil of ignorance, allowing its followers to see the inner light of pure infinite consciousness that is ever shining within. In this inner journey, the only requirements are dedication and unwavering faith in existence.

Brahmavidya is a unique science that consists of spiritual breathing exercises and meditation. It is a 1200-year old science that originated in India and was propagated by Guru Padmasambhava, a veteran philosophical Guru from Nalanda University. Guru Padmasambhava migrated to Tibet and started teaching this secret science to a group of selected disciples. Later, his disciples began

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***Human breath and thought are two elements, which when controlled ably ensure a happy stress-free life for the individual, personal happiness, fulfillment of personal goals and ambitions seek a harmonious disposition, which comes about as an outcome of the practice of Brahmavidya. The spiritual breathing exercises along with their affirmations subtly program the subconscious mind to give its optimum output***

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In memory of Mr. S. M. Kumar, from Sangeeta Taneja



teaching the science all over the world. One of his disciples, Guru Ding Le Mei, founded the Institute of Mental Physics in California and taught this science to over two lakh followers. Some of his later followers came together to found the Brahma Vidya Sadhak Charitable Trust in Thane in 1998. Under the aegis of this trust, Brahma Vidya is taught at more than six centres in Thane alone and above 40



Students practising Pranayam

centres in and around Mumbai. And even in other parts of the State like Pune, Ratnagiri and others. The science is all encompassing; it can be practised by anyone above the age of ten. Says Jayant Divekar, Chief Trustee of the Brahma Vidya Sadhak Charitable Trust, "Brahma Vidya is the key to success. It ensures success in every walk of life and brings about an unprecedented harmony in life. Regular practice of these exercises also ensures good health and keeps the individual in a positive frame of mind."

Human breath and thought are two elements, which when controlled ably ensure a happy stress-free life for the individual, personal happiness, fulfillment of personal goals and ambitions seek a harmonious disposition, which comes about as an outcome of the practice of Brahma Vidya. The spiritual breathing exercises along with their affirmations subtly program the

subconscious mind to give its optimum output. As also, meditation strengthens the mind and gives added power to ones' thoughts, which in turn ensure their harmonious fulfillment.

For details about the basic course of Brahma Vidya contact 25339977. OR Log on to [www.brahmavidya.org](http://www.brahmavidya.org)

*The above article on Brahma Vidya appeared in Thane Plus (TOI) on October 12, 2005 (Dassera day). More*

*of such articles need to be published in leading newspapers and periodicals, which will help in spreading the light of Brahma Vidya far and wide.*



Shri Jayant Divekar and others are seen unveiling Pradnya 2004-05, at last year's get-together in Borivli

In memory of Mrs. Swarn Kanta Kumar, from Sangeeta Taneja





## Gratitude

□ *Sugandha Indulkar*

*'Gratitude is not only the greatest of virtues, but the parent of all others,' noted great Roman philosopher Marcus Tullius Cicero way back in 106-43 BC. Centuries later his words ring true. The article that follows, strives to arrive at the true import of the word 'Gratitude' and unearths different facets of this virtue. Read on and acquaint yourself with one of the simplest yet most powerful truths documented in Brahmagvidya...*

What can we offer the Highest One, who is all powerful and the genitor of one and all? It is in Him and by Him that 'all' exists... yet there is one thing that we all have and can offer Him. And once we start doing so, we are established in His Grace and after which we can only live a happier and fuller life, each moment. This magical virtue is GRATITUDE. It is 'the' most powerful feeling - one which inspires all other virtues and uplifts life in totality. What is right gratitude and how can it be expressed?

Gratitude is the overflowing of life's cup, when it is full of bliss, the automatic outcome of a truly contented life. Meditation and practice of Brahmagvidya teaches us the most important of all virtues 'gratefulness.' To be grateful is to recognize and acknowledge the omnipresence of God and His work in our life. Thanksgiving is an important aspect of prayer, which takes us closer to Him and His presence in us.

Here is a small cue, which explains the importance of gratefulness lucidly: What do we say to someone, who says 'Thank You' to us? We probably say 'Welcome,' so when we Thank God with all our heart, wouldn't He say 'Welcome'?

And what more can we ask for, when He welcomes us into His Grace?

