

PRADNIYA

Let there be light!

2009-2010



॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।
ज्ञानप्राप्त्यर्थप्रस्थानं राजमार्गं करोम्यहं ॥
संतुष्टीऽहं कृतज्ञीऽहं कृतार्थीऽहं पुनःपुनः ।
प्राणनादतेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

PRAYER

Brahmavidyam namaskrutya matguroho charanau tatha
Dyanpraptyartha prasthanam rajmarge karomyaham
Santushtoham krutadnyoham krutarthoham punha punha
Pran nad tejotitam Brahmavidyam namamyaham

Meaning: Having paid my respects to Brahmavidya 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 Brahmavidya, Which is beyond breath, sound, and light.

VISION

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

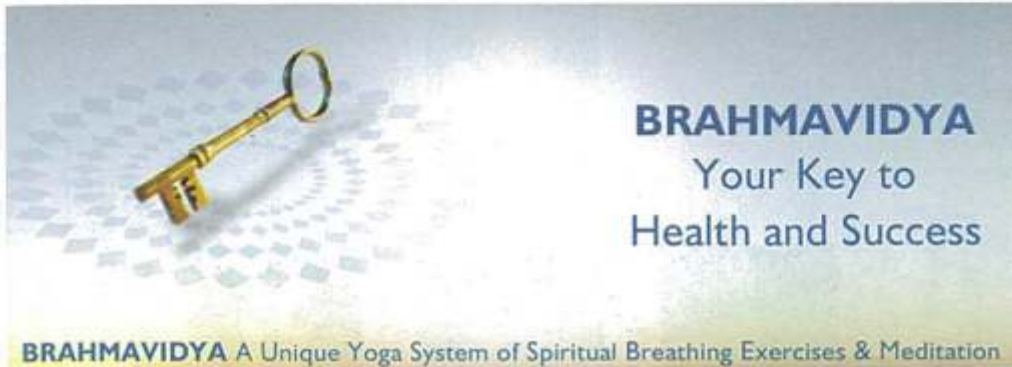
MISSION

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

OBJECTIVE

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

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 Brahmavidya courses, attended the residential camps and are enjoying the benefits of a physically, mentally and spiritually healthy living.

To all Brahmavidya 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.

Brahmavidya Sadhak Sangh



Place	Class Address	Time	Date	Teacher
Borivali (W)	Sailee International School, Gorai Rd	Morning 8 am to 9.30 am	Sunday April 2010	Mr Karandikar 9869264623
Chembur	Chembur Education Society, Ramkrishna Chemburkar (RC) Marg, Chembur Naka	Morning 10 am to 11.30 am	Sunday April 2010	Dr Mrs Bhelose 9869378952
Churchgate	PVDT College of Education, 3 rd flr, SNDT College, Nr Stn	Evening 6.45 pm to 8.15 pm	Thursday April 2010	Mr Vikas Pandit 9320972347
Dadar (W)	Chabildas High School, Room 12, Opp Vanmali Hall	Evening 7 pm to 8.30 pm	Thursday April 2010	Shri Dalvi 9820227104
Goregaon (E)	Sanmitra Mandal School, Gogatewadi, Nr Stn.	Morning 10.15 am to 11.45	Sunday April 2010	(CA) Mrs Apte 9870227746
Goregaon (W)	MTS Khalsa Jr College, Nr Vasant Galaxy, Bangurnagar	Morning 8 to 9.30 am	Sunday April 2010	Ms Seema Dharashivkar 9869184393
Kandivali (E)	Nupur Zankar, Samaj Kalyan Kendra, Thakur Complex	Morning 9.30 to 11 am	Sunday April 2010	Mr Vijay Bhirangi 9819335031
Malad (W)	Ghanshyamdas Saraf College Sunder Nagar, S V Road	Morning 8 am to 9.30 am	Sunday April 2010	(CA) Mrs Apte 9870227746
Mulund (W)	Mulund College of Commerce, Nr Mulund Rly Stn	Evening 6.30 to 8 pm	Saturday April 2010	Mrs Jog 25476818, 9820107317
Thane (W)	Shiv Samarth Vidyalaya, 1 st Flr., Opp Gadkari Rangayatan	Evening 6.30 to 8 pm	Saturday, April 2010	Mrs Kulkarni 25422768
Vile Parle (W)	Bhagini Seva Mandir, Kumarika Stree Mandal, S N Rd., Nr. McDonalds	Morning 9 am to 10.30 am	Sunday April 2010	Dr. Shevade 9324184159



Brahma Vidya Sadhak Sangh

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...

This is the 11th year of publishing of our annual souvenir 'Pradnya' brought out by Brahma Vidya Sadhak Sangh. The practice of Brahma Vidya will make many lives happier, with this sole intention it is essential to circulate more and more copies of Pradnya. Let us all pool all our resources for this purpose. In today's era of science and technology we often blame the surrounding pollution and cut throat competition for the negatives in our lives and shirk our responsibility. But with the practice of Brahma Vidya even in such circumstances we can maintain right balance of our body and mind. Therefore, Brahma Vidya, the ancient science of Yoga and Philosophy still garners immense response from contemporary seekers. This proves the efficacy of the techniques of Brahma Vidya.

The spread of Brahma Vidya is not restricted to developed cities like Pune and Mumbai alone, it's work has reached remote areas of the State and is spreading rapidly in several small towns across Maharashtra. As it is not possible to conduct six month-long courses across the State, Brahma Vidya is taught here by conducting camps. This year nine Brahma Vidya camps were conducted at different places in Maharashtra. Also, students who complete Brahma Vidya courses also need to refine their skills in the practice of this science and therefore we have organised many revision classes and camps regularly. This year we had conducted nine Basic Course revision camps and two Advance Course revision camps. Details about the past year's



activities can be found in the section titled 'A silent revolution.' The increasing response to revision classes and camps shows that more and more followers of Brahmavidya are keen to perfect their practice and understanding of this wonderful science.

With the help of Pradnya we are trying to put forth the activities of Brahmavidya Sadhak Sangh and increase awareness about this life-changing science. The able guidance of Chief Trustee Shri Jayant Divekar has been instrumental in the strides that the Sangh has taken in all of these activities. Publishing of 'Pradnya' 2010 has been possible due to the selfless contribution of many individuals, I hereby thank them all. I would like to thank all writers, page donors, life members, cover page designers and Mouj Prakashan on behalf of Pradnya editorial board. As usual this edition of 'Pradnya' will bring relevant information and guidance to you.



**These teachers started teaching
Brahmavidya Basic Course in 2009-2010**



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Brahma Vidya Sadhak Sangh



Venue for Brahma Vidya Camp at Panhala





Will there be enough for me?

From birth to young age, and thereafter, throughout their lives most people are bothered about thinking: 'How would I live my life?' Shri Jayant Divekar, Chief Trustee, Brahmavidya Sadhak Sangh helps us find out a solution to this perennial question



Will there be enough for me? Is one question that bothers the whole mankind. Would I get the toy I want, would my parents allow me to drink Pepsi, will my parents send me for a picnic. Will my friends in school tease me? Would I be able to score well in class X and XII? Will I choose the career of my preference? Will I get the job of my dreams? Will I attain success in my career? Will I get a good life partner? Would we get along well? Would I have a daughter or a son? Will they get good education? Will they get married and settle in life well? Will I prosper in my job or business? After retirement what should I do? Will my children look after me? Would I retain good health in old age? Would I have to depend upon others when I am old? What will happen after I die? Does life end at death?

From childhood to youth and thereafter till old age questions of this sort bother almost all human beings. These questions lead to worries and a silent anxiety in one's mind. This anxiety comes with a blend of insecurity and therefore one cannot live life freely and happily. One cannot acquire what one wants. As a result, one often drags through life unhappily.

Let us try to find out if we can acquire that which we truly want. Let us find out if we can devise ways of fulfilling our ambitions amidst the most trying situations. Do not stop merely after reading this article, think over it and see if you can grasp its essence and act accordingly. I hope that having thought over what is written hereinafter you will develop a firm belief that you can achieve that



which you truly wish to achieve.

Universal abundance

Whatever we wish to achieve can come to us through Universal supply. Firstly, one needs to know that the Universe is abundant in its resources, there is nothing lacking in it. Do not waste your time in areas where there are clear material deficiencies. For instance, some may say that mineral oil resources of the Earth are depleting, human life is limited, at high altitudes supply of oxygen is less and so on and so forth. Do not waste time in looking for instances of such dearth, instead try to seek Universal abundance and understand that lack of Universal resources is not the reason for a constant feeling of deficiency in our life.

Everyone wants more money. If one is not able to earn enough money in one's lifetime, should one blame the depleting planetary resources for it? When India achieved independence the population of the country was 30 crore, today it is 100 crore. Despite this increase one does not see any significant lack of resources. In fact, in terms of availability of goods and services we have more and more options today, as compared to those we had 50 years ago.

Instead of elaborating this point, let us together look at the Universal abundance which is open to all of us. You will realise that everything that you want in life is abundantly available in this Universe.

We are attractive

Secondly, we all are attractive in the sense that we all have the potential to attract various things to ourselves. Everything that we have in our life today, we have attracted all of it towards us through the Universal supply.

The Law of Attraction can be explained through a simple example: We all like to eat well and love to relish varied delicacies.

1. When we develop a craving for a particular delicacy, or feel that our body needs it, we go ahead and consume it.
2. We have little knowledge of what happens to this food when it enters our stomach. Our body also absorbs (attracts) all that it needs



through this food. Through the circulation of blood these things that we had attracted towards us assimilate in every cell in the body.

3. So, you see the law of attraction is functional in each of the millions of cells in our whole body. Every cell has the knowledge of what it wants and it thereby attracts to itself that which it needs.

So we have seen, how the Law of Attraction works in this simple example. You can extend the same understanding of this Law of Attraction to every aspect of life and test its working. In case of the human body, mind and emotions, this very principle of attraction is found to be at work.

