



PRADNYA

Let there be light

2008 – 2009

॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थमस्थानं शपनार्थं करोम्वहं ॥
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।
प्राणनाकतेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

VISION

Physical, Mental and
Spiritual development of
the entire human race.

MISSION

To promote, to preach
and to teach the unique
system of Brahmagvidya.

OBJECTS

To spread the teachings of
Brahmagvidya by 2010,
all over Maharashtra State.

PRAYER

Brahmagvidyam namaskrutya,
madguroho charanau tatha ॥
Dyanpraptyartha prasthanam
rajmaarge karomyaham ॥
Santushtoham krutadnyoham
krutarthoham punaha punaha ॥
Pran nad tejotttam
Brahmagvidyam namamyaham ॥

MEANING :

Having paid my respects to
Brahmagvidya and my teacher,
I begin my journey on the noble path to
gain (self) knowledge. Again and again
I feel that I am happy, I am grateful and
I am blessed. Again and again I bow to
Brahmagvidya, Which is beyond breath,
sound and light.

VISIT OUR WEBSITE



An overwhelming response

Since the launch of the website in November 2004, response in terms of visitors to the site has been steadily rising. We thank all those who have visited the site. We also hope that all of these visitors are inspired to join the course. Currently, visits to the site are over 35,000 per month. These are from varied parts of the world. Many of those who have visited the site in the past have completed many Brahma Vidya courses, attended the residential camps and are enjoying the benefits of a physically, mentally and spiritually healthy living.

To all students Brahma Vidya students

If you have not visited this website so far, we request you to have a look at it at the earliest and also recommend it to your friends and relatives in India and abroad. Facility of online registration for the correspondence course is available on the site.

Visit www.brahmavidya.net

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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

Alka Purohit, editor of 'Pradnya' I hereby welcome all of you to yet another glorious read. This little book that you hold in your hand is your key to healthy and successful life, if only you use it effectively...



Greetings!

This is the 11th annual gathering of Brahmavidya Sadhak Sangh and 10th year of publishing the annual magazine 'Pradnya.'

Each one of us is busy striving to maintain stability and order in one's day to day life. In doing so, however, one tends to overlook two factors fundamental to one's living, good health and contentment.

However, if we sincerely imbibe the ways prescribed in the ancient science of Brahmavidya in our daily life and practice accordingly, then one can bring about a thorough transformation in one's personality and thinking and thereby obtain desired results. This happens because Brahmavidya as a science brings about holistic development on the physical, mental and spiritual levels of existence. The fact that Brahmavidya Sadhak Sangh, which began with merely four classes, now conducts 170 classes all over the State vouches for the truth of the aforementioned statement.

The guiding light is of course the Chief Trustee Shri Jayant Divekar, who has been primarily instrumental in bringing about this development of the Sangh. This has also been possible due to the ever-increasing numbers of sincere students who have made Brahmavidya an integral part of their life. We are grateful to them.

As you proceed with your reading in the section titled 'Ashwamedh'



Brahma Vidya Sadhak Sangh

you would find a detailed verbal graphs of the progress of Brahma Vidya Sadhak Sangh. A glance through a vast section detailing experiences written by the students will surely bring to light the efficacy of the science and we sincerely hope that it inspires more and more people from all walks of life to start learning and practising Brahma Vidya.

Do read 'Pradnya' and distribute it among all your friends, relatives and acquaintances. Send in your feedback as well.

We are thankful to all writers who have contributed their articles for Pradnya 2008-09. We are also thankful to all page donors; people involved designing the cover page, and editorial content of the magazine and all those who have availed of the life-membership scheme.

We give special thanks to Mouj Prakashan, Mumbai for helping us publish this magazine. We are thankful to all those who have directly or indirectly contributed in making 'Pradnya 2008-09' possible.

I pray that all those who read this 'Pradnya' are inspired to learn and practice Brahma Vidya and existing students continue to develop in this science.

The Light of Brahma Vidya shines across the whole world!





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Material vs Spiritual

Shri Jayant Divekar, Chief Trustee, of Brahmavidya Sadhak Sangh explains how this wonderful science blends material and spiritual aspects to bring about a wholeness in one's life



Man is FREE, and of course, that is his greatest blessing! Man is free to think his own thoughts and live his life as per his own thinking. According to his own choice, he can look at life from two viewpoints: material or spiritual.

The material viewpoint is this: Man is only a body, and a personality based on this body; the Macrocosm in which he lives is a natural process and there is no Creative Spirit or Creator or God creating and sustaining this wonderful universe. The spiritual viewpoint is this: Man is not only a body, but within his perishable physical body there is something that is imperishable, indestructible; this 'something' is referred to by many names such as – Soul, Spirit, Life, *Atman*, Higher-Self; this 'something' is connected to Universal Creative Spirit or what is normally called as God.

Though in different languages, all religions of the world present similar spiritual viewpoints. Yet when we observe men everywhere we find that most people live their life from a material viewpoint and the spiritual viewpoint is almost ignored. Why?

Following may be considered as the principal reasons:

Man is not able to experience the spiritual side of his being and so he feels that it does not exist at all. Due to religious and cultural upbringing he may believe that there is a Soul or Spirit in him, but as he has no experience of this Soul, the spiritual viewpoint has no influence on his day to day life.

Man considers material and spiritual, physical and mental as distinct, divided and separate from each other. Historically we find that those



who propounded spiritual or religious values were monks, sadhus, *sanyasins*, *fakirs*, who had renounced the worldly ways to pursue the religious or spiritual. So he feels that if he pursues spiritual, his material wellbeing would suffer, that he would have to forsake the material to pursue the spiritual. And he does not wish to do so!

Man is able to see clearly the benefits that would come to him by going after the material, but as he has no experience of the spiritual side of his being, he is completely ignorant about the benefits of pursuing the spiritual.

In such confused and divided situation of the mind, we need to see clearly that body, mind and spirit are connected to each other. In spite of the great differences in their appearance and character, they are so bonded with each other that they are not separate, but are one. Due to the difference in their character we give them different names, but it is impossible to separate them. Hence no man can be truly successful if he neglects the spiritual side of his being.

Spiritual side of man is nothing but the LIFE or the Living Energy within him. As there are laws, and order of the body and mind, similarly there are laws and order of this LIFE or the Living Energy. We may call these laws of life as spiritual laws or truths. By understanding and practicing these laws in his day to day life any person can easily and quickly make his life more successful. To live our life well we must remove from our mind this division between the material and spiritual, physical and mental.

It is not enough to know and understand these laws intellectually, but we must have practical methods which show how to implement these laws in our day to day life. It is here that Brahma Vidya comes to our help. Brahma Vidya not only tells us about the laws of life, but shows definite, practical and effective methods which help us in living these laws.

Brahma Vidya Sadhak Sangh was established in 1997. During the past decade, more than 50,000 students have learnt, practiced Brahma Vidya and have improved their life by these teachings. They are the living proof of the efficacy of these methods. So in conclusion, I would appeal to all to learn Brahma Vidya and to practice Brahma Vidya and to propagate Brahma Vidya.



A silent revolution

*All those who are involved with the work of Brahmavidya Sadhak Sangh have been instrumental in bringing about a silent revolution. **Kalindi Teredesai** traces the transition over the past 11 years*



In 1997 Brahmavidya Sadhak Charitable Trust was registered with the Charity Commission and since then it has been consistently involved in spreading the light of Brahmavidya to one and all. All teachers, assistant teachers and volunteers render their services for the propagation of this life-saving and life-enhancing science selflessly. They therefore are an inspiration to all. Also, the increasing number of students enrolling to learn the ancient techniques of Brahmavidya foretell a bright future for the science and will thereby be able to reach out to millions across the world.

What is it that makes this Science so effective? How does one become authorised to teach it? How does it work? Who can learn it? Answers to these and more of such questions will be found in the forthcoming paragraphs.

- Brahmavidya is easy to learn and practice. Anyone above the age of 10 years can learn and practice it.
- Children's course comprises of eight weeks of study (for the age group: 10 to 18 years)
- Basic Course comprises of 22 weeks of study (for those above 18 years of age)
- It empowers one physically, mentally and spiritually, thereby enhancing living on all three levels of existence
- As a result many students find astounding improvement in their physical and mental health
- Over and above the practice of breathing exercises, prayers (taught



in Children's Course) and meditation (taught in Basic Course) empower one's mind righteously and help drive away negation of every kind

- Brahma Vidya is a spiritual science and can be learnt by anyone of any caste, creed or religion
- It's very effective and works in direct proportion to the sincere practice put in by every student

The Graded Courses of Brahma Vidya

The Basic Course of Brahma Vidya comprising of 22 weeks of regular classes held once in a week for a duration of 1 ½ hour each acquaint every student with all teachings of Brahma Vidya, which primarily include eight spiritual breathing exercises and meditation.

The Advance Course of Brahma Vidya comprises of 2 ½ years of regular classes held once in a week for a duration of 1 ½ hour each lead the student through a detailed Brahma Vidya curriculum, which comprises of some new exercises and techniques. Students can do this course only after they have successfully completed the Basic Course.

The Preceptor's (Pradeepak) Course is meant for those who wish to teach Brahma Vidya. It comprises of 2 ½ years of regular classes held once in a week for the duration of 1 ½ hour each. Admission to this course can be sought with the recommendation of the teacher of Advance Course.

Children's Course is a simplified curriculum, specially designed for children. It comprises of eight weeks, with classes being conducted once in a week for the duration of 1 ½ hour each. It includes study and practice of eight spiritual breathing exercises and prayers. Any child from the age group of 10 years to 18 years can do this course.

Workshops

Brahma Vidya Sadhak Sangh conducts regular workshops for teachers. This helps teachers share their experiences and review their practice of Brahma Vidya effectively. Regular workshops are conducted for teachers of all the courses: Children's, Basic and Advance Course.