His balance flows into our life, His goodness fills our days and all that we know and do not know of Him fills our life... our consciousness. Our life becomes His Life and there ends the distance between Him and Us. We become Him in the truest sense of the word. Let us Rejoice in this Oneness

and allow the Universal Hand to govern our life. This is the greatest wealth we can ever acquire and the greatest pleasure we can ever seek.

Since ages, man has been seeking deliverance from sin and suffering. One fine day, he realizes that it is in him — deep within him that all happiness and sorrow reside. He realizes that, knowingly or unknowingly, he had been creating the circumstances that

caused his success or failure and thereby created joy and sorrow, respectively. Both are, in fact, two sides of the same coin. And within the seeds of suffering also lie the potential of unlimited joy. It is 'attitude' that governs the 'altitude' and not merely the 'aptitude.'

Any situation when viewed with a different viewpoint (different attitude) will present a new facet

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*To be grateful is to recognize and acknowledge the omnipresence of God and His work in our life. Thanksgiving is an important aspect of prayer, which takes us closer to Him and His presence in us*

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With gratitude from A. Ramchandran



and perhaps a new opportunity disguised in the seeming failure. Most innocent and untarnished hearts often are 'open' to such new viewpoints. The following story aptly explains this phenomenon:

*Every calamity is an opportunity in disguise*

"One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway. It just wasn't worth retrieving the donkey. He invited all his neighbors to come over and help him.

They all grabbed shovels and began to shove dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's surprise he calmed down. A few shovel loads later, the farmer looked down the well and was astonished at what he saw. With every shovel of dirt that fell on his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shove dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was

amazed as the donkey stepped up over the edge of the well and trotted off! Life may shovel dirt on you — all kinds of dirt. The trick is to not to get bogged down by it. We can get out of the deepest wells by not stopping. And by never giving up! Shake it off and take a step up!"

This is what happens and can be made to happen in practical life, but the inspiration to make it happen, lies in the inner balance. Had the donkey succumbed to pitiful wailing and got so bogged down by the grief that his master had forsaken him, he would never have been able to do what he did. Here we come to yet another saying: God helps those who help themselves.

Therefore arise, awake and learn of the Great Ones, seek their inspiration and grace. Have full faith in your innate virtues and potential, for it is the proof of the God which dwells in you. Shed off the dirt of ignorance and wrong emotions and seek the 'divine power' within. Always be grateful for its presence and with gratitude will its power increase manifold and open the doors to holistic success and everlasting peace.



## Lessons to learn...

### Humility

Once after bathing in the Ganga, while making his way to the Vishwanath Temple at Kashi. Sankaracharya saw a sweeper with a broom under his arm, coming from the opposite direction along the same path. Succumbing to long standing tradition the Brahmin in Sankaracharya spontaneously called out to the sweeper "Move away. Move away." The sweeper, however, stood his ground and gently asked Sankaracharya, "Is there a difference in the space in a Golden pot and space in a mud pot?" Is there difference in the One Consciousness (GOD) that is in the hearts of each living entity?" Sankaracharya at once understood what the sweeper was reminding him - within the chaste Brahmin and the sweeper resides the same Brahma and therefore, Sankaracharya was in reality, the same as him, the difference being only in the outer appearance. One good method of cultivating hu-

mility is to see the one God residing in each and every living entity and to treat everyone equally.

### Sufi Fable

There was a lover of God, a Sufi, who was lucky to find his way to God's house. He knocked on the door and from within God said. "Who is there?" This person said. 'It is I' and gave his name but there was no reply. Although he stood at the door, it would not open. He realized something was wrong and returned home. After meditating for long, he finally was enlightened and went back to God's house. He knocked on the door again and God asked, "Who is there?" This time the devotee said, "It is Thou," and the door opened and he passed through.

We need to experience such oneness with God. We are not away from GOD. We are one and the same. We are pure consciousness, full of the light and love of GOD.



With gratitude from Arvind K. Chimanchodi



## Empowering children to win greater accolades

□ Rohan Railkar

*Brahmavidya is known to boost physical, mental and spiritual capacity of an individual regardless of age, gender and race.*

*Experiences of this meritorious student of Brahmavidya are indeed marvelous and will surely inspire many youngsters to take up the study and practice of Brahmavidya*

I learned Brahmavidya when I was in standard six from Shri Vikas Phadke Sir. At that time there was no separate children's course. He taught us prayers and breathing exercises. Later I completed the newly formed Children's Course when I was in 8th standard through the class conducted by my mother at my home. Later my mother taught me the Basic Course after my SSC exam. I used to practise all breathing exercises three times up to standard ten. After that I went to Kota where I studied for my 11<sup>th</sup> and 12<sup>th</sup> standard. There I increased the frequency of practising breathing exercises and I also meditated for 40 minutes daily.