Having understood the essence of the aforementioned facts, we know that the Universe is replete with all that we need to live successfully and that we have the power to attract all that we need. Now, we only need to learn how to tap this potential which is a natural gift to each one of us and use it effectively to attract all that we need. Brahmavidya teaches us just that! And therefore, I appeal to each one to learn to use this power of attraction within us for individual and societal benefit and fill our lives with health, contentment, affluence and peace.



Participants at Nasik Camp



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 12 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 without any monetary reimbursement. 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 improving one's life
- As a result many students find astounding benefits 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
- Brahmavidya 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 Brahmavidya

The Basic Course of Brahmavidya 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 Brahmavidya, which primarily include eight spiritual breathing exercises and meditation.

The Advance Course of Brahmavidya 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 Brahmavidya 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 Brahmavidya. 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

Brahmavidya Sadhak Sangh conducts regular workshops for teachers. This helps teachers share their experiences and review their practice of Brahmavidya effectively. Regular workshops are conducted



Brahma Vidya Sadhak Sangh

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 Brahma Vidya and cannot dedicate a time span of 22 weeks. Brahma Vidya 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 Brahma Vidya 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.

January 2009 to September 2009

Residential Advance Course Revision camp : 2 batches

No. of participants : 98

Residential Basic Course camp : 9 batches

No. of participants : 297

Non-residential Basic Course camp : 9 batches

No. of participants : 217

A glimpse at Brahma Vidya classes in the year 2009

	Children's course	Basic course	Advance course	Hindi Basic course	English Basic course
Number of teachers	42	66	3	5	13
Number of students	1283	5616	261	257	589
Number of batches	84	139	4	10	16



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. Pune Office: 1758, Sadashiv Peth, Garden View Apt., First floor, Nr Bhikardas Maruti temple, Pune 411030 Phone: 020-24454402'

Page Donation Scheme

This scheme has been receiving unending support from all students of Brahmavidya. 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 Brahmavidya Sadhak Sangh. At present over 1300 students have availed of this scheme. Under this scheme each year when 'Pradnya' is published a copy is couriered to each Life Member.



Respect yourself



In the break-neck speed at which we jostle through life, each one of us needs to develop this beautiful quality called 'reverence.' It's a rare trait, one which adds value to relationships and meaning to life. Swati Jog, teacher and trustee of Brahma Vidya Sadhak Sangh explains...

Travelling by train or bus is usually a very informative and even an enlightening experience! The other day I squeezed into a train at Thane, to be welcomed by a heated discussion between two ladies. The reason was commonplace; one had stepped onto the toe of the other, but as usual it entered into a broader arena! Balanced precariously on the fourth seat, I overheard the conversation between the co-passengers.

The lady near the window was disturbed as neither her boss nor her subordinate was ready to co-operate with her. She complained "They are stubborn. They are not ready to listen to my point of view." The other lady agreed "Very true. No respect for others. It's the same at home. My children will not pay any heed to my advice. They seem to forget that I am their mother. We were so different-- so full of reverence."

By now I was securely seated and could peacefully contemplate. What is reverence? What and who do I respect? Does it matter? Does it make my life any better?

Reverence is a beautiful word which means 'honour', 'veneration', 'awe', 'adoration', 'submission'. It also means 'to regard with fear, to feel awe, mingled with respect, affection and esteem' and so on.

In our journey from childhood to adulthood, we have observed our parents, grand parents, contemporaries and peers and many around us showing respect in different ways.

Accordingly, we have also developed respect towards elders, teachers, and achievers, respect for our motherland, and so on. Sometimes, we literally stand up in awe, on some other occasions



showing respect is a mere formality.

However, very few of us are aware that reverence is a force in our lives. It builds a bridge between two individuals. It brings harmony and order into the family, into an organization, into the nation and the world. We are inclined to listen to others; it opens the gates of our minds. A lack of respect leads to heated arguments, broken hearts and families. The man who does not know reverence will be wrong in his judgments never conscious of his failings, inconsiderate to others. .

First of all, nobody has taught us to respect ourselves. Only after we learn to respect ourselves, can we respect others. As we respect ourselves we are weaned away from self-centeredness. Caught up in our busy schedules, we become too numb to ponder over these vital aspects of life.

The basic course of Brahmavidya awakens us to the laws of life. The Law of Reverence is one of them. With the practice and study of these principles, the student begins to respect herself or himself. We feel gratitude for having a wonderful body and mind, for the ability to breathe and think. The teachings and their practice bring in more and more meaning into the life of the student, better health and more success. The student feels and expresses reverence. It no longer remains a mere formality.

I take this opportunity to appeal to you all to join the basic course of Brahmavidya, or for children, the children's course. I believe this can empower you to transform your lives. ❖

OFFICE STAFF

(L-R) Standing: Anil Vinerkar, Ramesh More and Mangesh Jadhav. Seated: Bhagwan Lonkar, Laxmikant Bhagare and Sugandha Gadre





Brahmavidya Sadhak Sangh

Brahmavidya : An easy and effective science



Rajaram Surve, Basic Course teacher of Brahmavidya, highlights the salient features of this spiritual science and how every human being can use it effectively for his own development

The science of Brahmavidya is based on experience. Therefore every follower with regular practice can derive excellent benefits. Looking at the immense response that Brahmavidya draws from all segments of the society one surely feels gratified. This response is proof of the efficacy of the science. On physical level one feels energetic and one's mind is filled with a feeling of zealous rapture. The Basic Course of Brahmavidya teaches eight spiritual breathing exercises and meditation techniques which bring positive results to each one who practices regularly.

Brahmavidya for all

Practice of Brahmavidya does not need any educational or experience based background. Any one above the age of 18 years can practice Brahmavidya. Even senior citizens can practice Brahmavidya well. The breathing exercises taught in this class are easy to practice on a regular basis and are highly effective.

Brahmavidya for children

For the age group of 10 years to 18 years a different Brahmavidya curriculum has been charted. Many students have benefitted from the practice of this course. Children have found benefits like behavioural improvement, increase in enthusiasm levels, memory development, improvement in concentration, etc.



Brahmavidya is free of compulsions

There is no compulsion in terms of dietary habits, no requirement of special costume for practice of Brahmavidya. There is no compulsion of any sort during the whole teaching of Brahmavidya. It is completely voluntary and based on the experience and benefits drawn by every follower that his progress depends. Students can decide upon the time, venue and date of the class they want to attend. Classes of Brahmavidya are conducted at various locations across the length and breadth of Mumbai city. Detailed time tables of these classes are available freely in the office. A telephone call to the Brahmavidya office can clarify all doubts of new comers into this science.

Easy and accurate practice

Brahmavidya is taught once in a week, in a session of 1 hour 30 minutes every week. At the end of each class students are given a lesson to read, understand and practise over the week. Therefore most students are able to progress well in the study of Brahmavidya. Reverential reading and understanding of these lessons help each one to progress in all aspects of one's life. The Basic Course is conducted for a duration of 22 weeks.

No competition and examination

Brahmavidya is a study, alright, but without any competition or examination of any sort. This therefore, is a stress-free study in the real sense. Dedication that teachers exhibit in the class invariably influences students positively. There is no admonishing of any sort in these classes, students are allowed complete freedom and peace to understand the science well and grasp its essence so as to implement it in their lives most effectively.

Language no bar

Brahmavidya can be practised by one and all, irrespective of caste, class, religion, region, language and gender. Presently, Basic Course of Brahmavidya is taught in Marathi, English and Hindi languages. Efforts to make this course available in more and more languages are

- With gratitude from Gulabi Dejappa Poojari
- With gratitude from Natraj Iyer



on. Therefore, Brahma Vidya is truly a science for all.

Attendance in class

Basic Course of Brahma Vidya goes on for 22 weeks, once in a while if a class or two is missed by the student, there's no cause for alarm, as there is enough repetition in the class for all to understand and grasp the science well.

A well synchronized curriculum

All teachers of Brahma Vidya teach everything that is prescribed in the course. They may use some experiences as a base to expand on the topics in the lesson. Therefore there is an ascertained standardization and high quality of teaching irrespective of which class you attend.

Brahma Vidya camps

For those who wish to learn this science but cannot find time to attend the class regularly for six months, they can attend the five-day camps which are regularly conducted in Mumbai and across various locations in the State. For those who cannot attend any of these classes, they can learn the course through correspondence as well. Therefore learning Brahma Vidya is surely easy and a joyful experience. ❖



Participants practising breathing exercises at Bhayander Camp



The Quest

Brahmavidya offers hope to one and all, here's a story of one such individual

Sanjay, my friend, was a capable Production Manager in a reputed MNC. The day his boss called him and asked him to take up the responsibility of a Project Manager for their new factory coming up in a newly defined SEZ, he was overjoyed. Sanjay was young, unmarried and came from a stable well-knit family. The only apparent problem with the new assignment was relocating to a site 1,300 kms. from home in a relatively under-developed area with lack of modern facilities and amenities which the urban-bred Sanjay was so accustomed to from birth. Moreover, at 29 years he was a prime candidate for marriage and all his relatives were gently pressurizing him to see one girl after another as a prospective bride. Surprisingly, he had escaped the snares of quite a few of his legion of female fans. He had also made up his mind to marry and settle down in life as his career was on the right track and he was happy with life in general.

Sanjay left after a lot of debates, arguments and counter-arguments and got immersed in the new assignment head-on. His day began at 6 am and ended way past 11 pm on a daily basis. Sometimes he would work beyond midnight. As a project leader his fingers were dipped in all pies. Planning various aspects of the project, putting together teams, coordinating with various agencies, supervising construction work progress, ordering equipment, seeking government permissions and licenses, attending to the needs of labourers, facing protests from locals, meeting financiers, compiling reports, analyzing deviations... the works!