They also ensure regular qualitative enhancement of the teaching methods. During these sessions senior teachers share important tips with juniors and thereby equip them with additional teaching skills.

Camps

For those who want to study the Basic Course of Brahmavidya and cannot dedicate a time span of 22 weeks. Brahmavidya Sadhak Sangh conducts residential camps in English throughout the year at different locations. For details about these camps call: Shri Prasad Dalvi on 9820227104.

Revision class

Practice is the backbone of Brahmavidya and a must for positive results to reflect in one's life. Revision class helps all students to revise the entire curriculum with practice sessions. These are conducted regularly for students of Basic and Advance Course.

Gatherings

Brahmavidya is a way of life. It's indeed interesting to note how many people have accepted it and how it is working in their lives. Gatherings are get-togethers of all these like-minded individuals. They get an opportunity to know each other and share their thoughts and experiences. An important objective of these gatherings is also to devise ingenious ways to propagate the science world over. Gatherings of Children's Course, Basic Course and Advance Course are conducted throughout the year at different locations.

Brahmavidya Office

The office manages all the support required for running of all the aforementioned activities efficiently. It is the one point source for procuring answers to all queries. Students, teachers, assistant teachers, volunteers and all those who are associated with Brahmavidya in any way whatsoever should contact the office for their queries. Brahmavidya Office contact numbers : 25339977, 25347788

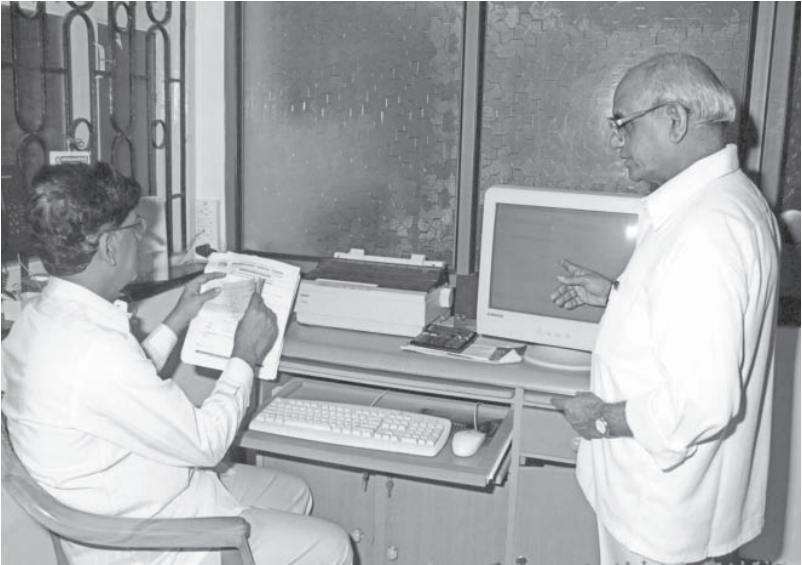


Page Donation Scheme

This scheme has been receiving unending support from all students of Brahma Vidya. A donation of Rs 500 is accepted by way of Page Donation and the donor's name or any other person's name as per the wish of the donor is published below each page of Pradnya. Page donors for English and Marathi Pradnya are different. Though the scheme is same for both.

Life Membership Scheme

For an amount of just Rs 250/- a student can subscribe to 'Pradnya' the annual magazine published by Brahma Vidya Sadhak Sangh. At present 1300 students have availed of this scheme. Under this scheme each year when 'Pradnya' is published a copy is couriered to each Life Member.



Bhagwan Lonkar & Laxmikant Bhagare in Brahma Vidya office



My Right - My Delight

Here Swati Jog explains most beautifully the fundamentals of why one should learn and practice Brahmavidya. What is it that this wonderful science brings to our life? Read on to know more



Mrs. Sharma was narrating her experience at one of our Brahmavidya classes, “I travel to the station by auto rickshaw everyday. Last Friday, traffic was very heavy and I was sure I would be late for work. But my rickshaw-driver maneuvered his way through the traffic with great skill. I was impressed by his abilities and without thinking any further I thanked him right there. What surprised me more, was that as a result of this act of gratitude I continued to feel happy throughout the day.”

Sonali, a teenaged student, was eagerly sharing her experience with her classmates “It was a holiday, I was at home. I had stretched myself on the sofa and was watching television. My mother, as usual, was busy with her long line-up of daily chores- no holiday for her! While watching her, I was struck by how rarely I had seen my mother actually relaxing. This struck me so deeply, that I got up, and started to help her with her kitchen work. Mother looked up at me and smiled. I will never forget her smile.”

Mr. Raghavan, who works with a bank, has a different story to share. The performance review process every year was a time of a lot of stress for him as well as his juniors- neither of them looked forward to it, and they ended up achieving very little. But this year, he began by appreciating the work done by his subordinates and provided concrete suggestions for improvement. This resulted in better work relations and a healthier atmosphere in the office. Although Mr. Raghavan had studied these techniques earlier as part of his management studies, he



had never before been able to practice what he had learnt and experience the joy and benefits of applying it.

I am sure that you were able to relate to each of these experiences, since you, our other readers, all of us, are members of the one huge family— **THE HUMAN FAMILY**. Every organised group in this world is defined by the rules and laws that its members must follow- e.g. the laws of a nation, the norms of a state, the rules of a family. Similarly as part of the human family we must practice certain spiritual laws of life, for our own advancement and the betterment of our family. But are we even aware of what these laws are?

Our friends, Mrs. Sharma, Sonali and Mr. Raghvan are practicing one of the laws of life- **GRATITUDE, GRATEFULNESS, and THANKS-GIVING**. As we look around we find that each one of us is engrossed and absorbed in his/her own world. As we analyse ourselves, we find that since childhood we have been brought up in such a way that the less important ‘I/mine’ takes a lead over the more important ‘we/ours’. We aspire, struggle, and put in tons of efforts to fulfill our aspirations. This journey from aspiration to achievement is possible only because of all that we have received all that we are receiving and all that we will we receive. This flow has been continuous uninterrupted. So we tend to consider this flow from the entire Universe as our birthright and are oblivious to our duty to be grateful.

The other day, I was making tea in the morning— my day just does not start without my morning cup of *chaai*. As the water was boiling in the kettle I wondered – how many people have contributed to the making of this cup of tea. I started listing them out—the workers at the tea plantation, those working at the dairy, Ravi, who delivers milk at my door, those working at the sugarcane farm, the grocer and so many more! I realised that I could not possibly list each one of them. Instead, I simply thanked them all wholeheartedly, as I took the first sip. I realised that though I appear to be independent my life is interlinked, interwoven with every other life in the Universe.

As we give thanks, the Universe responds to us with immense generosity. But can we express gratitude? We certainly can. The divine spark within us is always inspiring us to give thanks. But unfortunately



we do not have the time or the inclination to listen. Due to our ignorance, lethargy, pride and vanity we are unable to enjoy the joy of heartfelt gratitude.

The teachings of Brahma Vidya come to our rescue in this regard. The breathing exercises and meditation techniques taught in the basic course of Brahma Vidya and practiced by the student lead the student on the right path of practicing Laws of Life. Thousands of students by their regular practice have reaped the harvest in every aspect of their lives.

We the teachers of Brahma Vidya are immensely grateful to all our students for giving us an opportunity to teach them these spiritual laws. We would like to teach many more, thousands more.

Let us come together ... let us join hands and march on!





Creativity



*Creativity is a gift, which Nature has bestowed upon all of us and Brahma Vidya helps enhance it. In the forthcoming article **Vikas Pandit** beautifully traces how it helps us all*

In the universe, we all see that there is constant creation going on everywhere. This creative artwork of God is reflected in the macrocosm. 'Creativity' according to me is nothing but expression of the Creator in various forms thereby a link can be established in the whole macrocosm. The above link will lead to establishing of the natural equilibrium in the entire world. Therefore, we should be thankful to *Eshwara* for giving us the highest form. This creativity is inbuilt in everybody and it is the cause of my inspiration as well as that of yours. The immediate question that arises is how does one use this creativity in daily life?

Yes, I can make use of my creative ability by doing each and every act of mine in a more special way. If I can cultivate in my life this habit of enhanced creativity then it can automatically get reflected in every aspect of my life at all three levels of my existence namely, physical level, mental level and spiritual level. As the creator and his creation are not separate; hence this is the only way through which I can improve my own life and establish order.

Here, I have a choice: whether to restrict my identity to the created form (human existence) along with all its mundane particulars such as name, age, occupation, etc or the creative force within. With the creative flight there is no end to my imagination and with my enhanced creative thinking I overcome all human limitations and look beyond. This expanded view makes me free from all limiting forces.

I am free from negation of any kind and I feel that I am free from



bondage of time especially when I know that there is no limit to my creativity. I was stunned by this truth and hence I started believing in the supreme architect GOD which is present all the times within me.



Nature's way

*Mother Nature is replete with innate wisdom, it teaches us forbearance and tolerance. Its beauty is unmatched and so are its ways, **Bina Mehta**, a student of Brahmavidya shares some insights she drew from simple instances in her life*



It is a beautiful sight to see full-grown fruit bearing trees in Bombay. So when I shifted to a new apartment, I was too glad to see from my balcony, a Jamun tree and a Mango tree. But soon some boys from the slums started coming and breaking down the branches roughly to feed their goats with mango leaves. Soon the tree became shapeless and barren. I looked at the tree feeling sorry for the pain inflicted on it. But like a wise person it seemed to say to me 'Don't worry'. Again, during February-March it started bearing flowers and little raw mangoes, on the remaining branches. Again the boys started throwing stones at it to get the unripe mangoes. In spite of shouting at them they would return. I watched sadly, again not a word from the tree, except telling me 'Don't worry'. Yes, and soon it was monsoon and the tree was all green again with tender leaves coming forth. It was then that I could see the 'creative wisdom' working in it. The God given creative spirit and its undaunted will. Human beings have a lesson to learn from it. Especially when we see so many men and women, endowed with supposedly some superior intelligence than plants and animals, breaking down under the pressures of daily life. Brahmavidya brings to us this creative wisdom and insightful observation of Nature around us and learning therefrom. In many ways, it communicates the Higher intuitive intelligence in as many ways as it can, only if our mind is open to receive it.