### Achievements:

- 1) 6<sup>th</sup> Std Young Scientist Exam: Silver Medal
- 2) 7<sup>th</sup> Std Scholarship Exam: 4<sup>th</sup> in Thane district
- 3) 8<sup>th</sup> Std won Ganit Pradnya
- 4) 9<sup>th</sup> Std Young Scientist Exam: Silver Medal
- 5) 10<sup>th</sup> Std Ranked 10<sup>th</sup> in the Merit list in SSC (Mumbai)
- 6) 12<sup>th</sup> Std secured 86.6% marks
- 7) Secured India Rank 9 in IITJEE exam

I am currently studying in IIT-Powai, first year, Computer Engineering. I practise Brahmavidya even now. I am very grateful to Brahmavidya for enabling me to achieve such success. I will continue practising Brahmavidya to explore further secrets of life and pursue Advance course in the future, when I can. inventing is already there in the universe.

Brahmavidya teachings give us the vision of our body like an x-ray. The present modern science is based on our *vedas* and *upanishads*. The word Brahmavidya itself signifies the meaning i.e. teachings of the creator, the Brahma. Whatever may be the religion we follow, the teachings are the same.



Rohan addressing 10<sup>th</sup> Std students of PES High School

The idols and names created are for concentration and meditation to attain peace and good health. In the earlier days such practices were taught by *Sandhyavandanam* to be practised three times a day by way of Pranayam. As *Sandhyavandanams* were not taught in the right manner, it was being practised by a few of spiritual people, mostly without realising its 'higher' purpose.

The benefits of practice of Brahmavidya should be spread to each one by well planned propaganda. As a General Secretary of Peoples' Power of India, an N.G.O. it will be my aim to spread the benefits of Brahmavidya to the people of Maharashtra and also throughout India. This vision may take some time to realise, but I resolve to try my best.

Everyone should realise that at least 20 minutes a day should be given for Brahmavidya and Pranayam out of 24 hours available to us. If there is determination there is a way.

I thank Guru Jyotiramayananda, trustees, teachers and everyone associated with Brahmavidya Sadhak Sangh for spreading the teachings of Brahmavidya.



## Brahma's Gift

*The writer of this article is the visionary principal of PES High School and Junior college in Thane (E). She realized the importance of teaching Brahmagvidya to school students and introduced the Brahmagvidya in her school for tenth standard students. Here is what she has to say of the project...*



□ *Sobha Nair*

"This is to inform you that my ward could not attend school because of severe cold, acute cough and body ache" - Is how the parent's letter commences when the child remains absent. It was observed that these absences were on a rise. Before these instances would proliferate, in a way that would alter the student's academic curriculum tragically. I stepped in and took an in-depth review of student's problems and allied reaction that these problems had on their health, behavior, academic performance and moral.

It was saddening to know that the academic schedules that a student pursues is more taxing than the subject itself. Parents cannot be blamed; it is the outlook of the society that makes them to take decisions that squeeze every ounce of energy from a child who otherwise is bouncing with it.

Children are not sent to play, they are expected to study when their parents are at work and their friends are playing, they feel alone, they feel deprived. To feel depressed at an early age is not a very pleasing thing to happen because it makes them weak, lethargic and gradually lazy. Incidentally they fall sick or pretend to be sick which concludes in them lagging in academics. Who's

benefiting out of this viscous system, which mentally stresses both parents and students.

As a principal, a mother and a mathematics teacher a well-calculated measure had to be inserted into the system so that the children who undergo problems or are immensely stressed are equipped to welcome it with both hands. The solution was

with my ex-student Suganda Indulkar who informed me about an ancient science called Brahmagvidya, conducted by a non-profit organization Brahmagvidya Sadhak Sangha that is devoted towards betterment of the society. I did my research on this program and included it in our academic



Prin Sobha Nair planning a Brahmagvidya session

schedule and then it happened.

After 9-months of the programme and practice of Brahmagvidya exercises parents are grateful, children come to me, bow down to my feet and thank me for having introduced them to this revolutionary system. It has brought substance to their life. What more does one want if he can do justice to whatever he is doing.