Sanjay's wakeful hours were filled with the project. He brushed his teeth with the project in his mind, he shaved with the project, he bathed with the project, he dressed with the project, had the project for breakfast, lunch and dinner. His tea tasted of project, his drinking water tasted of the project, phone calls from home were full of project

- With gratitude from Mr. Prem Parekh
- With gratitude from Azam N. Nuri



talks, his trips and travels were project related.

Eleven months flew by and Sanjay hadn't noticed that his weight had gone down from a strapping 77 kgs. to a frail 61 kgs. The eyes were sunken with dark circles around them. But there was a glow in the eyes. Glow of success that came with determination, hard work and unwavering dedication.

Sanjay came home, promoted. Parents were overjoyed that he came earlier than expected. They organised a party to celebrate the return of their successful son. Among the relatives and friends I could not help noticing one of Sanjay's uncles. An humble-looking man, who could easily be ticked-off as another "common man", who led an average life. But there was something about him! a radiance, a spark, an energy that could not be dismissed. I happened to be with Sanjay when this uncle ambled along to congratulate him.

"So Sanjay, wonderful to have you back with us and heartiest congratulations on your great achievement" the uncle said in a surprisingly soft voice. "What has happened to you? You look weak and distressed". Sanjay smiled and glanced at me. I thought I knew what he was thinking. What can you say to an average man who does not know the stresses of professional life in today's hectic world? Sanjay introduced me to his uncle. "Meet my uncle Shrinivas. He is the Managing Director of Cosmos Exports Ltd. and this year they achieved a turn-over of Rs. 660 crores. I was shocked! This average-looking man! A Managing director! Uncle Shrinivas looked at me and smiled. A gentle genuine smile! "You youngsters are too pre-occupied with the outer world. There is so much more in the inner world."

Now that I knew of the stature of this simple looking man, I was keen on picking up every word he said. "What do you mean "inner world"? Uncle Shrinivas smiled again. He had plenty of time and he seemed to enjoy every moment. "Well, we all live life outside ourselves. But real life is inside us. We are not aware of this magnificent world inside. Nobody teaches us about it in our regular curriculum." I was fascinated. "Are there any colleges that teach such a subject?" I asked. Uncle Shrinivas looked at me with his sharp piercing eyes and



said slowly “No, not a college; but there is an organization that teaches the wonderment of inner life. The organization is Brahmavidya Sadhak Sangh and the course is Brahmavidya. Young guys like you who are so busy with their careers and who neglect their physical health and mental peace should make it a point to at least understand the basics of Brahmavidya. Success should be achieved not at the cost of health and happiness. Success, health and happiness should be complimentary and Brahmavidya teaches you how to balance them”. He left without elaborating.

And he joined Brahmavidaya!

Pravin Manker



Meditation, Melatonin and Health

Brahmavidya helps build melatonin levels in the body, which in turn usher a host of positives on the physical and mental plane of everyone who regularly practices the breathing exercises and meditation.

Meditation is a mental discipline by which one attempts to get beyond the reflexive, “thinking” mind into a deeper state of relaxation or awareness. Meditation has been defined as: “Self regulation of attention, in the service of self-inquiry, in the here and now.”

The various techniques of meditation can be classified according to their focus. Some focus on the field or background perception and experience, often referred to as “Mindfulness”; others focus on a pre-selected specific object, and are called “Concentrative” meditation.

Many people who meditate feel that the practice has positive health effects such as improved energy and calmness of mind. There is a



preliminary research that suggests that meditation may boost levels of melatonin, a hormone that helps regulate sleep and appears to influence other hormones in the body. It is postulated that the meditation results in activation of the autonomic nervous system which results in increased secretion of serotonin which in turn increases the production of melatonin.

The philosopher Rene Descartes called the pineal gland as the “seat of the soul” and also the “third eye”. It is a small endocrine gland located at the exact centre of the brain. It is shaped like a tiny pine cone (hence its name), and connected by nerves to the Suprachiasmatic Nucleus (SCN) which is located in the hypothalamus.

Suprachiasmatic Nucleus (SCN) is the “biological clock” and the ultimate source of body’s circadian rhythms (day-night cycle). The SCN produces a neurotransmitter, which stimulates the production of melatonin from pineal gland. The production of melatonin is normally stimulated by darkness and inhibited by sunlight. On exposure to sunlight the retinal photoreceptors become inactive and the SCN is not stimulated. With the onset of darkness, the retinal photoreceptor activates the SCN which in turn stimulates the pineal gland, resulting in the production of melatonin.

Melatonin is absorbed into the blood stream as soon as it is synthesized, and produces its action by binding to its receptors present on various regions of the brain and in gut, ovaries and blood vessels. Production of melatonin varies considerably over the life span, with older people producing negligible amounts of melatonin. The main function of melatonin is to regulate the circadian cycle, which keeps humans asleep at night and awake during the day. Also melatonin stimulates the development and function of the immune system thereby making it indirectly responsible for warding off disease. Most importantly, melatonin has been discovered to be a powerful antioxidant. Melatonin also helps control the timing and release of female reproductive hormones.

In today’s world as compared to our ancestors there is marked decrease in levels of melatonin. This is because of prolonged exposure to artificial light, wherein ideally there should have been no exposure



to light after sunset.

Inadequate levels of melatonin leads to Insomnia (melatonin helps induce sleep in people with disrupted circadian rhythms), Osteoporosis (melatonin stimulates cells called osteoblasts that promote bone growth), Menopause, Depression (melatonin decreases cortisol levels and improves sleep quality), High Blood Pressure (melatonin directly acts on cardiovascular center in the brain that regulates blood pressure), Heart Disease (melatonin decreases cholesterol), Breast Cancer and Prostate Cancer (melatonin acts as an antioxidant).

Since melatonin has a widespread role in numerous disorders, it would be ideal to increase the melatonin levels by meditation. So what are you waiting for? Meditate and release melatonin, the most powerful drug from within, at no cost.

Dr Manish Maladkar



Participants practising breathing exercises at Nasik Camp

- With gratitude from L. Venkalraman Keshav
- With gratitude from Mrs. Bhanu Thakkar



Brahma Vidya Sadhak Sangh

Brahma Vidya, key to good health



A sincere sadhaka gains from his practice of Brahma Vidya breathing exercises and meditation, here he tells you how he benefited from his practice

My name is Sudeep Dasgupta and I am 51 years old and I am a practising advocate. I am also a green belt holder in the Martial Art called Ninjutshu. I was suffering from hypertension, blood pressure and diabetes and the range of the same was quite high. I was introduced to this class by an advocate friend. I have joined the class in October 2008 and started doing various breathing exercises and meditation.

I found that by practice of Brahma Vidya breathing techniques and meditation one achieves positive results, which seem to be slow initially but are lasting in nature and in the long run they are greatly beneficial to one's overall health. I have to say that after going through the Brahma Vidya class and after doing breathing exercises and meditation my blood pressure and diabetes have come to normal and I have found noticeable relief from other allergies. I started feeling very energetic and all the organs of the body function really well giving me positive result and I have become mentally and physically quite strong. I am regularly doing the exercises and meditation in the morning and they are totally rejuvenating me.

Sudeep Dasgupta

Experience



Brahmavidya purifies body, mind and soul

The practice Brahmavidya acts upon an individual holistically, creating space and opportunity for goodness at every level and ushers success in one's actions



They say every instant one experiences different acts which form memories or experiences. All the experiences are nothing but our perceptions. I hereby want to state that for me this one years of practice of Brahmavidya was not just an experience... it was a turning point in my life. Thereafter my life has improved beyond compare. Brahmavidya has transformed me into a blissful and contented being. Each day brings with it the proof of my life being connected with the Universe. A certain harmony and goodness is established in every activity, throughout the day. Each day is more fulfilling than the previous one. The lessons hold some of the greatest truths man can ever learn and apply in his or her daily life. Meditation too helps bring positive thought, assures mental stability and calmness of mind. My mind has become alert and actions have become prompt. The practice of Brahmavidya purifies an individual at every level of existence and ensures success in every walk of life.

Ilish Shah

Experience

- With gratitude from Uday M. Neogi
- In memory of Savla Ramesh K



Building the right beliefs

Brahmavidya helps unlearn wrong beliefs and develops right ones

I had chronic pain on left side of my chest for 30-35 years. I was also gripped with a constant fear because of this pain. One month after joining Brahmavidya and practising the spiritual breathing exercises regularly that pain disappeared and so has my fear. I can climb staircases without any difficulty. I have developed a firm belief that I can get whatever I wish within reasonable time.

Premji Chheda



The power of positive thinking



Brahmavidya teaches something more than positive thinking, it shows the way to progress

I am health conscious by nature and therefore, earlier I have attended yoga and pranayam classes and have been regular in my practice as well. One morning I read about Brahmavidya in the newspaper and enrolled for the Basic Course starting from January 2009. Now, our class comes to a close, in order to keep in touch with the science I plan to attend the five-day workshop as well. The teachers in Brahmavidya are indeed devoted. They solve doubts of every student in the class. I have developed a certain level of positive thinking. It's a beautiful science which teaches one correct breathing and correct thinking, the two fundamental elements of life. I read and re-read the lessons, which have a deep and inspiring meaning.

K. A. Shetti



My experience with Brahmavidya

Experiences with the practice of this science are indeed astonishing...



I was introduced to Brahmavidya by a colleague of mine. I was going through a bad phase in my life during that time. I have been a positive thinker right from the beginning but the real consolidation of this attribute of my personality has come through the teachings of Brahmavidya. While my personality has gone through a complete change after doing the Basic Course, I would like to mention a few remarkable changes which are as below:

1. Expressing gratitude towards others: Previously, I was a miser in paying gratitude, but with the teachings of Brahmavidya I have been transformed into a different person I am grateful to each and every individual who helps me to live my life well.