Joy the urge of life



Joy is the essence of good living. Pramod Bijur brings to light some inspiring facts. Presence of joy in our life can introduce miraculous value additions in our life. Brahma Vidya teaches us how to be consistently joyful

When things go according to our wishes, we are happy, otherwise we are not. Does our happiness, our joy, invariably depend upon external factors? Practice of Brahma Vidya teaches us to detach ourselves from the limiting circumstances around and rise above the daily humdrum of life to bring about a glorious transformation.

In spite of no apparent change in our circumstances we feel totally different after doing the exercises and the meditation. We experience a unique sense of well being envelopes us. A surge of contentment, happiness and joy. This is a true joy independent of any external factors, whatsoever. Let us go a step further. When joy occupies us can there be tension, hatred, anger, jealousy or insecurity in us? At that moment there is absolutely no negation in us. Though the duration may be short. It is simply divine while it lasts.

A doctor, while diagnosing invariably enquires of any tension in the patient's mind. Tension accompanies ill health while joy partners good health. Joy is the runway that facilitates the take off towards positivity. When in joy, we are satisfied, contented, energetic, enthusiastic, full of life and raring to go.

Incidentally those are the pre conditions for health and success also. It is of prime importance that to gain health and success the state of the mind should be joyous. Joy brings out the dormant power within us. It motivates us in to action towards the achievement of our goals. Joy takes us back to our original nature of being happy.

A child of three months, whether in a palace or in a hutment it is



Annual Gathering at Pune, June 2008 : (L to R) Shri Sanjay Sathe, Shri Jayant Divekar & Mrs Kalpana Railkar



Children practising breathing exercises



Swati Jog lighting the auspicious lamp at annual gathering held at Thane in 2007, in presence of other Trustees of the Sangh



Children practising breathing exercises at annual gathering held at Vile Parle



equally happy. Joy is our true nature. But as we grow; comparison, competition, jealousy, one-upmanship, greed, insecurity etc. takes us away from our true nature, away from God's will and away from the urge of life.

Through the blessings and guidance of mother Brahmavidya we are in the process of reversing this faulty tendency and re-instating joy in our life.





Brahma Vidya : Enlightening, effective and powerful



Jayant Apte presents in the forthcoming article a brilliant proposition that proves without doubt that Brahma Vidya is indeed a supreme science and the 'highest knowledge' accessible to man

Brahma Vidya is THE science of all sciences. Most sciences have their own limitations. A scientist works on the physical plane with a finite mind and with instruments. He knows the physical laws. He has knowledge of the elements, atoms and physical energy. A scientist infers, investigates and draws exact conclusions from his observations. He understands Nature but he does not know about the origin of Nature.

Who made the sun and gave power to its rays? Who combined four parts of nitrogen with one part of oxygen? Who gave power to the electrons? Who gave power to the atoms to combine into molecules? Who or what made and bestowed upon the ultimate particles of matter their marvellous power of varied interaction? Science till date does not know this great mystery.

On the contrary, Brahma Vidya is a completely unified knowledge. A Brahma Vidya *sadhak* gets inner, divine realisation. He clearly sees with his inner eye the subtle rudiments of matter. He identifies himself with the Supreme Being. He clearly understands the whole mystery of creation through direct intuitional knowledge.

The scientist tries to answer the 'how' of the problem. Science is only concerned with the phenomena. Science shows a marvellous harmony of Nature. Scientists possess a partial knowledge of the universe. They have been trying to decode nature's laws. The unseen world is of far greater importance than the sense-universe which is visible to the naked eye.

The scientist observes the physical phenomena, conducts



experiments and goes from the effects to the cause. The *sadhak* goes directly to the cause or the source. He dives deep into the source and brings forth the pearl of knowledge of the Self. The man of science sees and observes things only as they appear to be to his sense-perception. The *sadhak* perceives them as they actually are in their very essential nature.

Scientists would typically say, "There is only one substance in this world. That is electron. The whole world is a mass of energy." Energy is the God for scientists. Scientists have explored the physical world. They have found out numerous methods to control the physical forces of Nature. Psychologists are experimenting on the mental plane. They are trying to control the mental forces. Psychology deals with the control of the mind. A close study of the observations and revelations of science brings a man closer to God. Who has framed the laws of Nature? What is that intelligence which moves Nature? A study of the physical forces and the physical laws, and an understanding of the mental forces and the mental laws, is not sufficient to make us perfect. We should have a thorough knowledge and realisation of the substratum that lies hidden behind these names and forms and all physical and mental phenomena.

Can scientific inventions make us really happy? What has science done to us? No doubt it has added a fund of knowledge on the physical plane. But this knowledge is not sufficient when compared to the knowledge of the Self-Brahma-Vidya. Educated people are carried away unduly by scientific theories and discoveries. Anything, when stamped by the seal of science, is regarded as gospel truth. Such is the fashion of the day! I do not mean to condemn the wonderful discoveries and inventions that modern science has contributed to the vast store of knowledge and happiness which the present generation enjoys. The radio, aeroplane, microphone and other marvels of science are bound to baffle human intelligence.

But as Brahmavidya students we are not amazed as we know and we are convinced that there is orderliness in Nature and all that is happening is the revelation thereof. This is *Para-Vidya* (supreme science). This is Brahmavidya. This is the science of sciences.



Brahma Vidya or the Science of the Self is not a subject that can be understood and realised by mere intellectual study, reasoning or rationalisation, or even by discussions and arguments. Mere scholarly erudition and vast study with a high degree of intelligence alone cannot help one in the practical realisation of the Truth inculcated in this science. It demands perfect discipline, a discipline that is not to be found in our modern universities and colleges. It demands *sadhana* for the achievement of the goal that is indicated by this highest science.

A Brahma Vidya student is expected not only to listen to the words but to realise them: that is, to make their truths an integral part of character, conduct, and consciousness.

What makes my hand move, my eyes see, my mind think? Does life have a purpose, or is it governed by chance? These questions show a burning desire to know, to find central principles which make sense of the world we live in. Only a few even hear these truths; of those who hear, only a few understand, and of those only a handful attain the goal.

From this conviction follows a highly sophisticated notion : A law of nature must apply uniformly and universally. In renaissance Europe, this realisation led to the birth of classical physics. In ancient India it had equally profound consequences. While the rest of Vedic India was studying the natural world, more or less in line with other scientifically precocious civilizations such as Greece and China, the forest civilization of the *Upanishads* took a turn unparalleled in the history of science. It focused on the medium of knowing: the mind.

Since consciousness is the field of all human activity, outward as well as inner – experience, action, imagination, knowledge, love – a science of consciousness holds out the promise of central principles that unify all of life. “By knowing one piece of gold,” the *Upanishads* observed, “all things made out of gold are known: they differ only in name and form, while the stuff of which all are made is gold.” And they asked, “What is that one by knowing which we can know the nature of everything else?” They found the answer in consciousness. Its study was called Brahma Vidya, which means both “the supreme science” and “the science of the Supreme.”



It is important to understand that Brahmavidya is not intellectual study. It is, in a sense, a tested science : the mind is both object and laboratory. Attention is trained inward, on itself, through a discipline i.e. Meditation. We are grateful to our *Gurus* who have taken the mission to take us along the royal path of Brahmavidya.



Jayant Gore, in-charge of Children's wing, Brahmavidya Sadhak Sangh



An epiphany



Azmeen Peerbhai articulates most accurately how Brahma Vidya works and what it does in one's life. The forthcoming article brings you the very essence of Brahma Vidya. Read on...

Do you find your inner voice asking the following questions at some point of time or the other?

- Am I happy?
- Am I doing the right thing?
- Am I in the right place?
- What is life?
- Who is God?
- Am I here for a reason? What is the purpose of my life?

There are a lot of things that bind human beings together... humans of all race, religion and kind. Be it accountants, peons, bus drivers or CEOs. Things like love, emotions, growth and change affect one and all. People may have a different way of life, culture or customs, but they all need water, they all need air, they all strive for perfection, for happiness, for peace of mind and for health and wealth.

The point then is, if we all need the same thing, may be, instead of each one experimenting on a different path, and trying permutations and combinations of various methods, we must seek into the depths of life and find the eternal truth. Since man has existed from time immemorial, there must be tried and tested methods teaching us the way of life, right?

The answer to this, I have discovered, is Brahma Vidya.

As ignorant human beings, we have brilliantly mastered the art of the following :

- entangling



- complicating
- destruction
- creating unhappiness
- being pessimistic
- giving up
- losing focus
- fearing
- losing our peace of mind
- doubting

Now, the trick here is, to undo whatever we have done, to change tracks and to change the focus. We were born as pure souls, worry-free and oblivious to all evils of the world. No wonder, infants are so happy. But the great epiphany here is, evils existed then, and evils exist yet. But as a child you were not even aware of them, no wonder you laughed thrice as much, had a clean heart and took life to be a large amusement park. Nothing deterred you from expressing pure joy. When you had candy-floss, you didn't count calories at the back of your mind; when you kept falling off that big bicycle, you kept trying still; when you fought with a friend, the fight lasted not more than a few minutes or hours; when you lost a game, you took it well because you knew the point, eventually was to have a good time, and not to win or lose. So why not revert? Why not do that which makes you happy? Why not block out all the apparent evils of your life, those which were non-existent when you were little?

It's THAT simple!