This is my gift to my students and I vow to establish Brahmagvidya as a tradition and as a ritual.



With gratitude from Arjun Bulchandani



## Brahmavidya inspires SSC students to perform better

□ Sugandha Indulkar

*The following is a short report of Brahmavidya classes which are conducted in PES High School and Jr College, in Thane (E) for its SSC students. The project is a one-of-its-kind effort to use the knowledge of Brahmavidya to inspire SSC students to perform better*

To begin with, on behalf of Brahmavidya Sadhak Sangh and all members of our Brahmavidya family, I hereby, expressly thank Principal Mrs Sobha Nair for entrusting the latest SSC batch of her school to Brahmavidya. It was solely her initiative and faith in Brahmavidya which helped us start this course for these children.

**April 2005:** The People's Education Society's English Medium School and Junior College, situated in Thane East opened its new academic year for students of Standard Ten. 166 students will be appearing for their SSC examinations in March 2006. And they have begun their preparations, along with the practice of Brahmavidya.

Brahmavidya Sadhak Sangh began its workshop in this school in this month. Six teachers of the children's course joined forces to setup a good team under the blessings of veteran Guru Shri Jayant Divekar and guidance of Shri Jayant Gore, Head of Children's Wing, these are: Mrs Sunanda Koppar,



Mrs. Sunanda Koppar is seen conducting Brahmavidya class for SSC students

Mr Tare, Mrs Sugandha Indulkar and three assistant teachers: Mrs Sunanda Bhosekar, Mr Anand Limaye and Mrs Geeta Pandit. Of which Mrs Koppar and Mr Tare came to Thane from far off Western suburbs every week for eight weeks until the 'teaching' portion was over.

After which, with special request from the Principal of the School Mrs Sobha Nair, remaining teachers with some new entrants like Mrs Alka Purohit, Mrs Hemangini Vaidya, Mr Vaingankar and others are conducting regular weekly practice sessions for these students. It was a unique experience for Brahmavidya teachers as well as the students.

Like our 'spirited' teachers, students too look forward to every Saturday, 11 am for their Brahmavidya class. It is a beautiful feeling, as more and more children are inspired each week to keep up the practice of Brahmavidya and acquaint themselves with the 'higher' aspects of life. Each one of them begins to develop a new and fresh viewpoint towards life, the purpose of 'education' and their prime duty as a 'student.' Moreover, regular practice of Brahmavidya exercises is endowing them with good health and a positive frame of mind. The increased *Prana* energy infuses their mind and body with renewed enthusiasm and vigour to study better. Let us all wish them 'Best of Luck' for their SSC examinations and may these children of Brahmavidya scale higher peaks of success in the exam and in life too.

In memory of B.M. Sidhwa from Mrs. Meher Burjor Sidhwa



## Energy giving exercises

***“Pranayam is very good for our health and if we practice it for about three times a day regularly we will feel fresh throughout the day. It makes us feel enthusiastic and throws all the dirt out of our mind. It makes our mind full of light,” opines the writer, a student of standard tenth, who is seeking the blessings of Brahmavidya to perform better in the Board examination***



□ *Rashmi Punjabi*

In the course of Brahmavidya we are taught *pranayam* and eight key spiritual breathing exercises and some simple techniques of prayer. Pranayam is very good for our health and if we practice it for about three times a day regularly we will feel fresh throughout the day. It makes us feel enthusiastic and throws all the dirt out of our mind. It makes our mind full of light.

The eight breathing exercises are very simple, yet very effective. I practice it daily. The result can be seen with regular practice of three months. By our normal breathing we take very less amount of oxygen in our body, but because of these exercises we inhale more amount of oxygen in our body. Because of these exercises my health has improved a lot. I no longer catch cold or cough. It has also increased my memory and concentration.

It has increased my confidence and will power, which are essential to be successful in life. Most of the illnesses and diseases arise due to lack of proper supply of oxygen and prana energy to the body. These spiritual exercises help us to receive more and more oxygen and prana energy constantly as the body needs it. As the breathing exercises have made my body clean and fit, similarly regular practice of ‘prayer’ has cleaned and purified my mind and improved my self confidence. It has made me cheerful, happy and healthy. It has also developed in me the positive energy.

On an average, for me, it takes 20 minutes to practice all breathing exercises. Regular practice has made me physically as well as mentally fit and has made me capable to face all challenges of life successfully.