2. Believing in my body as a temple of God: The teachings of Brahmavidya have made an impact on my day to day living as well. I think before I say anything. Also I have started negating all ill thoughts coming into my mind about others, which was very usual and normal previously. Now, I can say that I try to use this body as a temple of God. I have started believing in selfless service, the feeling is generated quite automatically in my mind these days. I live in the present, and make my day more and more meaningful and fulfilling. I feel that whatever good can happen to me will happen and whatever wrong happens, may be leading the way to a more positive outcome in future. I feel relaxed after meditating and would like to do Advance Course of Brahmavidya.

Ashok Ramnani

Sumatibai Khadilkar (Completed 91 years)
with gratitude from Madhukar Narayan Joshi



Towards a new and beautiful ME...

*Practice of Brahmavidya takes one towards agless
body and timeless mind*

I came to know of Brahmavidya through my elder sister. She did not have to explain what was done in Brahmavidya, her face told us all. She had become a very happy person, who never lost her cool and she had that special glow on her face. Suddenly she started looking 'younger' than me.

I was going through a bad phase since 2006 and it continued for sometime. Nobody could bear to see my haggard face. She requested me to practise Brahmavidya. I joined the course in October 2008. I am happy I made the decision. There were gradual improvements in thoughts and ultimately I stopped looking haggard. Very soon I will be completing 60 years of my life and that's the time when most of us think that we are reaching the end of our life. Brahmavidya taught us that it is not so! Every lesson was filled with advanced knowledge about life and happiness. It was like some new truths were there right in front of us. Practice of breathing exercises and meditation usher positive results in each one's life.

Every lesson is important. Today, because of Brahmavidya I have accepted my body as the temple of the Living God, a special desire to live perpetuates my mind. I have realised the all-pervading nature of oneself: Joy, Gratitude and Reverence have become second nature. I have developed youthfulness both internally and externally. I found out the meaning of 'Man is God in human form.'

After attending about 90 percent of the classes, I am once again a happy person. For the past 8-9 years I have been suffering from diabetes. I took it in my stride since my mother had it. Not any more, because Brahmavidya says nothing is hereditary. My diabetes has come to normal for the first time. I started looking better and feeling happier. Now my younger sister also has decided to join Brahmavidya.

Mabel Rajan



Jai Ho! Brahmavidya

This science fills one's heart with gratitude as its multitudinous effects are seen in every walk of life

I am 36 years young and started my Brahmavidya course on December 15, on my birthday and feel that Brahmavidya has changed my life. This is my new life as if it is a reincarnation of me. Now henceforth my devotion towards Brahmavidya would be there as long as I am there and the best part is I never missed even a single class.

In third week of Brahmavidya I realised that Brahmavidya has been working like a miracle. Since childhood I was suffering from acute asthma and was taking a tablet and using the inhaler regularly. I could never take a deep breath and most breaths were short. My asthma use to increase with the strong scents and I used to actually suffocate. The day I started doing Brahmavidya breathing exercises, especially the the throat-widening technique helped cure my asthma. Now I have stopped taking the tablet and inhaler completely. Secondly, I was suffering from slipped disc, I had gone through three severe stints of pain and the doctor had suggested not to carry anything heavy and I could not even pick up my one-year son. Now, happily I am out of that pain.

I want to draw attention towards the mind part: In the past I had gone through a terrible phase of my life, as a result I used to be nervous, depressed, always worried about the future and often some unknown fear gripped my mind. I had also developed a short temper and the 26th July 2005 our Mumbai deluge had added to my problems. I am an accountant by profession and have had to work under pressure during audit and had to meet the deadline. Earlier I used to be able to manage everything in office on right time but when reached home I used to feel lifeless but now enjoy freshness whole day, tremendous rise in energy levels, I feel more confident and a positive attitude that gives me an edge over most life's trying situations and I can make a conscious choice to stay happy, no matter what life throws at me.



Brahma Vidya Sadhak Sangh

As a result there is always a smile on my face and these changes in me have been noticed by my friends too, and they started asking me about the secret? With great respect and pride I recommend Brahma Vidya and also encourage them to join the Basic Course. Even my husband is doing Brahma Vidya. I am happy to be practising Brahma Vidya.

Shrutika Mhatre



Eliminate respiratory ailments



Breathing exercises form the core of Brahma Vidya teachings and right breathing cures many respiratory ailments

My childhood friend, Pramod Bijur, an ardent follower of Brahma Vidya handed over an introduction pamphlet of Brahma Vidya to me recommending me to join the programme. After a cursory reading, I kept the pamphlet in my bag, where it remained for several weeks with no initiation. Until, one day when he called and informed that there is an introductory talk in a few days, which I should attend. In case, I don't feel convinced to join, then I should speak to him and then decide either way. I went for the introductory talk given by Shri Ramesh Karandikar and instantly decided to join Brahma Vidya class.

After the second lesson itself, which teaches Memory Developing Breath, I started feeling the improvement in my health. I used to have regular sinusitis problem, caused by vehicular pollution. Every two to three weeks, I would have a mild attack of sinusitis. I had to take

Experience



certain medications each time. It was amazing that with practice of Memory Developing Breath my sinusitis problem stopped completely.

As the lessons progressed and took us through the subsequent breathing exercises, I started feeling more energy, increased levels of wellness and ability for more activity.

The subtle aspects of Brahmavidya relate to the mind. The lessons and affirmations started bringing a new understanding about me and the world around. Feelings of gratitude towards friends, relations and people at large became spontaneous and I started realising how much share others truly had in my joy. Through the concept of right conduct with the example of vegetable kingdom, I experienced deep feelings of humility.

I have not been as regular as required, and my true challenge is to make the breathing exercises and meditation a part of my life, as regular as my meals. Brahmavidya directs us to the Creative Divinity which is omnipresent, omniscient and omnipotent. Everyone, without exception, will benefit through Brahmavidya, in every walk of life. People of all ages will find a new meaning to their lives. The introductory class itself will be the start of a new and enriching journey in life. I hereby express my immense gratitude to Brahmavidya - all my teachers and my fellow students.

Arun Mavinkurve



Participants practising breathing exercises at Advance Course get-together of English classes

Experience



Experience after practising Brahma Vidya

Wrong thoughts are gradually replaced with right ones which show their effect on the life of one who regularly practises Brahma Vidya

I faced an acute dearth of confidence levels caused by a lot of negative thinking habits. Gradually with the practice of Brahma Vidya I have developed positive thoughts and regained my confidence as well. This has helped me do well in my career and I feel gratified by the way Brahma Vidya has enriched my life in every sense. I had suffered from certain physiological illnesses, which too have been cured completely and I am a happier and healthier person today, thanks to the practice of Brahma Vidya. I thank my teachers in Brahma Vidya for providing us with beautiful notes and CDs and for teaching us so well.

Fiona Jacinto



Brahma Vidya and angioplasty

Heart is a vital body organ and its health is a cause of worry to many, here's how Brahma Vidya helps

I would like to share some of my own experiences with all of you. Before joining Brahma Vidya I had undergone angioplasty, I also had sciatica pain in my left leg and my whole body had become lethargic. I always felt I had lost interest in life and my body muscles were not supporting my daily activities and giving a lots of pain all the time.

Though, I was walking five kilometres daily and was having only juices or soups for dinner and was doing Yoga too. I still had five blocks in my heart out of which two were 100 percent blocks. I used



Participants practising Brahmavidya exercise



Participants practising meditation



Participants practising Brahmavidya exercise



Brahma Vidya Sadhak Sangh



Students perform pyramid at Vile Parle annual gathering



Students present a dance programme at Vile Parle annual gathering



Students singing a song at Vile Parle annual gathering



to believe that since my parents suffered from high cholesterol levels, I too will eventually suffer from a similar condition.

During the angioplasty operation one of my arteries was cut by mistake by the surgeon who operated me. I developed pulmonary edema and was in a critical condition and was given three percent chances for my survival and 48 hours to come out of coma. But, with grace of almighty God I survived. But due to the myocardial infarction I had, I was told by the doctor after the operation my ECG will always show that defects of infarct and I will never be normal. But, again thanks to God and practice of Brahmavidya in my latest stress test done on 6.5.09 the defect in my ECG has completely disappeared and during the total of 10/12 minutes period of my Stress Test, the ECG remained completely normal. Not only that, but all my other Lab Tests like serumcholesterol, LDL, HDL, VLDL, etc. have also come out normal.

About the sciatica pain in my left leg, I had tried various medicines and methods to get rid of the same. But it was of no use. An orthopedic doctor treated my leg with traction for days which gave temporary relief, the pain re-occurred after few days. Then, I tried Iyengar Yoga, where I had to do various strenuous exercises, which also gave me temporary relief, but later the pain re-occurred. After all, that I went through and ultimately came to Brahmavidya.

I first thought what can happen with such light exercises like breathing etc. when, strenuous exercises did not affect at all, and therefore I call Brahmavidya a miracle. Within few days of practice of Brahmavidya all my pain disappeared, not only from my legs, but from all muscles of my body, other benefits that occurred since I started practicing Brahmavidya are:

1. I have started gaining confidence
2. My lung capacity increased tremendously
3. My body started supporting my activities and I feel very active and fit
4. My sleep requirements have reduced and my feelings of lethargy have vanished

Dr. Ejaz Modak



Brahma Vidya Sadhak Sangh

A holistic science for joy, health, peace and success



Things which cannot be counted are actually the ones which count, and practice of Brahma Vidya ushers in affluence on every front

Prior to joining Brahma Vidya I had suffered from a heart ailment in the month of February 2007, I was advised to undergo angioplasty immediately. Instead of that I had opted for non-surgical treatment at IPC (Institute for Preventive Cardiology) centre at Thane. After the treatment, the medical reports showed satisfactory improvement in heart condition. I used to do *yoga asanas* for my heart ailment, walk for half an hour every day and took medication as per the advice of the doctor.