The above is a drop in ocean for all that I have learned and known during the tenure of the course. The purpose of this article is to strike a chord somewhere in the psyche of you, the reader. There is so much more to life, to things, to how it all works. You will be dumbfounded by the magnanimity and depth of it all. This is not rocket science. You need not have an IQ of 170 to absorb and understand this. All you need is a little thirst for knowledge, for truth and the inspiration will follow. I joined this class because of my father's experience in Brahmavidya and now I'm truly grateful to him, my teacher and all the volunteers and members of Brahmavidya Sadhak Sangh.



My experience with Brahma Vidya

Danielle Abhyankar a resident of Canada shares her experiences with Brahma Vidya in the forthcoming article

Thank you for giving me the opportunity to write about my experience with Brahma Vidya. My husband, Milind Abhyankar, and I live in Toronto, Canada. The Basic Course in Brahma Vidya was recommended to us by my mother-in-law, Dr Mrs Prabha Abhyankar, based on her own positive experience with it. When my husband and I expressed an interest in the Basic Course, she sent the lessons and to us here in Canada.

My husband and I recently completed the Basic Course. I am extremely grateful for the positive impact Brahma Vidya has had on my life. You see, like many people, I have faced several traumatic experiences early in my life. These experiences had a negative impact on the way I learned to think about myself and the world around me.

I initially accepted these negative thoughts without question. For many years, they defined my life. Then, I began to realise that they could only continue to define my life if I allowed them to. I realised that I had a choice. I chose to reject negative thoughts and replace them with positive ones. I studied philosophy, religion and spirituality. I practised meditation, martial arts and yoga. I earned a degree in Social Work and began practising as a Licensed Social Worker.

In spite of these positive steps, however, I faced challenges. I experienced attacks of anxiety and insomnia. I was diagnosed with acid reflux and irritable bowel syndrome. These conditions caused weight loss, fatigue and excess hair loss. At times, I took as many as four different medications daily to treat these conditions. I hoped to



find a way to address these symptoms without medication.

When I began studying Brahmavidya, I realised that I had found the opportunity I had been hoping for. As my practice progressed, I began to master the skills I needed, to replace negative thoughts with positive ones. As a result, I have experienced less anxiety and depression. This has led to decreased insomnia, acid reflux and irritable bowel syndrome. At present, I have discontinued all of the medication I had previously taken except for one. I have reduced the dosage of the remaining medication by half. I am extremely pleased with the positive changes I have observed and anticipate additional progress as my practice continues.

I am so happy and grateful to have had the opportunity to practice Brahmavidya. I would recommend this class to anyone without reservation. If you are currently considering enrolment in The Basic Course of Brahmavidya, I encourage you to do so. I am confident that your practice will provide you with the skills you need to manifest positive change in your own life.

Amazing Facts

50,000 of the cells in your body will die and be replaced with new cells, all while you have been reading this sentence

In one hour, your heart works hard enough to produce the equivalent energy to raise almost 1 ton of weight 1 yard off the ground

Scientists have counted over 500 different liver functions

In 1 square inch of skin there lies 4 yards of nerve fibers, 1300 nerve cells, 100 sweat glands, 3 million cells, and 3 yards of blood vessels

Most people blink about 25 times a minute



It works

*This is what all those who practice Brahma Vidya feel. So does **Rajendra Vishwanath Ghaisas** who has learnt his lessons well. He honestly words some astounding changes that Brahma Vidya brought in his life*

Anger or wrath is a strong emotion to punish others who are found to be at fault. Before joining Brahma Vidya, I was a hot-tempered person and used to get angry on small matters also. It took hardly a few seconds to get angry; starting immediately with a frown / pinch on the forehead – followed by increase in heartbeats and thereby blood pressure, clenching of the jaws and the fists at the same time. The subsequent execution was imminent.

To everybody's surprise, the above picture was a normal feature whenever I stepped outside my house. I presumed that it was my duty to immediately teach permanent lessons to all the crooked elements in my vicinity. May it be persons dirtying, or spitting in the building compound or roads, sluggish ticket vendors at railway stations, arrogant bus conductors or drivers, funeral faced bank clerks, loud horn-honkers including reverse horns – I always sniffed for trouble.

I took them to task by physically punishing them with vehemence; taking noisy carpenters working at late nights in residential area to police stations. I was always the first to rush out on any burglar alarm – demolished illegal constructions affecting my vicinity and what not. When on my motorcycle, I was always on top gear with top clear voice – commenting faulty riders or drivers MAMA / MAMI - teaching how to drive properly as well asking jaywalkers if they are having a round in a garden. I did not like anybody overtaking me. I wrote – IF YOU OVERTAKE, I SHALL 'UNDERTAKE'. This summed up my road-rage.



I had to remain alert most of the time updating myself with recent laws and bylaws - if somebody would retaliate with cross-moves - readying myself for any possibility. TEACHING FINAL LESSONS was my hobby. Excellent communication backed by sound legal knowledge. Good physique and height (to oversee the culprits) backed by judo / karate training from during my Podar College days, good contacts at the senior - top levels were like fuel to the fire. My success was guaranteed. I was always on the lookout for trouble – a troubleshooter! Anger thus controlled me.

But at what cost? What expense? Wasting most of my time attending to problems that should have been solved by others? Making already burdened authorities to attend to small matters just for the heck of it. Most importantly the various after effects of getting angry – the imbalanced secretions from endocrine glands in my body - affecting and hurting my health and overall total personality – slowly and surely were brought to my notice by the teachings of BRAHMAVIDYA. How our mind set works and the related reflections of a ‘disturbed mind’ vis-à-vis ‘peaceful mind’ on our total personality was clearly explained. All of a sudden, the pattern of my life changed – my way of looking at myself and others, my responses and reflexes and what not! To my surprise I found that my earlier involvement in troubles was uncalled for. **PRIORITIES CHANGED!**

Breathing exercises carried out meticulously and meditation – hand in hand did wonders virtually unimagined earlier. There was a peace of mind because of meditation. Brahmavidya teachings changed my total being “inside out”. I started looking at the positive side everywhere. I realised that I was not appointed by the almighty to teach any body – but myself first. Early morning walks; exercise and jogging were no longer meant for building body to overpower others – but to enhance my body, mind and soul.

Cunning intelligence is now a history replaced by honest and innocent view. Smile has replaced frown and wrinkles. Use of obnoxious language has waned. Decent, polite and simple words simply occur to my mind. I am now more cool and relaxed. Patience and pause have replaced tensions and imaginative apprehensions.



Teachings and directions of respected GURU in class made a lot of changes – at first barely noticeable and very soon clearly realized – that some change was taking place in me; first physically and later in mind and soul. Guru’s ‘tuition’ leads to ‘intuition.’ I could concentrate my energies on peaceful activities – offering comfort and solace to me and people around! HAVING NO TONGUE practically works. I became a ‘mukadam.’ My simple presence speaks and things start occurring in the manner I want - without my intervention! I am now more relaxed and composed. How this correction takes place is a big mystery – but imperfectness anywhere in body, mind and soul is automatically perfected. JUST DO IT – do not ask how?

Invisible protective ‘shield’ thus eventuates around you. From a small by-lane; you will find yourself on a super express highway – which leads to a ‘runway’ for a smooth takeoff to Attainment!

Breathing and meditation has corrected my physique, mind and soul. In addition to the above major benefits following are a few :

- (a) 1 week before I joined Basic Course more than 2 years ago I was getting deep soaring pain in both the heels as if some body was hitting a nail. It used to occur daily morning immediately after I got up from sleep virtually making me immobile for sometime. Just half way through the Basic Course - it got cured, the pain vanished.
- (b) Every year around April / May one particular tooth and the gum above on the left cheek used to pain a lot – this pain simply vanished for last 2 years. It did not reoccur. This was possible because Brahma Vidya has taught me to direct my energies to the troubled area at my will to correct it.
- (c) Just recently early in the morning I lifted a heavy stuff when in a split of a second I got a serious sprain in the upper back. I never had such a serious sprain till then. However when I immediately resorted to physical breathing exercises – to my wonder there was no element of sprain at all. Meditation and breathing exercise helped me direct required energies to flow to the troubled spot and cure it instantly. They are practical and immediate.
- (d) I experience that Brahma Vidya exercises are physically easy to



perform. Meditation may take long, however results are immediate / forthwith – you do not have to wait for months / years to experience the results. Teachings are simply an up-liftment to humanity and we go closer to the Almighty.

- (e) Brahmavidya is incomparable with other modes of exercise – rather it is a way of life. After years of experience in weight lifting, judoka, karate, yoga and normal physical training I conclude that Brahmavidya is easier, efficient and more result oriented than other forms – point blank.

If you are fortunate, you will come by BRAHMAVIDYA – it is not a matter of counseling or fate! In this metamorphosis from “worst – worse – bad – good – better – to the best” there are many other realisations for which “I have no tongue”.



Say ‘no’ to negation

Brahmavidya helps drive away negativity from life. Jitender Verma tells you how...

I have been practising meditation and breathing exercises since the last two months as per the teachings of Brahmavidya. I usually devote more than an hour everyday in the morning for the practice of Brahmavidya. I can notice a lot of changes in me now, as compared to what I was before this practice. I feel better, both at mental and physical level. The practice of meditation has taught me how to prevent negative feelings from arising in my mind and generate only positive thoughts. The breathing exercises keep me refreshed and energetic throughout the day and boost my zeal to get the jobs done at right time in the manner expected. In a nutshell, I have now realised how to control and direct myself under any situation and be happy and young throughout my life.