## Brahmavidya: The mind purifier

□ *Swapnil Sarode*

***Our Spiritual Breathing Exercises are equipped with the power to bestow on all its sincere followers equal and abundant success in every sense of the word. The student in this experience has come closer to this belief and is confident that it will help him achieve his aim***

Brahmavidya is an ancient and rare system of yoga and philosophy teaching various methods of spiritual breathing exercises and meditation. In the recent years Brahmavidya is being recognized world over. For those who practice the exercises regularly, it has substantial benefits, on both physical and mental levels. Each exercise taught in the course has its own

importance. Exercises are very effective in pacifying one’s mind. It has helped me to concentrate better on my studies and has also increased my grasping power. Practicing the ‘circulation of light’ has helped me reduce stress. After practicing Brahmavidya I feel very fresh and my mind is recharged for more studies. Practicing Brahmavidya has also kept me away from the doctor.



With gratitude from Satish K. Alva

In Memory of Late Shri Ramchandra Gopal Jambhekar & Late Usha R. Jambhekar  
from S. R. Jambhekar



## Brahmavidya helps in mind control

*Brahmavidya is a holistic science, which when practiced sincerely and accurately as described in the lessons can work wonders. Among children, it gives them a confidence and a positive outlook towards life.*

*The present experiences bring forth these very truths*



□ Sunanda Pagnis  
Tenth A

If our mind is not stable, we cannot do our regular work properly. With the help of Brahmavidya I am able control my mind better. By regular practice of Brahmavidya my body has become strong and healthy. I have developed a positive attitude. Many of my physical problems have been cured due to regular practice of Brahmavidya and now I hope that my sinusitis too will be cured. The 'Light' exercise has helped me a lot to concentrate in my studies. I have made good progress in studies due to Brahmavidya. There is much improvement in my behaviour and now I lead my life strongly, happily and confidently. ❖



Merit holder Medha Shabbag shares her views with SSC students in Brahmavidya class

## Brahmavidya helps develop positive attitude

□ Arundhati Nadgouda  
Tenth B

When I was first introduced to Brahmavidya I really felt sick and thought it to be just another tuition class. At the time of going to Brahmavidya class, I was low on my energies with a depleting energy level.

However, as I started paying more attention in my Brahmavidya class, I started feeling more attracted towards the Science. Within me, I noticed that I was becoming more attentive. I developed a positive notion and began doing *pranayam* regularly I felt from deep within that this practice will surely help me. After about 15 days of independent practice of *pranayam* I felt I had become more energetic and more receptive. I could concentrate on my studies easily and started retaining more and more information in my memory. I see that my memory has sharpened.

Other breathing exercises and prayers

have more than anything made me feel stress-free. I have started benefiting from these exercises and feel more attracted to my studies and I now have a goal in life. And the strong will to achieve it with the blessings of Brahmavidya. I like *pranayam* and other breathing exercises, which have boosted my energies and my positive attitude with the help of Brahmavidya I have really started feeling positive that if others have done it, I also can do it. (Score higher percentage!)

Lastly, I feel that I can benefit myself from the ancient teachings of Brahmavidya to have a healthier life and a positive mental attitude and a confidently pleasing personality. I can now perform my duties more efficiently. With sharper memory and intellect, I know I can achieve my goals and earn the respect of my parents, teachers and society. ❖

With gratitude from Krishna Sundaram Neelakantan



## Brahmavidya has empowered me!

*As you read these words of a child sadhaka, who has practiced Brahmavidya regularly, you are brought closer to the holistic effect that the Science confers on its sincere students*

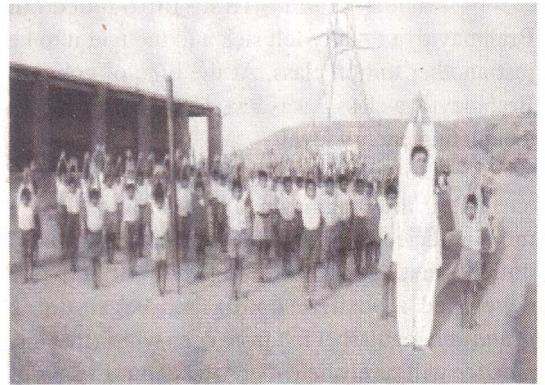
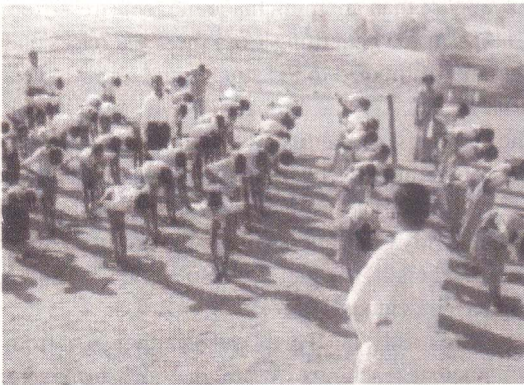
□ *Neha Khopade  
Tenth 'B' PES, Thane*