With regular practice of Brahma Vidya I find marked improvement in my life on all the three planes of existence: physical, mental and spiritual. As a result my medications have reduced, and I am practising only Brahma Vidya breathing exercises. I have been relieved from hyper acidity and chronic cough thanks to the practice of Brahma Vidya. I am perfectly healthy now. At the age of 65 years I feel more energetic and young and I have been bestowed with an additional energy and unseen power within me through Brahma Vidya. My confidence, motivation and consciousness levels have gone up. All the negative qualities within me have started vanishing gradually I have started replacing my negative thoughts with positive ones. The things in my family as well as outside have started to improve and I find that they are going in the right direction and I am finding amicable solutions for all sorts of problems.

Regular chanting of nine universal positives with reverential attitude has brought positive results as they are effective and wonderful. The



knowledge of the noble eight fold path is glorious and very useful to lead a positive life. I express my sincere thanks and gratitude to the Brahmavidya Sadhak Sangh for introducing this unique system of yoga. I also express my sincere thanks and gratitude to those who have directly /indirectly involved offering their services voluntarily.

Maruti Sawant



'Revision course helps one and all'

Practice makes man perfect, and so also in Brahmavidya

I was privileged to attend the Brahmavidya Basic Course held in November 2009. I am so happy with the course that I wanted to delve deeper and therefore enrolled for the Revision Batch. I really enjoyed the revision batch sessions as there were other seniors to help us out to improve our exercises and achieve expertise. I have been in the field of alternative healing through combination of various techniques and also conduct workshops for children, youth, women in specific or adults in general for various purposes.

Perhaps that's the reason why I really felt happy with the way the Revision Batch was conducted. The emphasis was on achieving perfection in exercise, understanding every aspect of the theory part and clearing doubts through interactive sessions was very fruitful.

I'd strongly recommend that every student of Basic Course should go in for the Revision Batch irrespective of one wanting to join the Advanced Course. This batch may not only make you more perfect at what you learn in Basic Course but will inspire you definitely for registering for the Advanced Course. I take this opportunity to thank our teachers and all seniors who helped us at the Revision Batch.

Padmini Ravindran

Experience



‘Brahmavidya has become a way of life’



The science leaves its indelible mark on the life of all those who sincerely follow it...

I must admit, I was a bit skeptical at first. However, I joined the course, thinking, “It can’t really do me any harm, so why not?” Little did I know how much it would affect my life. Yes, I am talking about Brahmavidya and its effect on me.

When I first joined the course, I thought it would emphasise religion and religious practice. But that’s not what Brahmavidya is all about. What it does in effect is show you the path to right living. And it does this in tiny incremental steps, so that before you know it, you are being transformed.

For example, I had no idea that thought and breath were so important. Brahmavidya emphasises upon the correct practice of both thought and breath. However, Brahmavidya does not just force an opinion on you. There are scientific reasons behind each breathing exercise and also behind each meditation and visualisation technique. And if practised correctly, they work wonders.

Brahmavidya has affected me in three fundamental ways — physically, mentally and spiritually. The physical dimension is enhanced by the breathing exercises that I regularly practise, the mental dimension is improved by meditation and the spiritual aspect comes from asking myself certain basic questions after each Brahmavidya session and trying to come up with some answers.

Physically, my sinuses have opened up and I no longer suffer from the regular colds that I did earlier. In fact, my immunity has improved. Mentally, I find myself totally relaxed after the meditation and



visualisation techniques that I practice. My sleep is a lot deeper. And spiritually, it reinforces what I already knew — treat other people well, practice humility, give gratitude and get reverence.

As opposed to when I started out, I now wait eagerly for each Brahmavidya class and the treasure trove of both knowledge and practice that it bestows on me. For me, Brahmavidya has become a way of life!

Beauty is from within

Beauty is in the gurgle of a bubbling mountain stream...
In the fire of a setting sun...
On the lushness of a mountainside...
In the depth of a cool, green vale...
Yes, Beauty is there.

Beauty is in that smile, transforming many a plain face,
In that sharing of thoughts,
In the coyness of youth,
Even in a crowded room,
Yes, Beauty is everywhere.

Beauty is...
When indecision gives way to purpose,
And selfishness to sacrifice,
Temptation to truth,
And willfulness to patience,
Yes, Beauty is from within.

Mona Barbhaya

Experience



Brahmavidya, a science of good health



Life changes as effects of Brahmavidya percolate, in many cases it just turns around and sets everything right

They say every instant one experiences different things which form memories or experiences. All experiences are nothing but our perceptions. I hereby want to state that for me this one year of Brahmavidya was not just an experience...for me it was a turn that reformed and changed my life for better.

Brahmavidya has transformed me into my present self. In a common man's terms it elevated me to achieve bliss and comfort from the universe. When you start your day with Pranayam, it's your connection to the universe declaring that you are ready to receive the goodness and harmony. This feel-good factor is carried throughout the day in every activity you do. In short it's the midas touch of Pranayam that makes every activity fulfilling.

Talking about fulfilling the eightfold path, which is a key to achievement both spiritual and physical. It's an affirmation not just to your life but all the vast source of beauty and joy with which this universe abounds. Meditation does not just help me in keeping positive thoughts but it has helped me achieve mental stability and calm. The practical result being, improved alertness and promptness.

Brahmavidya is a science of good health. It is a rare science that believes that health will be restored once the spiritual body is purified. I believe that the way breathing is mandatory for life; so is the knowledge of this "shashtra."



The journey of Brahmavidya

I was like a ship lost in a storm
You were the light house that showed me the way
If not my life would be lost astray.
I was like a candle without a flame
You were the one that lit it again.
I was like a kite that had lost its lead
You were the one that helped it soar again.
I was like a star that was lost amongst dark clouds
You were the force that got the clouds to disappear
And the star to shine again.
I was like a photo covered with sand
You motivated me to see the true and clear picture again.
Life will never be drab and dull
Brahmavidya has shown me that in every possible way
It was survival until now.
With Brahmavidya life is a beautiful journey each and every day.
I dedicate this poem to show my gratitude
to my Guru of BRAHMAVIDYA
for having shown me the Right Path,
motivating and guiding me all the way.

Sabah N



Of positive thinking and positive results...

It's a science which deals with right breathing and right thinking and therefore brings in many 'right' changes in one's life

First of all I wish to thank everyone in Brahmavidya who have taken a lot of effort to impart this knowledge to all of us. This course is a good eye-opener to me. But I will not deny that for me to understand the entire concept more clearly I have to repeat the course. I enjoyed the course everyday though I am not able to put in the required hours of practice as suggested I try my best to practice for half an hour. On Sundays I look forward for the classes and overcome whatever hindrances come on the way.

I have noticed some positive changes in my personality even with my limited practice of Brahmavidya. I am sure some more lasting changes are bound to occur. I feel younger and refreshed from within. I have learnt to be less negative and have developed a positive outlook towards life. Emotionally I have become stronger. Physically I feel more energetic, my attitude towards life has improved and surprisingly, I am beginning to like dancing, which I used to feel is not right for my age. I have started thinking less, reduced my expectations from people around.

During solitude, I used to think a lot. Today I have got rid of this excessive thinking and I read my lessons as and when I get time and keep all the lessons under my pillow and go to sleep peacefully. I feel totally rejuvenated when I wake up. I have started feeling like doing several things like visiting places, doing a lot of social service. I wish to contribute a lot to the society, once I am settled financially, but I am sure, I will be able to do it once I start practising sincerely and putting in 100 percent effort.

Usha Menon



Brahmavidya, a powerful and effective science

Practice of Brahmavidya is bound to bring about positive changes, read on to know how



I joined Brahmavidya Basic course five months ago. Before joining, I thought the course would be about memory development and better living. As the course went on, I almost found all the answers to my questions. I found it to be the one I was searching for. As a child I did not like to follow any religious rituals. I would always question them and if the explanations did not suffice me I would refuse to accept the laws, rituals etc. Last year, it went to such an extent that I refused to follow anything. I felt nothing was required to be done.

Why was it so? The intellectual explanation of the 'reality' was in my own religion, and of course in most of the other religions, which were the same. The words would differ but what was meant was the same. Then what was it that was separating us all. I understood that we don't have to attain salvation. It is the very state of being. We just need to realise it.

But how it is to be done? I found all my answers in the techniques taught in the basic course of Brahmavidya. Very, very simple and yet the most effective, all religions have taught these things, but the methods have changed over a period of time. So I found these meditative techniques very useful. Of course, right now we are in the preparatory stage. We have prepared the ground on which our crops would grow. We have just started. The seeds are sown and with due care we would be able to nurture the plants very well. We already have started getting glimpses of the power of the supreme.

Deepika Gala



A new vision



Brahma Vidya brings a new ray, a new vision to everyone who practices it sincerely

Life has changed for the better for me and my family from the time I have joined Brahma Vidya. Today, I am feel contented and at peace with myself. I don't crib about anything and in fact feel grateful to God for everything that he has given me. Honestly, God has given me everything, I have ever wished for. I find myself instilling this sense of gratitude in my children.

I always considered myself educated, broad minded but, there was one fear or should I call it my superstitious belief that a diamond should be worn only if it suits you. A close friend of mine had lost her father just two days after purchasing a diamond. Another jewellery designer friend of mine went through a bad phase after getting some diamonds. These two incidents which now I am confident were coincidences instilled a fear in me and no amount of convincing by relatives and friends could change my mind. But, just two classes of Brahma Vidya changed me. At the age of 48 years I bought myself some diamond jewellery.

I am a working woman. A friend of mine was due for retirement and nobody was willing to take up her work. Just a month before her retirement, my manager asked me to take over her department and in spite of me being new to that office. I took up the challenge successfully. Today, my manager, my retiring friend and myself, are all happy and tension-free. I give entire credit to Brahma Vidya for inspiring me to be able to overcome my fears and face every situation positively.