Brahma Vidya the science of positivity



*This wonderful science of Brahma Vidya helps one and all. **K M Vijayan** shares with our readers how it helped him regain a positive attitude in life*

I have attended many Yoga classes and *bhajan* groups and discourses since many years trying to find solace and means to solve my problems but I have never been satisfied. I used to become jittery and get tensed whenever faced with a problem. I don't know when I started becoming negative in every approach. Discussing or even uttering a sad or a bad incident was taboo in our house. As I had instructed my family members not to tell me anything as it could make me sad and tensed. This led to lot of helplessness among my family members.

Of course, Yoga helped in keeping my body fit, but as most *mantras* are in Sanskrit even after beautiful explanations they never used to sink in so much. After joining Brahma Vidya, I feel I have really come to the right place after so many years. I feel that I have also found an answer to my quest here.

My teacher (Brahma Vidya) has taught me the basics of right thinking at the right time and as the affirmations are in English, I could absorb each and every word I heard, thereby changing my attitude towards this beautiful existence called LIFE, as it includes right breathing and positive thinking. I am able to do it and this has become my way of life.

From 4.30 in the morning, when my day starts, I enjoy every moment of my life. I am glad because of the change in my attitude towards life. I am able to make people around me very happy.

One more change that I would like to mention here, is: Since many



years due to frequent headaches, I used to reach out for Combiflam tablets for immediate relief thereby aggravating my hearing problem. The tablets taken more than once or twice a week had taken its toll on my health. After I had started taking homeopathic medicines along with daily practice of Brahmavidya, now I am glad to tell you that since the last whole month I have not consumed even a single Combiflam tablet.

I have got this pot of gold and I feel I am lucky. I wish to not only to hold on to it but let others also have and enjoy it as I do, hence this sincere tribute to Brahmavidya.



Training of the mind

*Brahmavidya as a science trains one's mind effectively. It therefore, has a lasting effect on one's life and helps discipline oneself feels **Poonam Patil***

As was taught to us that mind is a box and it is up to us what we put in the box. The best thing about Brahmavidya is that I feel is the training it offers to the mind. Mind is habituated to think negative, weak and wrong thoughts.

Brahmavidya has taught me to guard my thoughts. The nine universal positives, the noble eightfold path and breathing exercises, affirmations along with the denials and meditation work wonders on the mind. So whenever we are on the wrong path the subconscious mind remembers these affirmations and redirects us to right understanding.

It is an amazing programme but it requires a lot of practice with dedication. I am obliged to the teachers of Brahmavidya who do their best to teach us the varied techniques, solve our doubts and make the sessions interesting and spiritually elevating.



Brahma Vidya for happiness



*Happiness in everyday life is one aim all of us would like to achieve. In the following article **Jaya Bhatia** highlights some interesting incidents and shares with us how Brahma Vidya made her life happy*

It so happened that as usual (around 7-8 months ago) I was just returning from my morning walk, when I saw a very happy and relaxed face of my neighbour Mr. Vijayan. I couldn't resist noticing the happiness and glow on his face as he told me about Brahma Vidya. He was all praises about this wonderful science.

I would like to pen down my own experience to share it with you all. Before joining Brahma Vidya I was troubled with health problems due to an injury caused by an accident around three years ago and ridden with negative thinking. Apart from all this, I was pretty impatient and short tempered. After joining Brahma Vidya within a month or two, I could find some positive changes in myself like speedy recovery from health problems, having patience and above all, controlling my temper. I also started meeting positive people. And now I can't imagine a day without practising Brahma Vidya.

Well, to elaborate further on my controllable temper. Here's an incident that I would like to share with you: This happened at work, one morning, my boss was in a 'not so happy' mood and screamed on the top of his voice and kept on expressing anger for about 10 minutes. In spite of this, all I had was a pleasant smile on my face and remained calm. After about 30 minutes, I was called to my boss's cabin and was appreciated for this gesture by him. In fact, I would like to inspire all of you to sincerely practice Brahma Vidya and invite progress and positive energy in your life.



Children presenting a folk dance at an annual gathering



Brahma Vidya picture gallery



Children presenting a cultural programme at an annual gathering



Children practising breathing exercises



Where there is a will...

Suresh Desai, a student of Brahmavidya could complete his Europe tour without the help of his walking stick and was happy with his renewed positive thinking and strong will power, which he feels was a result of learning Brahmavidya

I am happy to mention that I have completed the Basic Course of Brahmavidya or simply put the 'Science of Happy Life' in May 2006 for 22 weeks. I had met with an accident in June 2006 and underwent two surgeries, from which I could recover successfully. After attending only six classes I was able to enjoy my Europe tour. On account of Brahmavidya Basic Course and that attending only six lessons, I gained a lot of insight and felt that here I learnt the intuitive wisdom, which was beyond reason and the tool of creative imagination helped me gain a lot.

I was determined during the Europe tour that I will not use the walking stick and could manage to do so, till the very end of the journey. Except while climbing mountains in Switzerland, I could keep my walking stick away. I could free myself from repetitive negative thoughts and felt strong and powerful throughout the trip. I feel everyone should partake of this divine wisdom contained in our lessons and enjoy their life fully.



The wisdom of life



*Creative wisdom is a rarity about which little is known during the normal course of life. It is a gift from the Almighty, but few know how to use it rightly and here, feels **Bina Mehta** a student of Brahma Vidya, this wonderful science clears the mist*

All these years we have never thought in such a deep manner, the lessons of Brahma Vidya are indeed invaluable. It was as if someone loving, caring is talking to us, taking away our trouble, care and anxiety. I hope with its blessings, I will do all the exercises and reading regularly. When I joined the 'Brahma Vidya' course in April, I had problems with breathing, anxiety and sleeplessness. I had to stop while walking on the road after a few minutes to take breath. I would become breathless on even a somewhat steep road. I had to climb the stairs slowly.

Early morning I used to suffer from some chest congestion, so sometimes I had to use the inhaling pump. But now, after the course is almost over, I am feeling better in body and mind. My hypertension is better.

All the lessons are filled with a lot of knowledge, and reveal to us some unknown truths about oneself, the environment and creative wisdom. One therefore, feels like learning and re-learning these lessons till one achieves mastery in them.



Trace the CHANGE within

*Brahmavidya is the science of enriching life in every sense of the word. It demystifies the essence of living and brings to every sincere student a wealth of unmatched wisdom and purity in thought, word and deed. **Sussmita Daxini** shares some insights...*



Ever since I started understanding things around me, it was ingrained in my mind by my father that we are a spark of Divine and that I have infinite potentialities within me. Then being very young and ignorant I did not understand those prophetic words of my father. As I grew up I started understanding it in bits. It is after joining Brahmavidya course, I experienced the meaning behind it. Initially, I wasn't serious about it, but gradually I realized 'I WAS EXPERIENCING CHANGE WITHIN ME', I started reading affirmations and practising exercises.

Within the last six months, I've experienced tremendous changes within me. Previously, if anything went wrong, I searched for the 'culprit' but today I look within before I point out at someone. I would lose my cool even in case of small instances. I am able to overcome my difficulties and problems with ease. I feel less depressed. Practice of Brahmavidya gives real peace of mind, contentment and happiness. It gives a meaning to life, an inspiration to lead a fruitful life. It has made me dedicated, disciplined, transformed me, making my life more fulfilling. I learnt the art of being happy, I feel true joy and peace within. In turn, I endeavour to make others happy and make a win-win situation for everybody around.



Welcome to healthy living



*Brahma Vidya is a science of right and healthy living. Regular practice heals the body and mind thoroughly discovers **Smita Deokule***

We all are living in a competitive world, where everyone is under tremendous work pressure (stressed condition). In addition to this, we have family tensions too. This stress ultimately leads to physical damage in our body resulting in depression and losing interest in life. Brahma Vidya has neither changed the problems nor the circumstances in life but it has definitely helped me by giving me an attitude to view life in a very positive way.

During the normal course of our life, we rarely pay attention to right breathing. In this class, I learnt how breathing and thinking are connected and how this wonderful connection can infuse our life with positivity. I learnt how to develop patience. I would like to share a small instance of patience, here: In the first class itself, our *guruji* had asked everyone to keep their mobile phones on silent. Despite repeated instructions in every class to keep the mobiles on silent, in almost every lecture, someone's phone used to ring loudly and disturb the class. Yet, our *guruji* used to be unperturbed. Had I been in his place, I would have lost my cool and it was then that I learnt, how our teacher was 'living' what he was teaching in class. It was a good lesson for me and I thought I too can develop this patience and tolerance, which proved to be very useful to me.

The practice of breathing exercises helped cure my cough and cold and sinusitis. The resulting headaches also reduced. I feel quite fresh now. Moreover, I am having a problem of spondylitis due to this, after traveling by auto rickshaw, overexertion or after continuous working,



I used to have severe pain. After practising breathing exercises this problem is also reducing. I am sure in future also practice of breathing exercises will help me a lot more. Meditation has also increased my concentration level and reduced my lethargy.



Brahmavidya, a blessing

*Good physical health is basis of success in life and practice of Brahmavidya is known to restore health. **Bhakti Parekh** a student tells us how the science helped her*

Practice of Brahmavidya has brought in all the following positive effects in my life:

- 1) I suffered from sinus whenever I sat under a fan or AC blowers were directed towards me. Due to breathing practices of Brahmavidya my headaches have reduced
- 2) It has helped me to control my temper better and have more patience with my family members
- 3) It has helped my bowel cleansing and reduced constipation
- 4) It helped to lose weight by nearly 4-5 kilos
- 5) It has helped to improve my capacity to work

Now I don't like to miss meditation and exercise for even a single day. I am very grateful to Brahmavidya for showing me a wonderful way to live life. It is indeed a key to success and good health!



The science of healthy and successful life

*In this article **Kunal Munsiff** a sincere student enjoys the benefits bestowed upon by regular practice of Brahma Vidya and explains them in detail*

All members in my family have successfully completed the Basic Course of Brahma Vidya. However, for a few initial lectures, I was thinking why we needed 22 lectures for learning right breathing and exercises like pranayam, etc. Breathing is natural and happening all the time then why do we need to learn it? But at the end of the course, I realised the importance of the 22 lectures and now I feel sad that our class is going to get over shortly and why we had only 22 lectures. This is the power of Brahma Vidya.