I am a 10<sup>th</sup> standard student with a sack of books on my back and an aim of achieving at least 85 percent of marks in the Board examination. My problem was that I was an average student with a marklist, which was never higher than 65-75 percent marks. And now the weight of the sack on my back had increased by one more lesson (of Brahmavidya) each week.

Initially it sounded very boring, we were asked to do some new exercises for one whole hour under guidance of an experienced faculty every week for a whole month. Then we were asked to repeat exercises on our own. The whole system seemed unappealing and tiresome after a whole day's hectic schedule. But to my surprise, I realized that my memory was being empowered, my

wake-up timings and sleeping patterns had changed. Firstly, after the whole day's tiresome routine it used to be difficult for me to keep myself up till late at night and wake up early the next morning. But ever since I started exercising Brahmavidya I could keep awake till late at night and wake up early in the morning feeling equally refreshed. I could grasp things faster and better and could still be fresh during the school hours. I could even answer my teachers confidently, correctly and firmly.

This is indeed a miraculous effect that I could see in myself after I started practicing Brahmavidya and now the distance between my success and me seems far reduced. By the help of Brahmavidya my eyes have been opened to a new world of peace within me.



Shri Jayant Gore, In-charge Children's Wing of Brahmavidya is seen conducting residential workshop for Children. These workshops are conducted in different parts of Maharashtra, on invitation, where children learn Brahmavidya in five consecutive days. Those who would like to conduct such residential Children's workshops can contact Gore Sir on 25686303.





## Brahmavidya builds concentration

*“Brahmavidya has influenced my life in various ways. It is only through this study that I learnt the right meaning of the word concentration. Because of breathing exercises and regular practise of meditation I am able to memorize theoretical subjects with ease,” the writer a college students shares more of such experiences with us in the following article*



□ Sonam Bohra

*Hindi* these profound words caught my sight while climbing the staircase of my building. These words were on a pamphlet which was lying on the steps of the staircase. But after sitting for seven long hours in the coaching classes, I did not have the energy to read further. I reached home and after getting fresh sat for the most awaited. My father stepping out of the bedroom said, “Sonam, this pamphlet seems of your interest, just go through it.” I took it in my hand and “HINDI ...” the same words..... My inquisitiveness helped me read on and I acquainted myself with the definition of Brahmavidya. The pamphlet also informed me about the introductory lecture on Brahmavidya. Later, for a few days this topic slipped out of my mind. But, still I remembered the date and time of the introductory lecture somewhere at the back of my mind. Soon I learned that I would be attending the lecture. I left my house on the scheduled day and time. Then I took admission into the course and completed the basic course of Brahmavidya under the guidance of our Guru Shri Prasad Dalvi.

In the course of time, I learned various breathing exercise followed by affirmations and the most wonderful path towards peace of mind – the Meditation. The experiences that I had are inexplicable. Trying to narrate such various experiences to Sir after every lecture had become my regular habit. On the physical plane, I am blessed to get rid of irregularities like gas, acidity, frequent cough and cold. There is an increase in my physical stamina. Brahmavidya has influenced my life in various ways. It is only through this study that I learnt the right meaning of the word concentration.