Experience

Sujata Samant



Brahmavidya for peace

Peace is something which cannot be bought or cultivated it just IS and Brahmavidya fills one with unending peace and poise



At first I began attending “Brahmavidya class” just to accompany my niece Yuti Rahul Trivedi. This course was suggested by my brother-in-law. He said it would bring peace and tranquility in hectic life. Let me also say here that I am a working mother and my occupation is that of a corporate lawyer for a construction firm, a field which is full of turbulence. Another thing which I would like to convey is that my thinking was very spontaneous and my temper was volatile. I also used to have negative thoughts about people surrounding me and the future.

In the initial lectures, I used to fall asleep during meditation and continued due to constant insistence of my niece. Later on I started enjoying the lectures and started noticing certain benefits after constant practice. Although I do not get time to practice meditation everyday, though with little practice too, I have become more positive in my thoughts. I think, at work I have started taking more work load and I am more confident in handling my clients and others. I would definitely love to continue practising this and will do it for sure.

Deepika Vyas

Experience



Brahma Vidya helps ease pain



With the practice of this science many have found relief from pain and regained good health

My parents had done the Basic Course and were doing the “Advanced course”. I was told by them a lot of times to join the course but I didn’t give it a serious thought. One day I was told by them that the Basic Course is going to start near our place and also that the first day being an introductory lecture you can attend for free. They told me that if I didn’t like it, I could refuse to attend it. At that point of time, I took it a way to refuse joining the class if I didn’t find it interesting! I told my aunt about it and she too agreed to accompany me for the introductory lecture. The Introduction itself was so helpful (made us think of how monotonously we are living life) that we had to give it a second thought and we decided to continue the course.

I had problems of body ache (headache, leg pain etc.) almost every day, which actually vanished just after learning the first breathing exercise. I used to practice everything taught from Day 1 to the current day. There were times when I didn’t practice; this is when I experienced one thing that the sickness or pain would recur. This taught me a lesson that the fruits are only available when the seed is sown and water is supplied to it i.e. good health and success are only available when you practice with full dedication.

The methods and spiritual affirmations of meditation has helped me in a number of ways. For example: I was short tempered, too emotional, suffered from lack of self-confidence, etc but after doing the Basic Course I am feeling a lot of difference. I have started becoming calmer, developed self-confidence, better health and I am working towards success on a physical, mental level and through meditation also towards spiritual level. There are a number of sentences in the affirmations taught to us in this course that helped me to come



out from a problem instantaneously. But the lesson learnt here is that we all are divine by nature and to live our life happily and without illness is the nature of every human being this is what most of us haven't understood and also that the path towards success became clear to me.

Yuti Trivedi



A life-changing experience

Brahmavidya bestows on its followers multifold blessings ...



“Why did I not do this course before?” I sat thinking that night, when I was sitting in the dark corner in my hall in the middle of night, experiencing an awful panic attack. My hands had gone cold, while my heart raced. Not able to fathom the reason for this unruly behaviour of my body. I kept wondering what is happening to me, and why it happens to me again and again. I sat and wondered, scared, at the same time, hopeful as I slowly calmed myself down and started with pranayam. The first breath, and the second, third, fourth and I slowly felt calmer and better. The heart beat slowly normalised and I started feeling better. While I sat doing this, I felt the grace of God and light flowing down within me. That is Brahmavidya!

You slowly start connecting to the God within you, you become hopeful and you realise how powerful the realm of mind is. In the first six months of the Basic Course, whatever I learned in my classes, changed my thought process forever, thoughts and the belief I held on for years became absolute and I could not believe initially what havoc my thoughts had played in my life and how important it was to basically just change my thoughts. I came to realise that one changes one's

Experience



beliefs, and one can change one's destiny.

Not to undermine, the power of breath, wherein we were taught to breathe correctly. Mindless breathing has now changed to conscious breathing. The value of every breath is now much more. Thoughts changed! Breath changed, life changed! My panic attacks have subsided considerably. I am no longer scared of my panic attacks. As I am now replacing love with fear, I believe strongly that this path is the final path for everyone to follow. Come and know what your thoughts and breath can do to you and how you can revolutionise your very existence and of course your life.

Ranjana Singh



Brahma Vidya helps control anger

Peace of mind, development of innate creative wisdom and more are benefits of regular practice of Brahma Vidya

I am a student of Brahma Vidya. I had joined this course when I heard from my friend. I am a spiritual and positive person I have no ailments. But I had joined this course as I wanted to learn something new. I am a bit short tempered but after joining this course and practising breathing exercises and meditation I have seen many changes in my nature. I have become more positive and my temper has started coming down. I think before expressing my anger and I feel peaceful from within. I also feel very happy. If I want to achieve anything, I think first and then I go on repeating it in my mind and finally put my goal into action.

I had developed Eczema on my right foot suddenly. I asked my teacher about how I could cure it through meditation and as per the instructions I meditated then the itching calmed down. I feel happy and healthy. My boredom has disappeared and I feel more relaxed. I would like to join the Advance Course.

Kamini Shah



Brahmavidya, a magical life unfolds

*According to a sincere student of Brahmavidya, this spiritual science hold 'magical' powers. **Shrikant Soman** in the following article elaborates his ideas drawn from the study of Brahmavidya*

Brahmavidya is not just a technique or system of knowledge. It is Brahmajivan – constant living in the Brahma consciousness. Our whole life is to be lived in this consciousness and not just few minutes a day. It is not restricted to some breathing techniques and reciting the motivational and affirmative passages. The breathing techniques are gateways to higher states of living. The motivational passages are to be lived every second.

Brahmavidya is holding secret keys to the unleashing of the vast store of dynamic energy form the Universe through the medium of our physical body.

The process of holding and releasing of the breath combined with some specific and peculiar physical postures has the effect of unblocking of the channels of different forms of energy through numerous chakras. It also results in our endocrine glands to function harmoniously and in a perfect balanced manner resulting excellent health in a natural way.

To say the Brahmavidya gives us long life is only a half truth misunderstood. In reality Brahmavidya gives us the choice of living as much as we want and in the way we want. The invocation mantra recited at the beginning of the class serves as a establishing of a foundation on which we are to build the superstructure of our life. It clearly lays down the mental and spiritual framework on which we are to operate.

The sense of gratitude is to be imbibed in the minutest part of our lie. We are under the wrong impression that once we pay the price, the transaction is 'squared off.' We must have gratitude with every source of benefit we receive – whether for money or not. Gratitude is one of



the keystones of Brahmavidya.

The higher truths which are going to be revealed to us at the advanced stages of Brahmavidya will simply be inaccessible if we fail to master the elementary discipline as taught to us at the preliminary course. Therefore it is of utmost importance to have constant practice with full dedication of each and every, even the minutest details thereof of whatever have been taught to us.

It is of a great sense of modesty that our teacher is not revealing the true potential of Brahmavidya – lest it may amount to propaganda. This tempts us to underestimate the true power and potential of Brahmavidya. Moreover, it is explained to us in such a simple language and manner that we tend to believe due to our upbringing that anything simple is elementary and of low potential. We may wrongly believe that Brahmavidya, since it appears to us to be so simple, is having low potential. It is truly amazing that such a high voltage power is given to us in such a simple manner! I am avoiding to use the terminology of Siddha Yoga as it does have different connotations of magical powers. But Brahmavidya is effect does transform our life which looking back few years down the line, will surely appear to us as magical.

Brahmavidya makes us sit at the driving seat of the chariot of our life. We truly become masters of our life. This sounds too good to be true. But it is indeed true. Interestingly, at the sub-conscious level, it scares us because all along in our life we are taught to fix the blame on our destiny, past life karma, our environment or the wrath of god, evil intention of others and so on. We are more comfortable to beg for our comforts with some supernatural agency of God than to command the same from the Universe. Are we ready? Is the golden question.



Brahmavidya: A gift par excellence



Brahmavidya works wonders with one and all. M N Prasad explains how it helped him win back good health...

Before I tell you anything more about the miracle that is Brahmavidya, allow me to give you a little background information about myself. I was born towards the end of the first half of the previous century and have led an active life, physically and mentally. On the physical plane, I have played cricket, trained in karate and for the 20 years... ever since coming to Pune in 1989... have been a passionate jogger and brisk-walker. Jogging and brisk-walking at least 10 kms a day was normal for me, sometime even as much as 15km, along with Caesar our family pet. On the professional dimension, until 8 years ago, I worked as Vice President Human Resources of a large organisation. My current vocation, by the way, is management consulting – I work as a mentor and coach to help executives develop their careers, fulfill their aspirations and lead a happy life.

Let me now take you back in time... to 12th November, 2008. The date is etched in my memory. As usual, I started out on my routine... but barely 5 minutes later, there was this feeling that I should stop. My body sent out a signal... not now. Fine, no problem... I said to myself. Next day, I started out, as was my habit. And, again, like the previous day, my body sent out the same signal... not now. Slightly confused, I stopped and went about doing the other things waiting to be done. Next day, 14th Nov, the same thing... Now, I was not only confused but also worried.

I told no one in the family about this. Couple of days later, I started out again, and everything was fine. I was happy. Back to my normal



self. On 27th Nov, to my surprise, again the warning, not today. I decided to see a doctor. Do you know that your BP is very high, asked the doctor. You are hypertensive... Please rest for a while, I wish to get your ECG.

Minutes later, he stuck a few probes on my chest and ran the ECG. The verdict was out. Erratic lines on the ECG, BP: 195/95. More bad news a day later... Stress Test failed in the 5th minute. And, as if that was not enough... high blood sugar... two of three cardiac arteries blocked. I was now a classic confirmed case of urban sickness. The scenario was clear – three months later, somebody would stick something into my heart, and then a by-pass and God knows what else. Not to speak of a sugar-free diet, insulin supplement and all that.