Here are a few important principles I learned from the class :

- i) All human beings namely, we all living creatures are GOD / PARMESHWARA. How true it is but I realised it after so many years. Thanks to Brahma Vidya without which I may not have understood the basic principle of life that all human beings are a form of Parmeshwara.
- ii) Respect ourself also besides respecting others. Till now, we have learned from all, that we should respect others. But it was never explained properly or in a scientific way that unless you respect your own self, you can't respect others from within your heart. One of the important principles in life of respecting our own self was taught in Brahma Vidya .
- iii) I realised the importance of DHYANA / MEDITATION. I think many of us know the basic meaning of meditation and its benefits.



But it is also true that very few have understood it clearly and even fewer practice it on a regular basis. Brahmavidya teaches us the right technique of meditation and inspires us to practice it daily. I feel calm and relaxed after meditation. I feel rejuvenated too.

- iv) No words of gratitude can repay in full the efforts taken by Brahmavidya teachers and its entire management team. Brahmavidya has taught me the importance and power of daily BREATH. I wonder still that with right breathing, you can become a complete person in a true sense. Breathing techniques have dramatically reduced my tension levels in professional and personal life. Being a Chartered Accountant, I have to face many deadlines and was under severe work pressure. But of late, I found myself calmer and able to take time off for myself and also work effectively with less tension.
- v) Brahmavidya taught me the principles of contentment, positive thinking (memorizing lessons given after every activity or pranayama), importance of our body and all its parts, right breathing, right thinking etc. Nowadays, I find additional energy and unseen power within my self. My self confidence levels have dramatically gone up and also I am ready for any challenges in the life. I don't know how it happened of late but it is a fact that things are improving and I am also empowered with the Light.

I now understood the tag line of Brahmavidya — Your Key to Health and Success. It is in true sense a secret for better, happy and healthy living.



Brahma Vidya : The panacea

*Good health is the key to a good life. And Brahma Vidya above all, helps one regain good health, **Sukumar Krishnamurthy** tells us how this science worked wonders for him*

I would, at the outset like to thank Brahma Vidya Sadhak Sangh for spreading the light of Brahma Vidya teachings so selflessly. I pay obeisance to all the past *gurus* of Brahma Vidya who handed these wonderful teachings to our generation.

I have a spiritual bent of mind. I read books on spirituality and I am keen to learn skills, which help me in my spiritual progress. It was during April 2008 that I saw an advertisement of Brahma Vidya, which talked about breathing and meditation, which got me interested and I joined this course. I was also suffering from several health problems.

I was suffering from severe headaches since October 2003. I used to take painkillers everyday. I also suffer from lower back pain and cervical spondylitis. I tried allopathy for about two years to get over the headaches. The headache subsided as long as I was on medication but on stopping the medicines it used to come back. Thereafter, I tried homeopathy for about two years and the result was similar. In August 2007, I decided to try Ayurveda at Arya Vaidya Sala, Kottakal, Kerala. Here, I was treated for headache, lower back pain and spondylitis. I was cured of my headache. The headache was primarily due to severe acidity which was controlled. Acidity is caused by irregular eating habits or stress. Mine was because of stress as my eating habits were quite regular. It is recommended that one follows this treatment for three years in a row. In 2007, I underwent this treatment for three weeks and this year in May 2008 for two weeks. I am still on Ayurvedic medication. Though I got relief from headache but there was only



marginal relief for back pain and neck pain (due to spondylitis). I constantly needed support for my back else I would have pain. I was not able to stand for long, walk for long. Even washing a glass in the basin for two minutes would cause pain. Neck pain was almost constant. I also learnt Yoga at Arya Vaidya Sala, which I started practising to help manage the pain.

It was because of this treatment in May 2008 that I missed about four classes of Brahmavidya. I came back and learnt the missing lessons. I was told by my *guru* to practice the breathing exercises everyday. I was unable to do so in the beginning because I was practising Yoga also and finding time was difficult. Then I decided that I would practice Yoga for three days in a week and Brahmavidya for the next three days in a week. Hence Monday, Wednesday and Friday were reserved for Brahmavidya and Tuesday, Thursday and Saturdays were reserved for Yoga. Sundays were reserved for Brahmavidya classes. I practised like this for 15 days but could not find any great relief. Yoga also required substantial time and was more difficult to practice than the breathing exercises.

One week, I decided that I will do only Brahmavidya. This was the last week of June 2008. We had learnt four breathing exercises by then, out of the eight. I began to get relief from pain just after a week of regular breathing exercises. I could not believe it and I was wondering if my mind was deceiving me. I however decided to continue with the breathing exercises and I have been absolutely regular since then.

I do the breathing exercises only in the morning. I do pranayam once, memory developing breath completely 49 times and the others I do three out of seven times. The results have been wonderful. My neck pain due to cervical spondylitis has reduced by 90 percent. My back pain has also reduced. I am able to stand and walk for much longer time than before.

I also suffered from low energy levels and depression. The depression was primarily due to stress. My energy levels, since June 2008 after regular practice of Brahmavidya have improved, my depression has been cured. I get less angry and I feel much better



overall. The change has been noticed at my work place also, as my boss told me that he sees lot of positive change in me and others in the organization have also noticed the change. I am sharing my experience in the hope that the readers also benefit from it and are inspired to study and practice Brahmavidya.



The source of all inspiration

*The varied techniques taught in Brahmavidya are tested and tried by many and are immensely useful to gain health and wellbeing. **Prabhakar Tayshete** shares his experience*

The impact of Basic Course of Brahmavidya, an ancient system of Yoga and Philosophy, conducted by Brahmavidya Sadhak Sangh, on my style of life or level of thinking is very favourable and impressive. The words like stress, depression, tension, tiredness, fatigue, disappointment etc, which have adverse effects on body and mind have no place in my life now. I started getting rid of physical and mental problems and carry out daily activities with great confidence.

Proper guidelines given by the teacher in the class and the printed material pertaining to each lecture regarding breathing exercises, affirmations and practice of meditation are quite effective. Last but not the least, the true desire of the student to study and practice, make it convenient and possible to understand the unique yoga systems of spiritual breathing exercises and meditation. I take this opportunity to thank the respectable authorities of Brahmavidya Sadhak Sangh for making available, the unique methods of Brahmavidya, to thousands of people. I have now enrolled for the Advance Course and I am studying the methods taught therein.



Discover a new meaning of life

Brahmavidya is a way of life, feels B C Mahesh who shares his experiences beautifully in the forthcoming article



Everyone wants to be happier, peaceful, successful, healthy and find meaning in their lives. But unfortunately, no one is taught how to achieve this. I was also in a similar situation for the last five to six years when I used to read various spiritual or self help books, listen to discourses, I had a deep desire to find some *guru* who would teach me to live life in a better manner.

Luckily, one day I came to know about Brahmavidya from my wife's yoga teacher who suggested that I should attend this course which was to start in the next two days and that is how I attended the first session in January 2007. Somehow, I had not heard anything about Brahmavidya till then.

My physical and mental status before joining Brahmavidya –

Though, I did not have any specific physical ailments, I was slightly over weight. I used to get tired by the time I reached home at 8 pm and did not have any energy left to interact with my family. I was also quite reactive in terms of losing my temper quickly especially with my family. I also used to carry a lot of office stress home and also constantly worry about the future.

After the first session, I was quite apprehensive about the fact that the classes were to be conducted in Marathi and I was not comfortable with it. Having spent quite some time in Pune, I could partially understand and speak broken Marathi but nothing more than that.

However I decided to attend a few classes and then decide on my future plan. Luckily in the Basic Course, my teacher was able to sense



this and used to occasionally highlight some important concepts in English that helped me to grasp the flow of the lecture. English notes were also given and that helped me a lot.

The teachings are scientific, systematic and the gradual way of introducing concepts and exercises and meditation ensure that you learn and absorb in a more sustained manner. The breathing exercises purify the body while meditation purifies the mind. You learn to understand the purpose of existence and become aware of that spark of divinity present in you.



Brahma Vidya, the essence of life

Heena Sheth has found that Brahma Vidya is the key to lasting happiness, she shares her experience with this enriching science

I came to know of Brahma Vidya through an article published in a newspaper. I was greatly impressed and therefore, I decided to join the class. Internally, I felt that I would be able to find answers to my spiritual quest. I was right. I did find my answers. Till now, I had not come across any spiritual class which was full of knowledge.

The knowledge of the universe and our beautiful body is nicely explained in a simple language. The class has helped me to understand myself and life. Practice of Brahma Vidya has made me aware of the creative spirit within. It is truly an important awareness.

The essence of Brahma Vidya is right breath and right thought. You will be able to achieve it with the meaningful affirmations and meditation. This will help you to manage life and focus your energies on the right path. After joining the classes, I am able to understand myself and appreciate the beauty of nature. Suddenly, I find myself to be complete, happy, joyful and a confident person.



The purpose of life

Purpose makes one's life meaningful. Practice of Brahmavidya helps one find one's true aim in life. Kirti Panchal shares some of his ideas



I was pondering about life... the true purpose of life. I don't know exactly what it is, but I want some change in my life, I want expansion, I want to be doing something meaningful and yes, I want peace, prosperity and freedom. I want to do something significant, something that makes a difference in the world. But if you ask me what exactly I want, I would have to say that I don't know. Can you help me find my life's purpose?