Because of breathing exercises and regular practise of meditation I am able to memorize subjects like Economics and also Environmental Studies despite loud disturbance around. Due to this my performance in examination has improved remarkably. I can literally catch hold of my attention while studying and can prevent it from wandering aimlessly. In the past, at times, while physically I would be studying at my table, mentally I would be at the college “Katta” or the canteen. Such cases have become a distant past. I am also able to understand the difference between positive and negative thoughts. I would be glad to narrate a short story, which explains Brahmavidya to some extent, as follows:

When saint Ramdas was writing Ramayana, he used to read it out to his disciples. It is said that Hanuman would come in disguise to hear the same. Once saint Ramdas read out, “Hanuman went to Ashokvan. There he saw white flowers”. Hearing this Hanuman came forward and said. “I did not see white flowers, I saw red ones.” Ramdas replied. “No, what I have written is correct.” Hanuman said, I was there in person, how could I be wrong?” This dispute was than taken to Rama and he said. “The flowers were indeed white, but Hanuman’s eyes were red with anger, hence they appeared red to him.” Hence the point is that the world appears us, the way we look at it.

Today, as an aspiring student of Advance Course of Brahmavidya I conclude my article with the sole expectation of shedding off all the negative thoughts that seek shelter in my mind.



In memory of father Late Debendra B. Biswas from D. B. Biswas  
With gratitude from Bharati S. Rao



<b>Andheri (W),</b>	Rajrani Malhotra School, New Link Road Extension, Near Shantivan Society.	Evening 6.30 to 8.00 pm	Friday	17 March 06	Mrs. Kopper	26333694
<b>Airoli, Navi Mumbai</b>	Maharashtra Seva Sangh, Sector 17, Navi Mumbai,	Morning 11.00 to 12.30 am	Sunday	19 March 06	Shri Surve	25446630
<b>Bandra (W)</b>	Mahatma Gandhi Seva Mandir, S. V. Road, Opp. Lake	Evening 7.30 to 9.00 pm	Thursday	16 March 06	Shri Divekar	25681182
<b>Borivili (W)</b>	Suvidyalaya, Eksar Road, Behind C.K.P. Colony.	Evening 7.00 to 8.30 pm	Saturday	18 March 06	Mr. Dalvi	25634739
<b>Chembur</b>	Chembur Education Soc., Ramkrishna Chemburkar (RC) Marg, Chembur Naka	Evening 7.00 to 8.30 pm	Friday	17 March 06	Shri Divekar	25681182
<b>Churchgate</b>	PVDT College of Edn; 3 <sup>rd</sup> Flr SNDT College, Nr.Station	Evening 6.30 to 8.00 pm	Tuesday	14 March 06	Shri Divekar	25681182
<b>Dadar (W)</b>	Chhabildas High School, Room No. 12, Opp. Vanmali Hall.	Evening 7.00 to 8.30 pm	Thursday	16 March 06	Shri Dalvi	25634739
<b>Dombivali (E)</b>	Tilaknagar Vidyamandir, Tilaknagar, Dombivali (E)	Evening 7.30 to 9.00 pm	Tuesday	21 March 06	Shri Sathe	(95251) 2885453
<b>Mulund (W)</b>	Mulund College of Commerce Nr. Mulund Railway Station.	Evening 6.00 to 7.30 pm	Saturday	18 March 06	Mrs. Jog	25476818
<b>Thane (W) 1)</b>	Shreerang Society Shreerang Vidyalyaya	Evening 6.30 to 8.00 pm	Saturday	18 March 06	Mrs. Kulkarni	25422768
<b>2)</b>	Blossom Nursery School,Shop 1, Kohinoor Soc.Panchpakhadi	Morning 10.45 to 12.15 am	Sunday	19 March 06	Shri Wakankar	25403310
<b>Vashi, Navi Mumbai</b>	Indian Education Society, Primary School, Sector No.2	Evening 7.30 to 9.00 pm	Monday	13 March 07	(Dr.)Mrs.Bhelose	27550021
<b>Vile Parle (W)</b>	Bhagini Seva Mandir Kumarika Stree Mandal, Sarojini Road, Near McDonalds.	Morning 9.30 to 11.00 am	Sunday	18 March 06	Dr. Shevade	26148245



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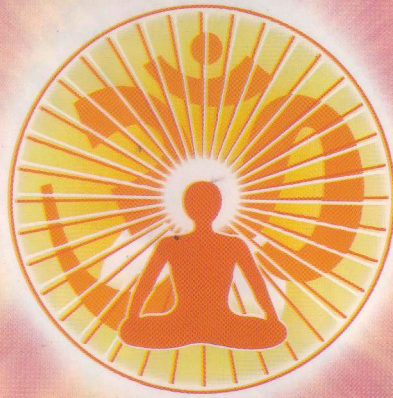
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Shri Jayant Divekar and Ramesh Patil are seen unveiling Pradnya



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