December 25, 2008 was a momentous day – I made the most critical decision of my life. I told myself: I will beat the sickness and heal myself completely, no matter what the odds and become healthy again, never to fall sick again. And that too, as naturally as I could, without consuming the 20-odd pills I was prescribed.

Coincidentally, my computer was also down at this time and my friend Rajesh Choudhary who maintains my systems had come down to take a look at what was wrong. Pretty soon, we got talking about the sickness – in my body and not in the PC. After hearing me out, Rajesh uttered only one word: Brahma Vidya. I knew he had recently completed the Beginner's Course in Brahma Vidya but had no reason to believe that it would play any role in my life.

You must start immediately, there's a course starting first week of January in Aundh. Please go. And I did. Rajesh's words still ring clearly in my ears even today. January to June 2009 – six months of the most amazing discovery I have experienced. Truth is, by early May itself, the changes were becoming obvious. First, my BP quickly settled down to a healthy 120/80. Next, the blocked arteries started to clear up – I could actually feel the changes happening with every breath I took. No exaggeration at all. The blood-sugar, frankly, took a little longer to correct, but is now a healthy 80-fasting and 104-PP. And, my friends, here's the real clincher... I have not been on any pills for the past several months. I repeat, no pills whatsoever... First, I stopped the



allopathic pills in March, and gave up the homeopathic and ayurvedic medicines in June. Only Brahmavidya happens everyday... without fail... regardless of where I am, at home, in Mumbai or elsewhere. So, here I am, totally converted to practicing the art and science of Brahmavidya and wanting to know more about its secrets – it's indeed both an art and a science. Brahmavidya transcends any art and science known to man, verily it is ALCHEMY.

Many of my relatives and friends are amazed at my remarkable recovery. They look, wide-eyed in surprise, at the new me and you know what...? I whisper into their ears, as I am into yours now, "Brahmavidya... that's my secret... Go for it."



When dreams come true

*Positive benefits with sincere practice of Brahmavidya speak volumes about the efficacy of this wonderful science, read on to know how **Asha N** realised her dreams...*



After joining Brahmavidya course within a month or two, I found myself developing strong positive attitude. During the class I aspired to teach in a college. I was called for an interview by that very college and I secured the lecturership in junior college. I was very happy. Later, I was also called in by SNDT to teach part time. I was feeling all this was a great miracle, I feel sincere practice of Brahmavidya helps one achieve one's dreams. The affirmations in Brahmavidya are truly miraculous as they do help us communicate with the higher intuitive intelligence and develop the same within us — all we need is an open mind to receive the same.

With gratitude from Rajiv Rajda



Strides of Brahma Vidya for children

The present article highlights the significant strides that Children's Wing of Brahma Vidya has taken in the past year. Jayant Gore, in-charge of Children's Wing also brings forth the importance of study of Brahma Vidya for children



Many doctors, teachers and child specialists are agreeing with the fact that there has been an increasing occurrence of serious diseases like psychological illnesses, heart disease, hypertension and respiratory ailments among children in the age group of six years to 18 years. Most grown-ups have no time in their busy schedules to look at problems faced by these children. Hence the Children's wing of Brahma Vidya has taken note of this alarming fact and have been providing solutions to these problems. Over the last decade Brahma Vidya classes have been conducted at different locations across Maharashtra and Goa and thousands of children have benefitted from these classes.

Till date 13,610 students have learnt the Brahma Vidya Children's Course. This year we had decided to conduct as many classes for children as there are for grown ups, and as a result many children's classes were commenced. In order to hone our teacher's talents we had organized two more teacher training workshops for training teachers to teach Brahma Vidya for children. Six additional children's course teachers have begun conducting classes for children. In Pune too, a special four-hour workshop for training teachers of 'Brahma Vidya for children' was conducted and two regular workshops were conducted. In these workshops 20 participants are being trained to impart the knowledge of Brahma Vidya for children.



Eligibility criteria

Those students of Brahmavidya who feel inspired to train children in this amazing spiritual science and have completed their Basic Course and 35 lessons of Advance Course can become teachers for the children's course. These candidates should also write a small synopsis on 'Why do I want to teach Brahmavidya to children?'

Components of the workshop

In the workshop detailed training about practice of breathing exercises is imparted to participants. Constant fine tuning of their practice is ascertained here. Also they are trained in the skill of teaching children, they are asked to prepare and present lessons of Brahmavidya for children. And only those are found to have completed this workshop successfully are allowed to conduct Brahmavidya classes for children.

This year a special batch for students of PES English Medium School, Thane (E) was conducted where 211 students had participated. Regular camps for children were also conducted. For this purpose Brahmavidya office and teachers are constantly in touch with educational institutes and their office bearers. In all of these activities all teachers and volunteers of Brahmavidya render services without expectation of any monetary reimbursement. Their zealous efforts are indeed commendable. The aim of teaching Brahmavidya to children is to empower them to become better citizens of the future. I hereby express my gratitude towards all those who have directly or indirectly helped spread the light of Brahmavidya to children.



Brahma Vidya Sadhak Sangh

Fulfill your dreams



*Brahma Vidya empowers us to realise our dreams, our own highest ambitions in life. **Sugandha Indulkar**, a teacher of Brahma Vidya Children's Course explains how*

Talk to children from primary school about their dreams, what they want to become when they grow up and answers you could get would vary from: "I want to fly an airplane...I want to be a scientist, a teacher, Miss Universe...an astronaut, the prime minister" and more. These little children live in their own world, blissfully unaware of the realities of life. In a dream world, where everything is possible, every dream can be realised. As they grow up to secondary school, their dreams change: 'I want to be a chartered accountant, an MBA, an engineer, a doctor, etc.' Realism shows its presence. When the same group of children have passed class XII, they settle for a graduation in science, commerce, management or mass media. Little knowing what exactly they would do for a living and what were the dreams of their childhood. For many of us, we too have drifted afar from our innocent dreams. The reality of life, family budget, need to earn and 'settle' in life exchanged those dreams for things more pragmatic.

There's nothing wrong in being practical. Yet, is there no way in which those magnanimous dreams could have perhaps been realised? Few from amongst us have done so, and yet a majority gave in to some irrefutable realism. Why? Where did we lose our courage to hold on to our own dream?

Today, we have a tool—a technique that helps us retain that courage. Gives us wings to fly high, breathes life into our dreams and that amazing technique is the science of BRAHMAVIDYA.



Who should learn Brahmavidya and why?

All those who believe in their dreams and want to realise them should learn Brahmavidya. They should experience the true empowerment of their dreams. Practice of this spiritual science makes one aware of the limitless potential within. At every level of existence: Body, mind and soul, practice of Brahmavidya leaves its indelible mark -- a mark of excellence, of divine wisdom, harmony, joy and peace. Allow yourself to experience the true 'richness' of life and you will never be the same again.

These are not mere words arising out of imagination. They are based on at least ten years of experience with this wonderful science. True to the last detail, they hold the power to come true, to usher in our lives the complete verity and beauty of life. Come experience it.

Salutation of the Dawn

Listen to the Exhortation of the Dawn!
Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the
Verities and Realities of your Existence.
The Bliss of Growth,
The Glory of Action,
The Splendor of Beauty;
For Yesterday is but a Dream,
And To-morrow is only a Vision;
But To-day well lived makes
Every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day!
Such is the Salutation of the Dawn!

~ Kalidasa



Spirituality@school

India has always been marvelled for its ethnic history world over. Indians are always known to rediscovering ancient systems and ways of life. One such science is Brahma Vidya, an ancient system of yoga and applied philosophy. The philosophy of Brahma Vidya is the 'Advait' philosophy. The system originated in India, then migrated to Tibet and has now come back to us from Tibet

From last few years, a school, PES New English School (English Medium) in Thane east had introduced this unique science to its SSC students. And it worked wonders for its students, thanks to the initiative and fore-sightedness of Sobha Nair, principal of PES New English School, Thane. She says, "When I had a look at my students in class X, I realised that most of them remain absent from school, stating reasons of ill health. Then I conducted an in-depth research on this, I found out that the academic schedule was more taxing than the subjects they studied. I was trying hard to find a solution to this, when one of my ex-students suggested the science of Brahma Vidya to me. It was her idea to introduce it as part of the school activity with a nine-month programme." And the idea bore sweet fruits of success. She beams, "Now, I can see that introverts have changed their behaviour and attitude. In a class of 200 students, two-thirds of them have managed to score above 80%. So now, I'm planning to implement it from class VIII itself."

Jayant Divekar, chief trustee of Brahma Vidya Sadhak Sangh has been teaching this unique science since the past 16 years. He says, "We have courses for all age groups starting from the age of 10. There are courses ranging from 7 weeks to a two-year full time course. These are graded courses, which start with the children's course (for ages 10-18 years), the basic course (for all above the age of 18 years), advanced course and teachers' training course (this is the final one,



which prepares teachers who can then on teach the science if they wish to). Among students, it has helped them to keep their body in balance and makes them feel happy from within. This also enables them to have a better awareness of spiritual faith in them. It gives them righteous confidence and empowers them to realise their dreams.”

Says Dr Nitanta Shevade, who teaches the course, “Brahmavidya has cured people of diseases like spondilitis, asthma, psoriasis, to name some. It basically deals with correcting the person’s breath and thought. It has been observed that the imbalance between positive and negative prana is the root cause of diseases and the science aims to correct our breathing process through the right inhalation, thus increasing one’s lung capacity. (You will be surprised to know that average person uses only 10% of his lung capacity.) This would also mean getting your body in harmony and thereby restoring your normal self.” So this is how it actually works.