I happened to share my thoughts with my friend Daniel Henriques whom I branded as a hot tempered and moody without actually knowing him. But sometimes what he says makes a lot of sense. In the past year I saw a remarkable change in his behaviour and personality. When I asked him the reason, he led me to attend the introductory session of Brahmavidya, here my quest to know the depth of this spiritual science was fulfilled. After doing the Basic Course, I was qualified to do the Advance Course, which gave me the feeling that God has selected me, he has showered his blessings on me and bestowed upon me with the responsibility to change myself.

I asked God, "How do I get the best out of life?" God answered: Face your past with regret. Handle your present with confidence and prepare for the future without fear." Then he added. "Keep the faith and drop the fear. Don't believe your doubts and never doubt your beliefs. Life is wonderful if you know to live...Have a great life full of happiness." I find Brahmavidya as a charger of my life-mobile. It keeps me fit physically as well as mentally. The positive affirmations



are like a magic wand. They have eradicated negativities from my life, have enthused positivity and have enhanced confidence in me. All the exercises are helping me to churn out healthy butter which provides fuel to my life engine. My family and friends are astonished to see the noticeable change in me. It is a reincarnation of me. All this has happened with just 15-20 percent inputs from my side. I must confess, I am not very regular, consistent and fully devoted due to other involvements. If I give my 100% inputs with ardent devotion and maintain the continuity, I can certainly reach where I want to reach. Brahma Vidya is a divine nectar and blessing of God which every aspiring human being must avail and have it. God bless all.



A weapon against negation

*Brahma Vidya is quite interestingly used as a weapon to ward off negation of every sort, internal and external. It is a great life enhancing science, **Principal Sobha Nair**, of PES English Medium School and Junior College, Thane shares her experiences...*

My acquaintance with Brahma Vidya strengthened on reading literature and discussing its merits with people who had experienced the benefits of these exercises. It then dawned on me that Brahma Vidya is a proven science, a sound technique rather than a mere belief and if practiced sincerely and consistently it could change one's life.

Brahma Vidya is a regular value-addition in my school since the academic year 2003-2004. I could see that Brahma Vidya was working wonders on my students. So out of curiosity and to gather more knowledge about the same, I enrolled for Children's Course along with my students. It was quite an experience, to share the classroom



with the students of the school in which I am the Principal. Earlier, my knowledge about Brahmavidya was limited to reading ‘Pradnya’ alone, but on doing the course I was not only experiencing the benefits but was able to judge the progress of my students better. I could not overlook the infusion of positivity in my life. So, in order to enhance my knowledge of Brahmavidya I did the Basic Course of as well.

I have been practising Brahmavidya regularly. I could practice well, as it is most convenient and can be adjusted in to one’s daily schedule quite easily. As days passed, I saw that Brahmavidya was working wonders for me. I have become more confident, I can handle any situation with ease. I have become more positive and never think negative about anyone. I’m unaffected by any negativity which happens around me, today I can see that people become positive when they are near me. With the practice of creative breath I could see many of my wishes being fulfilled.

All thanks to my *guru* for showing me this noble path of Brahmavidya. It has unlocked a dimension in me. Brahmavidya is a great source of life-changing wisdom practised and perfected over time and for me it is more like a secret weapon I carry at all times against adverse situations. It is my enlightener and my guiding light.

Brahmavidya at school

We introduced Brahmavidya for secondary section students in our school. In the year 2003-04 and a few years after that too, I had all my class X students enroll for studying the Children’s Course. As their teacher and Principal of the school I can vouch for the fact that the practice of Brahmavidya has helped them gain confidence and concentration in their studies. Their results have improved qualitatively, we have seen more number of students securing first class and distinctions and many scoring above 90 percent. Over and above this, a sound change in their nature has also been observed by teachers and parents alike. I truly feel Brahmavidya should be taught in all schools to all secondary and higher secondary students. It will be a great gift that a school can give its students. One which will truly enhance their life.



Towards self purification

Brahma Vidya as a spiritual science is most important in purification of the body, mind and soul. Vasant Kittur, a sincere student benefits from its regular practice and explains how it works

I have been benefited both physically and mentally attending this course. The course material is lucid and to the point and complete in itself. It is persuasive to the extent that I end up doing exactly as is prescribed therein. Although, I am Kannada, I understand and read Marathi and appreciate it too.

The breathing exercises and affirmations have instilled a lot of confidence and joy in me. I feel energetic and happy throughout the day. I have been doing these exercises regularly and I find relief in my knee pain, feel fresh and energetic. I am happy to notice that my health has improved. The affirmations seem simple at the outset but are quite deep, inspiring and thoughtful. The very essence that I talk to myself with fervour through these affirmations takes me to the feeling suggested therein.

The ideas put forth in our lessons are just wonderful and help one in cleansing one's whole being at the physical and mental level. The positive thoughts that enter one's mind, truly are an elevating experience, our actions too are led to be wholly positive. Thereby our life is gradually filled with many positive results. Meditation helps purify the mind and keep negative thoughts at bay. Prayers bring peace and strength to one's mind. My journey has just begun and I know I have a long way to go, but I feel grateful that I am on the right path. I am evolving into a happy, contented, confident, peaceful and loving person. I have learnt this wonderful science along with my wife and we both are obliged to our *guru* who has taught this science in great detail with emphasis on accurate practice.



A life changing science

*Brahmavidya has the power to transform one's life completely and bring in unimaginable success and peace in every way, **Pankaj Mehta** shares some truly awe-inspiring experiences*

In Jan 2007, I was a complete shattered man due to domestic fights, I had no job at that time and my better half had left me as she felt I was not concerned about her feelings, and my inability to take a firm stand on issues related to our joint family set up (earlier also in last three years she had attempted suicide twice and had left me and asked for divorce). I was in a total confused state of mind for last couple of years. At some point of time again when I tried to patch up our differences, and it would last for some time. This time she was firm in her decision, I have two grown up daughters. We are married since the last 23 years, during this time I took to heavy drinking and left my fate to God to show me the path.

Then one day on a Sunday morning in the first week of January 2007 a leaflet was dropped at my door. It announced that Brahmavidya classes would commence soon. Out of sheer curiosity I went to the venue, when I narrated my purpose and problem to my *guru* he smiled and told me you have come to the right place. Now after completing my Basic Course, I am now doing my Advance Course, and today my wife is happily staying with me and she is a totally transformed as a person, and I as an individual have got the tool to tackle my own fears with courage in a righteous way.

Looking back over the past year, I think I have gained what I couldn't have gained in many births, I wish to attribute every bit of my success to Brahmavidya. I sincerely pray: May the light of Brahmavidya reach every home and help make our Earth a better place to live.



Come, find your own heaven



Juzer Udaipuri beckons one and all to join in Brahma Vidya class and partake of this wonderful science, which he feels is nothing short of 'heaven on earth'

Material success touched my feet and caressed my persona. I had it all. A roaring law practice, good health (sort of), a loving family, caring parents, healthy social worth and a bright career spanning before me. And yet, something was missing.

I used to feel exhausted early in the morning, my eyes would burn by late afternoon, my day would be boring and I wanted to weep. Though, there was nothing wrong on the surface, everything was awry on the inside. My heart was not at peace. I was longing and searching.

Out of the blue, in one of my Rotary meetings, I was handed over a flyer. With anxiety and uncertainty in my mind, and more out of curiosity, than a seeker of knowledge, I turned the dial of my telephone and was roped into joining the class.

From day one, the science of Brahma Vidya enthralled me. It opened my eyes to its wonder. I was blown over by the sheer simplicity of the literature, the humility of the narrator, the clarity of thought and the depth of his experience. All my previous Yoga trainings and management seminars had not prepared me for this treasure chest. Diamonds, emeralds, pearls, rubies and sapphire of wisdom and suggestions lay strewn and I had just to gather and assimilate them.

Dear friends, believe me: my fatigue vanished, my eyes were now unstrained, no body aches and pains afflict me, family and professional relationships improved, a smile danced perpetually on my lips, loss of body weight occurred with no extra effort and a feeling of direction and purpose dawned. And yes money came gushing in from my law



practice. All of these and more were my gifts bestowed by practice of Brahmavidya.

I implore you with joined hands; be our guest here in learning Brahmavidya. No other practice will provide you the wealth of unlimited dimension as this will. I conclude my call with an invitation to all of you to visit heaven on earth.

Gar firdaus bar ruh ae zamiast,

Hamiasto, hamiasto, hamiast

Translated from Persian, it reads –

If there is a heaven on this earth,

It is here, It is here, It is here



Brahmavidya, my companion for life

Niketa Purandare in the following article tell us how she regained good health with the practice of Brahmavidya. Once again we realise that it is indeed a beautiful science that helps enhance one's life



This was my second attempt at following the Basic course of Brahmavidya. Frankly speaking there wasn't a tad bit of willingness or motivation within me to sit through the 22 weeks long schedule that I had followed five years ago. I re-enrolled myself upon my mother's relentless insistence.

Today, I can surely say that I do not regret having sacrificed my Sunday morning slumber for Brahmavidya. It is indeed a key to imperishable health, both – physical and mental. Talking about physical health; I carried a long history of anemia when I sat for the first session of the class at Vile Parle (W). But today my blood iron



levels are very much in control. Ask me, ‘how did this happen?’ Brahma Vidya has caused a drastic change in my thought process. This change being, a positive one, I kept imagining a healthy ‘red’ picture of myself and safe guarded it in my mental box and chucked away the thought of illness. On the mental level, Brahma Vidya, has instilled in me the values that I only read about in management and self help books for example: the art of delegation at workplace, patience, fairness. Another most important thing that I have learned is the value of time. Not only have I been able to live up to my commitments, but also I have learned that it is extremely important to ‘value’ and ‘respect’ other people’s time and to ‘never’ take it for granted. Many thanks to Brahma Vidya, that I have seen a gradual flush of enthusiasm in me. It has enabled me to reconnect and re-pursue my long lost hobby of playing the violin.

There are many benefits that I have sought from this wonderful science. I would like to take this opportunity to say that Brahma Vidya has certainly enhanced the ‘quality’ of my life and has made it more ‘meaningful’.

Amazing Facts

There are 45 miles of nerves in the skin of a human being.
In a year, a person’s heart beats 40,000,000 times

Each square inch of human skin consists of twenty feet of blood vessels. Nerve impulses to and from the brain travel as fast as 170 miles per hour

Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself

Your left lung is smaller than your right lung to make room for your heart



How does Brahmavidya work in children?

*The forth coming article is written by **Sugandha Indulkar**, who has been conducting children's course for the last six years. It strives to answer a basic question - Why is Brahmavidya important for children and how exactly does it help them?*

The creative power to make use of their circumstances and opportunities is inherent in every child. Brahmavidya simply allows this creative power to shine and grow in every respect. This process takes place at three basic levels: the body, mind and spirit of the child. Of the two primary levels one can discuss at length and try and explain with examples how this happens and has happened in the various Brahmavidya classes for children conducted all over Maharashtra. For instance, the breathing exercises infuse their body with high amounts of prana energy, which purifies their whole body and improves its functioning. They feel energetic, their immunity is built, respiration improves and so do the other bodily functions. As far as their mind power is concerned, children are basically malleable by nature, they are programmed to learn, grow and evolve in life. How they do it, determines their success in future life. Brahmavidya helps in improving their concentration, retention and grasping.

The course for children comprises of eight spiritual breathing exercises and prayers. The course is short and sweet of two months. During which they are acquainted with the basics of Brahmavidya theory, its origin and historic significance. The entire curriculum stirs in them the power to think independently, respect elders and the Laws of Life and acquaints them with the omnipresence, omnipotence and omniscience of the Almighty. Towards the end of every class, all children invariably feel that the class was indeed short and should have been extended further. They express a desire to be associated with Brahmavidya throughout their lives.



Concentration improved

*Regular practice of Brahma Vidya helps in increasing concentration and thereby is of great use to school and college going students. **Mrunali More** tells us how it helped her*

I find that my concentration has improved due to practice of Brahma Vidya. It has helped in relaxing my mind and nourishing my whole body. Before joining Brahma Vidya I would feel tired after coming from school and I could not concentrate on my studies. But after practicing Brahma Vidya I do not feel tired and thereby can study better. My recurring stomach ache also was cured and therefore, I am indebted to this wonderful science for all the benefits.



A refreshing experience

*Regular practice of Brahma Vidya brings a renewed vigour and joy in one's life, **Surabhi Natekar**, a class VII student explains how this science helped better her life*

Before joining Brahma Vidya class after getting up in the morning everyday I used to feel drowsy and never felt fresh. After running for some distance I used to feel tired. But since I have started practice of Brahma Vidya I have reaped many benefits. My concentration has increased. Now when I get up early in the morning I feel fresh. And after running also I don't feel too tired. Brahma Vidya has also taught me many good things. My confidence levels have increased. I also participate in many competitions and feel happy throughout the day. I am able to score well in my examinations. My parents are quite happy with my progress. I was suffering from cough for a long time, but now it has been cured completely.



A tonic for all

Brahmavidya is not just a set of breathing exercises and prayers, it is a holistic science. It empowers all those who regularly practice with good energy levels and better concentration and memory. Here's a school going student who shares some of her experiences with this science

A student of class VI, I, **Simran Sunil Surve** would hereinafter like to share my experience with Brahmavidya after having completed the Children's Course. I joined this course last year and since then I am practising Brahmavidya regularly. This practice has helped me improve my concentration and memory. I was very happy when I got the national award of Best Bulbul (primary version of Guide) and an opportunity to go to Delhi to receive this prestigious award. I owe thanks to Brahmavidya, my parents and teachers for this.

My day starts with Pranayam and I enjoy doing the breathing exercises. As my parents have also completed Brahmavidya course, they encourage me to practice regularly. Having done my practice in the morning, I feel energetic and fresh throughout the day. Besides my regular studies, I play volleyball, chess and also go for Bharatnatyam dance class. I have won the chess competitions organized by MSS (Mumbai School Sports). I can say that Brahmavidya has helped me to keep up with all the activities like drawing, singing, dance, chess and of course my favourite volleyball. Brahmavidya is my tonic. Would you like to get this tonic? Just Do it. Learn Brahmavidya at once.



Of improvement and great results

Kartik Shetty, a school going boy benefits from regular practice of Brahma Vidya and shares his experiences...

Regular practice of Brahma Vidya has brought quite a few awe inspiring results in my life. It has helped improve my drawing. I have become less aggressive than before. I can concentrate on my studies better. Thereby my grasping has improved. My eyesight has improved. I feel joyous throughout the day. I am grateful to this wonderful science for its brilliant results.



Keep teen tantrums at bay

Pallavi Sheth explains how Brahma Vidya helped control her temper and usher a wave of positivity in her life

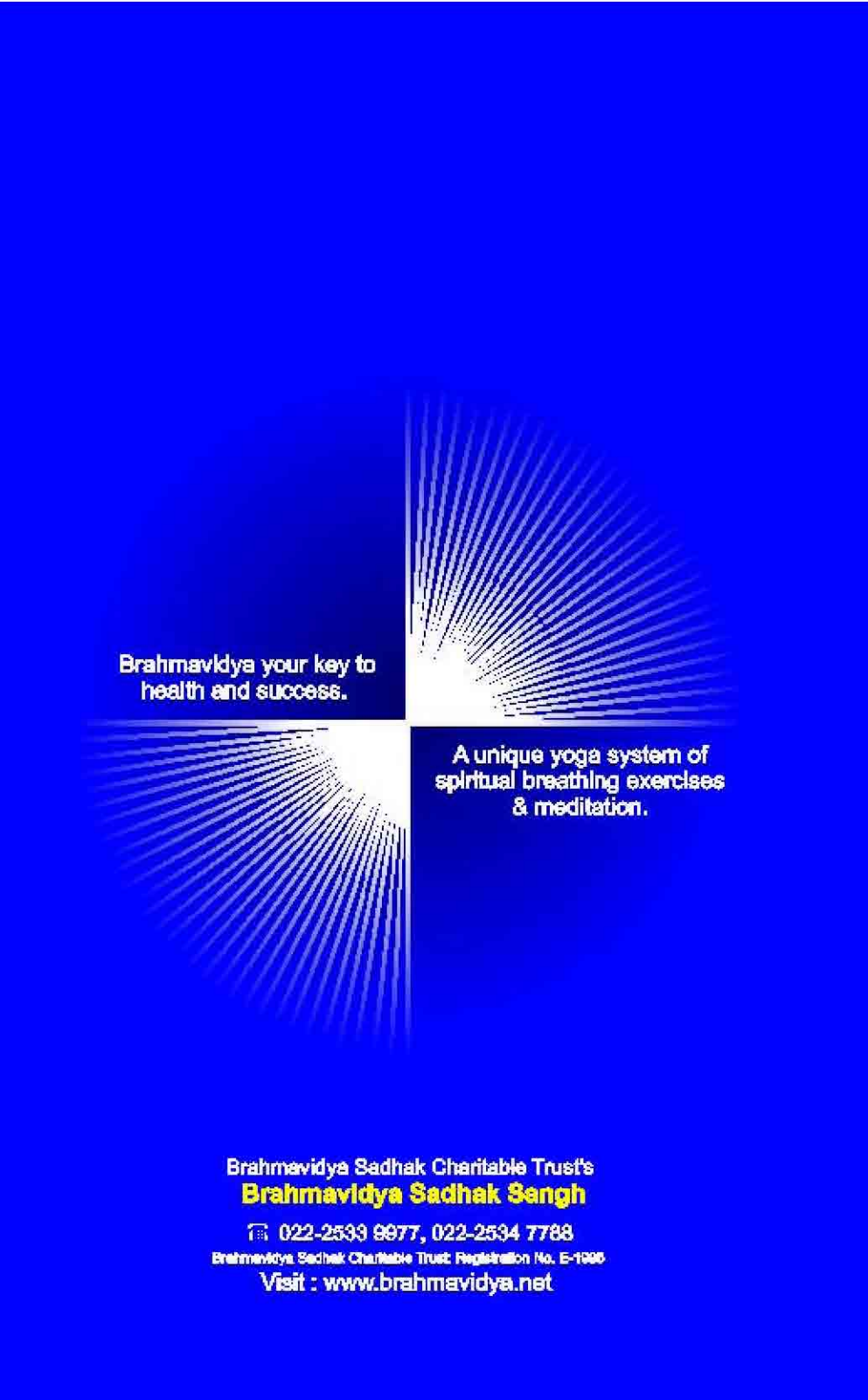
Regular practice of Brahma Vidya has helped me greatly. My parents had sent me to Brahma Vidya class, on the very first day I saw that the teacher spoke to me very lovingly. I was indeed pleased with her demeanour. I was taught the breathing exercises, which I started practicing most sincerely. My teacher told my mother that I was doing well in the class and thereby my mother too felt proud of me. Earlier, I used to be short tempered and often used to scream at my mother for no reason. Practice of Brahma Vidya has helped me control my temper and today my relations with my mother have improved. I could score well in my examinations. I used to somehow score about 80 percent, but after having practiced Brahma Vidya I was able to get 86 percent in my school examination. My teacher is hopeful that I would be able to cross 90 percent as well. That makes me feel confident too. My father too is happy with my performance and I feel indeed gratified to see the wonderful changes Brahma Vidya has bestowed upon me.



Advance Course gathering at Thane



Shri Jayant Divelar unveiling the yearly 'Prachya' at Annual Gathering held at Borivali, in 2007
(L to R) Vijay Bhingani, Rajaram Surve, Kalindi Teneessi, Swati Jog & Alka Purohit



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