People who have practised the course have certainly benefited a lot. Rohan Railkar, who is currently working with an MNC at Hyderabad had stood 9th in the All India IITJEE entrance exam. Not only this, he has several other ranks to his credit. He says, “I have been practising Brahmavidya since I was in class VI, but it is only when I reached class VIII that I followed it regularly. It has increased my performance always, so I follow it even today. But first of all you need to have faith in the system, only then it will help you.” Another student, Neha Khopade shares, “This is a unique science that has no negative effects on the body. When it was introduced, we took some time to get used to it, but later, we began benefitting from it. I had spondilitis and my doctor had advised me to undergo a few exercises, but I could not do them. In this course, we were taught some exercises, after practicing them regularly the pain subsided. Moreover, I improved my concentration and managed to score 12 percent more marks than my usual score, in academics.”

Informs Dr Nitanta, “The practice of Brahmavidya also improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. Due to better physical and mental health a person can do his daily work more efficiently. This can make him



Brahma Vidya Sadhak Sangh

more successful at his job, his business or his profession.” Adds Divekar, the chief trustee, “Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for breathing exercises in the morning and 20 minutes for meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practise it without any difficulty.” As you can read, the results speak for themselves.

(The above article was published in the Student Edition of the Times of India.)



How does Brahma Vidya work in children?

*The forth coming article is written by **Sugandha Indulkar**, who has been conducting children's course for the last ten years. It strives to answer a basic question - Why is Brahma Vidya 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. Brahma Vidya 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 Brahma Vidya 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.



A brilliant science

The course of Brahmavidya was excellent I enjoyed this course. Because of my practice of Brahmavidya I have started feeling fresh and positive thoughts come to my mind, while studying I grasp the concepts faster and retention of the same has improved as well. I feel fortunate to have had the opportunity to learn Brahmavidya at a young age. Today, I am a happier person. I am quite confident that the practice of this spiritual science will help me attain my dreams and scale heights in my career as well.

Monika Joshi



Brahma Vidya Sadhak Sangh

'I enjoy practicing Brahma Vidya'

I truly enjoy practicing Brahma Vidya. It has helped me score better and I have developed a strong bond with my teacher as well who inspires me to practice better. I am indeed thankful to Brahma Vidya.

Sanket Modak



The power of right breathing and thinking

I am studying Brahma Vidya. As a result, I am already feeling nice and positive. My thoughts have changed and have become more positive. Negative thoughts have been washed away from my mind completely. Before coming to this camp I used to feel tired easily, but not any longer. But after learning these new spiritual breathing exercises and practising them I feel more energetic. After coming to this camp I have made friends with the two most fundamental elements of life: right breathing and right thinking. I find the course very beneficial and would recommend it to one and all.

Sakshi Kulkarni



'My concentration has improved'

I liked this course. I felt very relaxed when I started this course. Good thoughts started coming to my mind. My concentration has improved. It's a beautiful science which has made my life more meaningful and I will certainly keep doing these exercises. I plan to repeat the course to better my understanding of this science.

Gayatri Yadav



Simplicity, a way of life

It was simple and easy to follow, also effective. The best part I liked was that priority was given to the breathing exercises. You can rejuvenate your body within short time. Simplicity is the way of life, which Brahmavidya has taught me. We liked this course very much. We did not know about this course earlier but got to know from our parents. In this course we learned many breathing exercises and also learnt a bit of concentration. The teaching style of this class was fabulous and we also got to know many more things, increasing our knowledge. We surely will practice these breathing exercises. We are also sure that we will do well in future life, thanks to this course. We wish to join this course again to revise our knowledge and refine our practice.

Sweena & Shweta Gore



Participants practising breathing exercises at Jalgaon camp



Brahma Vidya is THE mantra for success

I used to play Badminton when I was in class VII and used to feel fresh after playing it. It helped me in improving my physical fitness. But, unfortunately, I had to discontinue my game when I progressed to class VIII. As a result I could not exercise a lot and had to concentrate on my studies. When I came to class X, I had no time for play. After class X my grandfather told me about Brahma Vidya and I got interested in it. In the course of five days, I learnt a lot. During this course, I learnt :

- a. Basic Pranayam
- b. Eight simple breathing exercises and prayer
- c. They appeared to be simple but I came to know that they should be done accurately

In this course, I felt that without doing any outdoor activities, I can derive similar benefits and they can keep my health better. In the course, Madam taught us prayers and these prayers helped me in attaining a positive outlook. Madam has impressed upon me that "Our body is the temple of God." And so it has to be kept clean and tidy.

So I am determined to do Pranayam and other Breathing Exercises to keep good health and say prayers before I sleep at night, which will give me good thoughts. I am confident of achieving success in my career. Having practised Brahma Vidya, I feel happy. I am grateful and I am blessed. Our Breath is our life and our health is completely dependent on correct breathing. So I bow to Brahma Vidya.

Rutvij Naik



ब्रह्मविद्या—एक शास्त्र

धर्म शब्द सुनते ही अपने मन के सामने हिन्दू, मुसलमान, सीक्ख, ईसाई ऐसे कई नाम आते हैं। धार्मिकता की इन संकल्पनाओंको दूर रखते हुए हम 'धर्म' का सरल विचार करेंगे।

सरल शब्दों में कहना हो तो 'जिसे धारण किया जाता है वह धर्म'। अब मन में प्रश्न उठता है कि 'जिसे धारण किया जाता है' का अर्थ क्या है? 'जिसे आचरण में लाया जाता है वह धर्म', अर्थात् जब हमारा जीवन चलता है तब हम जो क्रियाएँ करते हैं उसे धर्म कहा जाता है।

धर्म के अर्थात् हमारे आचरण के भिन्न-भिन्न पहलू हैं। हम अपने लिए जो करते हैं वह काम, व्यवसाय, बच्चों की देखभाल, किसी भी काम का आप विचार कर सकते हैं। ये सब 'धर्म' इस शीर्षक में आते हैं। यह सब काम हम अपनी क्षमता के अनुसार करते ही रहते हैं। लेकिन क्या हम अपने शरीर के बारे में जागरूक रहते हैं? विचार करने पर पता चलता है कि खाना, पिना, नींद और आवश्यकतानुसार औषधि इसके अलावा हम अधिक विचार नहीं करते।

अपने जीवन के दृष्टिकोण से विचार किया तो हमारा शरीर स्वस्थ रहना महत्वपूर्ण है। लेकिन यदि हमें अपने जीवन में अधिक कुछ करना है या अध्यात्म की दृष्टिकोण से भी आप विचार कर सकते हैं, शारीरिक स्वास्थ्य महत्वपूर्ण है। अध्यात्म के लिए भी शरीर प्रमुख साधन है। सुदृढ शरीर के बिना आत्मानुभूति नहीं हो सकती। परमात्मा के अंश से बना यह शरीर सुदृढ, स्वस्थ एवं निर्मल होना चाहिए।

तो यह शरीर स्वस्थ कैसे रखा जाए? जैसे कि ऊपर लिखा हुआ है, शरीर सुदृढ रखने के लिए हम खाना, पिना, विश्रान्ति, नींद, औषधि, व्यायामप्रकारों की सहायता लेते हैं। लेकिन ऐसा कुछ तो बाकी रहता है कि जिसके सिवा इसमें अधूरी रह जाती है। वह क्या है? तो वह है श्वास और विचार।

जब तक हमारी श्वास चलती है तब तक हमारा जीवन चलता है। यदि हमारा श्वासन योग्य न हो तो हमारा स्वास्थ्य ठीक नहीं रहता। श्वास और विचार एक दूसरे से जुड़े हुए दो अंग हैं। इसका अनुभव हम अपने जीवन में ले सकते हैं। आपही निरीक्षण कीजिए कि यदि आपको गुस्सा आया तो आपकी श्वास तेजी से चलती है और मन शान्त हो तो श्वास भी धीमी चलती है। इसका अर्थ यह है कि श्वास और विचारों का हमारे शरीर पर परिणाम होता है।

तो फिर आईए, श्वास और विचारों की साधना करके अपना शरीर और मन स्वस्थ रखें।

रोहिणी शेंडे



सकारात्मक सोच

ब्रह्मविद्या का प्राथमिक अभ्यासक्रम ८ दिसंबर २००८ को समाप्त हुआ। इस बारे में, अपना स्व-अनुभव कहना चाहता हूँ।

पहले मैं बहुत आलसी था। अब श्वसनप्रकारों के कारण मेरा उत्साह बढ़ गया है। मैं प्रातः ४.३० बजे उठकर श्वसनप्रकार करता हूँ और चलने का व्यायाम भी करता हूँ। इस पाठ्यक्रम के कारण, मेरा डायबिटिस (शुगर) जो ३६२ था वह आज नॉर्मल-११० कि.ग्रॅ. कम हुआ है। अब मैं बहुत हल्का महसूस करता हूँ।

इस कोर्स के बाद मेरे विचारों में दृढ़ता और गतिशीलता आयी है। कार्य-शैली में सकारात्मक सोच बढ़ गई है। आजतक मैंने बहुत कोर्स किए हैं मगर विचारों में दृढ़ता और परिपक्वता यहाँ से ही मिली। इस कोर्स की सभी बातें मुझे अच्छी लगी। एक तो इसका समय २२-२३ हफ्ते का है। सप्ताह में एक ही दिन होता है। इससे सिखनेवाले भी बहुत सहजता, सुंदरता व सरलता से समझ सकते हैं। यह सभी उम्र के लिए बहुत ही उत्तम है। कोर्स हिंदी में भी होने के कारण अच्छा लगा।

यह कोर्स करने का आप सभी प्रण करें ऐसी मैं विनंती करता हूँ। इसे धैर्य से और सद्भावना से करेंगे तो लाभ होना ही है।

धन्यवाद!

मुरली गोयल



Shri Jayant Divekar releasing 'Pradnya 2008' at Vile Parle annual gathering
 L-R : Alka Purohit, Swati Jog, Kanta Nadkarni, Kalindi Teredesai,
 Shalini Kulkarni & Shyamsunder Gupte



*Locations where Brahmavidya camps have been conducted



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